



STEP

1

**RETURN TO
PLAY**

June 12, 2021

Introduction

The Government of Ontario announced on June 7th that the province will enter Step One of its Roadmap to Reopen **effective Friday, June 11th at 12:01AM**. Step One of the Roadmap focuses on the resumption of more outdoor activities with smaller crowds where risk of transmission is lower. This includes: outdoor gatherings of up to 10 people & outdoor fitness classes, personal training and sports training up to 10 people.

Public health and workplace safety measures will continue to apply across all steps, including maintaining physical distance, capacity limits and wearing face coverings in indoor spaces and whenever physical distancing is a challenge.

NOTE: Porcupine Health Unit (which includes Timmins, Cochrane, Hearst, Kapuskasing, Moosonee and surrounding areas) will **remain in lockdown** at the discretion of their Medical Officer of Health until at least **June 25**. Football activities therefore remain suspended in this region.

The purpose of this document is to outline rules that are specific to Step 1- please see our "Return to Play Plan" for more details. In the event that this document is in conflict with any Municipal, Provincial, or Federal regulations/legislation, the regulations/legislation prevails.

Additionally, legislation is continually changing in order to manage these unprecedented times, and so we encourage clubs to remain updated on the latest rules and regulations at all levels. The OPFL will update our Return to Play guidelines as necessary and inform our members of any new documentation.

Information on which Public Health Unit (PHU) your club is located in can be found [here](#). Please contact your PHU to ensure there are not additional restrictions that may impact your football operations.

Step One – Implications for OPFL Club Centers

- Activities may **only take place outdoors** during Step One.
- **Maximum of 10 people allowed** in any group activity (ex: 9 players, 1 coach). In Step One, participants must maintain physical distance of at least three metres from any other person.
- No spectators permitted – However, persons under the age of 18 that are participating may be accompanied by one parent or guardian.
- Sessions may only be training for team members – No games or scrimmages permitted in Step One.
- Drills that could result in contact should not be practiced or played during the session. In Step One, activities that are likely to result in individuals coming within three metres of each other must not be practiced or played.
- Coaches should be gradually phasing players back into activity in order to reduce risk of injury.

Screening and Contact Tracing

During this Step, screening and contact tracing is Provincially mandatory. This information must be kept for at least one month and disclosed to a medical officer of health or an inspector on request.

Screening

A COVID-19 Self Assessment Questionnaire must be completed by all participants before each activity session and provide proof before participation. An example can be found in Appendix A or <https://covid-19.ontario.ca/self-assessment/>. For ease of use, clubs can create online questionnaires in order to have results in real-time (e.g. Google Forms). In the event of a "Yes" to any of the symptoms or questions, the participant must:

1. Contact the Club Centre
2. Self isolate and contact their PHU for further assistance

The participant will not be allowed to participate until a negative COVID-19 result is provided to the Club. In the event of a positive result, the Club must activate their EAP.

Contact Tracing

A detailed record of all participants is essential for the management of COVID-19 and must be completed for all players, coaches, volunteers, and parents/guardians. An example can be found in Appendix B.

Physical Distancing

All participants must maintain a physical distance of at least **3 meters at all times**, which must be heavily enforced by the Club. Anyone not abiding by physical distancing guidelines will be removed. Wearing a mask/face covering or being vaccinated does not exempt anyone from physical distancing.

Facility

The facility is responsible for providing signage, ensure availability to handwashing/ alcohol-based sanitizer, and all other requirements set out by their PHU (more details can be found in the OPFL Return to Play Plan).

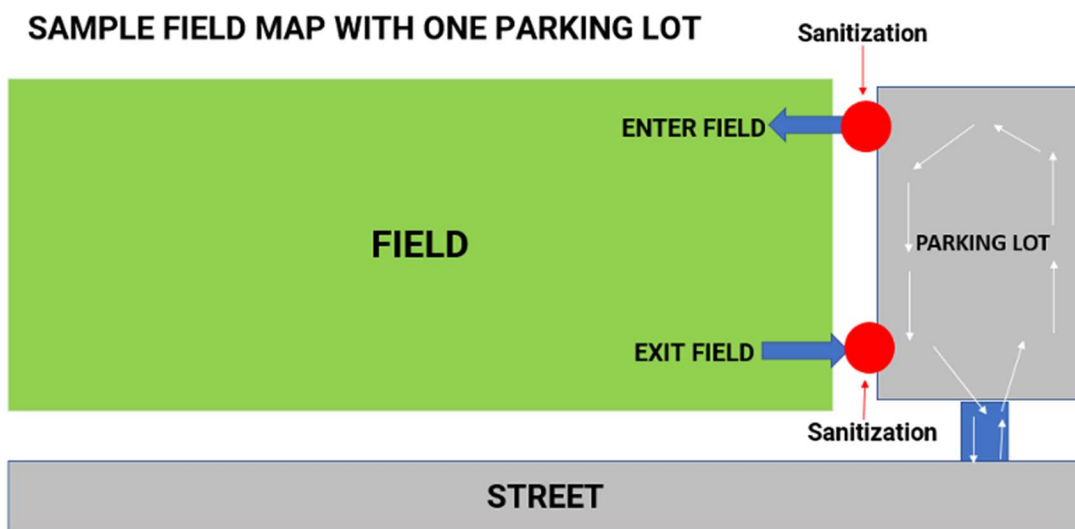
Further rules in this zone include:

- No loud talking, singing, shouting
- Music must not be played at a decibel level higher than normal conversation
- Instructions must be delivered through a microphone if the coach would need to raise their voice beyond the normal level of conversation
- Zero tolerance for spitting
- Facility must prepare a Safety Plan and place a copy in a conspicuous place. If they fail to do so, please contact the facility and/or your PHU for further assistance.
- Locker rooms, change rooms, showers, clubhouses must be closed, except to the extent that they provide access to equipment storage, a washroom, or a portion of the facility that is used to provide first aid.

Arrival/Departure

Access to the field/facility will be strictly limited and all those that enter must comply with the following protocol to ensure community safety. A disregard for the rules may result in a removal from the field. Rules for arrival and departure are as follows:

- Maintain physical distancing at all times
- Hand sanitizer must be available at field arrival and departure
- If running multiple sessions on neighbouring fields, use staggered times to avoid cross over
- Participants must check in to provide contact tracing and screening information
- Players must complete the Informed Consent and Assumption of Risk Agreement before arrival
- Masks/face coverings are mandatory during the check in process
- Clubs will provide field maps outlining arrival and departure routes for all participants



Indoor vs Outdoor Limits

The total number of participants permitted to be at a facility at one time must be limited to the number that can maintain a physical distance of 3 meters from every other person in the facility, and in any event cannot exceed the following:

	Indoor Limits	Outdoor Limits
Spectators *	0	0
Program Participants	0	10

* One parent/guardian may accompany each participant under the age of 18

Training Modifications

Training formats must follow the age, stage of development, and conform to gathering restrictions issued by the Provincial Government and/or PHU.

Skills/drills must be designed so as to prevent participants from coming into contact with each other. Any activity that could result in participants coming within 3m of each other cannot be practiced. Games/scrimmages are prohibited in this stage.

Equipment should be limited and sanitized during any training breaks. During these breaks, players/coaches should also be using an alcohol-based sanitizer on their hands. Clubs should strongly consider using electronic whistles.

The OPFL will continue to update its members on game modifications and recommendations as new information becomes available.

Personal Protective Equipment

Masks/Face Coverings

All adult personal on the sidelines and field will wear a mask or face covering at all times. Masks/face coverings must fit securely and completely cover the mouth, nose, and chin without gapping. Non-medical masks/face coverings should ideally be made of at least 3 layers, where 2 layers are a tightly woven material and the middle is a filter type fabric. Face shields provide an extra layer of protection but do not replace masks/ face coverings. Wearing a mask/face covering does not exempt anyone from physical distancing.

Masks/face coverings are mandatory for:

- Coaches
- Staff
- Volunteers
- Parents/Guardians/Spectators

For players, masks must be worn at arrival/departure or during any downtime on the sidelines. They are not mandatory during training.

For spectators, masks are mandatory during arrival/departure and at all times in indoor facilities. They are not Provincially required outdoors (if distancing is maintained), but please check with your PHU for any additional regulations.

Hand Sanitizer

Alcohol based hand sanitizer will be made available to all participants at arrival and departure. Further, each Club will have sanitizer available to players to use during breaks. Players are permitted to bring their own hand sanitizer with them for personal use.

Equipment

Within each league there should be a designated Equipment Manager. Their roles/responsibilities are as follows:

- Set up and take down the necessary equipment
- Sanitize equipment at minimum before and after games/sessions

Safety Field Marshall

The OPFL recommends appointing a Safety Field Marshall within each Club who will oversee COVID-19 protocol compliance. The Safety Field Marshall should be a recognized authority within the Club and over the age of 18 years. Roles and responsibilities are as follows:

- Create a Club specific safety protocol under the guidance of this document, Football Canada's "Return to Football Guide", Reopening Ontario, and Municipal guidelines
- Ensure proper adherence of the safety protocol by all participants.
- Collect and maintain information regarding tracking and screening for all participants
- Communicate and cooperate with the PHU in the case of a COVID-19 case or outbreak, providing any requested tracing documents.
- Ensure the rented facility has proper signage and sanitization available.
- Remove any participants that continue to disrespect COVID-19 guidelines.

First Aid

The First Aid responders will be wearing a mask and gloves at all times. Gloves will be changed following each interaction. More information on administering first aid can be found at <https://www.worksafefbc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en> and <https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-person-during-covid-19>

Responsive, Non-Critical

In the case where the injured player is responsive and seems to have a non-critical injury, self treatment with direction will be utilized, as outlined below:

1. Responder remains physically distant from the injured player and conducts an interview to assess the situation. This includes:
 - Mechanism of injury (MOI)
 - Relevant history
 - Signs/symptoms
 - Visual assessment
2. Responder will ask the player if they are comfortable administering first aid themselves, if they are given instructions. If they are not comfortable, it is the discretion of the responder on how to respond and if they are willing to break physical distancing.
3. Responder will place the required first aid supplies 2m from the player, then step back and direct the player in administration.
4. Secondary survey will then be done verbally and the responder will complete an Incident Report

Unresponsive, Critical

If the injured player is unresponsive or deemed to be in critical condition, physical distancing may be broken by the First Aid responder, if they are comfortable. The Canadian Red Cross recommends that it is up to the discretion of the responder whether to provide

Full CPR or Compression-only CPR. The following protocol will be enacted during a critical injury:

1. 9-1-1 will be called immediately by the Call Person and the AED will be retrieved by the Control Person, if required for CPR.
2. The Charge Person (First Aid responder) will break physical distancing to provide the required first aid until medical assistance arrives.
3. In the case of Compression only CPR, a cloth should be placed over the players mouth and nose
4. If Full CPR is being performed, a one-way valve CPR mask will be placed on the player first.
5. An Incident Report will be completed once the player is in the care of EMS.

Emergency Action Plan (EAP) - COVID-19

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An "outbreak" is two or more cases; a "case" is a single case of COVID-19.

1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Determine who within the organization has the authority to modify, restrict, postpone or cancel activities.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility right away.
3. Implement your illness policy and advise individuals to:
 - Self-isolate
 - Monitor their symptoms daily, report respiratory illness to PHA and not to return to activity for at least 14 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
 - Use the COVID-19 self-assessment tool (Appendix A) to help determine if further assessment or testing for COVID-19 is needed.
 - Provide medical clearance to the Safety Field Marshal before returning to play.
 - Individuals can contact provincial health authorities for health advice.
 - Individuals can learn more about how to manage their illness here: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirusinfection/symptoms.html?topic=tilelink>
4. In the event of a suspected case or outbreak, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority.
5. If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.