



Puslinch Minor Soccer Club

Return to Play Guide

June 2020

ALL Team officials, players and parents must read to ensure expectations laid out in this **Return to Play Guide** are understood and will be adhered to.

This PMSC Return to Play Guide was developed through adaptation of Ontario Soccer and Canada Soccer Return to Play Guidelines.

The objective for all of us with this Return to Play plan, is the health and safety of our participants.

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Summary of Ontario Soccer Return to Play Plan

Ontario Soccer in consultation with its sport partners Canada Soccer, the Canadian Sport Institute Ontario and the Ministry of Heritage, Sport, Tourism and Culture Industries, has developed for its membership a [Return to Play Plan and Guide for Ontario](#) (click to read full document).

Ontario Soccer's **Return to Play Plan** consists of a phased-in approach ensuring return to soccer (final stage) is done in a progressive manner. This method is to ensure the soccer system transitions as governmental health authorities modify their health and safety standards over time as our communities return to the new normal of life as well as sport and recreational participation. The priority at all times must be to preserve public health, minimising the risk of community transmission.

The multiple phases will have varying degrees of time between phases to ensure the highest level of safety precaution for everyone involved in the game.



Return to Play Phases

Ontario Soccer will determine timelines for each Phase in alignment with the Province of Ontario provincial health authorities involving government orders, restrictions and guidelines.

Await confirmation from Ontario Soccer before moving to each phase.

Phase 1: Return to Training (modified training)

Restrictions: No league, exhibition, festival or tournament games

- Any soccer activity must comply with the social distancing measures and recommendations, along with any gathering restrictions issued by the provincial government health authorities, including the arrival and departure of players (except for family members or persons residing in the same household).

- Aim to keep players in small groups respecting physical distancing measures of 2M (6 ft.) so that they work with similar players. Constantly mixing players can increase the number of players interacting with an asymptomatic COVID-19 carrier.
- Refer to Age and Stage Considerations in [Ontario Soccer Return to Play Guide](#) (pg 10)

Phase 2: Return to Training and Modified Games (enhanced training & modified games)

Restrictions: Inter-squad and Intra-squad modified games permitted (only within the Club/Academy)

- Enhanced training now includes closer group interactions where sharing or competing for the ball activities can take place, i.e., 1v1, 2v2, 3v3.
- Introduction of small game format 1v1 to 7v7.
- It is highly recommended if modified games are taking place that a **field marshal** be appointed to ensure compliance with social distancing rules and safety protocols. This is not the role of Match Officials.

Laws of the Game Adjustments

- To reduce body fluid transfer onto ball surface, heading of the ball has been removed for this phase. After the first verbal warning, heading of ball will result in an indirect free kick for the opposing team.
- Walls for Free Kicks –Defenders must be (two) 2 meters apart from one another when creating a wall. After the first verbal warning, failure to comply will result in an indirect free kick to opposing team.
- Throw-ins are not permitted. The ball must be kicked into play. All other requirements of Throw-In Law will still be applied. After the first verbal warning, failure to comply will result in a Throw-in to opposing team.
- Corner kicks: Limit the number of players in the Penalty Area. Three (3) of each of defenders and attackers plus the goalkeeper. After the first verbal warning, failure to comply will result in a goal kick to the defending team.
- The drop ball requirement has been removed to reduce handling of the ball and has been converted to an indirect free kick. If the drop ball is inside the penalty area after hitting the Referee, the ball automatically goes to the Goalkeeper. The Referee leaves the ball on the ground, and the Goalkeeper picks it up.
- There will be no gathering at a Coin toss. The Home team chooses, every game, at every level.
- Match Officials will allow substitutes to wear non-clashing colours (to the players on the field of play). They are not required to be official pinnies.
- No goal celebrations are permitted which incorporates physical touching. First violation is a verbal warning, second violation by the same team will result in a caution to the goal scorer.

Process Adjustments

- The Thunder and Lightning Policy will be adjusted to read that if the game is stopped for severe weather, then the game is over in order to avoid gathering of participants in confined areas, and will not be rescheduled due to availability of fields/officials etc.
- Teams are permitted unlimited player substitutions. The Coach will be responsible for tracking substitutions. The Coach can take a photo of the sub-sheet and submit to required authorities. Match Officials do not have to touch substitution forms.
- When a player is injured, Match Officials may only observe and refer assistance to the applicable team bench. There is to be no Match Official contact with the player. Only team medical personnel, following proper health and safety protocols may assist the injured player.

- There will be no handshakes or high 5's between players, match officials, coaches before, during or after the game.
- Parents are not permitted to enter the playing field at the end of game or during training. If this occurs, it is an expectation that the team coach will address with the parent(s).
- It is recommended that there be no cash payment to Match Officials at games. Clubs/Districts/Leagues will advise Match Officials of their payment process and method.
- It is recommended that spectators need to be six (6) meters back from the touchlines. This allows room for the Assistant Referee to run the full line and still have the required two (2) meters required distance.

To accommodate **Return to Soccer (Phase 3)**, training sessions should start at least two (2) weeks before next phase.

Phase 3: Return to Soccer (regular competition, games and training)

Conditions: Social distancing restrictions have been lifted and all Game Formats are permitted

Ontario Soccer will determine timelines for each Phase in alignment with the Province of Ontario provincial health authorities involving government orders, restrictions and guidelines.

Click here to view the complete [Ontario Soccer Return to Play](#) documents and [Covid-19 Updates](#)

Prior to PMSC entering Return to Play Phases, the Club must:

- ☐ Complete 'Canada Soccer Return to Soccer Assessment Tool'
- ☐ Ensure alignment with Ontario Soccer's Return to Play Guide & Provincial Government guidelines
- ☐ Receive approval from our field providers
- ☐ Moving from one stage to the next requires confirmation from Ontario Soccer.

Then, prior to any start up of Phase 1: Return to Training:

- ☐ All Team Staff to read PMSC Return to Play Guide and complete online [Covid 19 Return to Play – Team Official Registration Updates](#)
 - NEW OS Waiver - authorizing them to participate in soccer training,
 - COVID 19 Declaration of Compliance - to ensure they understand hygiene protocol
- ☐ Team Staff to hold online orientation with Players and Parents to communicate all hygiene measures and Return to Train protocol
- ☐ Confirm with Club Administrator that all participants have completed online respective Covid 19 Return to Play forms:
 - NEW OS Waiver (U18 or Over 18) - authorizing them to participate in soccer training,
 - COVID 19 Declaration of Compliance - to ensure they understand hygiene protocol

Recommendations and Guidelines to Ensure a Safe and Clean Environment

General Hygiene Protocol

- ☐ Wash hands with hand sanitizer immediately before leaving home and after soccer activities and during scheduled breaks.
- ☐ Carry hand sanitizer in order to enable good personal hygiene.
- ☐ Do not spit at any time.
- ☐ Any individual equipment used should be taken home and washed separately from others in the household (e.g. uniform).
- ☐ Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze.
- ☐ Avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly.
- ☐ Avoid touching gates, fences, benches. Option is to wear gloves
- ☐ Consider wearing a mask when attending activities. Cover your mouth and nose, ensure no gaps
- ☐ Avoid touching eyes, nose or mouth.
- ☐ Shower at home before and after training.

Reduce Transmission

1. Any employee/player/parent/team staff who has travelled or is exhibiting symptoms of illness should stay home.
2. Recognize and Assess - this virus is transmitted via droplets during close, unprotected contact with an infected person, or by touching an infected surface and then the eye, nose, or mouth. It can also cause a range of symptoms including; sore throat, cough, fever and shortness of breath.

If you, or someone you have been in contact with either at work, home, or at soccer related activities and begins to exhibit any of these symptoms, it is imperative to inform your Team Staff member, Club representative immediately. In addition, you should:

- Self isolate
- Complete the online self-assessment available here; [Ontario COVID-19 Self Assessment App](#)
- Contact Telehealth Ontario 1-866-797-0000
- Contact your primary health care provider

Screening of all individuals should also take place at a minimum weekly, or as directed by local authorities.

For Players:

- ☐ It is recommended that all players utilize the “Self-Check” on [Ontario COVID-19 Self-Assessment App](#)
- ☐ If you experience any of the symptoms, please follow recommendations and contact your medical health provider.
- ☐ Do not carpool unless with immediate family members or members of the extended family bubble.
- ☐ Always follow the instructions from coaches and respect physical distancing.
- ☐ Arrive no more than 15 minutes prior to activity commencing.
- ☐ Do not congregate at the facility entry point.
- ☐ Arrive prepared to train - fully dressed with all equipment on.
- ☐ Each player is to provide their own equipment: bag, ball, pinnie (or light/dark shirts), waterbottle, goal gloves, shin guards, shoes.
- ☐ Arrive with a fully prepared Equipment bag - including a Large Ziploc Bag containing:
 - Hand Sanitizer and/or Sanitizer Wipes (if possible, otherwise a clean cloth to wipe down equipment). Use regularly!
 - Cotton masks – if required for participation
 - Labelled water bottle - where mouth spout is covered by lid and not to open air. Do not share!
 - Tissues – to manage bodily fluids from nose & mouth and, minor scrapes and abrasions
 - Personal first aid supplies – band aids, ice pack, etc.
 - Participant should be made aware that they will be expected to keep and dispose of items at home
- ☐ Place your bag in the designated area upon arrival. Bag must be distinguishable (name/# on it or tie a ribbon)
- ☐ Follow the hygiene protocols in this document.
- ☐ Physical distancing of two (2) metres (6 feet) must be maintained.
- ☐ No more than 1 person per 4m².
- ☐ All ‘non-essential’ contacts should be avoided (handshakes, high 5’s, etc.).
- ☐ **No consumption of food of any type at the field!**
- ☐ Do not share electronics. Wipe them down regularly with cleaning products, then dry thoroughly.

For Parents:

- ☐ Follow the hygiene protocols in this document.
- ☐ Avoid congregating at facility entry points.
- ☐ Make sure child has all items they need to participate
- ☐ Remind players to arrive to training dressed and ready.
- ☐ Only one parent/guardian attending soccer activities. **No siblings please.**
- ☐ Parents/guardians to keep a reasonable distance from the field. If field is visible from parking lot, parents are encouraged to remain with the vehicle.
- ☐ No more than 1 person per 4m².
- ☐ Ensure to check-in with team official for completion of attendance at the soccer activity.
- ☐ At home, ensure all the player’s equipment is washed separately from the other household items.
- ☐ Ensure child is healthy and has no sign of COVID-19 symptoms.
- ☐ Drop and pickup player while maintaining desired rules and regulations around pick-up/drop-off and being a spectator if allowed.
- ☐ Snacks should not be consumed at the field.
- ☐ **ALL SPECTATORS TO WEAR MASKS!**

For Team Officials:

- ☐ Priority is to ensure safe environment, complete coach certification and safe sport.
- ☐ Coaches hold an online pre-activity orientation with players and parents regarding safety protocols—i.e., social distancing, modified training, pick up and drop off, hand washing, cough suppression, no spitting or nose clearing, etc., prior to commence your first training.
- ☐ Coaches should wipe down personal and field equipment using disinfected swabs or towels, before and immediately after each session (do not go home and then clean – contaminated items may travel into the home environment).
- ☐ Ensure attendance and screening questions are completed with each participant prior to start
- ☐ Only Coaches/Staff should handle equipment.
- ☐ Avoid using shared pinnies or any other additional equipment.
- ☐ **Wear facemasks.**
- ☐ Structure activities to maximize physical distancing.
- ☐ Age appropriate considerations may need to be taken when designing activities.
- ☐ Design activities so athletes may stay within their existing small groups to reduce amount of contact with different people.
- ☐ No heading, chest or hand contact with ball (feet only). Goalkeepers may use hands if wearing gloves.
- ☐ Regular sanitization breaks combined with water breaks.
- ☐ Use cones and other equipment to ensure appropriate spacing is in place to support distancing.
- ☐ Frequently clean all surfaces, including white boards, gates, benches, handles of equipment bag, etc.
- ☐ Hand sanitizer should be made available to all people.
- ☐ Stagger release of players at the end of sessions so as to avoid any bottlenecks and distancing issues.

Equipment Safety and Cleaning

Players, Coaches, Match Officials

Any soccer activity must comply with the health and safety protocols as outlined in this Return to Play Guide along with any new protocols issued by the Province of Ontario health authorities.

Recommendations:

- Bring a personally marked water bottle(s) to any soccer activity and avoid touching or using public water fountains. Note: Water fountains should be closed.
- Cleaning of equipment and physical distancing should be practiced and conform to recommendations from the Province of Ontario health authorities.
- Disinfect all equipment after soccer activities before storing at home.
- Match Officials do not share pens, cards etc. Where required, wipe down pens with sanitizing wipes after use.
- Each player should be provided with personal pinnies that they do not share and take home and wash. The coach/manager should not be collecting team pinnies and washing them. An alternative can be the use of two different shirts (dark and light).
- Thoroughly wash or wipe down your equipment, towels, clothes, bags, water bottles, white boards, caps, cones and other items you have used or touched immediately after use.
- Wash hands thoroughly in warm soapy water for at least 20 seconds or use of alcohol-based hand sanitizer if water and soap are not immediately available.
- Do not share equipment – this includes shin guards, shirts, socks, gloves, etc.
- Cover your mouth and nose with your arm or a tissue to reduce the spread of germs. Remember if you use a tissue, to dispose of it as soon as possible and wash your hands afterwards. Ensure all discarded materials (tissues, wipes, sock tape etc.) are placed into an approved garbage receptacle.
- Avoid touching gates, fences, benches, etc. Option to wear gloves; latex (or similar) gloves– discard after one game, or purchase gloves that can be washed.
- Consider wearing a mask or a face shield when attending activities.
 - Avoid touching the mask while using it and clean your hands if you do.
 - Before putting on a mask, clean your hands with soap and water or alcohol-based hand sanitizer.
 - Remove it from behind, discard immediately into a closed bin and then clean your hands with soap and water or alcohol-based hand sanitizer.
 - Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask.
 - Clean your gloves, mask or shield after each use.
 - Replace the mask with a new one as soon as it is damp and don't reuse single-use masks.

Electronics

For electronics such as cell phones, tablets, touch screens that could be used by Coaches;

- Do not share electronics.
- Follow the manufacturer's instructions for all cleaning and disinfection products.
- When possible, consider the use of wipeable covers for electronics.
- If no manufacturer guidance is available and when possible, consider the use of alcohol based wipes or sprays containing at least 70% alcohol to disinfect touch screens.
- Dry surfaces thoroughly to avoid pooling of liquids.

Information to Ensure Safety at the Field

Fields and Scheduling:

- PMSC will schedule practices with a 20 min buffer between to reduce any potential bottleneck or gathering number violations.
- PMSC team staff are to ensure alcohol- based hand sanitizer, cleaning solution and disposable towels are present and readily accessible for each session.
- Prior to entry and at the end of each session, all individuals to properly sanitize hands.
- Participants to follow designated entrance and exit locations at fields. Staff to stagger release of players.
- **Ensure NO gatherings of large groups while activity is taking place. All participants (Parents/Players/Team Staff): Please respect social/physical distancing measures as set in place by governmental public health authorities**
- The Thunder and Lightning Policy will be adjusted such that if the training is stopped for severe weather, then it is over in order to avoid gathering of participants in confined areas.

Pick-Up and Drop-Off:

- Only one parent per player
- Parents, where possible, please stay in car to observe. Where the field cannot be seen from the car, parents may come outside but remain well away from the field, players, other parents and staff. Parents are encouraged to wear a mask.
- Enter and exit field area as per field map, to avoid bottlenecks
- At entrance/exit points, participants must adhere to physical distancing requirements.
- Team staff will use a staggered release so as to avoid bottlenecks.

Upon Arrival:

- Log – ensure attendance protocol is completed before each session!
- Players Equipment – designate space off and to the side of the field for storage of personal items
 - ensuring spacing of 2 metres is observed.
 - Bags should be easily distinguishable and all items removed from field area at the end of session.
 - All player personal paraphernalia not being used for practice is to remain INSIDE the bag, nothing on top or to the side!
 - Players are to bring and use personally marked water bottles. No sharing of water bottles permitted.
- Sanitize – ensure all players and staff use hand sanitizer

Attendance Protocol:

- ☐ Complete log for each session (include Players, Parents and Staff). This is to assist in Contact Tracing, if required. You are encouraged to use the shared online Google Sheet but can use a paper copy of Log ([Appendix 3, pg 19](#))
- ☐ Screening for symptoms of players/parents/coaches to take place before each session. If symptoms present ensure the following steps are followed:
 - Individual moved to isolated area (with parent/guardian as necessary).
 - Contact Emergency Response Plan Lead (ERP Lead)
 - Field/facility vacated and sanitized.
 - Contact Telehealth Ontario 1-866-797-0000 and advise of situation.

General:

- Commonly touched surfaces should be cleaned using appropriate sanitizing solution at the beginning and end of each session. Those surfaces would include but not limited to:
 - Door handles of sheds/equipment boxes,
 - Gate entrances,
 - Equipment (balls, training supplies, etc.),
 - Dispensers,
 - Player equipment storage locations, if hard surfaces like tables or chairs/bleachers and
 - Bleachers or seating used by spectators.
- No sharing of personal items - as water bottles, goalie gloves, shin guards, pinnies, towels, etc.
- No food of any type to be consumed at the field/facility.

Field Specifics

PCC:

- Drop off at front of Community Centre. Players enter field area via passageway between Community Centre and tennis courts. There is plenty of space for bag area to the side of field along baseball diamond fence.
- Parent/Guardians to proceed to use parking lot at far end of baseball diamond
- Exit field at far end, using passageway between baseball diamond and paddock area
- SPOC to be familiar with [Emergency Action Plans for Fields](#), Attendance Protocols and [COVID-19 Emergency Response Plan](#). **There is an AED?**

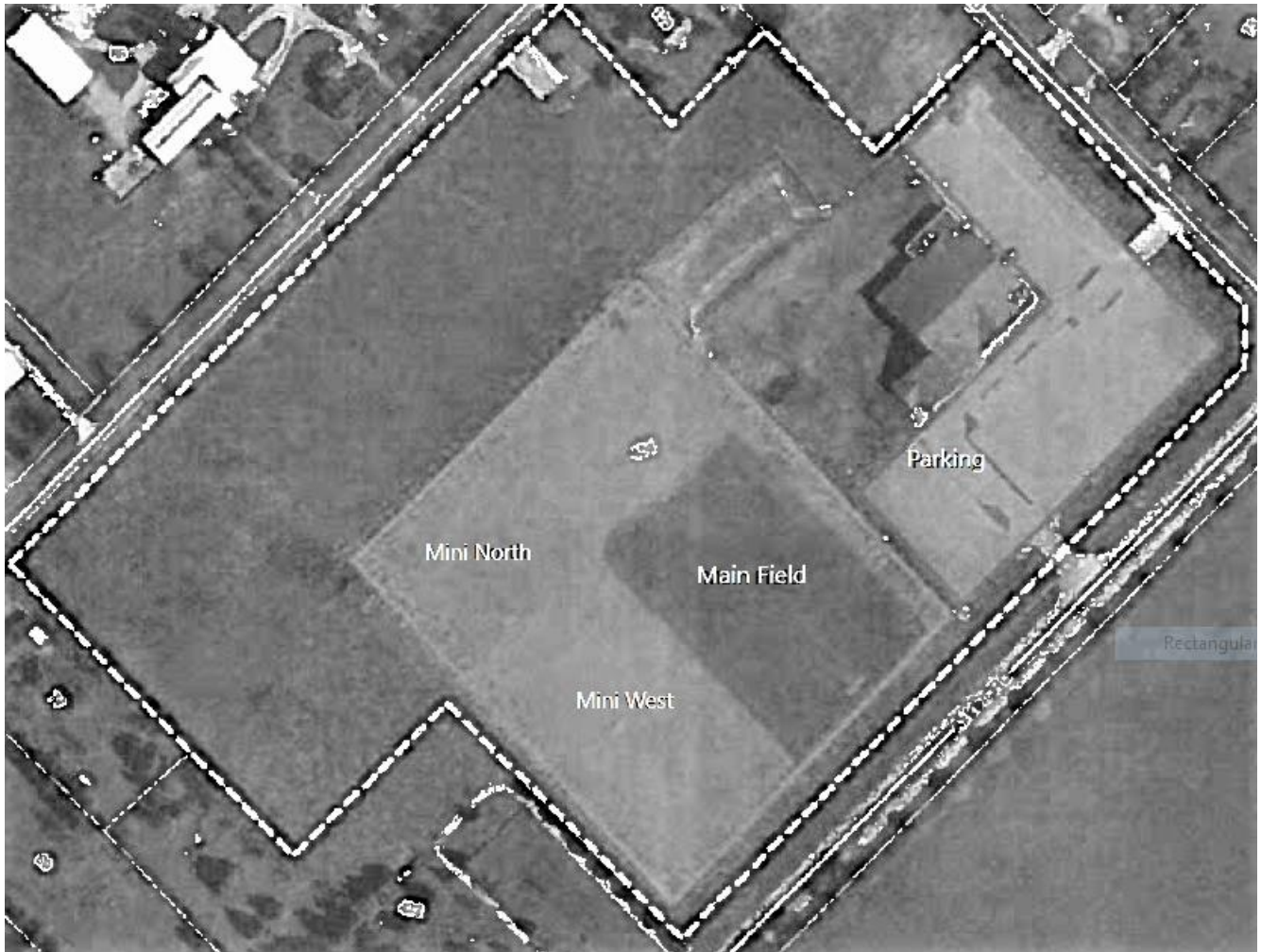
Badenoch:

- Enter field from gate to left of shed, facing field (far end of parking lot). There is plenty of space for bag area at this entrance.
- Exit using gate between bleachers, toward middle of parking lot.
- SPOC to be familiar with [Emergency Action Plans for Fields](#), Attendance Protocols and [COVID-19 Emergency Response Plan](#). **There is an AED in the shed.**



Arkell:

- Enter field?
- Exit field?
- SPOC to be familiar with [Emergency Action Plans for Fields](#), Attendance Protocols and [COVID-19 Emergency Response Plan](#). AED ?



COVID-19 Emergency Response Plan

OBJECTIVE: Should someone test positive within our soccer organization, there is a plan to ensure that the virus does not spread any further and that the infected person is removed and receives immediate care from health professionals.

During the current pandemic, the luxury of time to respond as soccer leaders is not available. Management of a breach within the PMSC Club must be dealt with quickly and efficiently.

Emergency Response Plan (ERP) Lead: PMSC Administrator

(administrator@puslinchsoccer.ca)

Single Point of Contact (SPOC): Each team is to appoint one person on their staff to become thoroughly familiar with these protocols and who will coordinate with the ERP Lead through the emergency action plan. This lead person must keep attendance records and ensure screening of participants at each session. Factual record keeping is of utmost importance should reporting be required.

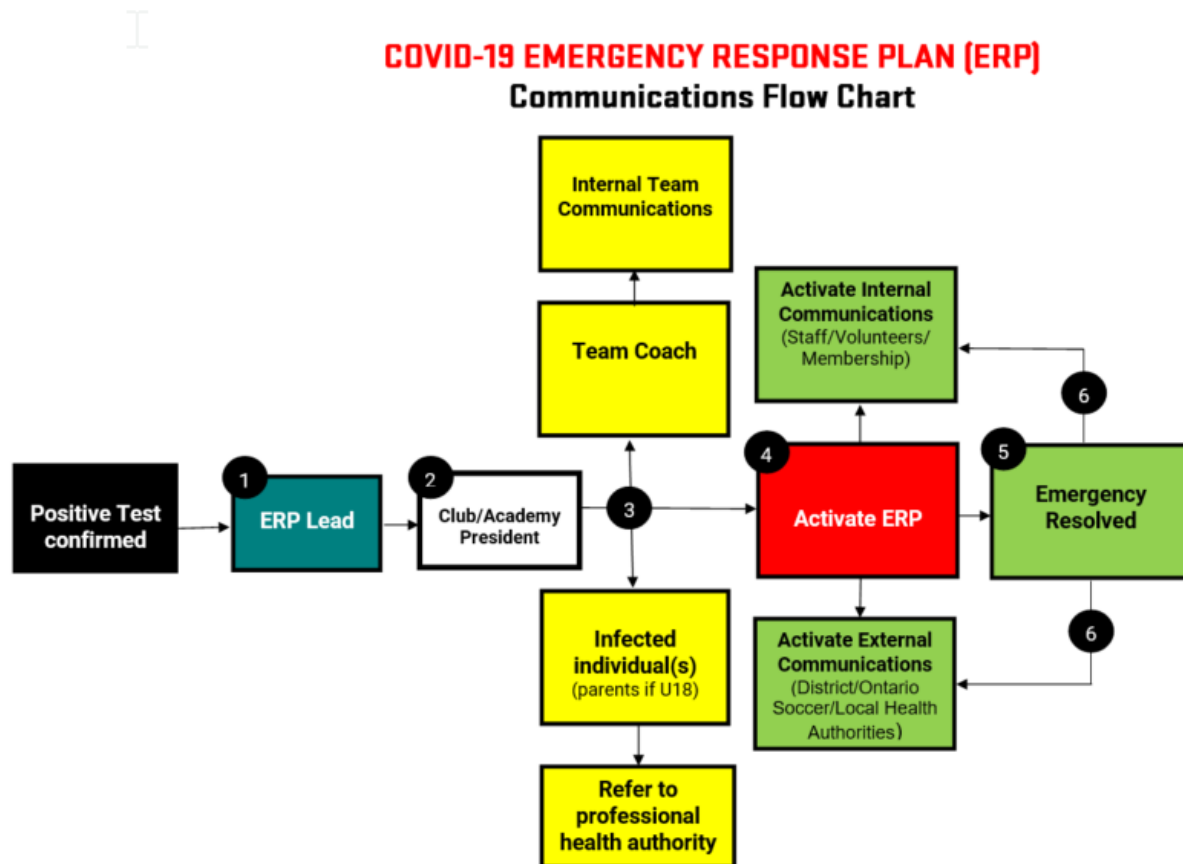
Overview

1. **Pre-Pandemic Phase:** The pre- pandemic phase is NOW. PMSC has reviewed Ontario Soccer and Canada Soccer's Return to Play Plan and Protocols. PMSC requires all Team Officials to review the Return to Play Guide and general health education with all players and parents/guardians. Please note that the Return to Play Protocols comply with the Province of Ontario emergency orders and health authority directives. In addition, PMSC will coordinate with our third-party facility providers regarding any additional plans & procedures necessary.
2. **Positive Test Phase:** Confirmation of a COVID-19 positive test within our organization will declare when it is time to activate our Action Plan. Our goals – to prevent further infection and minimize program disruption. This phase is active until the infected party has been isolated and under the control of professional health authorities and there is no further threat.
3. **Post Pandemic Phase:** The post-pandemic period begins with the Provincial Health Officer declares that the COVID-19 pandemic is over. The primary focus will be to restore normal programming.

POSITIVE TEST PHASE		RESPONSIBILITY
Confirmation of a COVID-19 positive test within our soccer organization		
1.	Communication System Consistent with Federal and Provincial/Territorial privacy regulations, acts, laws, etc. coaches, staff, officials, and families of players should self-report to the single point of contact (SPOC), who will relay to the ERP Lead: <ol style="list-style-type: none"> a. they have symptoms of COVID-19, or b. a positive test for COVID-19 is recorded, or c. were exposed to someone with COVID-19 within the last 14 days. 	

2	<p>Advise Sick Individuals to Stay Home</p> <p>Sick coaches, staff members, officials, or players should not return until they are well enough based on Public Health Agency of Canada and Provincial Health Authority guidelines.</p>	ERP Lead and SPOC
3	<p>Isolate and/or Transport Those Who are Sick at Club Activities</p> <p>Make sure that coaches, staff, officials, players, and families know that sick individuals should not attend a Club activity, and that they should notify officials (staff) if they or their child (families) become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.</p>	ERP Lead and SPOC
	<p>Coaches, staff, officials, and players with COVID-19 symptoms (i.e., fever, cough, shortness of breath) at any club activity must be immediately separated and isolated. Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, contact their Family Physician, and follow Health Agency guidance for caring for oneself and others who are sick. Individuals who have had close contact with a person who has symptoms should be separated and sent home as well. If symptoms develop, individuals and families should follow Health Agency guidelines for caring for oneself and others who are sick.</p>	SPOC
	<p>Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility. That means having parent contact information readily available; parents within a safe, socially distanced but easily accessible waiting area; or if you are calling an ambulance or bringing someone to the hospital, please alert them that the person may have COVID-19.</p>	SPOC
4	<p>Clean and Disinfect Areas</p> <p>Close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area). Ensure safe and correct use and storage of cleaning and disinfection products, including storing them securely away from children.</p>	SPOC
		ERP Lead
5	<p>Notify Local Health Officials and Close Contacts</p> <p>In accordance with Federal, Provincial and Territorial privacy and confidentiality laws and regulations, the Club should notify local health officials, Provincial or Territorial Associations, club staff, officials, and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with applicable laws and regulations.</p>	ERP Lead and SPOC
	<p>ERP Lead to work with local health officials to develop a reporting system (e.g., letter) to notify health officials and close contacts (logs and/or contract tracing information) of cases of COVID-19.</p>	ERP Lead
	<p>The Provincial and Territorial Health agencies and their Contact Tracing procedures will be responsible for advising those who have had close contact with a person diagnosed with COVID-19 and determine whether someone should stay home and self monitor for symptoms. Members of the Club should continue to self-monitor for symptoms.</p>	

	The ERP Lead shall notify Provincial and District Soccer Associations of any any cases of COVID 19, suspected cases, and where athletes or staff have been refused admittance to any training session.	ERP Lead
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Appendices

Appendix 1

What is COVID-19 and Infection Prevention

COVID-19

[Coronaviruses](#) are a large family of viruses. Some cause illness in people and others cause illness in animals. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

COVID-19 is a new disease that has not been previously identified in humans. Rarely, animal coronaviruses can infect people, and more rarely, these can then spread from person to person through close contact.

There have been two other specific coronaviruses that have spread from animals to humans and which have caused severe illness in humans. These are the:

1. [Severe acute respiratory syndrome coronavirus \(SARS CoV\)](#)
2. [Middle East respiratory syndrome coronavirus \(MERS CoV\)](#)

Those who are infected with COVID-19 may have little to no symptoms. You may not know you have symptoms of COVID-19 because they are similar to a cold or flu.

Symptoms have included:

- cough,
- fever,
- difficulty breathing, and
- pneumonia in both lungs.

In severe cases, infection can lead to death. Symptoms may take up to 14 days to appear after exposure to COVID-19. This is the longest known incubation period for this disease.

Recent evidence indicates that the virus can be transmitted to others from someone who is infected but not showing symptoms. This includes people who:

- have not yet developed symptoms (pre-symptomatic) and
- never develop symptoms (asymptomatic)

While experts know that these kinds of transmissions are happening among those in close contact or in close physical settings, it is not known to what extent. This means it is extremely important to follow the proven [preventative measures](#).

Preventative Measures

Canadians should continue to think ahead about the actions they can take to stay healthy and prevent the spread of COVID-19 in Canada. This includes **staying at home** as much as possible and [being prepared](#) in case you or a family member becomes ill. Everyone should be practising **physical (social) distancing**. Even if you do not have symptoms of COVID-19, you could become infected by others.

As we continue to see transmission of the virus within different communities, we know that everyone must take precautions, even those who have not travelled outside of Canada.

In an effort to prevent the spread of COVID-19 within communities and across the country, all Canadians are advised to:

- Stay at home unless you have to go to work. Talk to your employer about working at home if possible.
- Avoid all non-essential trips in your community.
- Do not gather in groups. Respect Government of Ontario directives.
- Limit contact with people at higher risk, such as older adults and those in poor health.
- Go outside to exercise but stay close to home.
- If you leave your home, always keep a distance of at least two (2) meters (6 feet) from others. Household contacts (people you live with) do not need to distance from each other unless they are sick.

2019 Novel Coronavirus (COVID-19) What you need to know to help you and your family stay healthy



Wash your hands with soap and water thoroughly and often.

Cough and sneeze into your sleeve or a tissue. Dispose of tissue immediately and wash your hands.



Keep surfaces clean and disinfected.

Stay home when you are sick.



You can go outside if you:

- Have not been diagnosed with COVID-19.
- Do not have symptoms of COVID-19.
- Have not travelled outside of Canada in the past 14 days.
- Are not in quarantine (self-isolating).

If you have symptoms, call Telehealth Ontario at:
1-866-797-0000
TTY: 1-866-797-0007
Or contact your public health unit.

For more information,
visit [Ontario.ca/coronavirus](https://ontario.ca/coronavirus)

Ontario 

If you go out for a walk, do not congregate and always practise physical (social) distancing by keeping at least two (2) metres (6 feet) apart from others at all times.

Physical (social) distancing

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. [Physical \(social\) distancing](#) is proven to be one of the most effective ways to reduce the spread of illness during an outbreak.

This means making changes in your everyday routines to minimize close contact with others, including:

- Avoiding crowded places and non-essential gatherings.
- Avoiding common greetings, such as handshakes.
- Limiting contact with people at higher risk like older adults and those in poor health.
- Keeping a distance of at least two (2) meters from others (6 feet).

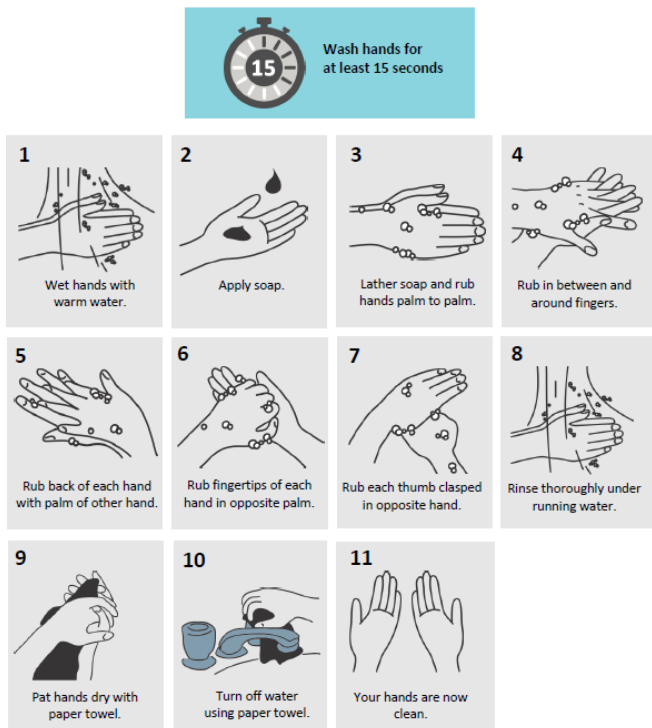
Hygiene

Proper hygiene can help reduce the risk of infection or spreading infection to others:

- Wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food. Use alcohol-based [hand sanitizer](#) if soap and water are not available.
- When coughing or sneezing, cough or sneeze into a tissue or the bend of your arm, not your hand. Dispose of any tissues you have used as soon as possible in a lined wastebasket and wash your hands afterwards. Avoid touching your eyes, nose, or mouth with unwashed hands.

Coronavirus Disease 2019 (COVID-19)

How to wash your hands



How to use hand sanitizer



Cleaning

Coronaviruses are one of the easiest types of viruses to kill with the appropriate disinfectant product when used according to the label directions. Health Canada has published a [list of hard surface disinfectants](#) that are likely to be effective for use against COVID-19.

Although they do not claim to kill COVID-19, cleaners can play a role in limiting the transfer of microorganisms. Health Canada recommends cleaning high-touch hard surfaces often, using either regular household cleaners or diluted bleach according to the label directions. This bleach solution should be prepared according to the instructions on the label or in a ratio of 250 mL (1 cup) of water per 5 mL (1 teaspoon) of bleach. Directions are based on bleach that is 5% sodium hypochlorite, to give a 0.1% sodium hypochlorite solution. Never mix bleach with other chemical products and use it in a well-ventilated area. [Special precautions](#) must be used when cleaning with bleach to avoid serious incidents.

These surfaces include:

- Toilets,
- Phones,
- Electronics,
- Door handles,
- Tables and chairs, and
- Remotes.

Refer to the [guidance on cleaning and disinfecting public spaces](#) for more information.

Wearing masks or face coverings

Medical masks, including surgical, medical procedure face masks and respirators (like N95 masks), must be kept for health care workers and others providing direct care to COVID-19 patients.

Wearing a non-medical mask or face covering while out in public is **recommended** for periods of time when it is not possible to consistently maintain a two (2) metre physical distance from others, particularly in crowded public settings, such as training and competition facilities.

Public health officials will make recommendations based on a number of factors, including the rates of infection and/or transmission in the community. Recommendations may vary from community to community.

If you do choose to wear facial covering, refer to [guidelines on wearing non-medical masks, how to make your own](#) and the [Special Advisory Committee](#) recommendations on the [use of non-medical cloth masks or face coverings in community settings](#).

Masks alone will not prevent the spread of COVID-19. You must consistently and strictly adhere to [good hygiene](#) and [public health measures](#), including frequent [hand washing](#) and [physical \(social\) distancing](#).

Resources used:

<https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/health-care-resources>
<https://www.canada.ca/en/public-health.html>

Appendix 2

Covid-19 Public Health Resources

[Ontario Soccer COVID-19 Updates](#)

[Province of Ontario COVID-19](#)

[Wellington Dufferin Guelph Public Health](#)

[COVID-19 mental health online and phone support](#)

[Updates from the CSIO Sport Medicine Advisory](#)

[Health Canada](#)

[U.S. Centers for Disease Control and Prevention](#)

[World Health Organization](#)

[Travel Advice and Advisories site](#)

[COVID-19 and Mental health and well-being](#)

[Coping with stress and anxiety](#)

[illegible]

COVID-19 Symptoms Checklist For Staff/Coaches/Participants/Parents

Do you have any of the below symptoms?			
1	a. Fever (greater than 38.0 C)?	YES	NO
	b. Cough?	YES	NO
	c. Shortness of breath / difficulty breathing?	YES	NO
	d. Sore throat?	YES	NO
	e. Runny nose?	YES	NO
2	Has anyone in your household experienced any of the above symptoms in the last 14 days?	YES	NO
3	Have you, or anyone in your household travelled outside of Canada in the last 14 days?	YES	NO
4	Have you, or anyone in your household been in contact in the last 14 days with someone who is being investigated as a suspected case of COVID-19?	YES	NO
5	Are you currently being investigated as a suspected case of COVID-19?	YES	NO
6	Have you tested positive for COVID-19 within the last 10 days?	YES	NO

If an individual answers “YES” to any of the above questions, they are not permitted to participate in any in-person soccer activity for a minimum of 14 days.

Appendix 4



Coronavirus Disease 2019 (COVID-19)

Cleaning and Disinfection for Public Settings

This document provides guidance on cleaning and disinfection of public settings, including schools, transit, colleges/universities and other workplaces in Ontario. For more information, please contact your local public health unit.

What you should know

- Commonly used cleaners and disinfectants are effective against COVID-19.
- Frequently touched surfaces are most likely to be contaminated.
- Use only disinfectants that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms it is approved for use in Canada.
- Check the expiry date of products you use and always follow manufacturer's instructions.

Clean frequently touched surfaces twice per day

- In addition to routine cleaning, surfaces that have frequent contact with hands should be cleaned and disinfected twice per day and when visibly dirty.
- Examples include doorknobs, elevator buttons, light switches, toilet handles, counters, hand rails, touch screen surfaces and keypads.
- In addition to routine cleaning, check with your organization for any specific protocols for cleaning for COVID-19.



Select products

Cleaners

- Break down grease and remove organic material from the surface.
- Used separately before using disinfectants.
- Can be purchased with cleaner and disinfectant combined in a single product.

Disinfectants

- Have chemicals that kill most germs.
- Applied after the surfaces have been cleaned.
- Have a drug identification number (DIN).

Disinfectant Wipes

- Have combined cleaners and disinfectants in one solution.
- May become dry due to fast drying properties. Should be discarded if they become dry.
- Not recommended for heavily soiled surfaces.

Prepare products for use

- Where possible, use pre-mixed solution.
- Read and follow manufacturer's instructions to:
 - properly prepare solution
 - allow adequate contact time for disinfectant to kill germs (see product label)
 - wear gloves when handling cleaning products including wipes
 - wear any other personal protective equipment recommended by the manufacturer

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care. It can survive on different surfaces but can be killed by most cleaners and disinfectants.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website:

ontario.ca/coronavirus.

Sources:

Ontario Agency for Health Protection and Promotion (Public Health Ontario), Provincial Infectious Diseases Advisory Committee. Best practices for environmental cleaning for prevention and control of infections in all health care settings [Internet]. 3rd ed. Toronto, ON: Queen's Printer for Ontario; 2018. Available from: <https://www.publichealthontario.ca/-/media/documents/bp-environmental-cleaning.pdf>

The Regional Municipality of York, Community and Health Services. Proper cleaning and disinfection practices [Internet]. Newmarket, ON: The Regional Municipality of York; 2019. Available from: <https://www.york.ca/wps/wcm/connect/yorkpublic/928899a2-d56b-47af-a9a0-b6e62d8e0bb7/Proper+Cleaning+and+Disinfection+Practices.pdf?MOD=AJPERES&CVID=mVMtoGe>

The information in this document is current as of March 11, 2020

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Attention Visitors



If you feel unwell (cough, fever,
breathing difficulties)

please delay your visit

AND

contact your health care provider, or

Telehealth Ontario (1-866-797-0000)

Ontario

