



North Durham United FC

Return to Play Plan

Protocols and Requirements

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Contact info@northdurhamunited.com for any questions regarding this Return to Play Plan.



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Introduction

Sport makes an important contribution to the physical, psychological and emotional well-being of Canadians. The [COVID-19 pandemic](#) has had devastating effects on communities globally, leading to significant restrictions on all sectors of society, including sport. Resumption of sport can significantly contribute to the re-establishment of normality in Canadian society.

North Durham United FC in consultation with its sport partners, Ontario Soccer and the Durham Region Soccer Association, has developed this Return to Play Plan for its club.

The context of this document is aligned with Canada Soccer and the Province of Ontario's amateur sport Guidelines and protocols.

Based on current best Public Health evidence, and Guidelines from Canada's Federal and Ontario's Provincial Government, North Durham United FC has developed this Return to Play Plan in concert with Ontario Soccer and their consultation with specialists in sport and exercise medicine, infectious diseases and public health.

The principles outlined in this document apply equally to recreational and competitive level soccer. The Return to Play Plan is a timely tool for 'how' reintroduction of soccer activity will occur in a cautious and progressive manner, to optimize participant and community safety. Decisions regarding the timing of this Return to Play Plan three (3) phase process will be determined by Ontario Soccer and the Province of Ontario directives around public health and safety. The priority at all times must be to preserve public health, minimising the risk of community transmission.

The Return to Play Plan includes multiple phases, requirements, and plans for anyone participating in sanctioned soccer with our club. We would like to stress that when we all return to play, soccer will look different than before the COVID-19 pandemic arrived, therefore we will not be able to jump right back into the game as normal. 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.

This plan detail and requirements are guidelines for club administrators, coaches and match officials within North Durham United FC. The plan provides technical resources in the form of sample sessions that fall within the recommendations and guidelines of Canada Soccer and Ontario Soccer as well as guidelines for coaches, match officials, players and parents.

With a situation that evolves daily and may differ by region, North Durham United FC continues to follow the guidance of Ontario Soccer, the Province of Ontario and provincial and



regional health authorities. We will also be adhering to the requirements set out by our local municipalities to ensure we are providing a safe environment to all our participants.

North Durham United FC'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 appropriately, as governmental health authorities modify their health and safety standards over time, and as our communities return to the new normal of life and sport and recreational participation.

We understand and appreciate the eagerness to prepare for when *Return to Play* happens but we must do so responsibly and in collaboration with all concerned. Teams, and/or coaches that offer soccer activity and do not comply with these recommendations and guidelines, will be subject to disciplinary measures .

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

North Durham United FC



Return to Play Phases

The Government of Ontario announced that as of November 7, 2020 it has moved Ontario Public Health Units into its new COVID-19 response framework in order to keep Ontario operating safely and effectively manage the impact of the global pandemic. The new framework was again updated on November 23.

DISCLAIMER: The information outlined in this document is based on Government of Ontario Public Health orders. Organizations must check with their local Public Health Unit for further "Section 22" restrictions that may differ from the following.

All member organizations are required to know their Public Health Unit.

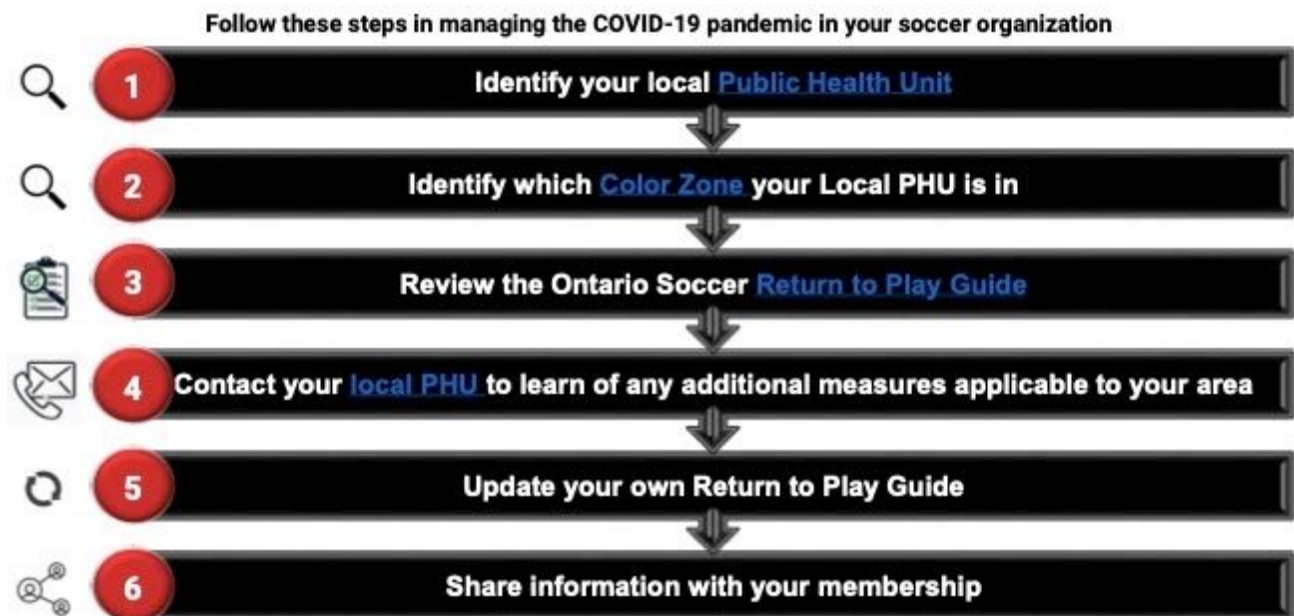
[Click here](#) for Durham Regional Health Department

605 Rossland Road East, Whitby, ON L1N 6A3 Dr. Robert Kyle - Medical Officer of Health

PH: 905-668-7711 Fax: 905-666-6214 After Hours PH: 905-576-9991

[Click here](#) to find out what Zone (colour) our Public Health Unit is currently placed.

Member organizations are encouraged to stay in contact with their local Public Health Unit and Municipality in the event these authorities have implemented additional restrictions that may impact their soccer operations.



The NDUFC Return to Play Guide (RTP) has been adjusted to better reflect the new government framework within our RTP **three-phase** approach:



PHASE:	Phase 1 <i>Individualized Training</i>		Phase 2 <i>Group Training and Modified Games</i>			Phase 3 <i>Return to Soccer</i>
ZONE:	Grey (Lockdown)	Red	Orange	Yellow	Green	N/A

Reference Guide (Zones) - OVERVIEW

	Grey	Red	Orange	Yellow	Green
Completion of Canada Soccer Return to Soccer Assessment Tool	Yes	Yes	Yes	Yes	Yes
Organization's own RTP Guide/Plan in alignment to Ontario Soccer's RTP Guide	Yes	Yes	Yes	Yes	Yes
Age and Stage Considerations	Yes	Yes	Yes	Yes	Yes
Safety Field Marshal	Yes	Yes	Yes	Yes	Yes
Physical Distancing for Participants	Yes	Yes	No	No	No
Equipment disinfecting after each game/practice	Yes	Yes	Yes	Yes	Yes
Change rooms	No	No	Yes	Yes	Yes
Indoor Activities Permitted	No	Yes	Yes	Yes	Yes
Outdoor Activities Permitted	Yes	Yes	Yes	Yes	Yes
Games or Scrimmages	No	No	Yes	Yes	Yes
Maximum "Competitive Bubble"	N/A	N/A	50 players	50 players	50 players
Team Isolation Period before changing bubbles	N/A	N/A	14 days	14 days	14 days
Travel to other zones <i>Unless otherwise stated by local Public Health Unit</i>	No	No	Yes	Yes	Yes
Trials/Tryouts/Open Evaluations	No	No	Yes	Yes	Yes
Maximum number of Participants (Players, coaches, match officials) <i>Unless otherwise stated by local Public Health Unit</i>	No indoor activities 10 Outdoor	10 Indoor 25 Outdoor	50 Indoor 100 Outdoor	50 Indoor 100 Outdoor	50 Indoor 100 Outdoor
Maximum number of Spectators <i>Unless otherwise stated by local Public Health Unit</i>	No spectators, except for ONE parent per participant at outdoor facilities	No spectators, except for ONE parent per participant	No spectators, except for ONE parent per participant under the age of 18	50 Indoor 100 Outdoor	50 Indoor 100 Outdoor

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

Training and Competition Guideline for NDUFC



Phase 1 - Individualized Training Only

Grey Zone (Lockdown)

- NDUFC has completed 'Canada Soccer Return to Soccer Assessment Tool'.
- NDUFC's own Return to Play Guide is aligned with Ontario Soccer's Return to Play Guide & Provincial Government guidelines prior to resuming activity.
- Use Canada Soccer's "[Age & Stage Considerations – Phase 1](#)" document included in this section.
- Physical distancing of at least two (2) meters is required from all participants. (Players, Coaches, Match Officials).
- Indoor soccer activities **NOT** permitted
- Outdoor soccer activities permitted
- No spectators permitted, but ONE parent or guardian may accompany each participant under the age of 18 years who is engaged and in any event cannot exceed:
 - **No** spectators for indoor facilities
 - 10 spectators for outdoor facilities
- No games or scrimmages, or contact between participants is permitted during this phase.
- Any locker rooms, change rooms, showers and clubhouses must be closed, except to the extent they provide access to equipment storage, a washroom or a portion of the facility that is used to provide first aid.
- Any equipment must be cleaned and disinfected between each use.
- 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.
- The total number of participants permitted to be at an activity at any one time must be limited to the number that can maintain a physical distance of at least two meters from other persons at a facility, and in any event cannot exceed:
 - **No** participants for indoor facilities
 - 10 participants for outdoor facilities

Red Zone

- NDUFC has completed 'Canada Soccer Return to Soccer Assessment Tool'.
- NDUFC's own Return to Play Guide is aligned with Ontario Soccer's Return to Play Guide & Provincial Government guidelines prior to resuming activity.
- Use Canada Soccer's "[Age & Stage Considerations – Phase 1](#)" document included in this section.
- Physical distancing of at least two (2) meters is required from all participants. (Players, Coaches, Match Officials).



- No spectators permitted, but ONE parent or guardian may accompany each participant under the age of 18 years who is engaged and in any event cannot exceed:
 - 10 spectators for indoor facilities
 - 25 spectators for outdoor facilities
- No games or scrimmages, or contact between participants is permitted during this phase.
- Any locker rooms, change rooms, showers and clubhouses must be closed, except to the extent they provide access to equipment storage, a washroom or a portion of the facility that is used to provide first aid.
- Any equipment must be cleaned and disinfected between each use.
- 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.
- The total number of participants permitted to be at an activity at any one time must be limited to the number that can maintain a physical distance of at least two meters from other persons at a facility, and in any event cannot exceed:
 - 10 participants for indoor facilities
 - 25 participants for outdoor facilities

Phase 2 – Group Training and Modified Games

Orange Zone

- NDUFC has completed 'Canada Soccer Return to Soccer Assessment Tool' and created a "Return to Play" plan for the organization.
- NDUFC's own Return to Play Guide is aligned with Ontario Soccer & Provincial Government guidelines prior to resuming soccer.
- Physical distancing is not required of participants engaged in training or games.
- No spectators permitted, but ONE parent or guardian may accompany each participant under the age of 18 years who is engaged and in any event cannot exceed:
 - 50 spectators for indoor facilities
 - 100 spectators for outdoor facilities
- Games or scrimmages can be introduced.



- Game formats must follow [the age, stage of development](#), and conform to gathering restrictions issued by the Provincial Government and/or local public health unit.
- The total number of participants permitted to be at an activity at any one time must be limited to the number that can maintain a physical distance of at least two meters from non-participants in the facility, and in any event cannot exceed:
 - 50 participants for indoor facilities
 - 100 participants for outdoor facilities
- Exhibition games, tournaments/festivals and leagues can be organized under the following conditions:
 - Multiple teams, from different Clubs/Academies can form groupings (“Competitive Bubbles”) of no more than 50 **players** to participate in a league or sanctioned competition as per the current government order.
 - Note: Any government directives which impact bubble size, etc., will be communicated to membership accordingly.
- Teams must observe a minimum of 14 days of “Team Isolation” before playing games within a different team “bubble” or against a new team outside the “bubble”.
 - During the “Team Isolation” period, only activities within the team can take place (i.e. training, inter-squad games.)
- It is highly recommended that a **Safety Field Marshal** be appointed to ensure compliance with social distancing rules and safety protocols. The Safety Field Marshall should be a recognized authority within the soccer organization. This is not the role of Match Officials.
- Trials/Tryouts/Open Evaluations can be hosted under the following conditions:
 - Organizations must focus on ensuring the health and safety of participants attending their sessions.
 - Players not registered in OSCAR, Ontario Soccer’s official registry must complete the Informed Consent and Assumption of Risk Agreement, for each club’s sessions they attend, to be eligible for insurance coverage;
 - Players must complete the Declaration of Compliance at each session;
 - A Contact Tracing Log must be completed for each session;
- For all 11v11 games, the IFAB 2019/2020 Laws of the game shall be enforced.
 - Under the new Framework, throw-ins and headers are permitted in accordance with Laws of the Game.
- Modified rules to avoid physical contact **between** players must be in place, including:
 - 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.
 - Where applicable, team Physiotherapy should be set up at the end of the team benches towards the corner flags. This provides more space in the middle for the fourth Match Official and game announcer/convenor.
 - Automatic cautions for any players who are involved in face-to-face (but non-mass confrontation) interactions. Shoving, jostling, and fighting for space will result in a straight Yellow Card for Unsportsmanlike Behavior.
 - Match Officials should stay away and allow the emotional situation to deescalate before engaging from a safe distance.
 - Serious physical altercations will result in an automatic red card.
 - Mass confrontations will result in automatic dismissals for all involved.



- There will be ZERO tolerance for spitting on or around the field of play. If spitting is seen by one of the match officials, the following procedure will be followed:
 - If aimed/directed at someone it is an automatic red card and send off as per IFAB Laws of the Game.
 - If spitting at equipment, playing surface or elsewhere, a yellow card for unsporting behaviour will be issued.
- Coaches are responsible for ensuring players are aware of the Spitting Zero Tolerance requirement, and the importance of following Covid-19 guidelines.

Yellow Zone

- NDUFC has complete – ‘Canada Soccer Return to Soccer Assessment Tool’ and created a “Return to Play” plan for the organization.
- NDUFC’s own Return to Play Guide is aligned with Ontario Soccer & Provincial Government guidelines prior to resuming soccer.
- Physical distancing is not required of participants engaged in training or games.
- Unless the facility is operating in accordance with a plan approved by the Office of the Chief Medical Officer of Health, the total number of spectators permitted to be at a facility at any one time must be limited to the number that can maintain a physical distance of at least two meters from every other person in the facility, and in any event cannot exceed,
 - **50 spectators for indoor facilities**
 - **100 spectators for outdoor facilities**
- Games or scrimmages can be introduced.
 - Game formats must follow [the age, stage of development](#), and conform to gathering restrictions issued by the Provincial Government and/or local public health unit.
- The total number of participants permitted to be at an activity at any one time must be limited to the number that can maintain a physical distance of at least two meters from non-participants in the facility, and in any event cannot exceed,
 - **50 participants for indoor facilities**
 - **100 participants for outdoor facilities**
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 - Multiple teams, from different Clubs/Academies can form groupings (“Competitive Bubbles”) of no more than 50 players to participate in a league or sanctioned competition as per the current government order.
 - Note: Any government directives which impact bubble size, etc., will be communicated to membership accordingly.
- Teams must observe a minimum of 14 days of “Team Isolation” before playing games within a different team “bubble” or against a new team outside the “bubble”.
 - During the “Team Isolation” period, only activities within the team can take place (i.e. training, inter-squad games).



- It is highly recommended that a **Safety Field Marshal** be appointed to ensure compliance with social distancing rules and safety protocols. The Safety Field Marshal should be a recognized authority within the soccer organization. This is not the role of Match Officials.
- Trials/Tryouts/Open Evaluations can be hosted under the following conditions:
 - Organization must focus on ensuring the health and safety of participants attending their sessions.
 - Players not registered in OSCAR, Ontario Soccer's official registry must complete the Informed Consent and Assumption of Risk Agreement, for each club's sessions they attend, to be eligible for insurance coverage;
 - Players must complete the Declaration of Compliance at each session;
 - A Contact Tracing Log must be completed for each session.
- For all 11v11 games, the IFAB 2019/2020 Laws of the game shall be enforced.
- Under the new Framework, throw-ins and headers are permitted in accordance with Laws of the Game. Modified rules to avoid physical contact **between** players must be in place, including:
 - 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.
 - Use of Ball Boys/Girls is not permitted.
 - Where applicable, team Physiotherapy should be set up at the end of the team benches towards the corner flags. This provides more space in the middle for the fourth Match Official and game announcer/convenor.
 - Automatic cautions for any players who are involved in face-to-face (but non-mass confrontation) interactions. Shoving, jostling, and fighting for space will result in a straight Yellow Card for Unsportsmanlike Behavior.
 - Match Officials should stay away and allow the emotional situation to deescalate before engaging from a safe distance.
 - Serious physical altercations will result in an automatic red card.
 - Mass confrontations will result in automatic dismissals for all involved.
 - There will be ZERO tolerance for spitting on or around the field of play. If spitting is seen by one of the match officials, the following procedure will be followed:
 - If aimed/directed at someone it is an automatic red card and send off as per IFAB Laws of the Game.
 - If spitting at equipment, playing surface or elsewhere, a yellow card for unsporting behaviour will be issued.
 - Coaches are responsible for ensuring players are aware of the Spitting Zero Tolerance requirement, and the importance of following Covid-19 guidelines.

Green Zone

- NDUFC completed 'Canada Soccer Return to Soccer Assessment Tool' and create a "Return to Play" plan for their organization.
- NDUFC's own Return to Play Guide is aligned with Ontario Soccer & Provincial Government guidelines prior to resuming soccer.



- Physical distancing is not required of participants engaged in training or games.
- Unless the facility is operating in accordance with a plan approved by the Office of the Chief Medical Officer of Health, the total number of spectators permitted to be at a facility at any one time must be limited to the number that can maintain a physical distance of at least two meters from every other person in the facility, and in any event cannot exceed,
 - **50 spectators for indoor facilities**
 - **100 spectators for outdoor facilities**
- Games or scrimmages can be introduced.
 - Game formats must follow the age, stage of development, and conform to gathering restrictions issued by the Provincial Government and/or local public health unit.
- The total number of participants permitted to be at an activity at any one time must be limited to the number that can maintain a physical distance of at least two meters from non-participants in the facility, and in any event cannot exceed,
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- Teams must observe a minimum of 14 days of “Team Isolation” before playing games within a different team “bubble” or against a new team outside the “bubble”.
 - During the “Team Isolation” period, only activities within the team can take place (i.e. training, inter-squad games.)
- It is highly recommended that a **Safety Field Marshal** be appointed to ensure compliance with social distancing rules and safety protocols. The Safety Field Marshal should be a recognized authority within the soccer organization. This is not the role of Match Officials.
- Trials/Tryouts/Open Evaluations can be hosted under the following conditions:
 - Organizations must focus on ensuring the health and safety of participants attending their sessions.
 - Players not registered in OSCAR, Ontario Soccer’s official registry must complete the Informed Consent and Assumption of Risk Agreement, for each clubs sessions they attend, to be eligible for insurance coverage;
 - Players must complete the Declaration of Compliance at each session;
 - A Contact Tracing Log must be completed for each session.
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- Modified rules to avoid physical contact between players must be in place, including:
 - 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.
 - Use of Ball Boys/Girls is not permitted.



- Where applicable, team Physiotherapy should be set up at the end of the team benches towards the corner flags. This provides more space in the middle for the fourth Match Official and game announcer/convenor.
- Automatic cautions for any players who are involved in face-to-face (but non-mass confrontation) interactions. Shoving, jostling, and fighting for space will result in a straight Yellow Card for Unsportsmanlike Behavior.
- Match Officials should stay away and allow the emotional situation to deescalate before engaging from a safe distance.
- Serious physical altercations will result in an automatic red card.
- Mass confrontations will result in automatic dismissals for all involved.
- There will be ZERO tolerance for spitting on or around the field of play. If spitting is seen by one of the match officials, the following procedure will be followed:
 - If aimed/directed at someone it is an automatic red card and send off as per IFAB Laws of the Game.
 - If spitting at equipment, playing surface or elsewhere, a yellow card for unsporting behaviour will be issued.
- Coaches are responsible for ensuring players are aware of the Spitting Zero Tolerance requirement, and the importance of following Covid-19 guidelines.

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

All restrictions are lifted and regular competition and training can resume.

Note: Currently, not one Zone, District or Region in Ontario is in this phase



Age and Stage Considerations



Active Start U6 and younger

- 1 Player + 1 Parent/Guardian/Sibling
- Children at this age may struggle to maintain social distancing and complete technical based activities.
- Using a parent or sibling will aid the coaches to deliver different activities as the child will have a parent/guardian/sibling to help manage them and some of the logistics to ensure social distancing is maintained.
- Be overly conservative when spacing out areas to maintain social distancing.



FUNdamentals U7-U9

- 1 Player + 1 Parent/Guardian/Sibling
- Children at this age often need interaction with someone to remain engaged and complete technical based activities.
- Players may not have yet developed focus to find isolated practices with a ball enjoyable. Therefore, utilizing a parent/guardian/sibling to partake in the practice will provide a more fulfilling experience as it will increase the number of different activities the athlete can experience. As someone from their own household does not need to maintain social distancing from the player. This will help create opportunities to plan activities that include a partner or opposition.
- Be overly conservative when spacing out areas to maintain social distancing.



Learn to Train (U10-12)

- Athletes at the L2T stage should be engaged in the progression of activities during the different phases.
- Engaging them about their strengths and weaknesses within different activities will assist the coaches in giving the players individualized tasks.
- The individualized consideration will help keep the players engaged and focused. Creating fun challenges that include social outcomes will provide an enjoyable and exciting practice to participate in.
- Be conservative when spacing out areas to maintain social distancing



Soccer 4 Life (U13+)

- Athletes at the S4L stage should be engaged in the progression of activities during the different phases.
- Engaging them about their strengths and weaknesses within different activities will assist the coaches in giving the players individualized tasks.
- The individualized consideration will help keep the players engaged and focused. Creating fun challenges that include social outcomes will provide an enjoyable and exciting practice to participate in.
- Players should understand what social distancing is, and be able to respect the social distancing requirements in place.



Recommendations at the Club level

- ☐ Ensure information included in this document is widely available to our members. All Club officials, coaches and anyone coordinating the training sessions must have read and be familiar with this Return to Play Plan.
- ☐ It is recommended that all participants utilize the “Self-Check” on [Ontario COVID-19 Self-Assessment App](#)
- ☐ Ensure all players and coaches are appropriately registered in OSCAR, Ontario Soccer’s official participant registry for insurance and risk management.
- ☐ Prioritize use of online registration for programs to reduce gathering at Club office and/or handling of hard copies.
- ☐ Communicate all hygiene measures in advance to all players, parents, match officials and coaches.
- ☐ Provide employees with any protective items required by the health authorities and ensure that each member of our staff washes their hands regularly.
- ☐ Contact health authorities if an athlete, coach or match official has contracted COVID-19 and support them with contact tracing. Commence and activate our Club [COVID-19 Emergency Response Plan](#)
- ☐ Documented health and wellness checks for symptoms and Contact Logs/Tracing will be completed prior to every training session. [See Appendices section of the Plan for NDUFC Pre-Participation Protocol.](#)
- ☐ If an individual is exhibiting symptoms related to COVID-19, they will be sent home immediately. If an individual is experiencing symptoms of fever, cough, shortness of breath, runny nose or sore throat, they are legally obligated to self-isolate. As per the Declaration of Compliance, they are NOT permitted to return to training for 14 days from the day they last experienced symptoms.
- ☐ Source written approval from the landlord of our training facility (e.g. Municipality).
- ☐ Comply with any additional requirements imposed by the landlord.
- ☐ Ensure the venue meets all conditions in this document particularly the hygiene protocol.
- ☐ For modified games, a field marshal should be appointed to ensure compliance with social distancing rules and safety protocols. The field marshal would be a recognized authority within the soccer organization.
- ☐ Parents and guardians must provide written consent for players authorizing them to participate in soccer training, and ensure they understand hygiene protocol. [See Appendices for waiver.](#)
- ☐ Participation will be limited to the ages and levels that understand and can adhere to the distancing measures and recommendations issued by the provincial government health authorities. [See Canada Soccer’s Age/Stage Recommendations included in the section.](#)
- ☐ Staggered activity times between different groups to create a 15-minute buffer between sessions and avoid an overlap of players on the field will be in place.



- ❑ Limit gatherings based on restriction imposed by Government of Ontario orders.
- ❑ Required that only one parent/guardian accompany their child/player to the session or modified game and avoid mass gathering of parents. Parents should however remain nearby (preferably in the parking lot) in the event of injury or emergency.
- ❑ Limit the number of team staff (coaches, trainers, etc.) that are on field, noting the requirement to have a specific number of coaches to lead the session while adhering to the Rule of Two.
- ❑ Consider the comfort level of all our volunteer coaches under the current situation. Ensure that first aid materials and an AED (where installed) are available at all times and are accessible.
- ❑ Game sheets will have an area where the coach/manager will confirm that players have acknowledged no COVID-19 symptoms.
- ❑ Regularly remind and encourage people to wash their hands and adopt proper hygiene practices.
- ❑ All change rooms are closed. Participants must change at home prior to and after sessions.
- ❑ All water fountains are closed. All participants must bring their own water and must not share water bottles.
- ❑ Establish protocol for attendance to be taken at each training session.
- ❑ Option to remove age group identifiers and provide flexibility for family scheduling so players can join in with different age groups or genders.
Recommendation: This is the time to promote soccer for all and to alleviate logistical burdens on families, so siblings can potentially participate at the same time, on the same day and in the same group.
- ❑ The length of matches and number of players assigned to teams (max. roster) will be determined by the Club.
- ❑ Information will be provided to coaches, match officials and parents about each facility, which field entrances will be for [entrance and exit](#) of the field to reduce bottlenecks. Screening and cleaning protocols will be implemented as well as pick-up, drop-off and spectator procedures.
- ❑ Adherence to facility restrictions or maximum capacities for facilities. Prioritize small game formats where possible.
- ❑ Hand washing/sanitizer station(s) onsite. Provide coaches with necessary sanitizing equipment and/or supplies.
- ❑ Cancel activities where the forecast calls for thunder/lightning.
- ❑ The Club respectfully requests that face coverings be worn by all attendees, except by players when playing.
- ❑ Members (players, coaches, match officials and parents) are to complete an online pre-activity Orientation regarding safety – hand washing, cough suppression, no spitting or nose clearing for players, coaches, match officials and parents



Note: For insurance and risk management, all participants will be registered in OSCAR, Ontario Soccer's official participant registry.

Protocol & Guidelines 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.
- ❑ Complete the Club's online Wellness Assessment Form by the designated time on the activity day, before arriving at the facility. If not verified to play, stay home.
- ❑ Do not carpool unless with immediate family members.
- ❑ Always follow the instructions from coaches and respect physical distancing.
- ❑ Arrive no more than 15 minutes prior to training activity commencing and no more than 25 minutes prior to game time.
- ❑ Maintain physical distancing at the facility entry and exit points. Do not congregate at the facility entry point or around cars in the parking areas.
- ❑ Ensure to check-in with the Field Marshal/ Staff at the facility entry point & sanitation station.
- ❑ Ensure to check-in with your coach for attendance taking and wellness verification at the soccer activity.
- ❑ Arrive prepared to train – changing rooms will not be in use. Arrive dressed to play.
- ❑ Bring your own water bottles clearly labelled with your name.
- ❑ Do not share water bottles.
- ❑ Follow the hygiene protocols provided and posted.
- ❑ Physical distancing of two (2) metres (6 feet) must be maintained.
- ❑ No more than 1 person per 4m².
- ❑ All "non-essential" contacts are to be avoided (handshakes, high 5's, etc.).
- ❑ Only use your own equipment. Players are required to wipe down their personal soccer ball using disinfecting wipes and/or spray, before and immediately after each session (do not go home and then clean – contaminated items may travel into the home environment).
- ❑ Wash hands with hand sanitizer immediately before leaving home, after soccer activities, and during scheduled breaks. Pass through the sanitation station when exiting the field and facility.
- ❑ 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).
- ❑ Carry hand sanitizer in a sealed (ziploc) bag in order to enable good personal hygiene.
- ❑ 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 eyes, nose or mouth.
- ❑ Shower at home before and after training.

Protocol & Guidelines for Parents

- ❑ Follow the [hygiene protocols](#) provided in this document and posted at the facilities.
- ❑ Maintain physical distancing at the facility Entry and Exit points. Do not congregate at Entry or Exit points or at cars in the parking areas.
- ❑ Remind players to arrive at training fully dressed and ready, as change rooms will not be available.
- ❑ Only one parent/guardian may attend soccer activities.
- ❑ Parents/guardians are to keep a reasonable distance from the field, preferably remaining in the parking lot.
- ❑ No more than 1 person per 4m².
- ❑ Ensure players under 18 years complete the Club's online Wellness Assessment Form by the designated time on the activity day, before arriving at the facility. If not verified to play, ensure players stay home.
- ❑ Ensure players check-in at entry point with the designated club representative, and again with the coach for Attendance taking and wellness verification 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 and pets are discouraged and should not be brought to the facility.

Protocol & Guidelines for Coaches

- ❑ Priority is to ensure a safe environment; coaches must have required coaching certification to lead a session.
- ❑ Coaches will 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 commencing the first training session.
- ❑ Coaches are required to wipe down personal and field equipment using disinfecting wipes and/or spray, before and immediately after each session (do not go home and then clean – contaminated items may travel into the home environment).
- ❑ Only Coaches/Staff should handle equipment.



- ❑ Shared pinnies or any other additional equipment will not be used. Players are to wear the designated jersey colour to each training session.
- ❑ Wear face masks. Face mask and physical distancing is mandatory for coaches/team officials who participate in any other group activity off the pitch.
- ❑ Structure of activities will maximize physical distancing.
- ❑ Coaches are not to 'walk the field' to interact with any other squads or teams sharing the same facility.
- ❑ [Age appropriate considerations](#) may need to be taken when designing activities, for example, Active Start and Fundamentals players may need a sibling or parent to participate with them. This will allow for coaches to have support managing the group of players and social distancing will not be required between siblings or parent/child (since they are from the same household).
- ❑ Activities will be designed so athletes may stay within their existing small groups to reduce the amount of contact with different people.
- ❑ No heading, chest or hand contact with ball (feet only) or with equipment.
- ❑ 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 counters, door handles, benches, tables, etc.
- ❑ Soap or hand sanitizer will be made available to all people in various locations throughout the facility.
- ❑ **Please ensure you are aware of the Modified Rules outlined for each Phase and Zone.**

[General Hygiene Protocol](#)

- ❑ Wash hands with hand sanitizer immediately before leaving home and after soccer activities and during scheduled breaks.
- ❑ Do not spit at any time.
- ❑ Clearly label your own water bottle. Do not share bottles.
- ❑ Any individual equipment used should be taken home and washed separately from others in the household (e.g. uniform).
- ❑ Carry hand sanitizer in order to enable good personal hygiene.
- ❑ 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 eyes, nose or mouth.
- ❑ Shower at home before and after training and games



Recommendations & Guidelines for Match Officials

All Match Officials must be registered with Ontario Soccer before participating in any soccer activity.

- ☐ Regularly use the “Self-Check” on [Ontario COVID-19 Self-Assessment App](#)

Please ensure you are aware of the Modified Rules outlined each Phase and Zone.

- ☐ Enforce the modified playing rules, as outlined on this document.
- ☐ All match officiating activities must be aligned with Canada Soccer/Ontario Soccer recommended safety guidelines
- ☐ It is imperative that Match Officials remain physically active
- ☐ Any soccer activity must comply with the social distancing measures and recommendations, along with any gathering restrictions issued by the Province of Ontario health authorities, including the arrival and departure of players (except for family members or persons residing in the same household).
- ☐ 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.
- ☐ Match Officials must arrive in appropriate officiating gear to the game/training.
- ☐ With modified games, a field marshal should be appointed to ensure compliance with social distancing rules and safety protocols. The field marshal should be a recognized authority within the soccer organization. This is not the role of Match Officials.
- ☐ When travelling together, physical distancing must be maintained.
- ☐ Where accommodations for games are required, maximum of one person per room is recommended.
- ☐ Match Officials will be assigned to more local games. Therefore, they may see similar teams more often. **Note: The Grading Protocol will be flexible in 2020 to accommodate this reality.**
- ☐ 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.
- ☐ 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).
- ☐ When Match Officials are taking part in practical training sessions, they must follow Canada Soccer/Ontario Soccer return to play as well as the Province of Ontario health and safety guidelines.



- ☐ Parents/Guardians of youth Match Officials are considered general spectators, therefore at any facility, they must adhere to rules and all other health and safety protocols. Parents of Match Officials are not permitted to enter the field of play at any time (before, during or after games).
- ☐ Match Official assessors and mentors need to respect social distancing guidelines. These activities should take place away from the spectator side of the field of play.
- ☐ Postgame discussions between the officiating crew must respect social distancing rules and be conducted outside the facility.
- ☐ Take the necessary safety precautions to limit the risk of infection for themselves. Match Officials may use the COVID-19 self-assessment App.
- ☐ Wash equipment, towels, clothes, bags, water bottles, and other items after use.
- ☐ Individuals to bring a full personal use water bottle(s) and avoid touching or using public water fountains.
- ☐ Use new grip or fresh tape on flags if possible.
- ☐ Do not share pens, cards etc.
- ☐ Consider wearing a mask or a face shield when you are officiating. Use this [reference](#) to help with your decision.
- ☐ Wash hands prior to leaving for games; bring personal use hand sanitizer to the fields.
- ☐ Consider wearing gloves to the field. Avoid touching gates, fences, benches, etc. Wear latex (or similar) gloves and discard after each game, or purchase gloves that can be washed.
- ☐ After games and at half time, limit your distance to two (2) meters (6 feet) from others.
- ☐ Leave the field as soon as reasonably possible after training or games.
- ☐ Avoid post training/game socializing as much as possible.
- ☐ Match Officials have the right to abandon any game where the required COVID-19 protocols are not being followed. In these cases, it must be reported on a Special Incident Report to the appropriate authorities.
- ☐ It is recommended that hydration breaks be increased to allow for players and match officials that may be wearing masks/shields to take time to refresh. Please ensure coaches are aware at the start of each game as to the timing of the breaks.

☐ Officiating Adjustments



- Player inspections may still be completed, but must be at a distance of no less than two (2) meters (6 feet).
- Assistant Referees must stand a minimum of two (2) meters (6 feet) from the kicker during corner kicks.
- Match Officials are to use their foot to pass the ball when transferring to a player (i.e. free kicks), or direct the player to retrieve the ball themselves.
- It is optional for Assistant Referees to wear face shields/masks as they are positioned closer to spectators and benches. This provides an additional level of protection.
- Clubs/Districts/Academies/Leagues may determine they need to reduce the number of Match Officials needed for a game. League1 Ontario, League1 Ontario Reserve, OUA, OCAA, OPDL, Ontario Cup Semi-finals and Finals will have priority for three (3) officials.

In order to practice sound risk management protocols during Return to Play phases, be aware of the following possible results when Match Officials return to the game after a period of absence:

- ☐ Modified and/or condensed officiating schedules.
- ☐ Mixed levels of physical preparation following extended time off.
- ☐ Potential risks of injury and overtraining.
- ☐ Potential weight gain, weight loss, and changes to body composition.
- ☐ Potential slowed or interrupted progress with individual rehabilitation programs. Travel restrictions could impose financial issues for larger leagues.



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 Plan 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 public water fountains. Note: Water fountains will 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 at the field, before storing at home.
- Match Officials do not share pens, cards etc. Where required, wipe down pens with sanitizing wipes after use.
- Each player will wear their designated jersey for the session or game that they do not share and must take home and wash. The coach/manager should not be collecting team jerseys and washing them.
- 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 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. Use this [reference](#) to help with your decision.
 - o Avoid touching the mask while using it and clean your hands if you do.
 - o Before putting on a mask, clean your hands with soap and water or alcohol-based hand sanitizer.
 - o Remove it from behind, discard immediately into a closed bin and then clean your hands with soap and water or alcohol-based hand sanitizer.
 - o Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask.
 - o Clean your gloves, mask or shield after each use.
 - o 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.

Providing a Safe and Clean Environment

Field, Clubhouse and Office Guidelines and Protocols

The following health and safety guidelines relate to providing clean and sanitized facilities to allow a safe Return to Play. This has been developed using recommendations from the Provincial Government provincial health authorities.

Additional public resource documents can be found at:

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

Or

<https://covid-19.ontario.ca/>

Reduce Transmission

Office spaces, clubhouses, rental facilities, and training and competition areas should adhere to the following guidelines to minimize the risk of transmission of COVID-19:

1. Any employee/player/parent/coach who 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 Coach or 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.

Establish Controls

It is recommended that in order to reduce the possibility of transmission, it is important to establish controls, which need to be followed by all parties responsible for a safe Return to Play.

Offices

- When feasible and with the coordination of your Supervisor, work from home as often as possible until government restrictions are relaxed.
- When Return to Office is in effect, work surfaces, devices, laptops, screens, and equipment should be cleaned daily in accordance with established facility cleaning protocols.
- Employees wash hands thoroughly with soap and water, or an alcohol-based hand sanitizer before entering the workplace, after contact with others, or when surfaces in contact with others have been touched.
- Visitors sanitize hands prior to entering the offices and will be required to wear a mask.
- Numbers of staff allowed into the office should be limited in accordance with provincial guidelines. **Current regulations state two (2) metres (6 foot) distance required.**
 - Practice physical distancing at all times while in the office.
 - Team/group meetings to take place outdoors, or in meeting rooms large enough to accommodate physical distancing rules.
 - Lunch room should be off limits for eating. Food can be heated but lunch can take place outside or designated area observing social distancing.
 - Do not enter rooms/spaces where 2 meter distance cannot be maintained, including washrooms.
 - Face masks should be worn when physical distancing cannot be maintained or guaranteed, i.e., meetings, walking to washroom, etc.
 - As staffing levels increase it may be necessary to implement rotating shifts or install protective barriers to ensure that physical distancing is maintained.



- Workplace, common spaces and readily accessible areas to be cleaned and sanitized thoroughly and often, and in accordance with established facility cleaning protocols.
- All staff and visitors should be required to sign in and out to ensure that contact tracing will be possible.
- Any in-person deliveries, visits or meetings that are not deemed priority should be rescheduled to another date or be conducted online.
- The use of central ventilation for heating and cooling to be minimized when possible. Open windows and doors where feasible, and use fans to force in fresh outdoor air to minimize the amount of recycled indoor air.
- Employees that do not feel well should not come to the office.
- Use of face masks and gloves are recommended and should adhere to government directives for workplace health and safety.

Field/Clubhouse

- 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.
- Establish and clearly define separate entrance and exit locations to field/clubhouse.
- Control entry and exit to ensure physical distancing is observed. Parents should not be allowed onto the field of play and should be directed to an approved viewing location.
It is important to ensure NO gatherings of large groups while activity is taking place. Please respect social/physical distancing measures as set in place by governmental public health authorities.
- Ensure method of accurately tracking players/parents/coaches in attendance at each session to assist in [contact tracing](#), if required.
- [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).
 - Field/facility vacated and sanitized.
 - Contact Telehealth Ontario 1-866-797-0000 and advise of situation.
- Define areas on field, where space is possible, for individual storage of personal items:
 - Ensure spacing of two (2) metres (6 feet) is observed.
 - Players bring and use personally marked water bottles. No sharing of water bottles permitted. Recommend water bottle where mouth spout is covered by lid and not to open air
 - Place personal items in clear Ziploc bag (clearly labeled with player name) containing tissues for any allergies or to blow nose, hand sanitizer and wipes
 - All items brought to the field in easily distinguishable individual Ziploc bags, and all items removed at the end of session. Anything left on field to be disposed of promptly and safely.
- Clean and disinfect team benches, score clocks, water fountains or other commonly touched surfaces.



- Facility change and washrooms are closed until government orders are lifted.
- Communicate with the field provider (municipality) to ensure cleaning and acceptable use guidelines have been developed, and that all protocols established are being adhered to. Copies of protocols should be requested and/or publically posted.
- Commonly touched surfaces should be cleaned using appropriate sanitizing solution at the beginning and end of each session. Those surfaces should include but not limited to:
 - Door handles,
 - Tables,
 - Gate entrances,
 - Equipment (balls, training supplies, etc.),
 - Player equipment storage locations, and
 - Bleachers or seating used by spectators.
- No sharing of personal items such as water bottles, goalie gloves, shin guards, pinnies, towels, etc.
- No food of any type is to be consumed at the field/facility.
- Ensure sufficient time is allocated in between sessions to properly sanitize the facility.

Cleaning Recommendations:

Washroom

- Wet mopping of floors with 30:1 bleach solution.
- Thorough cleaning of all fixtures, toilets, countertops, dispensers, doors, handles with approved sanitizing solution minimum two times per day or when visibly soiled.
- Fogging of entire space using approved sanitizing solution is optional.

Office Space

- Wiping down of desktops, door handles, dispensers, countertops, storage, phones/handsets, photocopiers with approved sanitizing solution minimum two times per day or when visibly soiled.
- Wet mop hard floor with 30:1 bleach solution.
- Fogging of office space minimum of two occasions, six hours apart prior to staff return is optional.

Field/Clubhouse

- Wet mopping of hard floors with 30:1 bleach solution.
- Thorough cleaning of all fixtures, dispensers, water fountains, door handles, fire extinguishers, vending machines, emergency devices, benches, time clocks minimum two times per day, when visibly soiled, and in between each rental group.
- Fogging of all open spaces minimum of two occasions, six hours apart prior to re-opening of facility is optional.



See appendices for more resource information.

Risk Management and Insurance Considerations

Risk Management

As restrictions begin to ease relating to COVID-19, Clubs and Academies will follow Canada Soccer's ***Return to Soccer Assessment Tool*** for the purpose of determining preparedness to mitigate COVID-19 risks and implications upon the resumption of soccer and related activities.

The Guidelines are primarily designed to help organizations manage their liability and remain compliant with all applicable public health authorities when returning to soccer and related activities. The Guidelines may help organizations determine which new policies need to be adopted, including social and physical distancing for training, restricting the number of players participating in such training, and restricting game play.

The steps outlined in the [Canada Soccer Return to Soccer Guidelines](#) include:

1. The easing of stay-at-home orders from the Federal public health authority;
2. The easing of restrictions on public gatherings from the respective Provincial public health authority;
3. The easing of restrictions for field and facility usage by the respective Municipal public health authority;
4. Canada Soccer has received the Return to Soccer Plan from the Provincial Member Association, which has been provided to the applicable Provincial government department and/or public health authority, and where applicable, has received confirmation from the Province that it approves of the Plan; and
5. Canada Soccer has received the Return to Soccer Assessment Tool from the member organization and has provided any comments or feedback to the member organization or its Provincial Member, if any.





Insurance

North Durham United FC, in consultation with Ontario Soccer's insurance provider, HUB International, has been monitoring the most recent developments with COVID-19 and the impact the pandemic is having on soccer activities.

First, the most critical factor under our risk management and insurance considerations is North Durham United FC must ensure our members are compliant with the policies and procedures regarding participant registration and insurance coverage. Without exception, all participants must be registered in OSCAR, Ontario Soccer's official registry. **Without this registration, there is no standard insurance coverage.**

As we know, there are different types of risks associated with participating in sport and soccer. The current situation has potentially added to the assumption of risk. North Durham United FC's insurance underwriter has provided us with an exclusion notice, which we are sharing with our membership at this time. The exclusion clause will be effective July 1, 2020 for North Durham United FC. We have inquired with our insurance broker to see if additional insurance coverage is available, and they have informed us that there is no such "pandemic" coverage currently available.

This pandemic exclusion clause is not specific to our sport in Ontario and is being applied across amateur sport throughout Canada. Considering this, Ontario Soccer has received guidance from their legal counsel and as a first step, has proceeded with an update to the



Youth and Adult Participant Waivers that they recommend all member clubs utilize for registration purposes for Return to Play.

Youth and Adult Participant Waivers are required for all participants registered with North Durham United FC.

Contained within the Appendices section of this Plan, you will find two waivers;

1. **Release of liability, waiver of claims and indemnity agreement.** This waiver is to be signed by all participants of the age of majority and over, and;
2. **Declaration of compliance – COVID-19.** This waiver is for use by member organizations that own or operate facilities and in addition to, for use for participant returning to play whether they own/manage a facility or not.

Members must note the risk and liability for return to play is at the local community level where implementation takes place. Ultimately, North Durham United FC is independently operated and must be comfortable and prepared for the appropriate and reasonable steps taken to mitigate risks associated with approving and/or implementing any form of soccer programming under a Return to Play Plan.

Emergency Response Plan

A specific **COVID-19 Emergency Response Plan** has been developed. This will serve as a mandatory risk management tool to allow for the proper environmental assessment and care of our participants on and off the field of play who may have been tested positive for COVID-19.

During the current pandemic, the luxury of time to respond as soccer leaders is not available. Management of a breach within our soccer organization must be dealt with quickly and efficiently if we have a clearly defined **COVID-19 Emergency Response Plan**.

Whenever it is practical or appropriate, the emergency response plan is prepared in alignment with local health authorities and other trained health care personnel associated within our organization. As part



of



the plan, key roles will be assigned to people within the organization.

Included below for your reference are key components of a recommended **COVID-19 Emergency Response Plan**. The underlining objective of our plan should someone test positive within our soccer organization is to ensure that the virus does not spread any further and that the infected person(s) is removed and receive immediate care from health professionals.

One key leader will be identified who oversees and leads the emergency action plan and has thorough knowledge of the protocols that need to be enacted. The charge will also be someone with direct access to our organization's leadership group (i.e., Board of Directors, Owner/Operator) to ensure top-down management of the plan. Secondly, it is imperative that records of plan execution and management are maintained on file. This ensures factual record keeping should reporting be required.

Plan Overview

Organization and Structure of the Plan

The main body of this COVID-19 Emergency Response Plan is organized in three sections, which outline the key roles and responsibilities of our soccer organization in each of the three (3) pandemic phases;

1. **Pre-pandemic Phase:** This is the critical stage for COVID-19 pandemic preparedness. The pre-pandemic phase is NOW, and planning efforts will focus on Club education of the membership (i.e., volunteers, staff, coaches, parents, players, match officials) on NDUFC's, Ontario Soccer's and Canada Soccer's Return to Play Plan and Protocols. Please note that the Return to Play Protocols comply with the Province of Ontario emergency orders and health authority directives. In addition, coordination with facilities (especially if third-party) should be included as they may have additional plans & procedures in place.
2. **Positive Test Phase:** Confirmation of a COVID-19 positive test within our soccer organization will declare when it is time to activate your COVID-19 Action Plan. During this phase, the key goals will be to prevent further infections within our organization and minimize program disruption. This phase remains active until the infected party has been isolated and under the control of professional health authorities and there is no further threat to the health and safety of our soccer organization's participants.
3. **Post-pandemic Phase:** The post-pandemic period begins when the Provincial Health Officer declares that the COVID-19 pandemic is over. The primary focus of work at this



time is to restore normal services, deactivate pandemic response activities, review the impact, and use the lessons learned to Plan future emergency response planning.

Pre-Pandemic Phase:

	Planning and Coordination <ol style="list-style-type: none"> Determine COVID-19 Emergency Response Plan (ERP) lead for soccer organization. Create Emergency Response Plan for COVID-19 or add to existing ERP and include a section on pandemic influenza. Complete Canada Soccer/North Durham United FC's Risk Assessment On-line. Incorporate Canada Soccer/North Durham United FC's Return to Play protocols. Educate all internal organizational leaders of ERP Procedures Manual. Written communication plan flowchart if a positive test for COVID-19 in the soccer organization. Verify North Durham United FC, Province of Ontario and/or local Municipal government permissions for Return to Play implementation following North Durham United FC Return to Play protocols of implementation. 	<p>Board of Directors or Owner/Operator ERP Lead</p> <p>ERP Lead</p> <p>ERP Lead</p> <p>ERP Lead</p> <p>ERP Lead</p> <p>ERP Lead</p>
	Confirmation of a COVID-19 positive test within your soccer organization Communication System <p>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), also known as the "ERP Lead" if:</p> <ol style="list-style-type: none"> they have symptoms of COVID-19, or a positive test for COVID-19 is recorded, or were exposed to someone with COVID-19 within the last 14 days. <p>Note: See ERP Communications Flow Chart and end of this section.</p>	



Advise Sick Individuals to Stay Home

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 Planlines.

ERP Lead

Isolate and/or Transport Those Who are Sick at Club/Academy Activities

Make sure that coaches, staff, officials, players, and families know that sick individuals should not attend a Club or Academy activity, and that they should notify officials if they (staff) 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.

ERP Lead

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.

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. If calling an ambulance, please alert them that the person may have COVID-19.

Clean and Disinfect Areas

ERP Lead



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.

Notify Local Health Officials and Close Contacts

In accordance with Federal, Provincial and Territorial privacy and confidentiality laws and regulations, the SPOC 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.

SPOC should 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.

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/Academy should continue to self-monitor for symptoms.

The SPOC must notify the Provincial or Territorial Association of any cases of COVID-19. A weekly reporting system should be instituted for SPOC to advise the Provincial or Territorial Association of any cases of COVID 19, suspected cases, and where athletes or staff have been refused admittance to any training session. Even if there are no suspected cases, a 'nil' report should be required.

ERP Lead



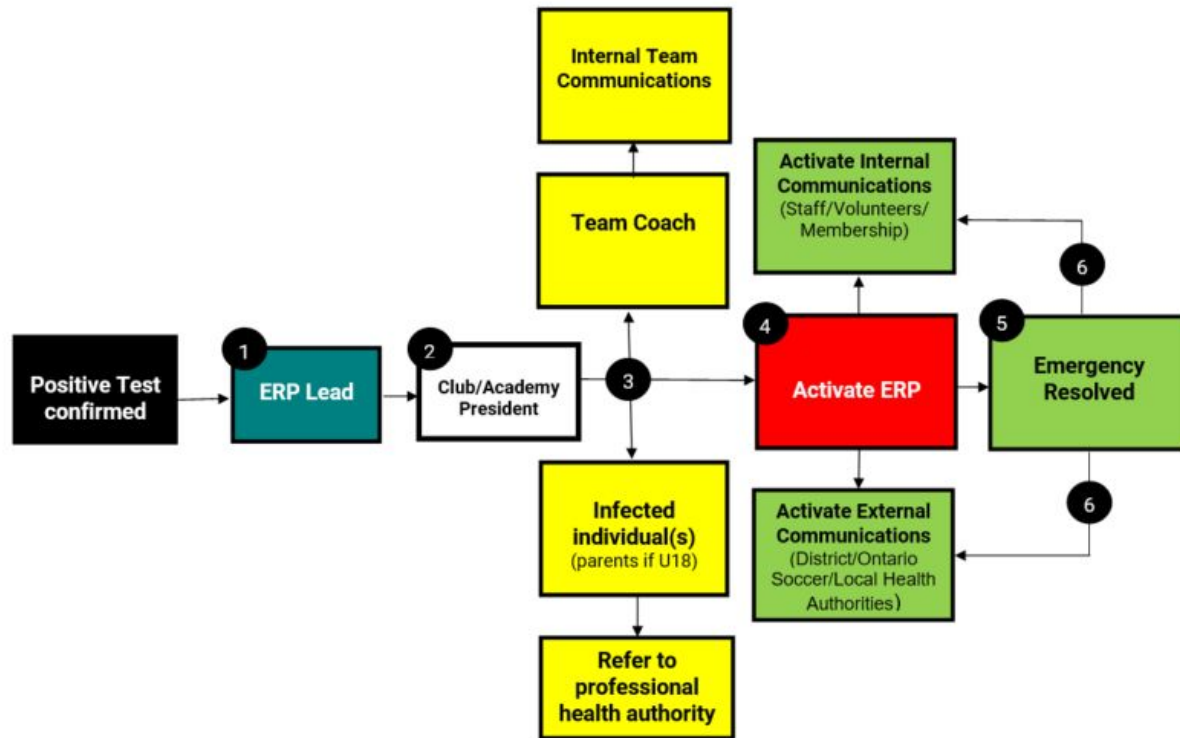
Action and Communications

- | | | |
|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|
| a. | Confirm Provincial Health Officer has declared the COVID-19 pandemic is over. | ERP Lead |
| b. | Send official written notice to your membership (i.e., volunteers, staff, coaches, parents, players, match officials) that the pandemic is officially over, the province's state of emergency order has been lifted and soccer activities can resume its full operations. Note: During this phase, there may be specific sport protocols to follow from Canada Soccer/Ontario Soccer and/or the Provincial health authorities (i.e., implementation of Infection Control Policies and Procedures). | President |
| c. | Conduct a full review of your COVID-19 Return to Play Implementation Plan as well as your COVID-19 Emergency Response Plan. Include a list of recommendations for improvements. | ERP Lead |
| d. | Update your soccer organizations Emergency Response Plan for future use and have approved. | ERP Lead in conjunction with Board of Directors or Owner/Operator |



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COVID-19 EMERGENCY RESPONSE PLAN (ERP) Communications Flow Chart



Summary

In summary, the “Return to Play Protocols” included in this document represent multiple phases, and includes requirements and guidelines directed at Ontario Soccer affiliated Clubs and Ontario Registered Academies participating in sanctioned soccer activities. When we have received clearance for return to play from both Canada Soccer, Ontario Soccer, and the Province of Ontario, the new reality for all of us will be that soccer will look different for a while. We will not be able to kick the game off as we have done in the past.

Our collective focus, during the Return to Play Three-Phase Plan must be centred on the health and safety of our participants.

Our multiple phase approach, with varying degrees of time in between phases, will ensure the highest level of safety for everyone involved in the game.

North Durham United FC thanks all members for their patience and for the work you are doing to support soccer and more importantly for your understanding as we navigate through this challenging time.

On the following pages are appendices with more detailed information and sample technical sessions designed to work within the guidelines of this document. We encourage our soccer coaches to tailor these to your needs as appropriate and share with each other to support soccer activity within our organization.

Lastly, the choice to participate in soccer rests with the individual participant and/or their guardian. This is a very personal decision and must be made based on the trust and comfort you have with your organization and the recommended safety protocols that are set in place and followed.

Best of Success,

North Durham United FC



Appendices



Appendix 1

What is COVID-19 and Infection Prevention?

[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 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 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.



go

(2)

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

Ontario

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 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.

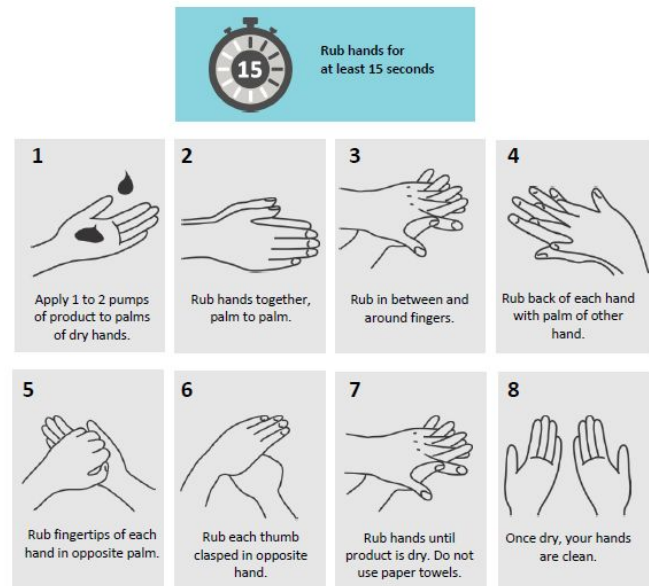


Coronavirus Disease 2019 (COVID-19)

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 [Planlines 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>



Covid-19 Public Health Resources

[Durham Region Health COVID-19](#)

[Ontario Soccer COVID-19 Updates](#)

[Province of Ontario COVID-19](#)

[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](#)



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&CID=mVMtoGs>

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 



Appendix 2

Return to Play Waivers



NORTH DURHAM UNITED FC

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

(To be signed by Participants of the age of majority and over)

WARNING! By signing this document, you will waive certain legal rights. Please read carefully.

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a Participant in activities, programs, classes, services provided and events sponsored or organized by North Durham United FC and its affiliated districts, leagues, clubs and teams and the sport of soccer, including but not limited to: games, tournaments, practices, training, personal training, dry land training, use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientational or instructional sessions or lessons, aerobic and anaerobic conditioning programs (collectively the "Activities"), the undersigned acknowledges and agrees to the following terms outlined in this agreement:

Disclaimer

2. North Durham United FC, its affiliated districts, leagues, clubs and teams, and their respective directors, officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, independent contractors, subcontractors, sponsors, owners/operators of the facility in which the Activities take place, , successors and assigns, and representatives (the "Organization") are not responsible for any injury, property damage, expense, loss of income, damage or loss of any kind suffered by a Participant during, or as a result of, the Activities, caused in any manner whatsoever including, but not limited to, the negligence of the Organization.

€ I have read and agree to be bound by paragraphs 1 and 2.

Description of Risks

3. I understand and acknowledge that
 - a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life;
 - b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming;
 - c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of my fitness or abilities, may misjudge weather or environmental conditions, may give incomplete warnings or instructions, and the equipment being used might malfunction; and
 - d) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Participant will not become infected with COVID-19. Further, attending the Activities could increase your risk of contracting COVID-19.
4. I am participating voluntarily in the Activities. In consideration of my participation, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to the Activities which could result in damage, loss, serious physical injury, or death. The risks, dangers and hazards include, but are not limited to, injuries from:
 - a) Health: executing strenuous and demanding physical techniques, physical exertion, overexertion, stretching, dehydration, fatigue, cardiovascular workouts, rapid movements and stops, lack of fitness or conditioning, traumatic injury, bacterial infections, rashes, and the transmission of communicable diseases, including viruses of all kinds, COVID-19, bacteria, parasites or other organisms or any mutation thereof.
 - b) Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects,



- walls, equipment or persons; dangerous, unsafe, or irregular conditions on grass, turf or other surfaces, extreme weather conditions; travel to and from premises.
- c) Use of Equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Organization to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment within my own ability.
 - d) Contact: contact with soccer balls, other equipment, poles, stands, soccer equipment, nets, fences, or other persons, whether intentional or unintentional, is a common part of soccer programs, and may lead to serious bodily injury, including but not limited to concussions and/or other brain injury, or serious spinal injury.
 - e) Advice: negligent advice regarding soccer programs.
 - f) Ability: Failing to act safely or within my own ability or within designated areas.
 - g) Sport: the game of soccer and its inherent risk.
 - h) Cyber: privacy breaches, hacking, technology malfunction or damage.
 - i) Conduct: My conduct and conduct of other persons including any physical altercation between soccer participants.
 - j) Travel: Travel to and from the Activities.
 - k) Negligence: My negligence and negligence of other persons, including NEGLIGENCE ON the PART OF THE ORGANIZATION, may increase the risk of damage, loss, personal injury or death. I understand that the Organization may fail to safeguard or protect me from the risks, dangers and hazards of soccer programs, some of which are referred to above.

Terms

5. In consideration of the Organization allowing me to participate in the Activities, I agree:
- a) That my mental and physical condition is appropriate to participate in the Activities and I assume all risks related to my mental or physical condition;
 - b) That when I practice or train in my own space, I am responsible for my surroundings and the location and equipment that I select;
 - c) To comply with the rules and regulations for participation in the Activities;
 - d) To comply with the rules of the facility or equipment;
 - e) That if I observe an unusual significant hazard or risk, I will remove myself from participation and bring such to the attention of a The Organization representative immediately;
 - f) The risks associated with the Activities are increased when I am impaired, and I agree not to participate if impaired in any way;
 - g) That it is my sole responsibility to assess whether any Activities are too difficult for me. By commencing an Activity, I acknowledge and accept the suitability and conditions of the Activity;
 - h) That I am responsible for my choice of protective equipment and the secure fitting of that equipment; and
 - i) That COVID-19 is contagious in nature and I may be exposed to or infected by COVID-19 and such exposure may result in personal injury, illness, permanent disability or death and voluntarily agree to assume all the foregoing risks.

€ I have read and agree to be bound by paragraphs 3 -5.

Release of Liability and Disclaimer

6. In consideration of the Organization allowing me to participate in the Activities, use its equipment and facilities, I agree:
- a) That the sole responsibility for my safety remains with me;
 - b) To ASSUME all risks arising out of, associated with or related to my participation;
 - c) That I am not relying on any oral or written statements made by the Organization or its agents, whether in a brochure or advertisement or in individual conversations, to agree to be involved in the Activities;
 - d) To WAIVE any and all claims that I may have now or in the future against the Organization;
 - e) To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property



damage, expense and related loss, including loss of income, resulting from my participation in the activities, events and programs of the Organization;

- f) To FOREVER RELEASE AND INDEMNIFY the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the "Claims") which I have or may have in the future, that might arise out of, result from, or relate to my participation in the Activities, even though such Claims may have been caused by any manner whatsoever, including but not limited to, the negligence, gross negligence, negligent rescue, omissions, carelessness, breach of warranty, breach of contract and/or breach of any statutory duty of care of the Organization;
- g) TO HOLD HARMLESS AND INDEMNIFY the Organization from any and all liability for any damage, loss, expense or injury to any third party resulting from my participation in the Activities;
- h) To FOREVER RELEASE AND INDEMNIFY the Organization relating to becoming exposed to or infected by COVID-19 which may result from the actions, omission or negligence of myself and others, including but not limited to the Organization;
- i) That the Organization is not responsible or liable for any damage to my vehicle, property, or equipment that may occur as a result of the Activities;
- j) That negligence includes failure on the part of the Organization to take reasonable steps to safeguard or protect me from the risks, dangers and hazards associated with the Activities; and
- k) This release, waiver and indemnity is intended to be as broad and inclusive as is permitted by law of the Province of Ontario and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Jurisdiction

- 7. I agree that in the event that I file a lawsuit against the Organization, I agree to do so solely in the Province of Ontario, Canada and further agree that the substantive law of Ontario will apply without regard to conflict of law rules. I further agree that if any portion of this agreement is found to be void or unenforceable, the remaining document shall remain in full force and effect.

€ I have read and agree to be bound by paragraphs 5-7

Acknowledgement

- 8. I acknowledge that I have read and understand this agreement, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives. I further acknowledge by signing this agreement I have waived my right to maintain a lawsuit against the Organization on the basis of any claims from which I have released herein.

Name of Participant

Date

Signature of Participant

Witness





NORTH DURHAM UNITED FC
INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT
(To be executed by Participants under the age of majority)

WARNING! By signing this document, you will assume certain risk and responsibilities.

Please read carefully!

Participant's Name: _____

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a Participant in activities, programs, classes, services provided and events sponsored or organized by North Durham United FC and its affiliated districts, leagues, clubs and teams (collectively the "Organization") and the sport of soccer, including but not limited to: games, tournaments, practices, training, personal training, dry land training, use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientational or instructional sessions or lessons, aerobic and anaerobic conditioning programs (collectively the "Activities"), the undersigned being the Participant and Participant's Parent/Guardian (collectively the "Parties") acknowledges and agrees to the following terms outlined in this agreement:
2. I am the Parent/Guardian of the Participant and have full legal responsibility for the decisions of the Participant.

Description of Risks

3. The Parties understand and acknowledge that:
 - a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life;
 - b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming;
 - c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of the Participant's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction; and
 - d) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Participant will not become infected with COVID-19. Further, attending the Activities could increase your risk of contracting COVID-19.
4. The Participant is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to:
 - a) Contracting COVID-19 or any other contagious disease;
 - b) Executing strenuous and demanding physical techniques;
 - c) Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
 - d) Exerting and stretching various muscle groups;



- e) The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- f) Spinal cord injuries which may render the Participant permanently paralyzed;
- g) Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the Participant's body or to the Participant's general health and well-being;
- h) Abrasions, sprains, strains, fractures, or dislocations;
- i) Privacy breaches, hacking, technology malfunction or damage;
- j) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma;
- k) Physical contact with other participants, spectators, equipment, and hazards;
- l) Not wearing appropriate safety or protective equipment, such as a helmet;
- m) Failure to act safely or within the Participant's ability or within designated areas;
- n) Grass, turf, and other surfaces including bacterial infections and rashes;
- o) Collisions with fences, poles, stands, and soccer equipment;
- p) Negligence of other persons, including other spectators, participants, or employees;
- q) Weather conditions; and
- r) Travel to and from competitive events and associated non-competitive events which are an integral part of the Activities.

€ ***We have read and agree to be bound by paragraphs 1- 4***

Terms

5. In consideration of the Organization allowing the Participant to participate in the Activities, the Parties agree:
 - a) That the Participant's mental and physical condition is appropriate to participate in the Activities;
 - b) That when the Participant practices or trains in his or her own space, the Parties are responsible for the Participant's surroundings and the location and equipment that is selected for the Participant;
 - c) To comply with the rules and regulations for participation in the Activities;
 - d) To comply with the rules of the facility or equipment;
 - e) That if the Participant observes an unusual significant hazard or risk, the Participant will remove themselves from participation and bring such to the attention of an Organization representative immediately;
 - f) The risks associated with the Activities are increased when the Participant is impaired and the Participant agrees not to participate if impaired in any way;
 - g) That it is their sole responsibility to assess whether any Activities are too difficult for the Participant. By the Participant commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity;
 - h) That they are responsible for the choice of the Participant's protective equipment and the secure fitting of the protective equipment;
 - i) That COVID-19 is contagious in nature and the Participant may be exposed to or infected by COVID-19 and such exposure may result in personal injury, illness, permanent disability or death and voluntarily agree to assume all of the foregoing risks.

6. In consideration of the Organization allowing the Participant to participate, the Parties agree:
 - a) That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in brochure or advertisement or in individual conversations, to agree to be involved in the Activities; and
 - b) That the Organization is not responsible or liable for any damage to the Participant's vehicle, property, or equipment that may occur as a result of the Activities.

€ ***We have read and agree to be bound by paragraphs 4-6***



General

7. The Parties agree that in the event that they file a lawsuit against the Organization, they agree to do so solely in the province of Ontario, Canada and they further agree that the substantive law of Ontario will apply without regard to conflict of law rules.
8. The Parties expressly agree that this Agreement is intended to be as broad and inclusive as is permitted by law and that if any of its provisions are held to be invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgement

9. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

_____	_____	_____
Name of Participant (print)	Signature of Participant	Date of Birth

_____	_____
Name of Parent or Guardian (print)	Signature of Parent or Guardian

Date



DECLARATION OF COMPLIANCE – COVID-19

Individual Name (print): _____

Individual's Parent/Guardian _____
(if the individual is younger than 18 years old)

Email: _____

Telephone: _____

WARNING !

ALL INDIVIDUALS ENTERING THE FACILITY MUST COMPLY WITH THIS DECLARATION

North Durham United FC and its affiliated districts, leagues, clubs and teams (collectively the "Organization") require the disclosure of exposure or illness in order to safeguard the health and safety of all participants and limit the further outbreak of COVID-19. This Declaration of Compliance will be kept safely, and personal information will not be disclosed unless as required by law or with your consent.

An individual (or the individual's parent/guardian, if the individual is younger than 18 years old) who is unable to agree to the terms outlined in this document is not permitted to enter the Organization's facilities or participate in the Organization's activities, programs, or services.

I, the undersigned being the individual named above and the individual's parent/guardian (if the individual is younger than 18 years old), hereby acknowledge and agree to the terms outlined in this document:

- 1) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19 and requires all individuals (or their parent/guardian, when applicable) to adhere to the compliance standards described in this document.
- 2) The individual has not been diagnosed with COVID-19 **OR** If the individual was diagnosed with COVID-19, the individual was cleared as non-contagious by provincial or local public health authorities.
- 3) The individual has not been exposed to a person with a confirmed or suspected case of COVID-19 **OR** If the individual was exposed to a person with a confirmed or suspected case of COVID-19, the date of exposure was more than 14 days prior to the date this Declaration of Compliance was signed.
- 4) The individual is attending or participating voluntarily and understands the risks associated with COVID-19. The individual (or the individual's parent/guardian, on behalf of the individual (when applicable)) agrees to assume those risks, including but not limited to exposure and being infected.
- 5) The individual has not, nor has anyone in the individual's household, experienced any signs or symptoms of COVID-19 in the last 14 days (including fever, new or worsening cough, fatigue, chills and body aches, respiratory illness, difficulty breathing, nausea, vomiting or diarrhea, pink eye, or loss of taste or smell).
- 6) If the individual experiences, or if anyone in the individual's household experiences, any signs or symptoms of COVID-19 after submitting this Declaration of Compliance, the individual will immediately isolate, notify



the Organization, and not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since those symptoms were last experienced.

- 7) The individual has not, nor has any member of the individual's household, travelled to or had a lay-over in any country outside Canada, or in any Province outside of Ontario in the past 14 days. If the individual travels, or if anyone in the individual's household travels, outside the Province of Ontario after submitting this Declaration of Compliance, the individual will not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since the date of return.
- 8) The individual is following recommended Planlines, including but not limited to practicing physical distancing, trying to maintain separation of six feet from others, adhering to recognized hygiene best practices, and otherwise limiting exposure to COVID-19.
- 9) The individual will follow the safety, physical distancing and hygiene protocols of the Organization.
- 10) This document will remain in effect until the Organization, per the direction of the Provincial government and provincial and local public health authorities, determines that the acknowledgements in this Declaration of Compliance are no longer required.
- 11) The Organization may remove the individual from the facility or from participation in the activities, programs or services of the Organization at any time and for any reason if the Organization believes, in its sole discretion, that the individual is no longer in compliance with any of the standards described in this document.

Signature: _____ Date: _____
Individual (if 13 and over)

Signature: _____ Date: _____
Parent/Guardian (if the individual is younger than 18 years old)



Appendix 3

Checklists

COVID-19 SYMPTOMS SAMPLE CHECKLIST FOR STAFF/COACHES/VOLUNTEERS/PARTICIPANTS

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.





PRE-PARTICIPATION CHECKLIST

CONTACT TRACING PROTOCOL FOR NDUFC

To ensure all training sessions and facilities have a contact tracing register and all participants and spectators (parents will be asked to stay in their cars) are tracked, a document based, electronic system has been implemented by North Durham United FC.

The information collected in these applications is being collected to assist in the management of the COVID-19 pandemic.

This information will be kept in a safe and secure location and will be provided to Ontario Health Services on request if it is required for contact tracing purposes.

The Club and the Teams will not use this information for any other purpose and will destroy this record after 6 weeks. Under privacy regulations Club Members have the right to access and correct any information the Club has about its members.

The Pre-Participation Checklist is a requirement of the Return to Play Plan.

- Process for Club records
- Mandatory completion before each training session and modified game
- Coach required to check the App and wellness list for approved participants before player enters the field

NDUFC will be using the TeamSnap app for youth competitive players and the Sport Engine app for adult players to produce a list of participants. NDUFC will also require a **Wellness Questionnaire** be completed, each day by 4:30pm, to pre-approve all attendees prior to arrival



at any facility. This register is date and time stamped and is accessible to local public health authorities for contact tracing purposes at all times.

Pre-Participation Format:

Step 1: Parent and Player review of NDUFC Return to Play Plan presentation and completion of waiver requirements for COVID-19 registration and approval

Step 2: Parent and Player, Team Officials, and all volunteers/staff review and complete the mandatory Wellness Questionnaire before 4:30pm on each date of session planning to attend. Club provides coach with a list of approved healthy players and team officials.

Step 3: Parent and Player confirm attendance/non-attendance on app to inform Club and coach of intention to attend.

- **Attendance:** Player dropped off at field
- **Non-Attendance:** Parent to contact Coach and Club confidentially to make them aware of absence and why
- App list becomes participant attendance list; player confirms wellness ("Yes")

Step 4: Player shows confirmation email from Wellness Questionnaire to Field Official upon arrival at field gate in order to obtain entry to field area

To decrease the number of individuals at the facilities parents/spectators will be asked to drop off and pick up children. At minimum the request will be to ask parents to remain in their cars in the parking lots.

Example of online Wellness Questionnaire

(View full questionnaire [here](#))



NDUFC COVID-19 Self-Assessment

* Required

Email address *

Valid email address

This form is collecting email addresses. [Change settings](#)

After section 1 Continue to next section

Section 2 of 11

Player Information

Provided for Contact Tracing

Phone Number (one which parent/guardian can be reached on Training Date *)

Example of Wellness Questionnaire Report

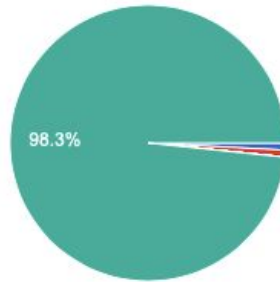


Assessment

Are you or anyone in your household currently experiencing any of these symptoms?



121 responses



- Sore Throat
- Cough
- Nausea, vomiting or diarrhea
- Headache (unusual or long lasting)
- Runny nose or sneezing (not related t...
- Difficulty swallowing
- Shortness of breath
- Lost sense of taste or smell

▲ 1/2 ▼

Assessment

Do you have a fever? (temperature above 38.0 Celsius)

119 responses



- Yes
- No



Section 9 of 11

VERIFIED!! You are verified to Train tonight.



You will receive an email summary of your responses. Your report has been saved.
The Field Marshal (at the Entry gate) will verify completion of this form for your admittance to the field area.
Report directly to your Team Manager upon arrival at your session.

After section 9 Submit form



Section 10 of 11

We are sorry. You are unable to train at this time.



Please SUMBIT this Form for our records.
Your participation in this session has not been approved and you cannot visit the fields.
Contact Club Administration immediately to explain any symptom responses you provided.



Appendix 4

Return to Office Protocols

Return To Office Plan COVID-19	Date of Issue:
-----------------------------------------------------	-----------------------

OVERVIEW

North Durham United Football Club has an obligation under the Occupational Health and Safety Act (OHSA) to protect its workers from hazards in the workplace and to abide by regulations and directives set out by the Chief Medical Officer of Health. As such, employees need to be aware of any known hazards and to report those, along with any other concerns, to their Department Lead, Club Director, or Human Resources department. This will help to ensure that all reasonable precautions are taking place, and to help rectify any unknown or new issues as they arise

SCOPE

This plan encompasses all employees of North Durham United Football Club and (Facility Name), as well as any visitors/guests/service providers who may be welcomed into the facility and has been established in accordance with guidelines set out by the Government of Ontario, and the Chief Medical Officer of Health.

POLICY

It is the policy of North Durham United Football Club and the (Facility Name), to follow guidelines established by the Government of Ontario and all relevant medical professionals while dealing with the COVID-19 situation. As best practices and professional advice change, so will this policy.

STANDARDS/PROCEDURES

- 1. Any employee who 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 but not limited to:

- Sore throat
- Cough



- Fever
- Shortness of breath

If you, or someone you have been in contact with either at work or elsewhere begins to exhibit any of these symptoms, it is imperative to inform your Department Lead, Club Director, or HR representative immediately. In addition, you will:

- Self isolate
- Complete the online self-assessment available at <https://covid-19.ontario.ca/self-assessment/>
- Contact Telehealth Ontario 1-866-797-0000
- Contact your primary health care provider

CONTROLS

The following measures and options for protecting workers from exposure to COVID-19 have been established:

- When feasible, and with the coordination of your Department Lead, work from home as often as possible
- Work surfaces, devices, laptops, screens, and equipment will be cleaned daily in accordance with established facility cleaning protocols
- Employees must wash hands thoroughly with soap and water, or an alcohol based hand sanitizer before entering the workplace, after contact with others, or when surfaces in contact with others have been touched
- Visitors/guests/service providers will be required to sanitize hands prior to entering the offices or facility and will be required to wear a mask at all times
- Numbers of staff allowed into the office will be limited in accordance with provincial guidelines. **Current regulations state 2m (6 foot) distance required.**
 - Practice physical distancing at all times while in the office
 - Team/group meetings to take place in (Meeting Room name) only. Room will be setup in accordance with physical distancing rules
 - Lunchroom will be off limits for eating. Food can be heated but lunch can take place in restaurant observing social distancing
 - Do not enter rooms/spaces where 2 meter distance cannot be maintained
 - Face masks must be worn when physical distancing cannot be maintained or guaranteed, i.e. meetings, walking to washroom, etc.
 - As staffing levels increase, it may be necessary to implement rotating shifts or install protective barriers to ensure that physical distancing is maintained



- Workplace, common spaces and readily accessible areas will be cleaned and sanitized thoroughly and often, and in accordance with established facility cleaning protocols
- All staff and visitors/guests/service providers will be required to sign in and out to ensure that contact tracing will be possible
- Any in-person deliveries, visits or meetings that are not deemed priority should be rescheduled to another date or be conducted online
- Central ventilation will be minimized when possible, and additional measures to introduce fresh air will be implemented
- Employees will be screened regularly for health issues
- Face masks and gloves will be provided for individual use as requested. Face mask limits of one (1) per day will be necessary to ensure supply availability. Proper use training of Personal Protective Equipment (PPE) will be provided

EVALUATE

COVID-19 has presented a number of operational challenges for workplaces. Constant evaluation of current conditions will take place, and modifications required due to government directives may need to occur on a daily basis. As this is an evolving situation, it is imperative that staff remain engaged on what is working and what is not. Preventative measures put in place to protect employees will be evaluated daily, and modified where necessary.



Return to Work Questionnaire (Sample)

Are you experiencing any of the following symptoms: fever, cough, shortness of breath, trouble swallowing, runny/stuffy nose or nasal congestion?

- ☐ YES
- ☐ NO

Are you experiencing nausea, vomiting, diarrhea, abdominal pain or general feelings of tiredness, sore muscles, or not feeling well?

- ☐ YES
- ☐ NO

Have you experienced cold or flu-like symptoms (fever, dry cough, difficulty breathing, respiratory illness, decrease/loss of smell) in the last 14 days?

- ☐ YES
- ☐ NO

Have you travelled outside of Canada in the last 14 days?

- ☐ YES
- ☐ NO

Have you been in close contact / live with anyone who has travelled outside of the country and returned in the last 14 days?

- ☐ YES
- ☐ NO

Have you had close contact with a person who is in isolation, or cared for someone in isolation, or has a suspected or confirmed case of COVID-19?

- ☐ YES
- ☐ NO

Have you been told to self-isolate by Public Health or a medical professional?

- ☐ YES



☐ NO

If you answer YES to any of these questions, and have not discussed your situation with your supervisor do not report to work, call your supervisor and call your Health Care provider immediately for next steps

GENERAL PRECAUTIONS

- Avoid touching your eyes, nose, or mouth
- Face masks are mandatory when indoors
- Practice physical distancing of 2m (6 ft.)
- Wash hands frequently, or use approved hand sanitizer

Email: _____

example@example.com

Name

First Name

Last Name

Date

_____/_____/_____

Year / Month /Day

