

OAKVILLE SOCCER CLUB

RETURN TO PLAY PLAN

PHASE 2 – RETURN TO TRAINING & MODIFIED GAMES



RETURN TO PLAY PHASES

If you are not comfortable with returning to play, DON'T.



INTRODUCTION

As of July 30, 2020, the Oakville Soccer Club has moved into Phase 2 of Ontario Soccer Return to Play. This document has been updated to reflect the changes being implemented from Phase 1. To view the Phase One document, please [click here](#).

The Oakville Soccer Club has created these Return to Play Guidelines for all Club stakeholders regarding directions for a safe and responsible return to the soccer field. This Plan was created in line with protocols enacted by the Provincial Government, health officials and Ontario Soccer.

Phase 2 of this plan will continue following the same protocols as Phase 1 with the addition of modified games. If you have any questions about Phase 1 please refer to our Return to Play Plan for Phase 1 which is available on our website. Please note that this document has been updated to reflect indoor programming, and all participants are also required to review the [Pine Glen Soccer Centre Facility Usage Plan](#).

This plan addresses the second phase of Return to Play. Additional guidelines will follow as the pandemic situation evolves. This document is subject to change at any time. The information contained in this document is not intended or implied to be a substitute for professional medical advice. All content is provided for general information purposes only. The Oakville Soccer Club assumes no responsibility for the completeness of this information. **Please note that this document is subject to change at any time.**

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RETURN TO TRAINING INFORMATION

1) Return to Training and Modified Games (enhanced training & modified games)

- OSC teams are permitted to scrimmage with other OSC teams/groups within a designated soccer bubble as dictated by the Club. Each team will receive their bubble information and are to remain within the parameters set by the Club. Coaches must notify the Club of all scrimmages. Contact tracing and social distancing while not in play is required for both teams.
- OSC teams are not permitted to play external teams.
- Enhanced training includes closer group interactions where sharing or competing for the ball activities can take place, i.e., 1v1, 2v2, 3v3.
- Modified game formats of 5v5, 7v7, 9v9 for U12 and under
- Modified game formats of 5v5, 7v7, 9v9 and 11v11 for U13 and over.
- Players must practice social distancing while not engaging in modified game play, and should limit physical interaction during modified games where possible. ***Please note that, in line with government mandates distancing is not required while in play.***
- **Coaches should discuss with their players and parent group what works best for their team and training model to ensure the comfort level of all players. We should always be inclusive of all players.**

2) TRAINING SESSION FORMAT AND FIELD MANAGEMENT

- All training sessions will take place outdoors until October 31st. Indoor programming will begin in November. Once training moves indoors, all aspects of [OSC's Facility Usage Plan](#) must be adhered to unless specifically indicated by the Club.
- Permitted player numbers will be calculated based upon the space available. The player / area ratio will always be respected according to the standards determined by Ontario Soccer and the Provincial Health Authority and will be monitored by designated Field Marshals.
- Coaches are required to set up and clean up their fields/equipment within the allotted timeframe. Coaches should contact the Technical Department if they require cones/equipment and will be responsible for the sanitization.
- A **field marshal** will be appointed to ensure compliance with social distancing rules, safety protocols and is in charge of the field at all times; their decisions and directives are final.
- Hand sanitizer will be available at the field entry/exit points. All persons entering the field must hand sanitize before entering and exiting
- Each participant must commit to the requirements set out in this document and the Facility Usage Plan for each training session – noncompliance will not be tolerated.
- Sessions cancelled due to inclement weather will not be rescheduled. Sessions will be cancelled if lightning is in the immediate forecast.

3) PLAYER EQUIPMENT

- Player equipment is limited to one soccer ball, one water bottle, one towel and personal sanitizer/disinfectant. All personal equipment/belongings must be clearly labelled and contained in one bag.

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- Each player must bring their own disinfected ball – **balls will not be provided by the Club** if a player forgets theirs. No ball pumps will be available
- Players must arrive in their training kit; no changeroom facilities will be available.
- Lost and found will not be available – any items left behind will be disposed of immediately following the session.

4) PLAYER AND PARENT ARRIVAL/DEPARTURE PROTOCOLS

- Carpooling with teammates is strongly discouraged.
- Players must arrive/depart at their designated entry/exit point.
- Players will receive specific information regarding which field their training session will take place on and where to enter/exit.
- Parents/guardians will not be permitted past the field entry point and are asked to not remain at the field to ensure the safe arrival/departure of all players, parents, guardians, coaches and staff. **Spectators are not permitted inside the training area.**
- **Outdoors:** If parents are remaining on site, please do not bring siblings when possible. Parents should remain out of high traffic areas and ensure physical distancing from other spectators. **Indoors:** Spectators are not permitted indoors unless specified by OSC.
- Physical distancing (2m) must be maintained while waiting for sign in/field entry.
- Players will proceed to the designated location upon entry to the field and await further instruction from their coach
- Indoors: Masks must be worn by players while entering and exiting the training area, and while inside the building and not in session.

5.) FIELD MARSHAL

- An assigned Field Marshal (FM) will be at the entry point of each field.
- The FM will sign players in and complete the contact tracing form at **each session.**
- Will assist with ensuring the physical distance is respected while not in play
- Will ensure parents/guardians stay outside the training area and comply with physical distancing.
- The Field Marshal is the final say at the field regarding any discrepancies in protocols. Please respect the decisions and directions of the Field Marshal.

6.) CONTINUOUS RE-EVALUATION AND IMPROVEMENT

- This plan will require regular review and updating as COVID-19 prevention/protection measures evolve.
- Changes will be communicated to club members by e-mail and social media as soon as possible so changes can be applied.



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ROLES AND RESPONSIBILITIES ON THE FIELD

The following roles and responsibilities are **mandatory** for all staff, coaches, players, parents, guardians, etc.

DO NOT ATTEND TRAINING OR CHAPERONE A PLAYER TO TRAINING IF YOU OR A MEMBER OF YOUR HOUSEHOLD ARE EXHIBITING ANY OF THE SYMPTOMS OF COVID-19. ANYONE EXHIBITING ANY OF THE FOLLOWING SYMPTOMS WILL BE ASKED TO LEAVE THE FIELD IMMEDIATELY AND SESSIONS WILL BE CANCELLED.

- Fever above 38 degrees Celsius
- A new cough, or worsening chronic cough
- Sore throat
- Runny nose
- Headache
- A new onset of fatigue
- A new onset of muscle pain
- Diarrhea
- Loss of sense of taste
- Loss of sense of smell
- In children, purple markings on the fingers and toes
- Have been in contact with someone with COVID-19 in the last 14 days?
- Has anyone in your household travelled in the past 14 days?

FIELD MARSHAL RESPONSIBILITIES

- Communicate protocols to coaching staff, parents and players when necessary.
- Greet the players at the entrance area to the field zone.
- Take attendance by filling out contact tracing log & complete player health assessment.
- Ensure that all players who enter the field disinfect their hands
- Refuse any player from training if they are showing symptoms of COVID-19 or non-compliance with the Club protocols outlined in this document.
- Submit the contact tracing log & health assessment information to the Club.
- Ensures that health rules and regulations are respected.
- Ensure parents/guardians respect physical distancing when dropping off/picking up players.
- Maintain a first aid bag and PPE items.

COACH

- Must follow all provincial health guidelines priority is to ensure a safe environment at all times.
- Along with the Technical Department, manage the training content and the layout of the field to promote social distancing.
- Manage players to ensure compliance with instructions and social distancing.
- Refuse any player from training if they are showing symptoms of COVID-19 or non-compliance



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- with Club protocols outlined in this document.
- Face masks during field entry/exit is required. Coaches do not have to wear masks during training session but are permitted to do so if they wish.
 - All coaches must complete the safe sport certification <https://safesport.coach.ca>
 - Coaches should wipe down personal and field equipment before and immediately after each session (do not go home and then clean – contaminated items may travel into the home environment).
 - Only coaches or field marshals should handle their personal and/or any Club equipment.
 - Pinnies are only permitted if supplied by the team and each player is given one to launder/keep throughout the training program. Home and away kits are encouraged instead of pinnie use.
 - Ensure no heading, chest, or hand contact with the ball (feet only) exceptions for goalkeepers are they wearing gloves.
 - Shooting is permitted. Goalies must wear gloves. Spitting is not permitted including spitting into goalie gloves.
 - 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.
 - Do not spit at any time.
 - Avoid touching gates, fences, benches, etc. Option to wear gloves; latex (or similar) gloves–discard after each session, or purchase gloves that can be washed.
 - Responsible for the safe exit of players at the end of the session via designated exit point.

PLAYER

BEFORE TRAINING

- Arrive no more than 10 minutes prior to the start of your session to ensure safe arrival/departure for all.
- Face masks during field entry/exit is required. Players do not have to wear masks during training session but are permitted to do so if they wish.
- Utilize the “Self-Check” on the Province of Ontario website (or on the app) to ensure they are symptom free and cleared to play. <https://covid-19.ontario.ca/self-assessment/>
- Do not bring/share food or snack items.
- Stay in your designated field space at all times and actively listen to your coach and/or field marshal before, during and after your session.
- Avoid touching gates, fences, benches, etc. Option to wear gloves; latex (or similar) gloves–discard after each session, or purchase gloves that can be washed.
- Do not spit at any time.
- No high fives, handshakes, fist bumps etc.
- Make sure your hands are sanitized before entering the field.
- Make sure all personal equipment is sanitized before/after training.



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DURING TRAINING

- Players must wear shin guards at all times during training in Phase 2 and beyond.
- Do not make intentional physical contact with other players (*no handshakes, high fives, etc.*)
- During modified games, limit physical interaction as much as possible
- Avoid touching your face - especially after handling a ball or other equipment. Sanitize your hands immediately if you have touched your eyes, nose, or mouth.
- Do not share personal equipment (soccer ball, water bottles, towels).
- Avoid using your hands directly to pick up the balls. No throw-ins will be practiced.
- Keep your personal belongings in your designated space at all times.
- No headers will be allowed.
- Public water fountains will be closed.
- 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.
- Do not spit at any time.
- Immediately let your coach know if you are not feeling well during the session.
- **Non-compliance with directions set out in this document will result in a player's immediate removal from the session and the training program without refund. These strict protocols are in place for the safety of all participants; non-compliance will not be tolerated.**

AFTER TRAINING

- Leave the field immediately after your training session at the designated exit point with a mask on.
- Sanitize your hands after coming off the field.
- All players should leave the field immediately after training through a designated exit point. No congregating or social activity will be allowed for the safe arrival/departure of all players, parents, guardians, coaches and staff.
- Do not spit at any time.
- Face masks during field entry/exit is required.

PARENTS/GUARDIANS

- Arrive no more than 10 minutes prior to the scheduled session.
- Carpooling with teammates is strongly discouraged.
- For the safety and comfort of all in attendance, spectators are required to wear masks and maintain physical distancing while outdoors. Spectators are not permitted indoors, but if for any reason you are in the facility, a mask must be worn as per municipal by-laws.
- Ensure the appropriate waivers have been completed and submitted to the Club during the registration process.



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- Parents should utilize the “Self-Check” on the Province of Ontario website (or on the app) to ensure their child is cleared to play <https://covid-19.ontario.ca/self-assessment/>
- Communicate any of your child’s participation concerns to the Club or your Coach prior to committing to Return to Play.
- Communicate to the Club or Coach if your child becomes ill or exhibits any signs/symptoms of COVID-19.
- Ensure child’s personal equipment and clothing is sanitized before/after training.
- Avoid congregating at field entry/exit points for the safe arrival/departure of all.
- Maintain physical distancing at all times during drop off/pick up.
- Remind players to arrive to training dressed and ready, as change rooms will not be available.
- Do not spit at any time.
- Food/Snacks are not permitted.
- Public water fountains will be closed.
- 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.) are placed into an approved garbage receptacle.

CONCLUSION

OSC recognizes that there are many social, emotional, and physical benefits that soccer provides for players and we can’t wait to get back on the field. Returning to Play must be done methodically and in a manner that emphasizes the health and welfare of all players, coaches and staff. All players and parents must be aware there may be risks associated with Returning to Play and must understand the transmission routes of COVID-19 - they must assume this risk and liability. As such, all waivers must be agreed to by parents/players before participating in any Return to Play activities. As the global and local situation evolves, the Oakville Soccer Club will move deliberately and with caution, keeping in mind that we are all eager to get back to the game we love.

If anyone has questions at any time please feel free to contact the Club info@oakvillesoccer.ca

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Appendix A - EMERGENCY ACTION PLAN

PHASES	EMERGENCY ACTION PLAN
DESIGNATED EAP LEAD	<p>In the event a member tests positive for COVID-19, please ensure communication is immediately made to the Club’s EAP Lead</p> <p>Katryna Indewey kindewey@oakvillesoccer.ca 905-869-5385</p> <p>The EAP Lead will immediately communicate with the Board of Directors</p>
COMMUNICATION TO EAP LEAD	<p>The EAP Lead must be immediately contacted when the following occurs:</p> <ul style="list-style-type: none"> • A member tests positive for COVID-19 • A member was exposed to someone within the last 14 days who tested positive for COVID-19
CONFIRMATION OF A POSITIVE CASE NOTIFY LOCAL HEALTH OFFICIALS AND CLOSE CONTACTS	<p>In accordance with privacy and confidentiality laws and regulations, the Club will immediately notify appropriate local health officials, Club staff, team officials and members (families) of any case of COVID-19 while maintaining confidentiality.</p> <p>OSC will use a Contact Tracing Log and a communication plan to notify all close contacts should there be a reported case of COVID-19. This log will be kept on file for a minimum of 6 weeks and used at all OSC activities to trace all members, including pick-up and drop-off.</p>
SYMPTOM MANAGEMENT DURING AN OSC SESSION	<p>A member at any Club activity who EXHIBITS COVID-19 symptoms as per the symptom checklist) must immediately be separated and isolated at the Club’s designated pick-up area. In the event the participant is under 18, a field marshal or staff member will wait with the player following physical distancing rules. A field marshal or coach will contact the family to arrange an immediate pick up. If an ambulance must be called, they must be notified that the person may have COVID-19.</p> <p>Members who had close contact with the person must be separated and sent home as well. Members may not return to training until a negative test result or 14 days after the symptoms have stopped.</p>
CLEAN AND DISINFECT	<p>Immediately after symptoms or a sick person has been confirmed, the training area and equipment must be closed off. The area and equipment must be immediately disinfected and safely stored away after for later use. It is to be noted that equipment will be cleaned and disinfected before and after each session.</p>

*A member is defined as: a player, coach, match official, guardian/parent/spectator, staff member or board member.



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Appendix B - Contact Tracing Log

The information on this document will be collected to assist in the management of the COVID-19 pandemic. This information will be kept secure and will be provided to Ontario Health Services if required. The Club will not use this information for any other purpose and will destroy this record after six weeks.

OAKVILLE SOCCER CLUB - Contact Tracing Log					
Field Location			Date		
<input type="text"/>			<input type="text"/>		
Player Full Name	Email Address	Phone Number	Health Assessment Completed Y/N	Time In	Time Out



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RESOURCES

[OSC Pine Glen Soccer Centre Facility Usage Plan](#)

[Public Health Ontario – COVID-19 Contact Tracing Resources](#)

[Ontario Soccer Return to Play Guide](#)

Return to Play Waivers: [Declaration of Compliance](#), [Informed Risk and Assumption of Risk Agreement \(Under the Age of Majority\)](#), [Release of Liability](#)

[How to wash your hands \(child focused\)](#)

[How to clean your hands with soap and water or alcohol-based hand rub](#)

[Keep your family healthy](#)

[Cleaning and disinfecting public spaces](#)

[Non-medical masks and face coverings](#)

[How to self-monitor](#)