



**Return to Play CVFA**

# RETURN TO PLAY

## GENERAL SAFETY PLAN

(PHASE 2 & 3)





## Return to Play CVFA

### *Illness Policy*

The following Illness Policy will be in effect AT ALL TIMES. In this policy, “team member” includes an employee, volunteer, participant, parent or spectator – basically anyone associated with the club or league.

1. Inform an individual in a position of authority (coach, team manager, program coordinator) immediately if, you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
2. If a Team Member is feeling sick with COVID-19 symptoms
  - They should remain at home and contact Health Link BC at 8-1-1.
  - If they feel sick and /or are showing symptoms while at the training session, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
  - No Team Member may participate in a practice/activity if they are symptomatic.
3. If a Team Member tests positive for COVID-19
  - The Team Member will not be permitted to return to the practice/facility until they are free of the COVID-19 virus.
  - Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
  - Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.
4. Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An “outbreak” is two or more cases; a “case” is a single case of COVID-19. This situation must be reported to the BCPFA immediately

### *Guidelines for Skill Development (Phase 2)*

Public & private gatherings are currently limited to 50 total participants (including spectators)

- For the purposes of this Return to Sport Plan, one (1) football field is considered a gathering spot. If a facility has several football fields (or fields of similar dimensions), each is considered a separate gathering spot.

Cowichan Football will be starting in Phase 2 which begins with small group training and skills development with the hope to return to some form of a season in later phases. Public health measures are still in effect:



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### 2. Adequate Field Space

- Only outdoor practices will be permitted. No changerooms or video sessions will happen
- Group personnel will be consistent for each age group and age groups will not be mixed
- Group personnel to wear PPE if physical distancing cannot be maintained (safety officer, coaches, trainers, managers)
  - Parents are not allowed on the field but can watch from the fence providing they stand or sit 2 meters apart (Masks suggested)
    - Only 1 parent per athlete watching practice from a distance
- Parents may also be permitted to watch from their vehicles
- No other teams on the practice field/green space will be permitted
- Staggered start times for different levels (Peewee/JB/Bantam/Midget)
- Only registered participants may enter field after they have been cleared and recorded by Safety Officer

### 3. Hygiene & Sanitation

- Players will be asked to get ready at home, and come to the field prepared, with all skin covered, including gloves.
- Hand washing before & after with sanitizer available on the field
- Bathrooms will be locked and monitored by Safety Officer, and only 1 player at a time
- Personal water bottles and towels only
- Refrain from touching face
- No Hi 5s, huddles or hugs
- Non-medical masks are recommended if physical distancing cannot be maintained
- All equipment (including practice gear) should be sanitized before & after practice
  - Footballs should be sanitized with proper disinfectant safe for footballs –
  - Cones & bags can be sprayed and wiped with appropriate disinfectant and allowed to dry
  - Soft goods (shorts, jerseys, gloves etc.) should be washed after every practice

### 4. Skills & Drills

- Staggered start times for different levels
- Focus on fundamental skill-based drills **with no contact**
- Building on movement and healthy activity
- Coaches recognize players have likely not been physical for 3 months, so exercises will be gradual



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### 5. Wellness Check

- All participants must have guardian phone number on file, in case of illness or if player needs to be sent home.
- Each participant (players, coaches, staff) must individually be asked about experience of any symptoms related to COVID 19.
- This will be done verbally by appointed Safety Officers (may be different for each age level)
- This wellness check must be recorded for participant at each session.
- All wellness checks will be kept on file until end of fall sessions
- Anyone deemed unwell by Safety Officer, will be sent home

### 6. Quarantine or Self-Isolation

- Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self isolate.
- Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.



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## PHASE 3 Updates

### Contact Tracing

For contact tracing purposes, Cowichan Football is not the owner or operator of the sport facility, we will provide the facility operator (City of Duncan), with the first and last names and telephone number, or email address of all participants.

**\*CITY of DUNCAN has indicated that they would like CVFA to maintain their own paper work for Contact Tracing, and make them aware of any COVID positive cases. \***

### Contact Activities

Close physical proximity should still be minimized as much as possible.

In sports and activities that generally involve interaction between participants at less than two meters, sport organizations should:

- 1 . modify the activity or rules to keep participants at a safe distance.
- 2 . limit the number and duration of contacts between different participants (when physical distancing is not possible);
- 3 . enforce physical distance when outside the field of play (e.g.- dressing rooms, hallways, team benches, staging areas, etc.).

Any introduction of activities involving either close proximity or physical contact should only occur within a sport cohort

### Sport Cohorts

Establishing cohorts will limit the number of people that each individual will come into contact with, reducing the risk of transmission and ensuring quicker contact tracing by health authorities if an outbreak occurs. A cohort is a group of participants who primarily interact with each other within the sport environment over an extended period of time (e.g. series of events). In this phase:

- Cohorts should be made up of individuals/teams of similar age or skill level
- Each cohort can be comprised of multiple teams in order to form a mini- league
- With the use of cohorts, game play can resume between teams within the cohort
- Cohorts **may not** exceed 4 teams
- When members of the cohort are gathering for games or activities, gatherings may not exceed 50 people ([see PHO Order](#)).
- The total number of participants (players, coaches, manager, trainer) for each team cannot exceed 25 participants.



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### Forming a Cohort

Clubs and leagues that wish re-introduce contact between participants are required to establish cohorts. A cohort can be as many as 4 teams (from one or more clubs) or 50 people. Only teams in the same cohort can play games against each other. **The cohorts will be formulated within each zone and as such there will be no crossover with other leagues.**

If officials are able to maintain/agree to social distancing and use of Personal Protection Equipment (masks, gloves, uniform covering exposed skin), they will not be required to be counted as part of the cohort. It is highly recommended that an officiating crew be assigned to specific mini league and not be moved around.

### Switching Cohorts

Leagues that want to switch cohort teams can do so after a 14-day break from the original cohort grouping.

#### ***Example #1 – 4 Team Mini League***

After **each team in the mini league** has played all the other teams (3 games) within their cohort, the league administrators may want to “tier” the teams to form another mini league and play a new set of games. Although the teams can continue to practise/train, there is a requirement for a 14-day break in between commencing play in the second mini league.

#### ***Example #2 – Player Movement Within A Club Cohort***

If there is a desire to redistribute the players on each team **within the same cohort**, no break is required.

#### ***Example #3 – Player Movement Outside the Existing Cohort***

If there is a desire to redistribute players among several cohorts, a 14-day break is required.



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### Competition

- Coaches should maintain physical distancing at all times and use PPE (mask, gloves)
- Players will stay together in designated cohorts and ensure that cohorts avoid mixing
- Cohorts should remain together for an extended period of time. If looking to change cohorts, implement a two-week break between activities
- Individuals should limit the number of sport cohorts to which they belong to reduce the number of people they are interacting with
- Where officials (if being used) are unable to physically distance, an official(s) should be assigned to a specific cohort and avoid having them interact with multiple cohorts
- Officials should wear a mask whenever practical
- **Spectators are not permitted**

### Limit contact

- Plan arrivals and departures of different teams/groups to avoid co-mingling
- Avoid participants waiting on site between games/activities
- Discourage groups of people gathering before or after sport activities
- Schedule activities over a longer period of time (days or weeks) or at different locations
- Conduct symptom-screenings using the BC COVID-19 Self-Assessment Tool:  
<https://bc.thrive.health/covid19/en>
- 
- Manage increased levels of staff/volunteers required to host a competition and ensure the illness policy is in place
- Spectators **are not permitted**. The facility operator may also have policies
- Participants may be fit and healthy, but groups need to consider the demographics of staff, coaches, and volunteers and how to mitigate risk to those individuals
- Outbreak plan must be strictly followed
- If outbreaks occur, organizers will be asked to postpone or cancel competitions or activities
- An occurrence must be reported to the field operator (City of Duncan), BCPFA, and PHO as soon as possible



## Return to Play CVFA

### Equipment & Uniforms

The equipment that a player uses is quite similar in every format of tackle football and Flag football; however, given the current social circumstances, a few modifications will be instituted. **The following only applies to clubs and leagues in Phase 3 of return to sport.**

#### Uniform

All players are required to ensure that their whole body is covered during training or games. This will include:

- long sleeved t-shirts to the wrists
- football gloves covering hands
- socks and/leggings that will fully cover the area between the cleats and the bottom of the football pants.

#### Mouth Guards

All players are **required** to use a mouthguard with vent holes.



#### Visor:

The BCPFA is recommending the use of a full visor. Note – actual face shield is clear







## **Return to Play CVFA**

### **Tackle Football Equipment Distribution**

Distribution of tackle football equipment may begin in Phase 3. Equipment distribution will require the following policies & procedures:

1. Distancing
  - Schedule equipment pick ups under 30 people at one time (one player & parent) & able to maintain physical distancing at facility
2. Hygiene & Sanitation
  - Individuals involved with the distribution of player/coach equipment should wear gloves throughout process
  - Individuals involved with the distribution of equipment will wear masks
  - Masks are recommended for any person picking up player/coach equipment
  - Equipment fitters are to sanitize between each fitting (wash hands for at least 20 seconds or use hand sanitizer)
  - It is recommended all equipment be sanitized before distribution
  - Equipment that a player tries on but is not taken by the player will be sanitized between fittings
  - Sanitization stations should be made available to all persons involved with equipment pick up
  - Signage promoting the use of mask and the need to maintain physical distance should be visible to posted in the equipment pick up zone.

### **Facilities**

A Field of Play for football is defined as a designated area where sport activities take place. The field of play does not include dressing rooms, hallways, team benches, staging areas, etc.

No dressing rooms or team benches are available at this time. Players on sidelines will be required to physically distance from each other.

### **Field Set Up**

Each team will be on opposite sides of the field. It is recommended that the sidelines stretch from 30- yard line to 30-yard line. If a Game Commissioner is present, they will be situated at least 10 yards away from the bench.



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### Spectators

NO SPECTATORS as per BCPFA guidelines.

### Training

Teams from different cohorts must be safely distanced and not interact, have contact with each other's equipment, etc. Although *not* recommended, it is permissible to have teams from different cohorts to be on the same **regulation** size field based on the following guidelines:

- Each team is allocated the space between the 40-yard line through their own endzone (normally 55 yards of field space)
- There is no sharing of equipment (bags, sleds, balls, etc.) without sanitizing first.
- There is **ZERO** interaction between the teams on or off the field.
- **If the training facility is less than a regulation size field, only ONE team will be permitted at a time.**

### Roster Sizes and Game Format

Only teams in the same cohort can play each other and the 50-person restriction on gatherings remains as a restriction. As a result, the roster limit for a single team will be approximately 20 players (plus coaches, field staff, etc.) under phase 3.

Team rosters must be formed in a manner that complies with the 50-person gathering requirement (when 2 teams play a game) and also comply with the minimum and maximums roster limits specified by Football Canada:

	Minimum to start season	Minimum to play game	Recommended to play a game	Maximum to begin thinking of other alternative options
Touch 5's	7	5	7	7
Touch 7's	9	7	9	9
Flag 5's	7	5	7	7
Flag 7's	9	7	9	9
6-a-side	9	8	10	10
9-a-side	17	13	15	15
12-a-side	30	24	28	45

Roster Limits from the [Football Canada Competition Review](#)

**Note: Football Canada mandates that there is a minimum full 3 days of rest between games.**



## Return to Play CVFA

### Contact Football:

- As noted in the original *R2S Plan*, **equipment distribution guidelines** are to be followed (as a minimum requirement).
- Also noted in the original *R2S Plan* are the requirements for uniform and equipment when playing contact football.
- The direction to have a face shield is no longer mandated and is instead a recommendation; however, to mitigate the transmission of spittle, **soother-style mouthguards are mandatory**. The other mandated requirements have not changed in this revised plan.

### Non-Contact Football

If a club decides that Flag Football is a more viable option, the following uniform requirements are mandated:

- There will be no exposed skin from neck down (including arms, hands, calves, etc.)
- Each player is mandated to use a “soother-type” mouthguard to mitigate the spread of spittle as much as possible.

Non-contact football cohorts are the same as contact football: No more than 50 participants (including coaches) **or** 4 teams. The actual format is the decision of the individual league.

### Hygiene & Sanitation

- Players & coaches have their own water bottles (No water stations)
- All equipment should be sanitized before & after practice:
- Footballs should be sanitized with proper disinfectant safe for footballs – teams may need to contact their equipment providers for recommendations
- Cones, bags, and sleds can be sprayed and wiped with appropriate disinfectant and allowed to dry
- Soft goods (leg pads, pants, jerseys, gloves etc.) should be washed after every practice & game
- Hard goods (helmet, shoulder pads, rib protectors, back plates, etc.) should be sprayed and wiped with appropriate disinfectant and allowed to dry



## **Return to Play CVFA**

### **SCREENING QUESTIONNAIRE**

**Do you have any of the following NEW or WORSENING symptoms or signs?**

- New or Worsening Cough
- Shortness of Breath
- Sore Throat
- Runny Nose, Sneezing, Nasal Congestion
- Hoarse Voice
- Difficulty Swallowing
- New Smell or Taste Disorders
- Nausea/Vomiting/Diarrhea/Abdominal Pain
- Unexplained Fatigue
- Chills
- Headache
- Pink Eye

**Have you travelled outside of Canada or had close contact with someone who has travelled outside of Canada in the last 14 days?**

- YES
- NO

**Do you have a fever?**

- YES
- NO

**Have you been in close contact with anyone with a respiratory illness or confirmed case of COVID 19?**

- YES
- NO





## Return to Play CVFA

### *Participant Agreement*

All Participants of **COWICHAN FOOTBALL** agrees to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and Return to Sport Protocol:

- I agree to symptom screening checks and will let my club and/or coach know if I have experienced any of the symptoms in the last 14 days.
- I agree to stay home if feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
- I agree to sanitize the equipment I use throughout my practice with approved cleaning products (shared and personal equipment).
- I agree to continue to follow social distancing protocols of staying at least 2m away from others.
- I agree to not share any equipment during practice times.
- I agree to abide by all my Clubs COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the club for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my club membership temporarily.

I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Participant Name:

Signature:

Signature of Parent or Guardian:

Date:



## Return to Play CVFA

Examples of signage to be posted around fields and in bathrooms :

#StopTheSpread



# Handwashing 101

Proper hygiene stops the spread of the virus.

Source: BCCDC/CA

- 01** Wet your hands before soaping.


- 02** Bring your palms together and rub soap all over the palms and backs of your hands, including between the fingers.


- 03** Wash your hands for at least 20 seconds.


- 04** Wipe your hands with a clean towel or paper towel and avoid rubbing too vigorously.



**COWICHAN FOOTBALL**  
STOP THE SPREAD



**WASH YOUR HANDS FREQUENTLY**

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.



**MAINTAIN PHYSICAL DISTANCING**

Maintain at least 2 metres (6 feet) distance between yourself and anyone who is coughing or sneezing.



**AVOID TOUCHING EYES, NOSE AND MOUTH**

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.




**IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL CARE EARLY**

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.

Source: BCCDC/CA

## Know the COVID-19 SYMPTOMS



The following symptoms may appear 2-14 days after exposure:

- Fever
- Cough
- Shortness of Breath

Seek medical advice if:

- You develop worsening symptoms
- You have been in close contact with a person known to have COVID-19
- You live in or have recently been in an area with ongoing spread of COVID-19



FOR MORE INFORMATION, VISIT BCCDC.CA



## Return to Play CVFA

### Checklists

#### LSO Administrator Checklist

1	LSO Board must familiarize themselves with the contents of the BCPFA Return to Sport Plan
2	LSO Board must pass a resolution to accept the BCPFA Return to Sport Plan
3	LSO Board/designate develop a facility plan, keeping in mind the local municipality requirements
4	LSO must submit the meeting minutes noting the accepted resolution and the facility plan to BCPFA Executive Director
5	LSO must receive acknowledgment from BCPFA prior to commencing programming
6	LSO must designate Safety Officers to oversee the delivery of on field programming and adherence to the Return to Sport Plan
7	LSO must ensure there is a Participant Agreement form completed as part of every registration.
8	LSO must ensure that the Return to Sport Plan is posted on their website.





## Return to Play CVFA

### Safety Officer Checklist

1	Planning Meeting	All Safety Officers to attend Head Coaches planning meeting prior to athlete's arrival to field.
2	Social Distancing	Key function is to manage the facility and training environment so that athletes, coaches and parents all adhere to social distancing requirements.
3	High Viz vest or jacket	All Safety Officers to wear a highly visible vest or jacket at all times, in order they are easily recognized when arriving at facility and during the training session on the field.
4	Facility Entry Protocol	Safety Officers monitor participant arrival at facility and direct participants to the entry point of the designated field of play, all whilst maintaining social distancing requirements.
5	During Activity/Training	When all participants step onto the designated field of play, Safety Officers are to monitor the warm-up, drill activities, and water breaks, to ensure that social distancing is maintained.
6	Facility Exit Protocol	At the end of the session, Safety Officers are to monitor that all participants use the appropriate exit and maintain social spacing when leaving the turf and parking area.



## Return to Play CVFA

### Head Coach Checklist

1	On Site Prep Meeting	Conduct an on-site planning meeting prior to arrival of athletes involving all coaches and safety officers that will be participating in the session.
2	Review Activity Plan	Review the activity plan against the approved permissions protocol for football's Return to Sport Plan.
3	Designated Person	Assign a "Coach" or "Safety Officer" to be designated as first point of contact. This designated person is responsible for overall site management for safety.
4	Secure Confined Spaces	Ensure all benches and personnel areas are taped off as "No Entry" to avoid confined spaces.
5	Athlete Equipment Assignment	Ensure "Athlete Equipment" areas are set up and each athlete is assigned a spot, 2 meters or more from each other.
6	Drill Layout	Lay out markers indicating locations for athletes for drill stations using recommended flat or spot markers.
7	Collection and cleaning equipment	All balls, cones, and markers are to be collected and put into a 5-gallon pail of soap and water or can be sprayed down with soap and water in a designated area. Let stand for 5 minutes before using again or packing up equipment. Use of gloves recommended.
8	Equipment Transportation	Recommend having a lid for pail when transporting equipment to training.
9	First Aid	In the event first aid is to be administered all persons attending to an athlete must first put on a mask and gloves.



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### Participant Checklist

- 1 Come dressed ready to play; other equipment such as a gloves and masks are recommended.
- 2 Be prepared for a health assessment before **every** session.
- 3 Bring your own bottle of water with enough to last for the duration of the activity.
- 4 Washroom access will be limited to emergencies only (unless washroom access and cleaning is constantly monitored).
- 5 Coaches and Safety Officers will designate where each athlete will place their personal belongings.
- 6 Use the designated entrance and exit; follow the drop-off and pick-up protocol.
- 7 Only athletes, coaches and safety officers are allowed within the perimeter of the field of play.
- 8 Please, be aware that the parking lot will be used for drop-offs and pick-ups only; parking is only permitted for coaches and safety officers.
- 9 If you show **any** symptoms of COVID-19 you are required to stay home.





## Return to Play CVFA

