

Barrie Soccer Club

Return to Play Guide & Protocols



Canada Soccer - Return to Play Assessment

Risk Assessment Level

Low

Dear Barrie S.C.

Thank you for completing Canada Soccer's Return to Soccer Assessment Tool. Based on the information provided as of the date of this correspondence, we are pleased to advise that your risk is assessed as LOW. When the Provincial and/or Municipal Public Health Authorities provide permission for sports activities to resume you may determine, together with Ontario Soccer, when you wish to renew your club's activities in accordance with your plan. You are reminded that should your club decide to return to train when restrictions are lifted, either fully or in part, it is the club's responsibility to ensure that the local conditions for a safe return to the pitch are met and that any impositions set by the local Public Health Authorities are factored into the process moving forward. Further, depending on the timeline between this assessment and when local restrictions are eased, the Club is responsible for continuing to update its mitigation plan as new information is provided by the local authorities.

In addition, Member Association Technical Directors and/or the Canada Soccer Development Department would be happy to discuss with your technical staff alternative training drills that respect social distancing and similar restricted sessions should you wish to take advantage of that opportunity.

Good luck in your return to soccer and stay safe.

Peter Montopoli

General Secretary

Canada Soccer

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, 2020.

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.

Ontario Soccer requests that all member organizations ensure they know their Public Health Unit.

- [Click here](#) to find your Public Health Unit.
- [Click here](#) to find out what Zone (colour) your 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.

Follow these steps in managing the COVID-19 pandemic in your soccer organization



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



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 Unless otherwise stated by local Public Health Unit | No | No | Yes | Yes | Yes |
| Trials/Tryouts/Open Evaluations | No | No | Yes | Yes | Yes |
| Maximum number of Participants (Players, coaches, match officials) Unless otherwise stated by local Public Health Unit | 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 Unless otherwise stated by local Public Health Unit | No spectators, except for ONE parent per participant under the age of 18 | No spectators, except for ONE parent per participant under the age of 18 | No spectators, except for ONE parent per participant under the age of 18 | 50 Indoor 100 Outdoor | 50 Indoor 100 Outdoor |

Phase 1 - Individualized Training

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

Grey Zone (Lockdown)

- Soccer organization must have completed 'Canada Soccer Return to Soccer Assessment Tool'.
- Ensure the organization's own Return to Play Guide is alignment 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 **three (3) 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 in activities. Spectators must wear a face covering in a manner that covers their mouth, nose and chin.
- 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 indoor activities
 - 10 participants for outdoor facilities

Red Zone

- Soccer organization must have completed 'Canada Soccer Return to Soccer Assessment Tool'.
- Ensure the organization's own Return to Play Guide is alignment 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

- Soccer Organization entering this Phase must complete – 'Canada Soccer Return to Soccer Assessment Tool' and create a "Return to Play" plan for their organization.
- Ensure organization's own Return to Play Guide is alignment 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 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;
- 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/convener.
- 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

- Soccer Organization entering in this phase must complete – ‘Canada Soccer Return to Soccer Assessment Tool’ and create a “Return to Play” plan for their organization.
- Ensure organization’s own Return to Play Guide is alignment 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:
 - 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.
- 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/convener.
 - 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

- Soccer Organization entering in this phase must complete – 'Canada Soccer Return to Soccer Assessment Tool' and create a "Return to Play" plan for their organization.
- Ensure organization's own Return to Play Guide is alignment 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,

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 - 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.
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 - 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, there are no Zones, Districts or Regions in Ontario in this phase.

Club Guidelines / Recommendations

- Ensure information the OS RTP plan is available for all officials to review
- Awareness of the Covid 19 Self-Assessment App: <https://covid-19.ontario.ca/self-assessment/>
- All players / coaches registered with OSCAR management system
- Communicate all Hygiene measures in advance to all Coaching Staff
- Provide PPE to employees if requested (all employees should have multiple masks on hand at the office at all times)
- Contact Health authorities if any participant contracts COVID 19 and support with contact tracing efforts
- Create COVID 19 Emergency Response Plan
- Receive written permits from municipality for field use
- Written consent/waiver from parents/guardians authorizing participation and understanding of hygiene requirements
- Phase 2 games (inter club or squad) require field Marshall to ensure social distancing
- Recommend only 1 parent/guardian accompany child to session or phase 2 game
- Consider comfort level of coaches - provide support where needed
- Employees to work from home where possible
- Ensure disinfecting of all clubhouse office spaces and equipment
- Maintain social distancing guidelines with employees in the office
- Team meetings to take place outdoors if possible, or in large meeting rooms respecting distancing requirements
- PPE to be worn if distancing measures cannot be adhered to
- All visitors to sign into the office to ensure contact tracing if needed
- Employees who do not feel well should go home
- Communicate updates to Rowan's law requirements so that all members are up to date on how to mitigate the risk for and deal with concussions

Team Guidelines / Recommendations

- Review of OS RTP & phases with Players & Parents
- Communicate all Hygiene measures in advance to all Parents & Players
- Communicate all protocols / expectations to Parents & Players
- Awareness of the COVID 19 Self-Assessment App: <https://covid-19.ontario.ca/self-assessment/>
- Use Contact Tracing Log prior to each training session
- If individual is experiencing symptoms, they must be sent home immediately (fever, cough, short breath, runny nose, sore throat)
- Written consent/waiver from parents/guardians authorizing participation and understanding of hygiene requirements
- Recommend only 1 parent/guardian accompany child to session or phase 2 game
- Do not share water bottles
- Hand washing/Sanitizing stations upon entry and exit

Player Guidelines

- Do not attend if feeling ill or have any symptoms
- Awareness of the COVID 19 Self-Assessment App: <https://covid-19.ontario.ca/self-assessment/>
- Do not carpool unless with immediate family (**NO EXCEPTIONS**)
- Always follow instructions from coaches regarding physical distancing
- Arrive no more than 15 minutes prior to session (phase 1 training)

- Arrive no more than 30 minutes prior to **small sided game** (SSG) (phase 2)
- Do not congregate at facility
- Arrive prepared to train
- Bring your own water bottle – label it and do not share
- Follow Hygiene protocols
- Maintain physical distancing as required
- No handshakes, high fives
- **Wear facemask if desired**
- Bring hand sanitizer with you to training
- Do not bring handheld electronic devices to field (or keep in bag) – **do not use while at the field**

Parent/Guardian Guidelines

- Review Club RTP protocols
- Follow Hygiene protocols
- Avoid congregating
- Only 1 parent/guardian to attend soccer activity
- Remind players to arrive dressed and ready
- Keep reasonable distance from the field
- Ensure check in with manager/coach for contact tracing log/sign in
- Ensure player's equipment is washed
- Ensure players are healthy and has no symptoms
- Maintain distancing as required during drop off/pick up, and spectating
- Ensure player has small bottle of sanitizer with them at training
- **All development/competitive parents and players to sign annually a concussion code of conduct to ensure proper understanding of measures to take to prevent a concussion, and what to do in the event one occurs**

Coach / Manager Guidelines

- Hold online meeting with parents / players regarding protocols
- Coaches to wipe down all equipment after each session (do at field if possible)
- Only coach staff should handle equipment
- Avoid sharing pinnies during training – **NO EXCEPTIONS**
- Wear facemask if desired
- Plan activities to respect distancing – use cones to ensure areas are identified
- No hand contact with ball (players)
- Create separate session for GK handling of ball (separate equipment)
- Provide regular water and sanitization breaks – ensure these breaks are staggered by group
- Ensure to follow proper hand and hygiene protocols
- Awareness of the COVID 19 Self-Assessment App: <https://covid-19.ontario.ca/self-assessment/>
- Conduct a Return to Train Health Check prior to first training session
- **All development/competitive coaches to sign annually a concussion code of conduct to promote a better understanding of the causes and management of player concussions if they occur**

General Hygiene Protocol

- Wash hands with sanitizer immediately before leaving home and after soccer activities and during water breaks
- Do not spit at any time
- Label your own water bottle and do not share
- Cover mouth and nose with tissue or elbow (not your hands) when coughing or sneezing
- Avoid touching eyes, nose, mouth
- Shower at home before and after training

Reduce Transmission

Any employee/player/parent/coach who is exhibiting symptoms of illness **MUST** stay home

Recognize and Assess – the virus is transmitted via droplets during close, unprotected contact with an infected person or by touching an infected surface and then eyes, nose, or mouth.

If you, or someone you have been in contact with either at work, home or at soccer begins to exhibit symptoms, it is imperative to inform your Coach/Club immediately. You should also:

- Self-Isolate
- Complete the online self-assessment tool - <https://covid-19.ontario.ca/self-assessment/>
- Contact your primary health care provider

Reduce Playing Risk

- If the players displays any symptoms of a concussion (i.e. fatigue, headache, dizziness), they are not to attend, or immediately leave any team related event until cleared by a medical professional
- Parent/guardian to complete the Canada Soccer Concussion Assessment Medical Report before their child is assessed by a medical professional:
[https://static1.squarespace.com/static/5b72e198697a9823004ea219/t/5dcb2af5aa6a66b2cbd22b6/1573595901575/Concussion Assessment Medical Report.pdf](https://static1.squarespace.com/static/5b72e198697a9823004ea219/t/5dcb2af5aa6a66b2cbd22b6/1573595901575/Concussion_Assessment_Medical_Report.pdf)
- In addition to the above, the medical professional should also complete a medical clearance form before the player returns to physical activity of any kind:
<https://parachute.ca/wp-content/uploads/2019/06/Medical-Clearance-Letter.pdf>
- Team staff are to follow ALL recommendations provided by the medical professional upon a return to physical activity

Canada Soccer Concussion Policy: https://cdn4.sportngin.com/attachments/document/bbc3-1787361/2018-Concussion-Policy-OntarioSoccer.pdf#_ga=2.54690347.128303018.1620162398-1526745658.1427290977

Clubhouse / Fields

- Ensure hand sanitizer available upon entry/exit (and/or ensure players carry sanitizer and sanitize during all breaks, prior to start, and prior to departure)
- Establish Entry & Exit points where possible (example below)



- Clean and Disinfect Team Benches, fountains, doors, light switches, door handles, etc.
- Facility changerooms closed until further notice
- Cleaning solution of 30:1 water/bleach solution to be used for cleaning floors (office)

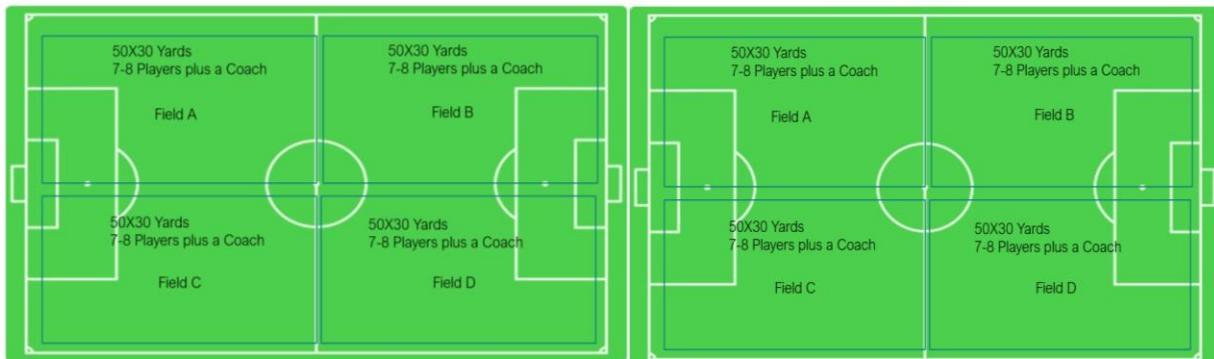
Field Set Up – Players to arrive at the slotted time to allow previous teams 15 minutes to exit.

Barrie Sports Complex U9-18 Players 6:00pm-7:15pm

Field size-100-60 yards

Barrie Sports Complex U9-18 Players 7:30pm-9:00pm

Field size-100-60 yards



Fields divided into 4 Quadrants with no more than 8 players per quadrant. (50x30 yards per quadrant)

Players will have ample space to distance by 2 meters within quadrant with each coach ensuring the protocol is in place and reminding players. Water breaks and exit will be staggered by quadrant with sanitizing happening at each break, prior to arrival, and prior to exit.

Insurance Coverage

Players & Coaches will continue to be registered via the OSCAR Registration system to ensure full standard coverage through HUB International and Ontario Soccer. We have been advised by Ontario Soccer and our own personal insurance brokers that there is no current “pandemic” coverage available. The Barrie Soccer Club will be applying a pandemic exclusion clause, which is being applied across all amateur sports throughout Canada. Youth and Adult waivers will be required to be completed by all members/players prior to return to play. Without a signed waiver, participation will not be granted.

Emergency Response Plan

Pre-Pandemic Phase:

| <i>Pre-Pandemic Activity</i> | <i>Responsibility</i> |
|--|------------------------------|
| COVID-19 ERP Leader | Will Devellis |
| Complete ERP for COVID-19 | Will Devellis |
| Complete Canada Soccer Risk Assessment | Will Devellis |
| Educate all internal leaders on RTP protocols | Will Devellis |
| Communication to health authorities if there is a positive test for Covid-19 in the organization | ERP Lead |
| Verify Ontario Soccer, Municipal Government, and Provincial Government permissions for RTP | Will Devellis |

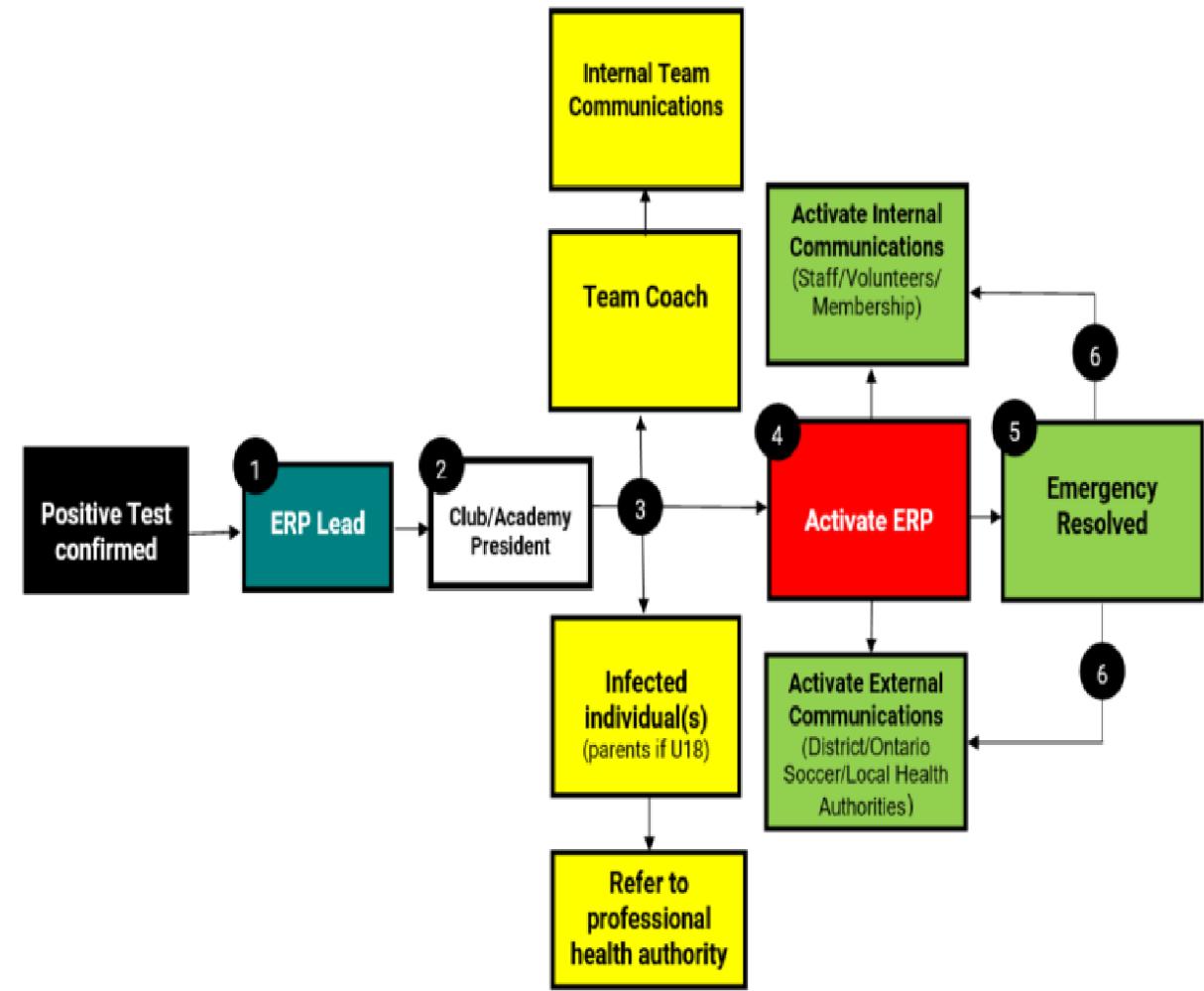
| <i>Positive Test Phase</i> | <i>Responsibility</i> |
|---|--------------------------------|
| Consistent with Federal/Provincial regulations, acts, laws, etc. Coaches, staff, officials, and families of players should self-report to the ERP Lead if: a. they have symptoms of COVID-19 or b. a positive test for COVID-19 is recorded, or c. were exposed to someone with COVID-19 within the last 14 days | Coach, Staff, Players, Parents |
| <u>Advise Sick Individuals to Stay Home:</u> Sick coaches, staff members, officials, or players should not return until they are well enough based on Public Health Agency of Canada and Provincial Health Authority guidelines. | ERP Lead, Coach, Staff |
| <u>Isolate and/or Transport Those Who are Sick at Club/Academy</u> Activities Ensure 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, Coach, Staff |

| | |
|--|-------------------------------|
| <p>Coaches, staff, officials, and players with COVID-19 symptoms (i.e., fever, cough, shortness of breath) at any club activity must be immediately separated and isolated. Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, contact their Family Physician, and follow Health Agency guidance for caring for oneself and others who are sick. Individuals who have had close contact with a person who has symptoms should be separated and sent home as well. If symptoms develop, individuals and families should follow Health Agency guidelines for caring for oneself and others who are sick.</p> | <p>Coach, Staff, Players</p> |
| <p>Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility. That means having parent contact information readily available; parents within a safe, socially distanced but easily accessible waiting area; or if you are calling an ambulance or bringing someone to the hospital. If calling an ambulance, please alert them that the person may have COVID- 19.</p> | <p>Coach, Staff, ERP Lead</p> |
| <p>Clean and Disinfect Areas 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).</p> | <p>ERP Lead, Coach, Staff</p> |

| Post Pandemic Phase | |
|--|--|
| <p>Action and Communications</p> <p>a. Confirm Provincial Health Officer has declared the COVID-19 pandemic is over.</p> | <p>ERP Lead</p> |
| <p>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).</p> | <p>President of Club</p> |
| <p>c. Conduct a full review of COVID-19 Return to Play Implementation Plan as well as COVID-19 Emergency Response Plan. Include a list of recommendations for improvements.</p> | <p>ERP Lead</p> |
| <p>d. Update Barrie SC Emergency Response Plan for future use and have approved.</p> | <p>ERP Lead in conjunction with Board of Directors</p> |

COVID-19 EMERGENCY RESPONSE PLAN (ERP)

Communications Flow Chart



CONTACT TRACING LOG FOR ORGANIZATION

Team Name: _____ Club/Academy: _____

All players, coaches, volunteers and parents/guardians who drop off their children must be included in this log. The log can be electronic or completed on site by a responsible adult.

The information collected on this document 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 Above team and Club/Academy will not use this information for any other purpose and will destroy this record after six weeks.

Under Privacy Regulations you have a right to access and correct any information we hold about you.

Legal Considerations

Youth and Adult Waivers are required for all participants registered with the Barrie Soccer Club.)

In addition, the new Concussion Code of Conducts will be mandated for all development competitive staff, players, and parents, in accordance with Rowan's Law requirements.

Contained within are two waivers:

- 1) **Release of Liability, waiver of claims and indemnity agreement**
- 2) **Declaration of Compliance**
- 3) **Concussion Code of Conduct for Coaches and Team Trainers**
- 4) **Concussion Code of Conduct for Athletes and Parents/Guardians**

ONTARIO SOCCER**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 Ontario Soccer 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. Ontario Soccer, 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

ONTARIO SOCCER**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 Ontario Soccer 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 and 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 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

Ontario Soccer and its affiliated districts, leagues, clubs and teams (collectively the "Organization") require the disclosure of exposure or illness is 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 noncontagious 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 guidelines, 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)

Summary

In summary, the “Return to Play Protocols” included in this document represent multiple phases, and includes recommendations and guidelines directed by Ontario Soccer for affiliated Clubs and Ontario Registered Academies participating in sanctioned soccer activities. When we have received clearance for return to play from both Canada 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.

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

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

Barrie Soccer Club thanks all its members, staff, and volunteers for their patience and for the work they are doing to support soccer and more importantly for understanding as we navigate through this challenging time.

Teams, Coaches, Staff, that do not comply with these recommendations and guidelines may be subject to sanctioning.

COVID-19 - INFORMATION

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 practicing **physical (social) distancing**. Even if you do not have symptoms of COVID-19, you could become infected by others.

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

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

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

Household contacts (people you live with) do not need to distance from each other unless they are sick.

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).

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.

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.



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Play.
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Unite.

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) meters physical distance from others, particularly in crowded public settings, such as training and competition facilities.

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

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

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



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Concussion Code of Conduct for Coaches and Team Trainers

I can help prevent concussions through my:

- Efforts to ensure that my athletes wear the proper equipment and wear it correctly.
- Efforts to help my athletes develop their skills and strength so they can participate to the best of their abilities.
- Respect for the rules of my sport or activity and efforts to ensure that my athletes do, too.
- Commitment to fair play and respect for all (respecting other coaches, team trainers, officials and all participants and ensuring my athletes respect others and play fair). *

I will care for the health and safety of all participants by taking concussions seriously. I understand that:

- A concussion is a brain injury that can have both short- and long-term effects.
- A blow to the head, face, or neck, or a blow to the body may cause the brain to move around inside the skull and result in a concussion.
- A person doesn't need to lose consciousness to have had a concussion.
- An athlete with a suspected concussion should stop participating in training, practice or competition **immediately**.
- I have a commitment to concussion recognition and reporting, including self-reporting of possible concussion and reporting to a designated person when an individual suspects that another individual may have sustained a concussion. *
- Continuing to participate in further training, practice or competition with a suspected concussion increases a person's risk of more severe, longer lasting symptoms, and increases their risk of other injuries or even death.



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I will create an environment where participants feel safe and comfortable speaking up. I will:

- Encourage athletes not to hide their symptoms, but to tell me, an official, parent or another adult they trust if they experience **any** symptoms of concussion after an impact.
- Lead by example. I will tell a fellow coach, official, team trainer and seek medical attention by a physician or nurse practitioner if I am experiencing any concussion symptoms.
- Understand and respect that any athlete with a suspected concussion must be removed from sport and not permitted to return until they undergo a medical assessment by a physician or nurse practitioner and have been medically cleared to return to training, practice or competition.
- *For coaches only:* Commit to providing opportunities before and after each training, practice and competition to enable athletes to discuss potential issues related to concussions. *

I will support all participants to take the time they need to recover.

- I understand my commitment to supporting the return-to-sport process. *
- I understand the athletes will have to be cleared by a physician or nurse practitioner before returning to sport.
- I will respect my fellow coaches, team trainers, parents, physicians and nurse practitioners and any decisions made with regards to the health and safety of my athletes.

By signing here, I acknowledge that I have fully reviewed and commit to this Concussion Code of Conduct and confirm that I have reviewed the Concussion Awareness Resource at the following link: <https://www.ontario.ca/page/rowans-law-concussion-awareness-resources>.

Coach/Team Trainer Name: _____

Signature: _____

Date: _____



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Concussion Code of Conduct for Athletes and Parents/Guardians

(for athletes under 18 year of age)

I will help prevent concussions by:

- Wearing the proper equipment for my sport and wearing it correctly.
- Developing my skills and strength so that I can participate to the best of my ability.
- Respecting the rules of my sport or activity.
- My commitment to fair play and respect for all* (respecting other athletes, coaches, team trainers and officials).

I will care for my health and safety by taking concussions seriously, and I understand that:

- A concussion is a brain injury that can have both short- and long-term effects.
- A blow to my head, face or neck, or a blow to the body that causes the brain to move around inside the skull may cause a concussion.
- I don't need to lose consciousness to have had a concussion.
- I have a commitment to concussion recognition and reporting, including self-reporting of possible concussion and reporting to a designated person when an individual suspects that another individual may have sustained a concussion.* (Meaning: If I think I might have a concussion I should stop participating in further training, practice or competition **immediately**, or tell an adult if I think another athlete has a concussion).
- Continuing to participate in further training, practice or competition with a possible concussion increases my risk of more severe, longer lasting symptoms, and increases my risk of other injuries.



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I will not hide concussion symptoms. I will speak up for myself and others.

- I will not hide my symptoms. I will tell a coach, official, team trainer, parent or another adult I trust if I experience **any** symptoms of concussion.
- If someone else tells me about concussion symptoms, or I see signs they might have a concussion, I will tell a coach, official, team trainer, parent or another adult I trust so they can help.
- I understand that if I have a suspected concussion, I will be removed from sport and that I will not be able to return to training, practice or competition until I undergo a medical assessment by a medical doctor or nurse practitioner and have been medically cleared to return to training, practice or competition.
- I have a commitment to sharing any pertinent information regarding incidents of removal from sport with the athlete's school and any other sport organization with which the athlete has registered* (Meaning: If I am diagnosed with a concussion, I understand that letting all of my other coaches and teachers know about my injury will help them support me while I recover.)

I will take the time I need to recover, because it is important for my health.

- I understand my commitment to supporting the return-to-sport process* (I will have to follow my sport organization's Return-to-Sport Protocol).
- I understand I will have to be medically cleared by a medical doctor or nurse practitioner before returning to training, practice or competition.
- I will respect my coaches, team trainers, parents, health-care professionals, and medical doctors and nurse practitioners, regarding my health and safety.

By signing here, I acknowledge that I have fully reviewed and commit to this Concussion Code of Conduct and confirm that I have reviewed the Concussion Awareness Resource at the following link: <https://www.ontario.ca/page/rowans-law-concussion-awareness-resources>.

Athlete Name: _____

Athlete Signature: _____



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Parent/Guardian Name (of athletes who are under 18 years of age): _____

Parent/Guardian Signature: _____

Date: _____