



BCPFA

British Columbia Provincial
Football Association



Return to Sport Plan

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British Columbia Provincial Football Association – Return to Sport Plan

Introduction

The health and safety of players, coaches, trainers, officials, volunteers' parents, administrators, and families remains the number one priority of the British Columbia Provincial Football Association (BCPFA), and our members. As the Provincial Sport Organization (PSO) for the sport of football, the British Columbia Provincial Football Association has endorsed the following Return to Sport Plan (RTSP). This plan was formally approved by the BCPFA Board of Directors on June 9th, 2020.

This Return to Sport Plan is based on the recommendations/mandates of the BC Provincial Health Office (PHO), the Provincial Government, Via Sport and the British Columbia Parks and Recreation Association. We will continue to update this plan to ensure its ongoing alignment with guidelines and directives from these organizations.

This plan includes policies, procedures and recommendations designed to help to help teams, leagues and organizations return to football activities in a safe and responsible manner. **This plan addresses BC Start Up Plan Phases 2 and 3 only.** British Columbia is currently in Phase 2 and expected to stay at this phase until September 2020. This plan will be updated to include Phase 3 recommendations at the appropriate time.

In order for any clubs and leagues to offer any type of football programming, each organization must:

- a) **Adopt a resolution accepting the Return to Sports plan and ensure the resolution/outcome is recorded in the meeting minutes.**
- b) **The LSO must submit a facility plan that reflects this Return to Sport Plan and local municipal guidelines for the facility. (See sample in appendix.)**

The LSO Board Meeting Minutes and facility plan must be forwarded to BCPFA (executivedirector@bcpfa.com) prior to any program offering(s).

The following is used as a guideline for this document:

Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none"> • Frequent handwashing • Cough into your sleeve • Wear a non-medical mask • No handshaking 	<ul style="list-style-type: none"> • Routine daily screening • Anyone with any symptoms must stay away from others • Returning travellers must self-isolate 	<ul style="list-style-type: none"> • More frequent cleaning • Enhance surface sanitation in high touch areas • Touch-less technology 	<ul style="list-style-type: none"> • Meet with small numbers of people • Maintain distance between you and people • Size of room: the bigger the better • Outdoor over indoor 	<ul style="list-style-type: none"> • Spacing within rooms or in transit • Room design • Plexiglass barriers • Movement of people within spaces

The following document is based on gatherings of no more than 50 people as currently ordered by the PHO. Should the approved gathering size increase (100, 150 or 250 people), more traditional team sizes could be adopted but the safety measures will remain as described herein. **This revision will be provided by the PSO.**

Please note that the Return to Sport plan may be, from time to time, altered to reflect updates from the Provincial Health Office. These changes will be communicated and adopted by participating LSOs as quickly as possible.

General Safety Plan

COVID-19 is transmitted via liquid droplets when a person coughs or sneezes but also potentially when they are talking in very close proximity to another person. The virus in these droplets then can enter the body of another person when that person breathes in the droplets or when the droplets touch the eyes, nose or throat of that person.

This requires you to be in close contact – less than the so-called physical distancing of three to six feet. This is referred to as ‘droplet’ transmission and is believed to be the primary way COVID-19 is transmitted.

COVID-19 can also be transmitted through droplets in the environment if someone touches a contaminated area then touches their face without cleaning their hands. The virus does not enter the body through skin, it enters through the eyes, nose or mouth when the person touches their face. Unfortunately, human beings touch their faces very often throughout the day, much more than they realize. This is why regular handwashing and cleaning of high-touch surfaces is so important.

For COVID-19 there are some emerging indications that there are people who can shed COVID-19 virus 24 to 48 hours prior to symptom onset, but at present, it is not known whether this is a significant risk factor for transmission.

Droplet transmission is much more likely when in close contact in an indoor setting. Transmission is less likely in an outdoor setting, where there is more space for people to keep physically distanced. However, in the context of sports, even outdoors there can be risks from high-touch surfaces because many sports involve objects that are normally shared among players, coaches or volunteers (balls, equipment, etc.).

Risk Mitigation

Return to Sport must be planned around assessing the risks and developing a football specific plan to take all necessary precautions to mitigate the risk of an individual being exposed to or infected with the virus.

This Return to Sport Plan is based on a risk assessment and analysis that considers the risks presented by the type of sport activities and the place where the sport activities occur, who is involved and their risk profile, and what measures can be implemented. The following must be adhered to as part of the plan:

- The Return to Sport Plan must be made easily available to all staff, volunteers, participants and other stakeholders, through the organization's website or posted in the facility.
- Staff, volunteers and participants should be trained on the Return to Sport Plan (as appropriate to age/role). This includes national/provincial mandates as it pertains to NCCP such as Safe Contact, Making Headway and Community Novice Coaching Certification.
- Implementation of the Return to Sport Plan must be monitored and updated as necessary when circumstances or provincial guidance changes. Local Sporting Organizations (Leagues and Clubs) Board members are ultimately liable for the decisions and work of the organization, therefore, the board of each organization should understand and be comfortable with the level of risk the organization is taking on and approve the adoption of their organization's Return to Sport Plan before implementation begins. Each League and Club (LSO) must acknowledge the risks associated with reopening and their agreement to follow the provincial sport organization's plan. **This will be done in writing and addressed to the BCPFA Executive Director.**
- Participants (or their parent/guardian if under 19 years old) should be asked to sign a participant agreement/waiver acknowledging their acceptance of the risks and the guidelines for participation (see form in the Appendix). This is mandatory for each participant prior to any participation.

Different activities have differing levels of protection and whenever possible use the action that offers the most protection. The following are listed from highest level of protection to lowest

- Physical distancing measures – to reduce density of people, (number and duration of contacts)
- Engineering controls – physical barriers, increased ventilation, traffic flow
- Administrative controls – rules and guidelines
- Non-medical masks (and other PPE)

Health of Participants

The following must be in place to protect the health of the participants – both players and staff:

1. Acknowledgement and adherence to the *Illness Policy* (see below) that outlines procedures for participants that may be experiencing symptoms.
2. Conduct **daily** symptom screenings for **all** participants by having them answer a wellness questionnaire or complete a self-assessment. **This will be recorded in an acceptable format. (See sample in appendix).**¹
3. Have a zero tolerance policy for ‘playing while sick’ - ensure that participants do not participate if they are symptomatic.
4. Implement enhanced hygiene protocols:
 - a. Frequent and proper handwashing (Health Canada Guidelines¹³)
 - b. Avoid touching eyes, nose and mouth
 - c. Cough into your sleeve
5. Have participants sign a Participant Agreement or Waiver. See Appendix for an example.

Reminders to participants:

They should not participate or come to the facility if:

- Participant doesn’t feel well or is displaying symptoms of COVID-19 OR someone in your household has COVID-19 or is showing symptoms of COVID-19
- Participant has traveled outside of Canada within the last 14 days
- Someone in participant’s household has traveled outside of Canada within the last 14 days

Consider the risk of the participant - if he/she is at higher risk of experiencing serious illness from COVID-19, consider limiting or avoiding participation in the sport activities for the time being.

¹ BCPFA is currently investigating a web based questionnaire that will be completed by the participant or parent prior arriving to the facility. Details will be announced when available.

Participant Groups

Additional considerations may be required for different population/participant groups as you are determining which programming to reopen and determination of whether or not that individual should participate.

Each LSO should look at how they can support higher-risk populations, where possible. Individuals must be made aware of the risks to participation but the decision to participate is up to the individual. The exception is if the individual is displaying signs and symptoms of COVID-19.

Vulnerable populations may include:

- older adults
- those with underlying medical conditions and/or compromised immune system
- individuals that experience barriers such as communication, transportation, economic

Possible examples of accommodating the vulnerable population may include:

- Dedicated time slots: Specifying use of the facility or programming times for those that are most vulnerable
- Program modifications: offering low risk programming (reduced group sizes, no contact options, etc.)
- Physical assistance: dedicated caregivers necessary to support an individual's participation should be considered within the individual's household or inner circle and may assist the participant with sport activities as required.
- Communication: Ensure information is easily accessible to participants by translating signage and communications into multiple languages as well as various formats (for those with visual/hearing impairments)

Group Size

B.C.'s Public Health Officer has issued an order currently barring gatherings of 50 or more people. However, each LSO will need to consider other factors to determine what is appropriate for their space to ensure the ability to maintain physical distancing.

Maximum group size counts need to consider staff, coaches, participants, spectators, etc., and the size of the indoor or outdoor space is also a key factor. Municipal facilities have received guidelines on determining maximum capacity within their facilities: It is recommended that each LSO communicate with their local municipal contact.

LSOs should consider the activities that they are looking to deliver and the appropriate group sizes in order to ensure proper physical distancing. They should also outline expectations related to coach to participant ratios. While these guidelines suggest reducing non-essential personnel other safety considerations such as the *Rule of Two* should be maintained so not to expose participants to other risk factors.

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.

Illness Policy

The following policy must be strictly adhered to.

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. Assessment
 - a. Team members must review the self-assessment signage located throughout the facility before their practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
 - b. Managers/coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.
 - c. If Team Members are unsure please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool.
3. If a Team Member is feeling sick with COVID-19 symptoms
 - a. They should remain at home and contact Health Link BC at 8-1-1.
 - b. 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.
 - c. No Team Member may participate in a practice/activity if they are symptomatic.
4. If a Team Member tests positive for COVID-19
 - a. The Team Member will not be permitted to return to the practice/facility until they are free of the COVID-19 virus.
 - b. 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.
 - c. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.

5. If a Team Member has been tested and is waiting for the results of a COVID-19 Test
 - a. As with the confirmed case, the Team Member must be removed from the practice/facility.
 - b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
 - c. Other Team Members who may have been exposed will be informed and removed from the practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
 - d. The practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

6. If a Team Member has come in to contact with someone who is confirmed to have COVID-19
 - a. Team Members must advise their manager/coach if they reasonably believe they have been exposed to COVID-19.
 - b. Once the contact is confirmed, the Team Member will be removed from the practice/activity for at least 14 days or as otherwise directed by public health authorities. Other Team Members who may have come into close contact with the Team Member will also be removed from training activity for at least 14 days.
 - c. The activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

7. Quarantine or Self-Isolate if:
 - a. 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.
 - b. 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.
 - c. 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.
 - d. 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.

Outbreak Plan

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 (executivedirector@bcpfa.com).

Steps:

1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Assign an individual within the organization has the authority to suspend or cancel activities.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the activity place, implement enhanced cleaning measures to reduce risk of transmission as well as notify the facility right away.

Implement the *Illness Policy* and advise individuals to:

- self-isolate
 - monitor their symptoms daily, report respiratory illness and not to return to activity for at least 14 days following the onset of 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.
 - use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
 - Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - Individuals can learn more about how to manage their illness here:
<http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>
3. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your Illness Policy and your enhanced measures.
 4. If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.

Start Up Phase 2 – Training & Development Phase (current phase)

- If a team has 2 or more confirmed cases of COVID-19, that team will suspend operations for a 14 day period.
- If two teams have 2 or more confirmed cases of COVID-19, the club will suspend operations for a 14 day period.

Start Up Phase 3 – Competition Allowable Phase (anticipated September 2020)

- If a team has 2 or more confirmed cases of COVID-19, that team will suspend operations for a 14 day period.
- If two teams have 2 or more confirmed cases of COVID-19 within the same division, the division will suspend operations for a 14 day period.
- If two teams have 2 or more confirmed cases of COVID-19 within different divisions, the league will suspend operations for a 14 day period and will be subject to review/approval by the PSO prior to re-commencing activities.

First Aid

In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.

A guide for employers and Occupational First Aid Attendants:

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>

First aid protocols for an unresponsive person during COVID-19:

<https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-person-during-covid-19>

Facility Access & Use

The Provincial Health Officer has banned gatherings of 50 or more in Phase 2. This ban is expected to remain in force until the end of the state of emergency.

To mitigate risks related to the facility access the following controls should be considered in consultation with the facility owners:

1. Restricted Access
 - a. Limit access to those that are essential to the approved activities (e.g. participants, facility staff, coaches)
 - b. Parents and spectators may be allowed but would need to be factored into the maximum group size and must also adhere to physical distancing guidelines. NOTE: Individual municipalities may have their own policy regarding parents/ spectators and may be a condition of obtaining field permits.
2. Access to facility
 - a. Where appropriate, consider designated drop-off and pick-up spaces.
 - b. Determine the number of access points and consider closing some in order to monitor how many people are entering the facility.
 - c. Consider how to manage the flow of people and put signage, directional limitations in place (e.g. all individuals must use one area for entry and a different area for exit, arrows or other directional instructions). NOTE: The municipality may supply said signage.)
 - d. If multiple fields are used, stagger start times.
3. Pre-registration
 - a. Drop-in activities should be prohibited
 - b. Individuals must pre-register online
4. Arrival and Departure
 - a. Set a time in which it is appropriate for participants to arrive in advance of their scheduled activity (example – participants should not arrive sooner than 15 minutes before the scheduled start time, and there should be sufficient space for physical distancing while lining up or waiting to begin)
 - b. At the end of their scheduled program/time slot participants must immediately leave the facility
 - c. Staggered start times to account for individuals moving in and out of the facility/playing area

5. Consider restricting or limiting use of different spaces within the facility/space in order to maintain physical distancing and proper cleaning protocols, including but not limited to:

- a. Equipment storage areas
- b. Team benches or areas for gathering
- c. Concessions or food and beverage services*
- d. Spectator seating: if used, consider using signage or partially closing seating areas to ensure adequate physical distancing between individuals/groups.
- e. Water fountains: close all water fountains except those used for filling water bottles. Do not allow individuals to drink directly from water fountain taps. Use signage to discourage individuals from touching surfaces of fountains and consider placing hand sanitizer adjacent to support hygiene and reduce transmission risk.

**Any retail or food are subject to further guidelines. Go to the BC Centre of Disease Control for more information: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>*

Signage within the facility is important to ensure that participants are aware of expectations. Samples of signage (links) are contained in the Appendix and, if the municipality is not supplying, it will be the responsibility of the LSO.

Field Operations

All organizations in B.C. have a legal obligation to ensure a healthy and safe “workplace” for volunteers and employees (herein referred to as *staff*).

Risk mitigation measures related to staffing are mandatory:

1. Educate staff on public health information and expectations related to the implementation of the Return to Sport Plan.
2. Implementation of an *Illness Policy*, that outlines procedures for staff and participants that may be experiencing symptoms and ensures no one attends practice/games when sick.
3. Conduct routine daily symptom screenings for all staff, volunteers and participants. Wellness questionnaires and use of self-assessment tools are recommended. (The BC COVID-19 App includes a self-assessment tool.
4. Implementation of enhanced hygiene protocols:
 - a. Frequent and proper handwashing.
 - b. Ensure adequate and accessible hand-washing facilities or sanitizer both at washroom facility and bench area.
 - c. All staff need to wash and/or sanitize hands upon arrival, before/after breaks, after touching common equipment).
 - d. Reminders to avoid touching eyes, nose and mouth.
 - e. Reminders to use cough and sneeze etiquette: Cough and sneeze into your elbow.
5. Implement an enhanced cleaning protocol for common areas and common equipment. Ensure cleaners have adequate training and tools. (*See next section for more details*).
6. Implementation of measures for staff to maintain physical distancing
 - a. Manage use of and interactions in shared spaces and ensure physical distance can be maintained in these spaces
 - b. Limit in-person meetings, training and staff engagements; work virtually where possible
 - c. Communicate where possible through email, text and/or phone
7. Ensure Personal Protective Equipment (gloves, masks, etc.) is on hand and available to staff. Where risk of exposure is high (cannot maintain social distancing), PPE is required. Train staff on how to put masks and gloves on and off to avoid cross-contamination. Ensure that

PPE is not used as a substitute for more effective safety measures (distancing, hygiene). Refer to WorkSafe BC on specifics related to use of PPE.

8. Minimize use of shared equipment as much as possible:
 - a. Identify 'high-touch' objects and ensure constant cleaning.
 - b. Use of locker rooms will not be allowed.
 - c. Minimize use of shared equipment (including computers, phones, clipboards, coach radios and sport equipment etc.).
 - d. Each staff person/volunteer must disinfect any shared equipment/surfaces they have come in contact with after each use.
9. Coaches should come prepared with their own practice plans, training tools, technology and avoid sharing with other coaches
10. Assigning the coach or one individual to be responsible for all set-up and take down of equipment (such as nets, cones, etc.) to reduce the number of contact points.
11. Ensure staff understand the "Right to Refuse" unsafe work and procedures are in place to respond to such concerns.
12. **Assign a Safety Representative** to ensure implementation of safety protocols during all programming.

Communication to Participants/Parents

Communication of the guidelines to your participants, parents and spectators is an important component of the Return to Sport Plan:

- Each participant must:
 - receive a copy of the guidelines
 - acknowledge they have read the guidelines
 - acknowledge that they understand the associated risks before participating.
- Participants (or parent/guardian) must sign a participant agreement specific to COVID-19 related risks and acknowledge the health rules that apply to continued participation.

It must also be communicated to participants that they are subject to removal from activities/facility use should they fail to comply with outlined protocols.

Football Programming



BCPFA

British Columbia Provincial
Football Association

Football Programming

Introduction

This section of the Return to Sports Plan for Football outlines general guidelines that can be applied related to activity type and sport equipment. BCPFA recognizes that there are various formats of football (e.g. flag, touch, tackle) being played in British Columbia and that there are additional considerations or aspects that are somewhat unique to each format.

Types of Activities During Transition Between Phases

The chart below the types of activities that can be considered as sport transitions through the various return phases. It is, however, still the advice of the PHO to move ahead slowly, and systematically restart activities in a way that allows your organization to monitor, evaluate and adjust as needed.

	Strictest Controls Prior to May 19, 2020	Transition Measures Approx. May 19th to Sept	Progressively Loosen Future date TBC	New Normal Future date TBC
Restrictions in Place	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel 	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel No group gatherings over 50 people 	Refer to PHO and local health authorities	Refer to PHO and local health authorities
Enhanced Protocols	Increased hand hygiene	<ul style="list-style-type: none"> Increased hand hygiene Symptom Screening in place 	Increased hand hygiene	Increased hand hygiene
Facility	<ul style="list-style-type: none"> Outdoor or within home Facilities and playgrounds closed 	<ul style="list-style-type: none"> Outdoor is safest Indoor facilities slowly re-opening 	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	<ul style="list-style-type: none"> Small Groups No or limited spectators 	<ul style="list-style-type: none"> Groups sizes may increase Limited spectators 	<ul style="list-style-type: none"> Large groups allowed No restrictions on spectators
Non-contact Activities	<ul style="list-style-type: none"> Low risk outdoor activities can occur (biking, running, etc). Virtual activities 	<ul style="list-style-type: none"> Fundamental movement skills Modified training activities, drills 	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	<ul style="list-style-type: none"> Should not occur Contact sports should look for non-contact alternatives to training 	Introduction to pair or small group contact skills	No restrictions on activity type
Competition*	Should not occur	In club play or modified games may slowly be introduced	Interclub or regional game play may be considered	Provincial competitions and larger scale events may return
Equipment	No shared equipment	<ul style="list-style-type: none"> Minimal shared equipment Disinfect any shared equipment before, during and after use 	<ul style="list-style-type: none"> Some shared equipment Enhanced cleaning protocols in place 	Shared equipment

*Introduction of competitive activities should be in alignment with Sport Specific guidelines

Source: ViaSport - COVID-19 PROTECTION – RETURN TO SPORT GUIDELINES

Activity Type

In mid-May, B.C. entered into what is being referred to by the provincial government as BC Restart Phase Two. In this phase, sport is able to operate under enhanced protocols including:

1. Require participants to maintain physical distancing
 - Two meters apart from one another
 - Non-contact activities only
 - No handshaking, high fives, hugging, etc.
2. Look to reduce touch points with respect to equipment
3. Focus on skill development or low risk activities
 - Activities should be those typically done in practice and/or training environments
4. Remain community focused
 - Stay within the home sport community or club(s) where participants are members
 - Avoid cross-regional, inter-provincial or cross-country travel. Note that non-essential travel within B.C. and Canada is currently very strongly discouraged (this is expected to change later in the summer).

NOTE: *Participants may have been relatively inactive in the weeks leading up to resuming football programming. Consequentially, coaches and volunteers should provide football activities that consider the current fitness level of their participants*

Activities that are **NOT** in scope during this phase are:

- Activities that cannot maintain physical distancing (including contact activities)
- Activities that have a high risk of injury
- Competitive activities that encourage large group gatherings
- Large public events or gatherings of over 50 people
- Activities that require travel outside your community

Examples of possible sport-specific modifications for Phase 2:

- Focus on drills and training exercises in small groups
- Move to non-contact skills training in small groups or “shadow sparring”

International travel is subject to quarantine rules and raises other risks including unpredictable flight schedule changes and cancellations, and the potential for sudden changes to border controls.

Refer to Football Canada's Long-Term Athletic Development programming for skill development for the appropriate age group. <http://footballcanada.com/long-term-athlete-development-ltad/> or practise plans referred to in the Athletic Era App.



Guidelines for Skill Development (Phase 2)

Public & private gatherings are currently limited to 50 total participants; however, to mitigate risks, it is recommended that groups be limited to a much smaller number. The following applies to all organized football operations, regardless of age, and applies to Cheer Squads as well.

The *recommendation* is that activity during Phase 2 begin with small group training and skills development with public health measures still in effect:

1. Distancing is more achievable with 15 participants (or less) including coaches and staff; however, depending on actual facility, adequate field space must be maintained to maintain physical distancing during drills, in lines, etc.
 - Outdoor group training is recommended but if not possible, use an indoor space adequate for proper physical distancing
 - Group personnel does not change, should be consistent
 - Parents should be spaced out around practice area with proper physical distancing
 - Only 1 parent per athlete watching practice from a distance
 - No other teams on the practice field/green space, staggered practices

2. Hygiene & Sanitation
 - Hand washing before & after with sanitizer available
 - All equipment is sanitized before & after
 - Personal water bottles and towels only
 - Refrain from touching your face – can lead to transfer from hands to equipment
 - Non-medical masks are recommended.
 - All equipment (including practise gear) 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 can be sprayed and wiped with appropriate disinfectant and allowed to dry
 - Soft goods (shorts, jerseys, gloves etc.) should be washed after every practice & game

3. Skills & Drills
 - Focus on fundamental skill-based drills **with no contact**

4. Wellness Checks

- Each participant (players, coaches, staff) must individually be asked about experience of any symptoms related to COVID 19.
- This can be done verbally and/or with a thermometer scan.
- This wellness check must be recorded for each session. (NOTE: BCPFA is currently developing an “on line check” to be completed by participant or parent. Updates will be published as progress on this process advance.)

NOTE: Individual municipalities’ facilities may have additional conditions as part of their facility rental agreement.





BCPFA
British Columbia Provincial Football Association

Phase 3 (Date TBC)



BC Restart Phase 3 – Return to Competition

As noted, Phase 3 of the provincial restart plan is **anticipated** to be approved by the PHO for September 2020. It is anticipated that Phase 3 will allow for the contact sports to resume.

If the Provincial Health Order for gatherings remains at 50 people, BCPFA recommends that either 6-a-side or 9-a-side football be played.

If the gathering size is increased to 150 or more, 12-a-side football may be played.

Based on Football Canada’s *Competition Review* (2016), the following are recommendations for roster sizes:

	<u>Minimum to start season</u>	<u>Minimum to play game</u>
6-a-side	9	8
9-a-side	17	13
12-a-side	30	24

Either 6 or 9 a side tackle football is recommended based on **CURRENT** gathering restrictions.

Contact football will require the following policies & procedures to be adhered to:

1. 6 a side & 9 a side would be limited to non-contact practices:
 - Distancing
 - Rosters:
 - 6 a side: no more than 15 (12 players, 2 coaches, 1 staff)
 - 9 a side: no more then 30 (25 players, 4 coaches, 1 staff)
 - No huddling
 - Only 1 parent per athlete watching practice - spectators/parents should be spaced out around practice area to maintain physical distancing
 - No team gatherings or fundraisers
 - No other teams on the practice field/green space, staggered practices if needed
 - No locker rooms, film sessions or chalk talk (virtual meetings only)

2. 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

With respect to cheer: Sideline cheer is allowable. The number of participants in the Cheer Squad will be required to be part of the social gathering number.

Equipment

The equipment that a player uses is quite similar in every format of contact football; however, given the current social circumstances, a few modifications will be instituted.

The following will be implemented in BC Start Up Plan Phase 3 – when competition is allowed.

Uniform: All players will be regulated to ensure that their whole body is covered. This will include long sleeved t-shirts to the wrists, football gloves (normally only used by “skills positions” only) covering hands, socks/under garment will cover the legs, covering the area between the cleats and the bottom of the football pants.

Helmet: The greatest concern among our group is the exposed mouth area and the possibility of spittle escaping, regardless of the fact that each player is mandated to wear a mouthguard. To this end, the **BCPFA is mandating a specific face shield that will cover the inside of the face mask.** Similar to a visor which is placed over the eye area, these face shield will be similar to what is used in hockey and will be clear, unbreakable plastic material. We are confident that this piece of innovative equipment will greatly mitigate the possibility of potential transmission from the mouth.



**Note – actual face shield is clear

Tackle Football Equipment Distribution

Distribution of tackle football equipment may begin in Phase 3. **This distribution may commence earlier once the BC Restart Phase 3 date is announced** - but contact football will still be prohibited until the approved date.

Any forms required should be completed in advance online and fees should be collected in advance.

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
 - Equipment fitters require gloves
 - Masks for equipment fitters & players are recommended
 - Equipment fitters are recommended to sanitize between each fitting (wash hands for at least 20 seconds)
 - It is recommended all equipment be sanitized before distribution and any equipment that has been tried on and not given out, should be sanitized before the next player. For proper sanitation procedures, it is recommended for teams & leagues to contact their equipment suppliers/makers
 - Sanitization stations made available & appropriate physical distance signage visible

Summary

The health of all participants remains the #1 priority at all phases of Return to Sport.

General Safety Plan:

- Risk mitigation is key to maintaining the health of all participants
- BC Public Health Orders formulate the safety plan:
 - physical distancing
 - gathering size(s)
 - hygiene
- All participants are required to understand the risks associated with returning to play
 - Each participant and/or guardian must sign an acknowledgement letter
- Each session must commence with a wellness check of each participant
 - a record must be kept of wellness check.
- Procedures for responding to the possible ill health of a participant must be implemented without delay
- Appropriate signage must be in place for all football programs/activities

Football –Specific (PHASE 2):

- Characteristics of football training in PHASE 2:
 - Skill and fitness development only
 - Maximum of 50 total participants (players, coaches, staff)
 - Smaller groups are recommended
 - Physical distancing is mandatory.

Football –Specific (PHASE 3):

- Some contact/competition MAY be permitted in PHASE 3 (~September 2020)
- The format of play in PHASE 3 football will be dependent on PHO's social gathering number
- Mandated equipment is required for all contact football participants.

The Local Sporting Organization (Leagues/Clubs) are responsible for adhering to this Return to Sport Plan. Failure to adhere to the plan may result in fines from the government, cancellation of football programming, and a negative public perception of football.

Appendices



Participant Agreement

All Participants of <NAME OF ORGANIZATION> agree 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 of 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:

Local Sports Organization Plan

This plan MUST be submitted to BCPFA Executive Director (executivedirector@bcpfa.com) prior to any activity planned by the LSO/Club.

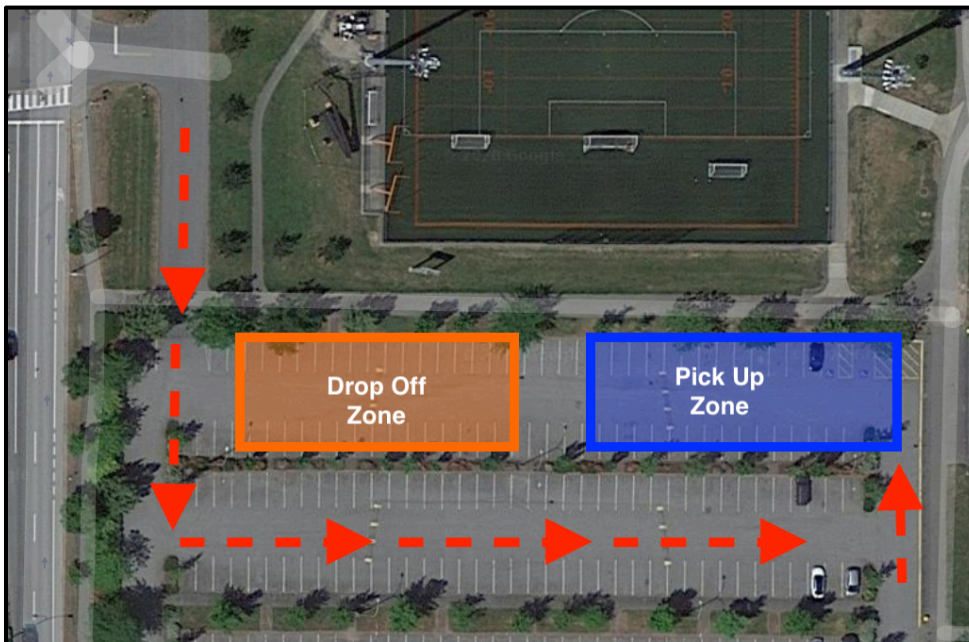
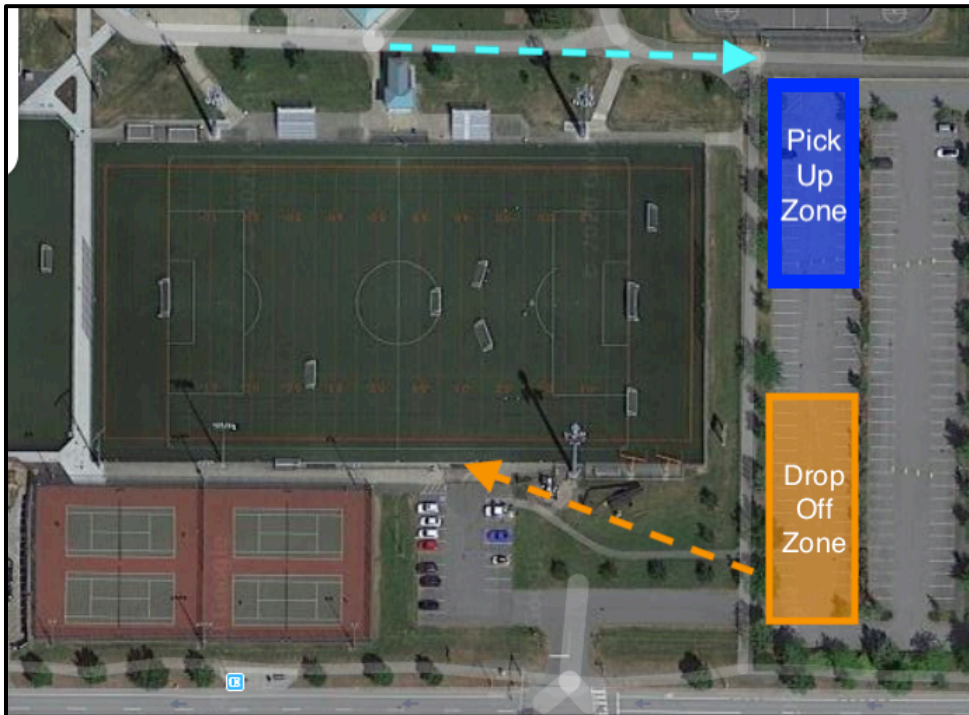
Each club will outline the following for their facility:

- Field set up for training and/or games
- Designated area for benches and support staff
- Designated areas for hand sanitization
- Viewing area for parents (if allowable)
- Diagram of pick up and drop off points
- Placement of signage (which may be the individual municipality's responsibility)

The following are examples of signage that should be used:



The following are examples of traffic patterns for a park/facility:



Please note that if any member requires assistance with the formulation of this plan, please contact your league administration or the BCPFA.

Signage

COVID-19 Protection:

<http://www.bccdc.ca/Health-Info-Site/Documents/COVID19-Prevention.pdf>

Physical Distancing:

http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_PhysicalDistancingPoster.pdf

Handwashing:

http://www.bccdc.ca/Health-ProfessionalsSite/Documents/COVID19_Handwashing%20Poster_MD%20offices.pdf

Do not enter if you are sick:

http://www.bccdc.ca/Health-Info-Site/Documents/COVID19_DoNotEnterPoster.pdf

Vulnerable Populations:

<https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/covid-19-vulnerable-populations/covid-19-vulnerable-populations-eng.pdf>

Occupancy Limit:

<https://www.worksafebc.com/en/resources/health-safety/posters/help-prevent-spread-covid-19-occupancy-limit?lang=en>

Session Register Sample

Club _____

Division _____

Date *Date* *Date* *Date* *Date* *Date* *Date* *Date*

Participant

Player 1								
Player 2								
Player 3								
Player 4								
Player 5								
Player 6								
Player 7								
Player 8								
Player 9								
Player 10								
Player 11								
Player 12								
Player 13								
Player 14								
Player 15								
Player 16								
Player 17								
Player 18								
Player 19								
Player 20								
Player 21								
Player 22								
Player 23								

Comments:

As noted: BCPFA is currently investigating an on line solution to replace this form.

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.

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.

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.

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.