

**West Ottawa Soccer Club**

# **Return to Play Guide**

**Plan, Protocols and Guidelines**

**June 2020**



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

This document details the Return to Play Plan and Protocols for West Ottawa Soccer Club. The Return to Play Plan will include multiple phases, recommendations, and guidelines for anyone participating in sanctioned soccer. We would like to stress that when we all return to play; soccer will look different than before the COVID-19 pandemic arrived, therefore we will not be able to jump right back into the game as normal. The multiple phases will have varying degrees of time between phases to ensure the highest level of safety precaution for everyone involved in the game.

This plans detail and recommendations are guidelines for Return to Play within the West Ottawa Soccer Club.

West Ottawa Soccer Club's Return to Play Plan will consist of a phased-in approach ensuring return to soccer (final stage) is done in a progressive manner. This method is to ensure the soccer system transitions as governmental health authorities modify their health and safety standards over time as our communities return to the new normal of life as well as sport and recreational participation.

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

*West Ottawa Soccer Club*

## Return to Play Phases

West Ottawa Soccer Club's Return to Play Plan consists of a three (3) phase approach that includes:

**Phase 1: Return to Training (modified training)**

*Conditions: All Phase 1 Return to Train conditions are met*

*Restrictions: No contact, no league, exhibition, festival or tournament games*

**Phase 2: Return to Training and Modified Games (enhanced training & modified games)**

*Conditions: All Phase 2 Return to Train conditions are met*

*Inter-squad and Intra-squad modified games permitted (only within the West Ottawa Soccer Club)*

*Restrictions: No league, exhibition, festival or tournament games*

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

*Conditions: Social distancing restrictions have been lifted*

*Restrictions: None*

## Training and Competition Guidelines and Protocols for West Ottawa Soccer Club

**Phase 1: Return to Training (modified training)**

*Conditions: All Phase 1 Return to Train conditions are met* *Restrictions: No league, exhibition, festival or tournament games*

- Social Distancing Measures are still in place - Introduction of Small Group Activities respecting physical distancing measures of 2M (6 ft.).
- West Ottawa Soccer Club to complete 'Canada Soccer Return to Soccer Assessment Tool'
- WOSC will ensure alignment with Ontario Soccer's Return to Play Guide & Provincial Government guidelines prior to resuming soccer.
- Will keep players in small groups respecting physical distancing measures of 2M (6 ft.) so that they work with similar players. Constantly mixing players can increase the number of players interacting with an asymptomatic COVID-19 carrier.
- No games during this phase.
- In this phase, no spectators/parents (exception for U8 and U9).
- Any soccer activity will 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 (except for family members or persons residing in the same household).
- Await confirmation from Ontario Soccer before moving to next phase.

**Phase 2: Return to Training and Modified Games (enhanced training & modified games)**

*Conditions: All Phase 2 Return to Train conditions are met  
Inter-squad and Intra-squad modified games permitted (only within the West Ottawa Soccer Club)*

*Restrictions: No league, exhibition, festival or tournament games*

- Social distancing measures are relaxed further to allow for closer player interactions in training.
- Enhanced training includes closer group interactions where sharing or competing for the ball activities can now take place, i.e., 1v1, 2v2, 3v3.
- Introduction of Small Game Formats.
  - o 1v1 to 7v7
- West Ottawa Soccer Club to complete - ‘Canada Soccer Return to Soccer Assessment Tool’.
- Ensure alignment with Ontario Soccer and Provincial Government guidelines prior to resuming soccer.
- Modified game formats of 1v1 to 7v7 or Inter-squad and Intra-squad modified games permitted (only within the West Ottawa Soccer League - no games between other Clubs/Academies).
- Any soccer activity will 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 (except for family members or persons residing in the same household).
- In this phase, no spectators/parents (exception for U8 and U9). Respect social/physical distancing measures, monitor and follow government public health authority allowances on size of group gatherings.
- To accommodate Return to Soccer (Phase 3), training sessions should start at least two (2) weeks before next phase.
- Await confirmation from Ontario Soccer before moving to next phase.

### **Protocols for West Ottawa Soccer Club**

- All participants must utilize the “Self-Check” on [Ontario COVID-19 Self-Assessment App](#)
- All players and coaches are appropriately registered in OSCAR, Ontario Soccer’s official participant registry.
- WOSC will communicate all hygiene measures in advance to all West Ottawa Soccer Club players, parents, match officials and coaches.
- WOSC will provide employees with any protective items required by the health authorities and ensure that each member of our staff washes their hands regularly.

WOSC will contact health authorities if an athlete, coach or match official has contracted COVID-19 and support them with contact tracing. Commence and activate the West Ottawa Soccer Club Club/Academy COVID-19 Emergency Response Plan (See Page #12)

- Verbal and/or documented health checks for symptoms and Contact Logs/Tracing will be completed prior to every training session.
- If an individual is exhibiting symptoms related to COVID-19, they will be sent home immediately. If an individual is experiencing symptoms of fever, cough, shortness of breath, runny nose or sore throat, they are legally obligated to self-isolate. As per the Declaration of Compliance, they are NOT permitted to return to training for 14 days from the day they last experienced symptoms.
- WOSC will ensure the venue meets all conditions in this document particularly the hygiene protocol.
- For modified games, a field marshal will be appointed to ensure compliance with social distancing rules and safety protocols. The field marshal will be a recognized authority within the soccer organization.
- Parents and guardians will provide consent for players authorizing them to participate in soccer training, and ensure they understand hygiene protocol.
- Participation will be limited to the U8 age group and older
- West Ottawa Soccer Club will stagger activity times between different groups to create a 30-minute buffer between sessions as well as a staggered start on each field to avoid an overlap of players on the field.
- WOSC will limit gatherings based on restriction imposed by Government of Ontario orders.
- For U8 and U9, WOSC recommends that only one parent/guardian accompany their child/player to the session or modified game and avoid mass gatherings of parents. Parents should however remain nearby in the event of injury or emergency.
- WOSC will limit the number of team staff (coaches, trainers, etc.) that are on field, noting the requirement to have a specific number of coaches to lead the session while adhering to the Rule of Two.
- WOSC will ensure that first aid materials and an AED are available at all times and are accessible.
- WOSC will regularly remind and encourage people to wash their hands and adopt proper hygiene practices.
- Lockers and change rooms will be closed.

- All players must bring their own refreshments and do not share water bottles.
- Provide information to coaches, match officials and parents about each facility, which field entrances will be used for entrance and exit of the field (See Map on page #8) to reduce bottlenecks. Implement screening and cleaning protocols as well as pick-up, drop-off and spectator procedures.
- Hand washing/sanitizer station(s) at each field, in addition to the facility entrance and exit. Provide coaches with necessary sanitization equipment.
- West Ottawa Soccer Club will cancel activities when the forecast calls for thunder/lightning.
- West Ottawa Soccer Club will provide an online pre-activity orientation regarding safety – hand washing, cough suppression, no spitting or nose clearing for players, coaches, match officials and parents.

### **Protocol for Players**

- All players will utilize the “Self-Check” on [Ontario COVID-19 Self-Assessment App](#)
- If you experience any of the symptoms, please follow recommendations and contact your medical health provider.
- Do not carpool unless with immediate family members.
- Players must bring their own properly pumped and sanitized soccer ball.
- Always follow the instructions from coaches and respect physical distancing.
- Arrive no more than 15 minutes prior to activity commencing.
- Do not congregate at the facility entry point.
- Arrive prepared to train – changing rooms will not be in use.
- Bring your own water bottles clearly labelled with your name.
- Do not share water bottles.
- Follow the hygiene protocols in this document.
- Physical distancing of two (2) metres (6 feet) must be maintained.
- No more than 1 person per 4m<sup>2</sup>.
- All “non-essential” contacts will be avoided (handshakes, high 5’s, etc.).
- Only use your own equipment.

### **Protocol for Parents**

- Follow the hygiene protocols (See Page #6) in this document.
- Avoid congregating at facility entry points.
- Remind players to arrive to training dressed and ready, as change rooms will not be available.
- For U8/U9 only one parent/guardian will be permitted to attend soccer activities.
- Parents/guardians to remain in parent parking area until 5 minutes before the end of the session.
- Respect physical distancing.

- At home, ensure all the player's equipment is washed separately from the other household items.
- Ensure child is healthy and has no sign of COVID-19 symptoms.
- Drop and pickup player while maintaining rules and regulations around pick-up/drop-off and being a spectator if allowed.

### **Protocol for Coaches**

- Priority is to ensure safe environment, complete coach certification and safe sport.
- WOSC will host an online pre-activity orientation with players and parents regarding safety protocols– i.e., social distancing, modified training, pick up and drop off, hand washing, cough suppression, no spitting or nose clearing, etc., prior to commence your first training (See page #8 for drop off/pickup map).
- Coaches will wipe down personal and field equipment using the disinfected swabs or towels, before and immediately after each session (do not go home and then clean – contaminated items may travel into the home environment).
- Only Coaches/Staff will handle equipment.
- There will be no sharing of pinnies or any other additional equipment.
- Facemasks will be provided for those who wish to wear one.
- Structure activities to maximize physical distancing.
- All session activities will be supplied by the club.
- No heading, chest or hand contact with ball (feet only). Exceptions will apply for goalkeeper training.
- Regular sanitization breaks combined with water breaks.
- Use cones and other equipment to ensure appropriate spacing is in place to support distancing.
- Frequently clean all surfaces, including counters, door handles, benches, tables, etc.
- Hand sanitizer will be made available to all people in various locations throughout facility.

## General Hygiene Protocol

- Wash hands with hand sanitizer immediately before leaving home and after soccer activities and during scheduled breaks.
- Do not spit at any time.
- Clearly label your own water bottle. Do not share bottles.
- Any individual equipment used should be taken home and washed separately from others in the household (e.g. uniform).
- Carry hand sanitizer in order to enable good personal hygiene.
- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze.
- Avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly.
- Avoid touching eyes, nose or mouth.
- Shower at home before and after training.

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

*Conditions: Social distancing restrictions have been lifted*

*Restrictions: None*

- All Game Formats are permitted.
  - 1v1 - 11v11
- Ensure alignment with Ontario Soccer and the Provincial Government guidelines prior to resuming Return to Soccer, if applicable at this time.

## Protocols for Match Officials

Protocols for Match Officials are To Be Determined as we get closer to Phase 3.

West Ottawa Soccer Club will follow the recommendations put forward by Ontario Soccer, found [here](#).

## Equipment Safety and Cleaning

### Players, Coaches, Match Officials

Any soccer activity will comply with the health and safety protocols as outlined in this Return to Play Guide along with any new protocols issued by the Province of Ontario health authorities.

#### Protocols:

- Bring a personally marked water bottle(s) to any soccer activity and avoid touching or using public water fountains. Note: Water fountains will be closed.
- Cleaning of equipment and physical distancing will be practiced and conform to recommendations from the Province of Ontario health authorities.
- Disinfect all equipment after soccer activities before storing at home.
- Match Officials do not share pens, cards etc. Where required, wipe down pens with sanitizing wipes after use.
- Pinnies will not be shared. The coach/manager should not be collecting team pinnies and washing them. An alternative may be the use of two different shirts (dark and light).
- Thoroughly wash or wipe down your equipment, towels, clothes, bags, water bottles, white boards, caps, cones and other items you have used or touched immediately after use.
- Wash hands thoroughly in warm soapy water for at least 20 seconds or use of alcohol-based hand sanitizer if water and soap are not immediately available.
- Do not share equipment – this includes shin guards, shirts, socks etc.
- Cover your mouth and nose with your arm or a tissue to reduce the spread of germs. Remember if you use a tissue, to dispose of it as soon as possible and wash your hands afterwards. Ensure all discarded materials (tissues, wipes, sock tape etc.) are placed into an approved garbage receptacle.
- Avoid touching gates, fences, benches, etc. Option to wear gloves; latex (or similar) gloves– discard after one use, or purchase gloves that can be washed.
- For electronics such as cell phones, tablets, touch screens that could be used by Coaches and players;
- Do not share electronics.

## Provide a Safe and Clean Environment Field, Clubhouse and Office Guidelines and Protocols

**Changerooms:** All changerooms will be closed.

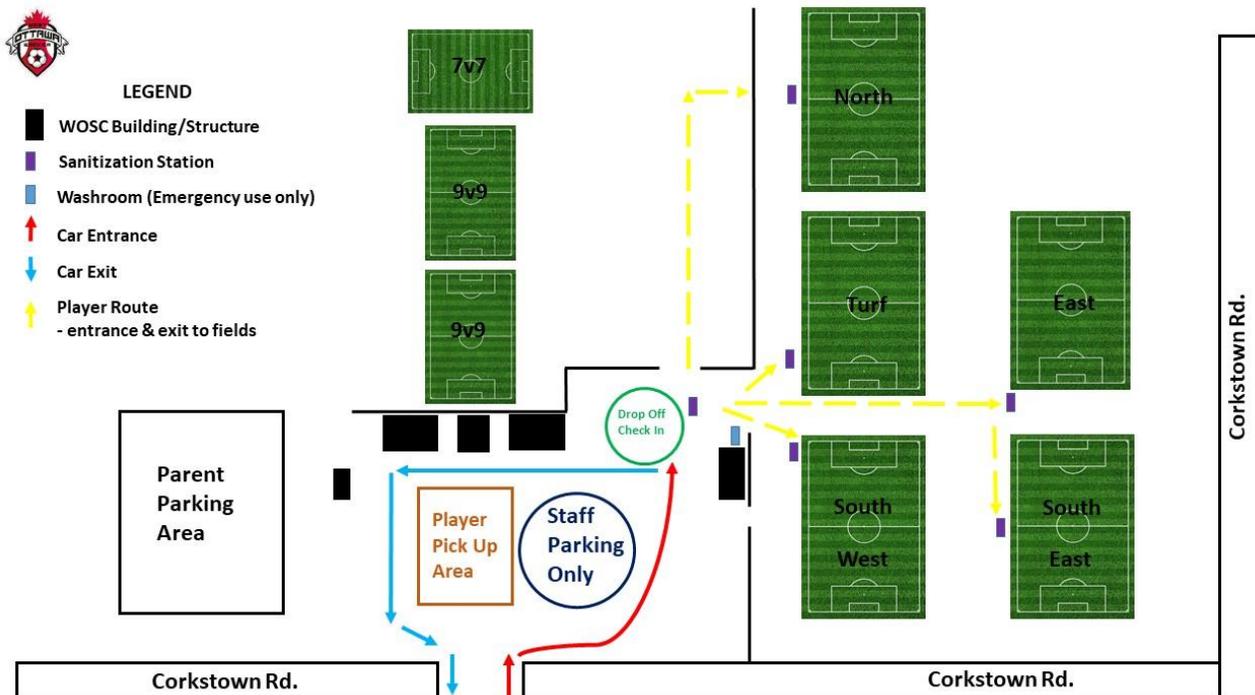
**Clubhouse/office:** The West Ottawa Soccer Club will be closed. All registration will be completed online, please email WOSC staff for assistance. Click [here](#) for staff contact list.

If you, or someone you know have been in contact with COVID-19 either at work, home, or at soccer related activities and begins to exhibit any of these symptoms, it is imperative to inform your Coach and Club representative immediately. In addition, you should:

- Self isolate
- Complete the online self-assessment available here; [Ontario COVID-19 Self Assessment App](#)
- Contact Telehealth Ontario 1-866-797-0000
- Contact your primary health care provider

### Wesley Clover Park Soccer Facility

- Alcohol- based hand sanitizer and cleaning solution will be present and readily accessible for each session.
- Prior to entry and at the end of each session, all individuals to properly sanitize hands.
- Establish and clearly define separate entrance and exit locations to Wesley Clover.



- There will be one entry and exit to ensure physical distancing is observed. Parents will not be allowed onto field of play and will be directed to an approved viewing location. **It is important to ensure NO gatherings of large groups while activity is taking place. Please respect social/physical distancing measures as set in place by governmental public health authorities.**
- WOSC will track players/parents/coaches in attendance at each session to assist in [contact tracing](#), if required.
- [Screening for symptoms](#) of players/parents/coaches to take place before each session. If symptoms are present ensure the following steps are followed:
  - Individual moved to isolated area (with parent/guardian as necessary).
  - Field/facility vacated and sanitized.
  - Contact Telehealth Ontario 1-866-797-0000 and advise of situation.
- There will be defined areas on the field for individual storage of personal items:
  - WOSC will ensure spacing of two (2) metres (6 feet) is observed.
  - Players bring and use personally marked water bottles. No sharing of water bottles permitted.
  - Players will place personal items on a hard surface location, which can be easily cleaned and sanitized frequently, away from spectators. i.e., sidewalk, individual plastic bins, plastic covered tabletop.
  - All items brought to the field in easily distinguishable individual player bags, and all items removed at the end of session. Anything left on field to be disposed of promptly and safely.
- WOSC staff will clean and disinfect team benches, score clocks, water fountains or other commonly touched surfaces.
- Commonly touched surfaces will be cleaned using appropriate sanitizing solution at the beginning and end of each session. Those surfaces will include but are not limited to:
  - Door handles,
  - Tables,
  - Gate entrances,
  - Equipment (balls, training supplies, etc.),
  - Player equipment storage locations, and
  - Bleachers or seating used by spectators.
- No sharing of personal items such as water bottles, goalie gloves, shin guards, pinnies, towels, etc.
- West Ottawa will not allow food of any type to be consumed at the field/facility.
- Ensure sufficient time is allocated in between sessions to properly sanitize facility.

## Cleaning Recommendations:

### Washroom

- One portable washroom will be provided for emergency purposes. Washroom will be cleaned with 30:1 bleach solution.

## Risk Management and Insurance Considerations

### Risk Management

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

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

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

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

## Insurance

Ontario Soccer, in consultation with their insurance provider, HUB International, has been monitoring the most recent developments with COVID-19 and the impact the pandemic having on soccer activities.

During this unprecedented time, they will continue to support our member District Associations, Clubs and Academies by delivering education, communication and guidance.

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

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

This pandemic exclusion clause is not specific to our sport in Ontario and is being applied across amateur sport throughout Canada. Considering this, Ontario Soccer has received guidance from our legal counsel and as a first step, has proceeded with an update to the Youth and Adult Participant Waivers that we recommend all members and affiliated Clubs and Academies utilize for registration purposes once we Return to Play. Please see the "Legal Considerations" section for more information.

Members must note the risk and liability for return to play is at the local community level where implementation takes place. Ultimately, Ontario Soccer and each of their members/affiliated Clubs and Academies are independently operated; affiliated organizations must be comfortable and prepared for the appropriate and reasonable steps taken to mitigate risks associated with approving and/or implementing any form of soccer programming under a Return to Play Plan.

An overview of Ontario Soccer's standard insurance program and frequently asked questions are provided [HERE](#).

## **Emergency Response Plan**

# **COVID -19 Emergency Response Plan**

### **Plan Overview for the West Ottawa Soccer Club (WOSC)**

#### Organization and Structure of the Plan

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

#### **Phase 1 - *Pre-Pandemic Phase:***

This is the critical stage for COVID-19 pandemic preparedness. The pre- pandemic phase is NOW, and planning efforts need to focus on Club education of the membership (i.e., volunteers, staff, coaches, parents, players, match officials) on Ontario Soccer and Canada Soccer's Return to Play Plan and Protocols. Please note that WOSC Return to Play Protocols comply with the Province of Ontario emergency orders and health authority directives. West Ottawa Soccer Club is the only client at the Wesley Clover soccer facility and has complete control of the area, including the entry/exit gates. As a result, Wesley Clover Parks has transferred the responsibility of an ERP exclusively to WOSC for the soccer facilities.

#### **Phase 2 - *Positive Test Phase:***

Confirmation of a COVID-19 positive test within WOSC will declare when it is time to activate our COVID-19 Action Plan. During this phase, the key goals will be to prevent further infections within WOSC and minimize program disruption. This phase remains active until the infected party has been isolated and under the control of professional health authorities and there is no further threat to the health and safety of WOSC's participants.

### Phase 3 - *Post-Pandemic Phase*:

The post-pandemic period begins when the Provincial Health Officer declares that the COVID-19 pandemic is over. The primary focus of work at this time is to restore normal services, deactivate pandemic response activities, review the impact, and use the lessons learned to guide future emergency response planning.

#### 1. *Pre-Pandemic Activities*

##### **WOSC Planning and Coordination**

- a. WOSC has developed and implemented a COVID-19 Emergency Response Plan (ERP). This ERP has been developed by the Board of Directors and the General Manager as well as in coordination with the Chief Operating Officer (COO) of Wesley Clover Parks, Tony Dunn. **Person Responsible** - ERP Lead for Wesley Clover Parks, Colin Arsenault.
- b. WOSC has created a specific COVID-19 ERP to add to its existing Emergency Action Plan which has been in place since 2015 when the Park opened. **Person Responsible** - ERP Lead for Wesley Clover Parks, Colin Arsenault.
- c. WOSC has Completed Canada Soccer/Ontario Soccer's Risk Assessment On-line. **Person Responsible** - ERP Lead for Wesley Clover Parks, Colin Arsenault as well as WOSC General Manager, Brian Mason
- d. WOSC has incorporated Canada Soccer/Ontario Soccer's Return to Play protocols. **Person Responsible** - ERP Lead for Wesley Clover Parks, Colin Arsenault.
- e. WOSC has Educated all internal organizational leaders of ERP Procedures manual. **Person Responsible** - ERP Lead for Wesley Clover Parks, Colin Arsenault.
- f. WOSC has a written communication plan flowchart if a positive test for COVID-19 occurs within WOSC. **Person Responsible** - ERP Lead for Wesley Clover Parks, Colin Arsenault.
- g. WOSC has verified Ontario Soccer, Province of Ontario and local Municipal government permissions for Return to Play implementation following Ontario Return to Soccer protocols of implementation. **Person Responsible** - ERP Lead for Wesley Clover Parks, Colin Arsenault.
- h. If someone does not feel well, use the self-assessment tool found [here](#).
- i. **Staff, volunteer, participant or any family member(Team Member) Quarantine Requirements.**
  - Any Team Member who travelled outside of Canada within the last 14 days is not permitted to participate in any WOSC activities or be present at any WOSC facility.
  - Any Team Member who has travelled outside of Canada within the last 14 days must quarantine and self- isolate.
  - Any Team Member who has been instructed by public health authorities to self-isolate.

## **2. Positive Test Phase**

### **Confirmation of a COVID-19 positive test within WOSC**

#### **Communication System**

-Consistent with Federal and Provincial/Territorial privacy regulations, acts, laws, etc. coaches, staff, officials, and families of players will self-report to the single point of contact (SPOC), also known as 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

Note: See flowchart at the end of this section.

#### **Advise Sick Individuals to Stay Home**

- Sick coaches, staff members, officials, or players will not return until they are well enough based on Public Health Agency of Canada and Provincial Health Authority guidelines.

#### **If a Team Member tests positive for COVID-19**

- The Team Member will not be permitted to return to any WOSC activity until they are completely recovered from COVID-19 and provide the Club with a doctor’s note confirming the same.
- Any Team Member who has been in close contact with an infected Team Member will also be removed from all Activity for at least 14 days to ensure the infection does not spread further.

#### **If a Team Member has been tested and is waiting for the results of a COVID-19 Test**

- As with any confirmed case, the Team Member will be unable to participate in any activity until test results are received and a negative result is confirmed.
- Other Team Members who may have been exposed will be informed and removed from the WOSC activities for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.

#### **Isolate and/or Transport Those Who are Sick at WOSC Activities**

-WOSC will ensure that coaches, staff, officials, players, and families know that sick individuals should not attend a WOSC 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.

#### **If a Team Member is feeling sick with COVID-19 symptoms, regardless of severity (i.e., even mild symptoms).**

- They must remain at home.
- They should consider contacting Public Health Ottawa at 613-580-6744 or [here](#).

- They will be sent home immediately and unable to return until the symptoms clear completely.
- No Team Member may participate in any WOSC activity if they are symptomatic.

-Team Members 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 will 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.

WOSC has established procedures for safely transporting anyone who is sick to their home or to a healthcare facility. WOSC has 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, relate COVID-19 concerns.

#### **Clean and Disinfect Areas**

WOSC will close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area).

Ensure safe and correct use and storage of cleaning and disinfection products, including storing them securely away from children.

#### **Notify Local Health Officials and Close Contacts**

In accordance with Federal, Provincial and Territorial privacy and confidentiality laws and regulations, the SPOC will notify local health officials, Provincial or Territorial Associations, club staff, officials, and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with applicable laws and regulations.

The SPOC will work with local health officials to develop a reporting system (e.g., letter) to notify health officials and close contacts (logs and/or contact tracing information) of cases of COVID- 19.

The Provincial and Territorial Health agencies and their Contact Tracing procedures will be responsible for advising those who have had close contact with a person diagnosed with COVID-19 and determine whether someone should stay home and self-monitor for symptoms. Members of the Club will continue to self-monitor for symptoms.

The SPOC must notify the Provincial Association of any cases of COVID-19. A weekly reporting system should be instituted for SPOC to advise the Provincial Association of any cases of COVID 19, suspected cases, and where athletes or staff have been refused admittance to any training session.

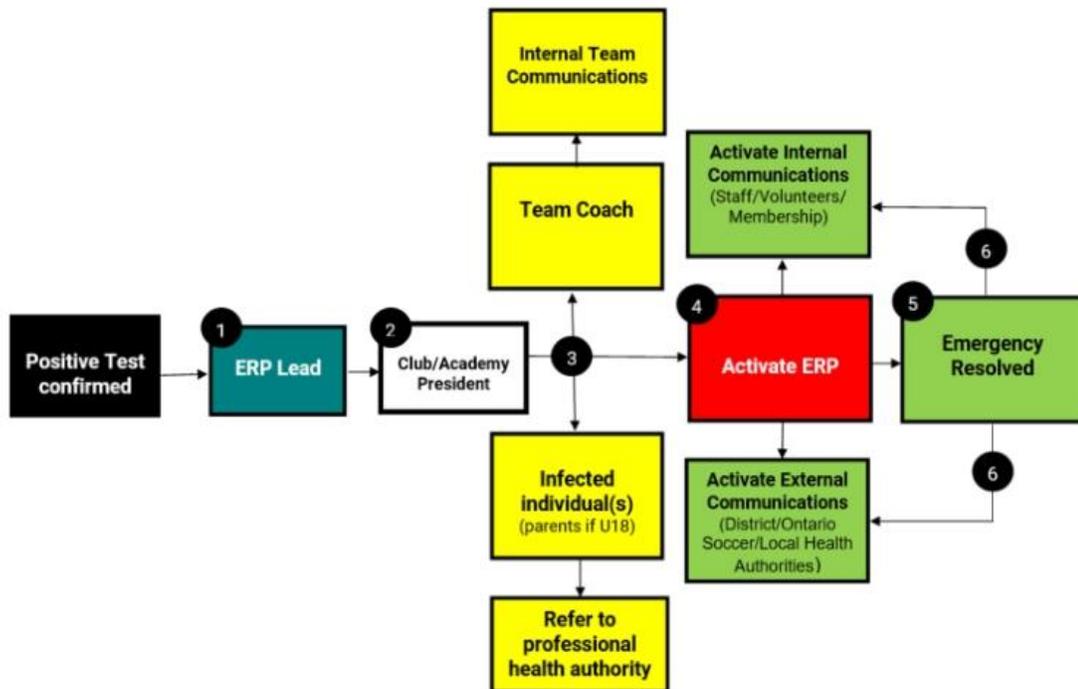
Even if there are no suspected cases, a 'nil' report should be required.  
**Person Responsible** - ERP Lead for Wesley Clover Parks, Colin Arsenault.

### ***3. Post-Pandemic Phase***

#### **Action and Communications**

- a. Confirm Provincial Health Officer has declared the COVID-19 pandemic is over.  
**Person Responsible** - ERP Lead for Wesley Clover Parks, Colin Arsenault.
- b. Send official written notice to WOSC (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).** **Person Responsible** - WOSC President
- c. Conduct a full review of WOSC COVID-19 Return to Play Implementation Plan as well as The WOSC COVID-19 Emergency Response Plan. Include a list of recommendations for improvements. **Person Responsible** - ERP Lead for Wesley Clover Parks, Colin Arsenault.
- d. Update WOSC's Emergency Response Plan for future use and have approved.  
**Person Responsible** - ERP Lead for Wesley Clover Parks, Colin Arsenault as well as WOSC General Manager and WCP COO, Tony Dunn.

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



### Legal Considerations

Youth and Adult Participant Waivers are required for all participants registered with affiliated Clubs and Academies and/or West Ottawa Soccer Club.

Contained within the Appendices section of this Guide, you will find two [waivers](#);

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

## Appendices

### What is COVID-19 and Infection Prevention

#### COVID-19

[Coronaviruses](#) are a large family of viruses. Some cause illness in people and others cause illness in animals. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

COVID-19 is a new disease that has not been previously identified in humans. Rarely, animal coronaviruses can infect people, and more rarely, these can then spread from person to person through close contact.

There have been two other specific coronaviruses that have spread from animals to humans and which have caused severe illness in humans. These are the:

1. [Severe acute respiratory syndrome coronavirus \(SARS CoV\)](#)
2. [Middle East respiratory syndrome coronavirus \(MERS CoV\)](#)

Those who are infected with COVID-19 may have little to no symptoms. You may not know you have symptoms of COVID-19 because they are similar to a cold or flu.

Symptoms have included:

- cough,
- fever,
- difficulty breathing, and
- pneumonia in both lungs.

In severe cases, infection can lead to death. Symptoms may take up to 14 days to appear after exposure to COVID-19. This is the longest known incubation period for this disease.

Recent evidence indicates that the virus can be transmitted to others from someone who is infected but not showing symptoms. This includes people who:

- have not yet developed symptoms (pre-symptomatic) and
- never develop symptoms (asymptomatic)

While experts know that these kinds of transmissions are happening among those in close contact or in close physical settings, it is not known to what extent. This means it is extremely important to follow the proven [preventative measures](#).

## Preventative Measures

Canadians should continue to think ahead about the actions they can take to stay healthy and prevent the spread of COVID-19 in Canada. This includes **staying at home** as much as possible and **being prepared** in case you or a family member becomes ill. Everyone should be practising **physical (social) distancing**. Even if you do not have symptoms of COVID-19, you could become infected by others.

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

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

- Stay at home unless you have to 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).

If you go out for a walk, do not congregate and always practise physical (social) distancing by keeping at least two (2) metres (6 feet) apart from others at all times.

## How to wash your hands



## 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

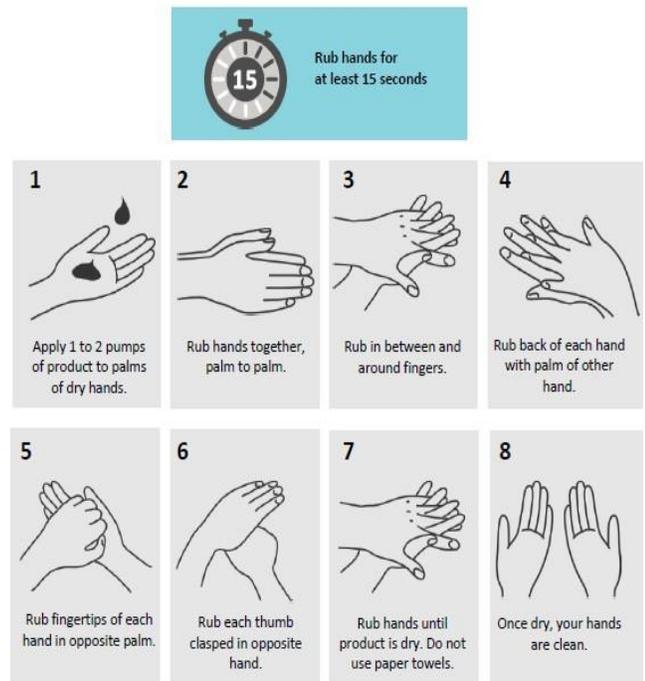
Proper hygiene can help reduce the risk of infection or spreading infection to others:

- 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.

## How to use hand sanitizer



Health Canada has published a [list of hard surface disinfectants](#) that are likely to be effective for use against COVID-19.

Although they do not claim to kill COVID-19, cleaners can play a role in limiting the transfer of microorganisms. Health Canada recommends cleaning high-touch hard surfaces often, using either regular household cleaners or diluted bleach according to the label directions. This bleach solution should be prepared according to the instructions on the label or in a ratio of 250 mL (1 cup) of water per 5 mL (1 teaspoon) of bleach. Directions are based on bleach that is 5% sodium hypochlorite, to give a 0.1% sodium hypochlorite solution. Never mix bleach with other chemical products and use it in a well-ventilated area. [Special precautions](#) must be used when cleaning with bleach to avoid serious incidents.

These surfaces include:

- Toilets,
- Phones,
- Electronics,
- Door handles,
- Tables and chairs, and
- Remotes.

Refer to the [guidance on cleaning and disinfecting public spaces](#) for more information.

### **Wearing masks or face coverings**

Medical masks, including surgical, medical procedure face masks and respirators (like N95 masks), must be kept for health care workers and others providing direct care to COVID-19 patients.

Wearing a non-medical mask or face covering while out in public is **recommended** for periods of time when it is not possible to consistently maintain a two (2) metre physical distance from others, particularly in crowded public settings, such as training and competition facilities.

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

If you do choose to wear facial covering, refer to [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](#).

Resources used:

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

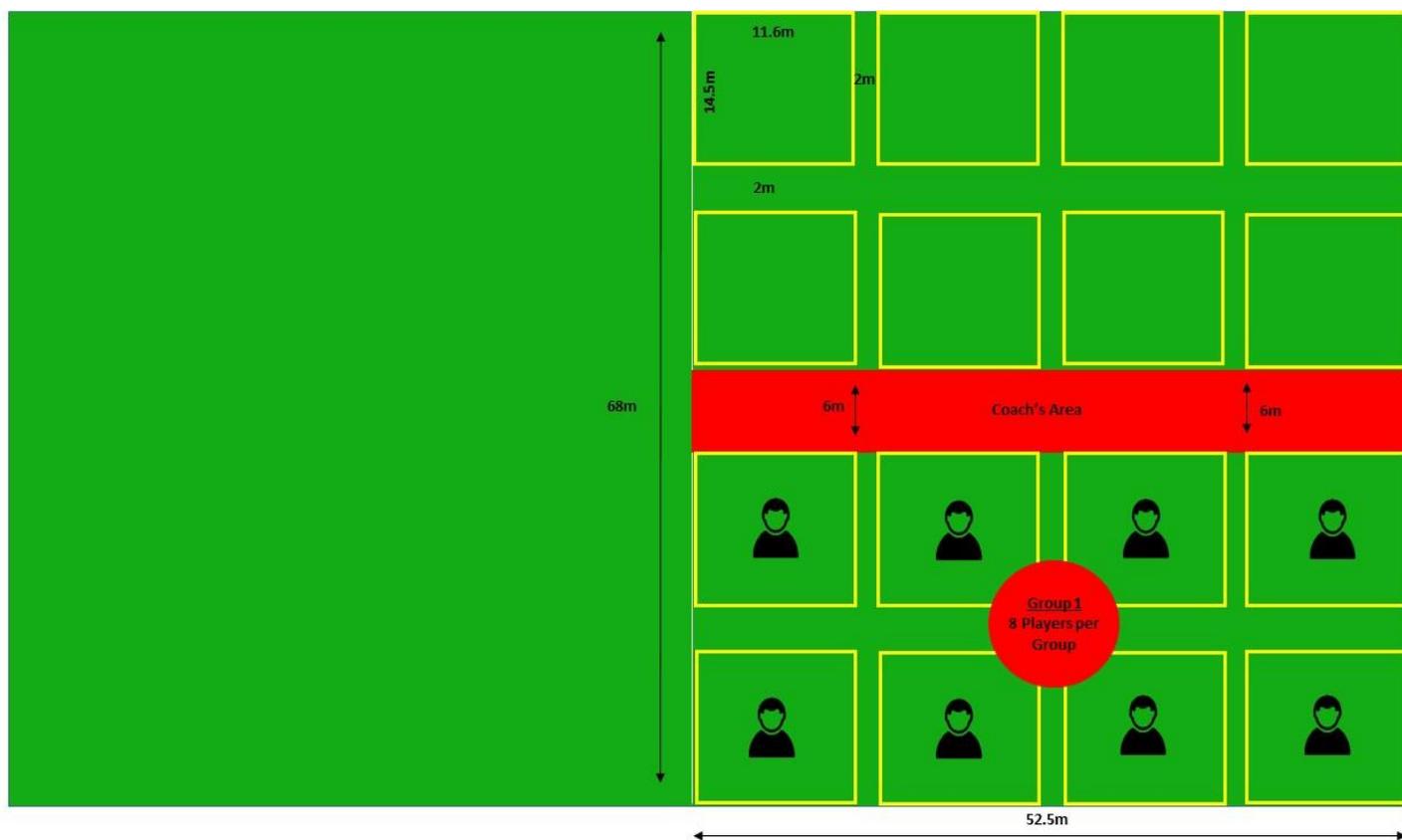
## Technical Resources – Sample Training Sessions

Session 1: [https://drive.google.com/file/d/17PmU53Qf9pIOf4GKw24N1vSX3Y\\_EO8KJ/view?usp=sharing](https://drive.google.com/file/d/17PmU53Qf9pIOf4GKw24N1vSX3Y_EO8KJ/view?usp=sharing)

Session 2: [https://drive.google.com/open?id=1s-gpW3ykAP7MatwR\\_8IGI9JHle0skVNL](https://drive.google.com/open?id=1s-gpW3ykAP7MatwR_8IGI9JHle0skVNL)

Session 3: [https://drive.google.com/open?id=1BvWYZZ2KxZTpTNmG\\_ngsA4xRlvqFfJWY](https://drive.google.com/open?id=1BvWYZZ2KxZTpTNmG_ngsA4xRlvqFfJWY)

### Player and coach on-field spacing



# RTP WAIVERS

## WEST OTTAWA SOCCER CLUB

### 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
  
5. hazards include, but are not limited to, injuries from:  
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.
  - a) 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.
  - b) 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.
  - c) 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.
  - d) Advice: negligent advice regarding soccer programs.
  - e) Ability: Failing to act safely or within my own ability or within designated areas.
  - f) Sport: the game of soccer and its inherent risk.
  - g) Cyber: privacy breaches, hacking, technology malfunction or damage.
  - h) Conduct: My conduct and conduct of other persons including any physical altercation between soccer participants.
  - i) Travel: Travel to and from the Activities.
  - j) 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

1. 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

2. 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;

- a) 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;
- b) 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;
- c) 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
- d) 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**

- 3. 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**

- 4. 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

**WEST OTTAWA SOCCER CLUB**  
**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 of the foregoing risks.

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

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

**General**

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

**Acknowledgement**

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

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

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

\_\_\_\_\_  
Date

## DECLARATION OF COMPLIANCE - COVID-19

Individual Name (print): \_\_\_\_\_

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

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

### WARNING !

#### ALL INDIVIDUALS ENTERING THE FACILITY MUST COMPLY WITH THIS DECLARATION

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

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

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

- 1) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19 and requires all individuals (or their parent/guardian, when applicable) to adhere to the compliance standards described in this document.
- 2) The individual has not been diagnosed with COVID-19 **OR** If the individual was diagnosed with COVID-19, the individual was cleared as 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)

## **COVID-19 Public Health Resources**

[Ontario Soccer COVID-19 Updates](#)

[Province of Ontario COVID-19](#)

[COVID-19 mental health online and phone support](#)

[Updates from the CSIO Sport Medicine Advisory](#)

[Health Canada](#)

[U.S. Centers for Disease Control and Prevention](#)

[World Health Organization](#)

[Travel Advice and Advisories site](#)

[COVID-19 and Mental health and well-being](#)

[Coping with stress and anxiety](#)



## COVID-19 SYMPTOMS CHECKLIST FOR STAFF/COACHES/PARTICIPANTS

<b>Do you have any of the below symptoms?</b>			
1	a. Fever (greater than 38.0 C)?	YES	NO
	b. Cough?	YES	NO
	c. Shortness of breath / difficulty breathing?	YES	NO
	d. Sore throat?	YES	NO
	e. Runny nose?	YES	NO
2	Has anyone in your household experienced any of the above symptoms in the last 14 days?	YES	NO
3	Have you, or anyone in your household travelled outside of Canada in the last 14 days?	YES	NO
4	Have you, or anyone in your household been in contact in the last 14 days with someone who is being investigated as a suspected case of COVID-19?	YES	NO
5	Are you currently being investigated as a suspected case of COVID-19?	YES	NO
6	Have you tested positive for COVID-19 within the last 10 days?	YES	NO

If an individual answers “YES” to any of the above questions, they are not permitted to participate in any in-person soccer activity for a minimum of 14 days.

## Coronavirus Disease 2019 (COVID-19)

# Cleaning and Disinfection for Public Settings

This document provides guidance on cleaning and disinfection of public settings, including schools, transit, colleges/universities and other workplaces in Ontario. For more information, please contact your local public health unit.

## What you should know

- Commonly used cleaners and disinfectants are effective against COVID-19.
- Frequently touched surfaces are most likely to be contaminated.
- Use only disinfectants that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms it is approved for use in Canada.
- Check the expiry date of products you use and always follow manufacturer's instructions.

## Clean frequently touched surfaces twice per day

- In addition to routine cleaning, surfaces that have frequent contact with hands should be cleaned and disinfected twice per day and when visibly dirty.
- Examples include doorknobs, elevator buttons, light switches, toilet handles, counters, hand rails, touch screen surfaces and keypads.
- In addition to routine cleaning, check with your organization for any specific protocols for cleaning for COVID-19.



## Select products

### Cleaners

- Break down grease and remove organic material from the surface.
- Used separately before using disinfectants.
- Can be purchased with cleaner and disinfectant combined in a single product.

### Disinfectants

- Have chemicals that kill most germs.
- Applied after the surfaces have been cleaned.
- Have a drug identification number (DIN).

### Disinfectant Wipes

- Have combined cleaners and disinfectants in one solution.
- May become dry due to fast drying properties. Should be discarded if they become dry.
- Not recommended for heavily soiled surfaces.

## Prepare products for use

- Where possible, use pre-mixed solution.
- Read and follow manufacturer's instructions to:
  - properly prepare solution
  - allow adequate contact time for disinfectant to kill germs (see product label)
  - wear gloves when handling cleaning products including wipes
  - wear any other personal protective equipment recommended by the manufacturer

## Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care. It can survive on different surfaces but can be killed by most cleaners and disinfectants.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: [ontario.ca/coronavirus](https://ontario.ca/coronavirus).

## Sources:

Ontario Agency for Health Protection and Promotion (Public Health Ontario), Provincial Infectious Diseases Advisory Committee. Best practices for environmental cleaning for prevention and control of infections in all health care settings [Internet]. 3rd ed. Toronto, ON: Queen's Printer for Ontario; 2018. Available from: <https://www.publichealthontario.ca/-/media/documents/bp-environmental-cleaning.pdf>

The Regional Municipality of York, Community and Health Services. Proper cleaning and disinfection practices [Internet]. Newmarket, ON: The Regional Municipality of York; 2019. Available from: <https://www.york.ca/wps/wcm/connect/yorkpublic/928899a2-d56b-47af-a9a0-b6e62d8e0bb7/Proper+Cleaning+and+Disinfection+Practices.pdf?MOD=AJPERES&CID=mVMtoGs>

The information in this document is current as of March 11, 2020

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# Attention Visitors



If you feel unwell (cough, fever,  
breathing difficulties)

**please delay your visit**

**AND**

**contact your health care provider, or**

**Telehealth Ontario ( 1-866-797-0000)**

Ontario 