



SWOT Ladies Soccer

RETURN TO PLAY PLAN

September 2020

Sport makes an important contribution to the physical, psychological and emotional well-being of Canadians. Based on current best Public Health evidence, and guidelines from Canada's Federal and Ontario's Provincial Government, Ontario Soccer has developed a Return to Play Guide in concert with specialists in sport and exercise medicine, infectious diseases and public health.

The priority at all times must be to preserve public health, minimizing the risk of community transmission.

The Return to Play Plan includes 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.

Ontario Soccer'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

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

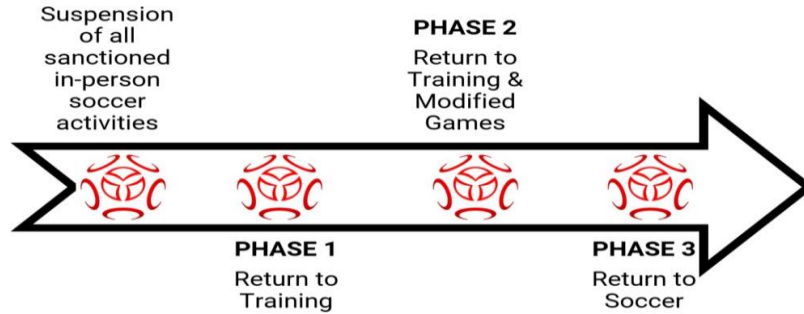
Conditions: All Phase 2 Return to Train conditions are met. Inter-squad modified games permitted (only within the Club)

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



SWOT RETURN TO PLAY PLAN

- ❖ This **SWOT Return to Play Plan** document is available for all members – players, families, coaches, officials, managers, committee members. Please make yourselves familiar with these guidelines.
- ❖ All players and coaches must have read and signed the **SWOT Return to Play Plan** prior to entering the field. Registration with SWOT is the individual's agreement to adhere to all Return to Play protocols in place by SWOT in accordance with OSA guidelines.
- ❖ All players and coaches must have read and signed the new Return to Play Waiver prior to entering the field.
- ❖ All participants must use the **"Self Check" Assessment Tool** to monitor their own health and symptoms prior to all games. See *Appendix A*
- ❖ Verbal and documented health checks for symptoms of Covid-19 are to be done before every game. Attendance will be taken for all players at each session to develop **Contact Tracing Logs**. These will be collected by the team managers or appointed team representative.
- ❖ If an individual experiences symptoms of or tests positive for Covid-19 between games they must immediately inform their team coordinator who will inform the committee to activate the **Covid-19 Emergency Response Plan**
- ❖ If an individual is in direct contact with someone who tests positive for Covid-19 between games, they must immediately inform their team coordinator who will inform the committee to activate the **Covid-19 Emergency Response Plan**.
- ❖ If an individual is exhibiting symptoms they are to be sent home immediately and the club will activate the **Covid-19 Emergency Response Plan**.
- ❖ **Refunds will not be given in the event that a player cannot attend scheduled games due to previous 3 points.**
- ❖ Personal Hygiene Practices will be adhered to before and after each training session:
 - Upon entering the fields there will be a Hand Sanitizing Station for all to use
 - At each field there will be a **Clean and Disinfect Kit** to be used at each training session for equipment cleaning and hand sanitizing. There will also be a mask and gloves for use if social distancing rules cannot be followed (ie- injury)
 - Anyone needing to leave the field for any reason and returning **MUST** go through



the entrance and use the Hand Sanitizer provided

- We also ask that all players bring personal protective equipment with them – keep hand sanitizer, masks, etc. in your soccer bag for your own personal use.
- ⊗ The size of the gathering at any game will be dictated by the Government of Ontario orders – at the time of writing it is groups of no more than 100 outside, 50 inside.
- ⊗ We are limiting the number of people at the facility to only Players and Coaches.
- ⊗ To minimize contact with each other and with belongings please bring minimal equipment to the field for sessions (water bottle, outer layer, hat, sunscreen, bug spray). Players will not be allowed to share anything between them. Bags on the field are to be set apart from each other and maintained in a neat and tidy area. Please arrive at the field “Ready to Train” (cleats, shinguards, training uniform to be put on at home or in the car)
- ⊗ Fields/Facilities will be set up to have one ENTRANCE to all fields. All participants will use this entrance for the Screening Questionnaire and Hand Sanitizing Station. There will be a separate area for an EXIT to minimize congestion. For indoor, all rules of the Pickering Soccer Centre must be complied with.
- ⊗ At the end of each session any common equipment (ball/flags) will be sanitized and players hands can be sanitized as well. Supplies will be in the Clean and Disinfect Kit.
- ⊗ The Thunder and Lightning Policy will be adjusted to read that if the session is stopped for severe weather, it will be cancelled in order to avoid gathering of participants in confined areas, and will not be rescheduled due to availability of fields/officials etc.
- ⊗ Throw-ins will be replaced by kick-ins.
- ⊗ All other SWOT game rules will remain in place.
- ⊗ SWOT expects all players to assist in monitoring and ensuring they themselves are following the rules of this plan. Players are expected to be respectful to each other if addressing a breach of the rules.
- ⊗ SWOT committee members/team managers will have the ultimate authority to ask a player to leave the field/facility if they are found to not be complying with any of the rules in this Return to Play plan.

RECOMMENDATIONS for PLAYERS

- All players are to use the **Self Check Assessment Tool** prior to entering the field each session. – **Appendix A**
- If you experience any symptoms, please contact the Durham Region Health Department and inform the club to initiate the **Covid-19 Emergency Response Plan**
- Do not carpool unless with immediate family members.
- Always follow the instructions from coaches and committee members and respect physical



distancing.

- Arrive no more than 15 minutes prior to games commencing.
- Do not congregate at the facility Entrance point. Use the station then move through to the fields.
- Arrive “Ready to Train” – limit amount of gear on the field.
- Bring your own water bottles - clearly labelled with your name.
- Do not share water bottles or any other personal equipment
- Follow all instructions from coaches, referees and committee members regarding social distancing and do not handle any of the equipment or balls with your hands (exception: Goalies)
- Follow the hygiene protocols in this document. – at Entrance, after session with the Manager, and wash hands once arrived back home
- Physical distancing of two (2) metres (6 feet) must be maintained.
- No more than 1 person per 4m².
- All “non-essential” contacts should be avoided (handshakes, high 5’s, etc.). No Spitting. No nose clearing.
- Only use your own equipment and keep your bag and contents in a set area away from others



RECOMMENDATIONS for COACHES/ COMMITTEE MEMBERS

- ❖ A coach or Committee Member (“CM”) must be in attendance at every game.
- ❖ Coach/CM will be responsible for taking attendance of all people at game and this list will be added to the **Covid Contact Tracer Log** with the club
- ❖ Coach/CM will collect all the equipment at the end of session and use the Clean and Disinfect Kit at the field to wipe/spray down all items used and spray the hands of the players before they leave the field.
- ❖ Priority is to ensure safe environment for all.
- ❖ Facemasks will be available if social distancing measures cannot be observed. You will be supplied with one in a bag to carry with you at all times, there will also be extras in the field kit.
- ❖ No heading, chest or hand contact with ball (feet only). Exception: Goalies
- ❖ Regular sanitization breaks can be 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 in **Clean and Disinfect Kits** at each field



GENERAL HYGIENE PROTOCOL

- Wash hands with hand sanitizer immediately before leaving home, upon arriving at field, after your session, before getting into vehicle and as soon as you arrive at home.
- Wear your masks at all time when not on the field engaging in game play.
- 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 at all times.
- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze.
- Avoid touching eyes, nose or mouth.
- Shower at home before and after training.

CLEAN and DISINFECT KITS:

- Hand Sanitizer
- Spray Cleaner for equipment
- Extra Gloves
- Extra Face Masks – individually bagged
- Garbage bags
- Paper Towels

Appendix A – Self-Check Assessment Tool

Appendix B – Contact Tracing Log

Appendix C – Clean and Disinfect Guidelines



Appendix A:

COVID-19 Symptom Checklist
For ALL Participants, Coaches, Players,

Do You Have ANY Of The Below Symptoms?

1. a) Fever (greater than 38°C)
b) Cough, Sore throat, Runny nose?
c) Shortness of breath, difficulty breathing?
2. Has anyone in your household experienced any of the above symptoms in the last 14 days?
3. Have you or anyone in your household travelled outside of Canada in the last 14 days?
4. Have you or anyone in your household been in contact with anyone who is a suspected case of Covid-19?
5. Are you being investigated as a possible case of Covid-19?
6. Have you tested positive for Covid-19 within the last 10 days?

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.

Please inform an individual from the club if you have answered YES to any of these questions and you have already attended any sessions or events.



LADIES SOCCER CLUB

Appendix C:

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.



Hand Sanitizers



Step 1:



Apply 1-2 pumps of sanitizer to palm of dry hand

- enough for hands to stay wet for at least 15 seconds

Step 2:

Spread hand sanitizer over all surfaces of hands

- palms, backs of hands, between fingers, around thumbs and fingernails



Step 3:



Continue to rub hands together until dry

REMEMBER, hand sanitizers should only be used when hands are visibly clean. Wash hands with soap and water if hands are visibly dirty.



Environmental Help Line
905-723-3818 or 1-888-777-9613
durham.ca

If you require this information in an accessible format, contact 1-888-777-9613.



Protect yourself and others during COVID-19



Be aware of the most current, credible public health information/recommendations.



Stay home if you're sick.



Frequently clean high touch items such as: phones, steering wheels, gas nozzles, keyboards and remotes.



Wash your hands often for at least 20 seconds where possible or use hand sanitizer.



Pay attention to physical barriers and signage with rules for usage and reminders.



Maintain physical distancing – keep 2 metres (6 feet) away from others. Do not gather in groups.



Use contactless payment and avoid handling money as much as possible (where applicable).



The use of non-medical masks/face coverings are mandatory when physical distancing is not possible or difficult to maintain. In Commercial Establishments, non-medical masks/face coverings are mandatory.



Avoid sharing equipment and/or food.



Avoid touching the face (eyes, nose and mouth).



Avoid group gatherings and limit the number of people within an area.



Cover your cough/sneeze with a tissue and throw the tissue in the garbage and practice hand hygiene; if a tissue is not available, sneeze into your sleeve or arm.



Avoid touched surfaces.



COVID-19

Do you have any of the following:



Fever



Cough



Difficulty breathing



Sore throat,
trouble swallowing



Runny nose



Loss of taste
or smell



Not feeling well



Nausea, vomiting,
diarrhea



Have you been in close contact with someone who is sick or has confirmed COVID-19 in the past 14 days?



Have you returned from travel outside Canada in the past 14 days?



If you answered YES to any of these questions, go home and self-isolate right away. Call Telehealth or your health care provider to be assessed.



durham.ca/novelcoronavirus

Durham Health Connection Line | 905-668-2020 or 1-800-841-2729

If you require this information in an accessible format, contact 1-800-841-2729.



Adapted with permission from Toronto Public Health





Appendix D:

SWOT Covid-19 Emergency Response Plan

The SWOT Covid-19 Emergency Response Plan will be initiated in the event that the club is informed that:

- a player/coach tests positive for Covid-19
- a player/coach is in direct contact with an individual who tests positive for Covid-19
- a player/coach experiences symptoms consistent with Covid-19
- a player/coach does not pass the Covid-19 screening prior to gameplay on any week of the season.

Upon notification, the team coordinator will review all contact tracing lists for the team the player is on and schedule a meeting with all coordinators and SWOT committee members.

The following steps must occur within 24 hours of notification:

1. Coordinator who is notified will immediately notify ERP Lead.
2. ERP Lead will schedule a meeting of the SWOT committee and coordinators as soon as possible but no longer than 24 hours from notification.
3. ERP Lead will review Contact Tracing list for the team the individual is assigned to and all teams that the individual has played against for the previous 14 days.
4. Coordinators for impacted teams must inform all team members
5. President will inform all other members of the issue
6. SWOT Facilities committee member must inform the field facility of the potential exposure risk.
7. Upon notification, the player/coach is informed that they may not return to SWOT play until the following conditions are met:
 - a. 14 days have passed since last symptom was observed in player/coach or someone in their direct contact (i.e. immediate family)
 - b. Negative test result for Covid-19 (player/coach or direct contact)
8. ERP Lead to inform Facility and OSA.