

Ottawa City SC Return to Train

GUIDELINES AND
PROCEDURES



Ottawa City SC Core Values to consider:



AS I AM SURE WHILE WE ARE VERY EXCITED TO RETURN TO TRAIN THERE ARE OTHERS WHO MAY BE APPREHENSIVE.



If a player, parent, coach or family are not comfortable returning to play – **DON'T FEEL PRESSURED.** We must demonstrate respect and courtesy for everyone's feelings during this time and ensure that we provide a safe environment as we return to play.

Implementing the Return to Train Guidelines



This will require a cooperative relationship between the Club, Coach, Parent, and Player.



While the **Club** and **Coach** must create a safe environment, the **Parent** must make the decision for their child to return to train/play. If, as a parent you are not comfortable in your child's returning to train/play – **DON'T FEEL PRESSURED.**



And finally, **Players** must be responsible to adhere to, and respecting the social distancing requirements and contact guidelines that have been established.

CANADA SOCCER

RETURN TO SOCCER GUIDELINES

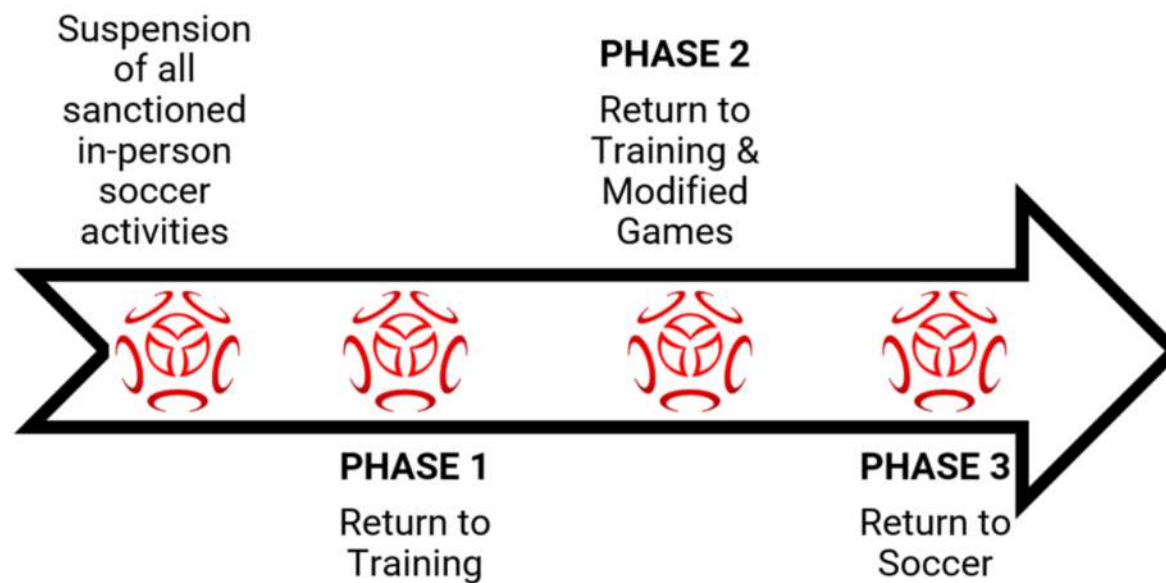


1	Federal stay-at-home order eased
2	Provincial or territorial restrictions eased
3	Municipal field and facility usage restrictions eased
4	Provincial or territorial member association Return to Soccer Plan approved
5	Return to Soccer Assessment Tool completed





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



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.).
- Soccer organization to complete 'Canada Soccer Return to Soccer Assessment Tool'
- Ensure alignment with Ontario Soccer's Return to Play Guide & Provincial Government guidelines prior to resuming soccer.
- Aim to 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.
- Any soccer activity must comply with the social distancing measures and recommendations, along with any gathering restrictions issued by the provincial government health authorities, including the arrival and departure of players (except for family members or persons residing in the same household).
- Await confirmation from Ontario Soccer before moving to next phase.

The roles and responsibilities include:



Club



COACH



PARENT



PLAYER

Club



Distribute and post “return to train” and “return to play” protocols



Be sensitive and accommodating to parents that may be uncomfortable with returning to train/play.



Train and educate all staff on return to train/play protocols.



Provide adequate field space for social distancing requirements at each phase (min 2m)



Maintain sanitizing guidelines and protocols

COACH



Recommendations and Guidelines for Coaches

- Priority is to ensure safe environment, complete coach certification and safe sport.
- Coaches hold 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.
- Coaches should wipe down personal and field equipment using disinfectant, before and immediately after each session (do not go home and then clean – contaminated items may travel into the home environment).
- Only Coaches/Staff should handle equipment.
- Avoid using shared pinnies or any other additional equipment.
- Wear facemasks when not practicing social distancing (First Aid Protocol).
- Structure activities to maximize physical distancing.
- Design activities so athletes may stay within their existing small groups to reduce amount of contact with different people.
- No heading, chest or hand contact with ball (feet only) for players. Goalkeepers can use hands, but will need to clean gloves before and after each session.
- Use cones and other equipment to ensure appropriate spacing is in place to support distancing.
- Hand sanitizer should be made available to all people in various locations throughout facility.

THE PARENT



Recommendations and Guidelines for Parents

- Follow the hygiene protocols in this document.
- Fill out OCSC Screening Survey and Trace Log before each training session. Keep Teamsnap updated with player attendance!
- Avoid congregating at facility entry points.
- Remind players to arrive to training dressed and ready, as change rooms will not be available.
- Remind players to use the washroom at home before going to soccer as restrooms are not available at the facilities.
- Only one parent/guardian attending soccer activities.
- Parents/guardians to keep a reasonable distance from the field.
- No more than 1 person per 4m².
- 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 desired rules and regulations around pick-up/drop-off and being a spectator if allowed.
- Snacks should be discouraged, however if allowed, ensure they are consumed and/or disposed of on site and not taken home.

THE PLAYER



Recommendations and Guidelines for Players

- Fill out OCSC Screening Survey and Trace Log before each training session.
- If you experience any of the symptoms, please follow recommendations and contact your medical health provider.

- Do not carpool unless with immediate family members.

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 soccer ball
- 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 4m².

All “non-essential” contacts should be avoided (handshakes, high 5’s, etc.).

- Only use your own equipment.

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.



Equipment Safety & Cleansing

- Bring a personally marked water bottle(s) to any soccer activity and avoid touching or using public water fountains. Note: Water fountains should be closed.
- Cleaning of equipment and physical distancing should 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.
- Each player should be provided with personal pinnies that they do not share and take home and wash. The coach/manager should not be collecting team pinnies and washing them. An alternative can 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



Equipment Safety & Cleansing



- 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 game, or purchase gloves that can be washed.
- Consider wearing a mask or a face shield when attending activities.
 - Avoid touching the mask while using it and clean your hands if you do.
 - Before putting on a mask, clean your hands with soap and water or alcohol- based hand sanitizer.
 - Remove it from behind, discard immediately into a closed bin and then clean your hands with soap and water or alcohol-based hand sanitizer.
- Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask.
- Clean your gloves, mask or shield after each use.

Replace the mask with a new one as soon as it is damp and don't reuse single-use masks.

First Aid and Injuries



- First aid kit on site.
- All coaches are certified in first aid.
- Coach must assess from outside grid, wear gloves and non medical mask.
- Regular first aid standards will apply.
- Coach will discard gloves and sanitize mask after.

No Use of Restrooms

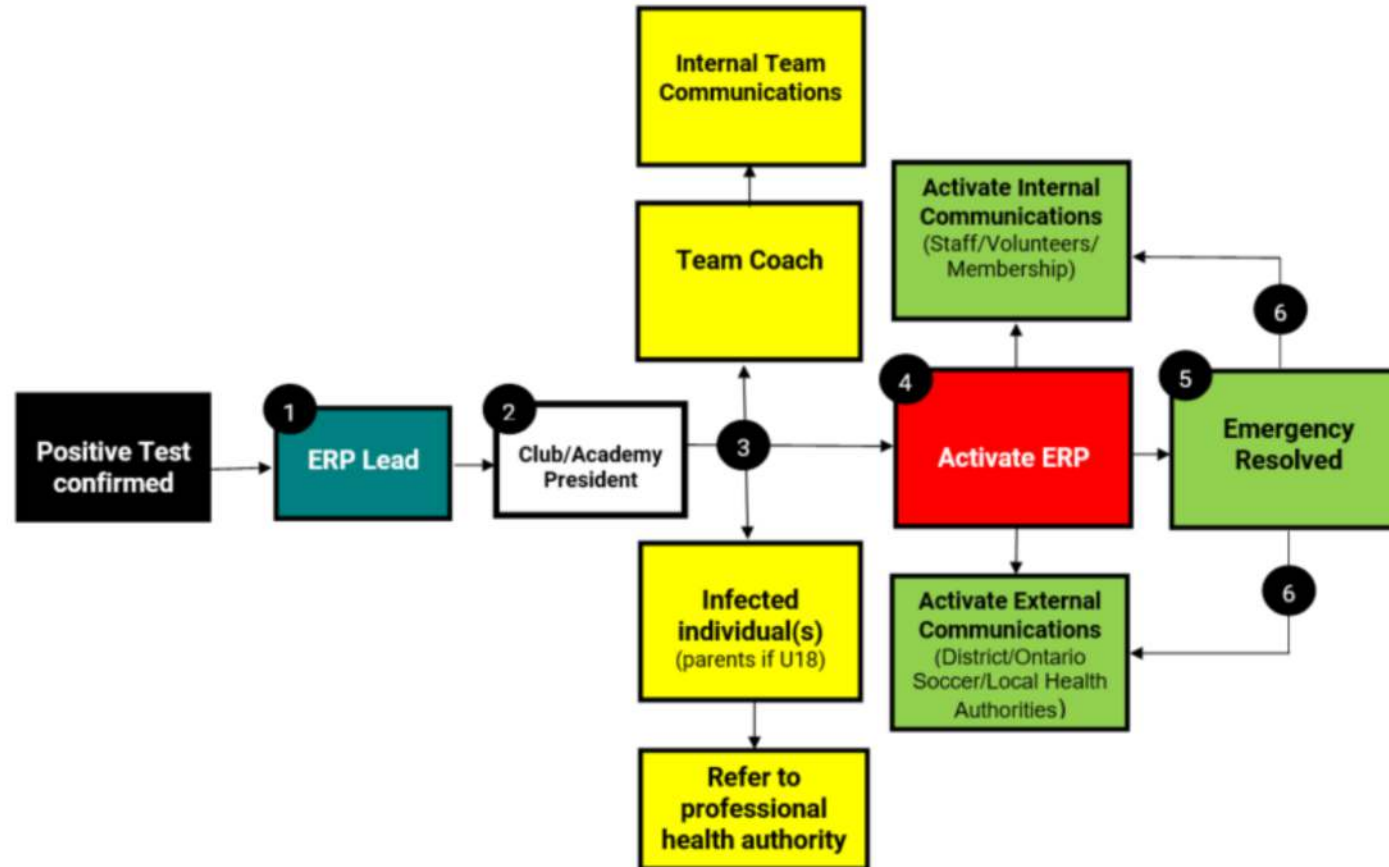
- No Restrooms use of restrooms due to Covid restrictions.
- We ask that parents ensure players have gone to the restroom prior to leaving home.

Emergency Response Plan



COVID-19 EMERGENCY RESPONSE PLAN (ERP)

Communications Flow Chart





Ottawa City Soccer Club At Home Assessment - Players



[Take OCSC Covid-19 Screening Survey](#)

Sore throat



YES NO

Headache



YES NO

Difficulty swallowing



YES NO

Taste disorder(s)



YES NO

Chills



YES NO



Nausea/vomiting,
diarrhea

YES NO



Runny nose or
sneezing

YES NO



Shortness of breath

YES NO



Unexpected fatigue

YES NO

Have you had close contact
with anyone with a probable
case of COVID-19?



Do you have a
fever/temperature
37.8 C or greater?



Have had close contact
with anyone that has travelled in
the past 14 days?



Ottawa City Soccer Club Arrival Checklist - Players



Before you arrive...

[Take OCSC Covid-19 Screening Survey](#)

WASH HANDS BEFORE

LEAVING HOME



USE **ENTRANCE**

SANITIZE STATION



ARRIVED
FULLY DRESSED



ENSURE EQUIPMENT
IS SANITIZED



PLACE BAG/WATER
AT YOUR STATION



After you leave...

USE **EXIT**

SANITIZE STATION



WASH CLOTHS

IMMEDIATELY



LEAVE
IMMEDIATELY



ENSURE EQUIPMENT
IS SANITIZED



HAVE A SHOWER
IMMEDIATELY



DO NOT ENTER THE FIELD SESSION UNTIL YOUR SESSION BEGINS