



The Island Training Centre COVID-19: RETURN TO PLAY PLAN

INTRODUCTION:

The Island Training Centre is pleased to provide this RETURN TO PLAY PLAN outlining our policies & procedures for a safe return to soccer. The ITC will follow all directions from our Governments, Cities, Soccer governing bodies and local districts to ensure we provide a safe and enjoyable soccer environment for our participants.

OVERVIEW:

On June 1, 2020 VIASPORT released their Return to Sport Guidelines. Their guideline provides direction to Provincial Sport Organizations (PSO's) and ultimately the Soccer Clubs under BC Soccer's governance. On June 2nd, BC Soccer announced their requirements and, if met, Clubs can re-start modified programming, after June 12th.

As we have now entered BCSA's Phase 1 for Soccer, with some easing of restrictions, we will be able to start offering "SAFE SOCCER" programming. While this is not a return to normal play, we will finally be able to get our players back to modified on-field training. From there, we will progress towards a safe return to our beloved game.

While returning to soccer, our main concern is the safety of everyone involved. We have followed and adapted the direction of our health and sport authorities in creating our return to play guidelines, policies, and protocols. Each family will have to assess their risk tolerance level associated with return to play participation. Our RTPP should provide enough information for you to make an informed decision for your family. It is essential that all participants are diligent in following our guidelines and instructions and parents must emphasize the importance of this to their children!

COVID-19: TRANSMISSION & SYMPTOMS:

TRANSMISSION:

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

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

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

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

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

SYMPTOMS:

Symptoms of COVID-19 are similar to other respiratory illnesses, including the flu and the common cold. These symptoms include fever, chills, cough, shortness of breath, sore throat, and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, and loss of appetite.

The Government of Canada's [Coronavirus disease \(COVID-19\) webpage](#) lists symptoms, self-assessment test, outbreak updates, and other information about Covid-19. We encourage everyone to read and refer to this Government of Canada's page for up to date information.

- [COVID-19 Symptoms Checklist](#)

PARTICIPATION GUIDELINES, DOCUMENTATION & FORMS:

Participation in our program is completely voluntary. If at any point, a participant is feeling uncomfortable with the risks of protocol, they can and should remove themselves from the program and notify the facility.

Participants must recognize the importance and role that players and parents play in ensuring that we resume soccer safely. To this end we have established the following Guidelines for participants.

Participant Guideline

At a minimum, all Participants must follow these general instructions.

- Return to play Waiver – Parents must complete this on behalf of their children prior to participation. The Form can be found on our website – www.islandtrainingcentre.ca

Pre-screening – Please complete the BC COVID-19 self-assessment tool before coming to the facility.

(<https://bc.thrive.health/covid19/en>) If you are experiencing symptoms, or are not feeling well, we ask that you stay home.

- Parents are asked to review all return to play protocols and to sit down with their children and explain the information and importance of abiding by all protocols and rules. Staff will also work with players on this but it will be helpful if this is reinforced by parents.
- ITC Covid-19 Risk Management Contact Officer Joe Wood will oversee our safe Return to Play programs.
 - Monitor advice and direction from health and sport authorities.
 - Manage any contact tracing reports
 - Technical Director James Merriman will oversee all program implementation to ensure safe soccer compliance
- Scheduling – Programming start times are staggered to allow Social Distancing. Please follow these general field guidelines and the direction of any on-field ITC Coordinators.
 - Arrive no more than 15 minutes prior to your scheduled session.
 - Come to the facility fully dressed with all personal equipment in a bag (including a water bottle with participants name).
 - Arrive at the side of your field/grid 5 minutes prior to your scheduled start time. At this point the session head coach will assign you to a specific box in your field.
 - At the conclusion of your session players will gather their personal equipment and immediately leave the field of play. All participants are asked to leave the facility within 15 minutes of the conclusion of your scheduled session.
 - Players will not be permitted to congregate after the conclusion of their session.

Session Guideline

Safe Environment Procedures	
ITC Coordinator	The ITC Coordinator will be off-field and will manage the arrival, departures of players and spectators around the field. Coordinator to provide verbal illness check to players/guardians before they can enter the field.
ITC On-Field Coordinator	Assigned on field. Coordinator will manage the setup of equipment, player arrival and departure on-field and all other safety protocols.
Arrival and Departure	Arrival and departure plan for each field collation will be available. See Appendix-A Contact tracing will be in place through the taking of attendance upon arrival.
Session Change Over	Minimum 15 Minute time between sessions
Spectators	There will be no parents or spectators allowed in the facility.

1st Aid Station	On-field coordinator will manage 1 st aid equipment. Face mask and gloves will be used if treatment of player is needed
PPE	Hand sanitizer, gloves and face masks will be available at each field. Players and Families to be encouraged to bring their own hand sanitizer
PPE Usage	ITC will follow usage of PPE as instructed by health authorities & Sport Governing bodies.
Equipment (Cleaning & good practices)	<ul style="list-style-type: none"> • On arrival at the field location, all the equipment will be cleaned before being issued to the group coaches. • After a session and before the next all the equipment will be cleaned by group coach • ITC Balls will be cleaned before each session. Players may be asked to bring their own ball (optional) • Ensure players do not touch the ball with their hands, or head, and Goalkeepers must not share gloves.
Illness check	Players and spectators will be asked by the ITC coordinator if they are experiencing any illness symptoms before being allowed to enter the field locations.
ITC Illness Policy	Any person who is unwell will not be allowed to access around or on the field of play.
ITC Participation Agreement	All Players, coaches, members, volunteers, participants, and family members of participants agree to follow ITC Return to Play Plan while attending club activities.
Washrooms	Available (Usage as directed by the ITC)
Water/Food	Individual ONLY: No water bottles or food to be shared

Playing Field configuration

Individual - Limited Number Group Training

To maintain physical distancing as much as possible, player groups will be positioned in four locations on a full 11v11 field.

Each group would stay in their zone and players will not be able to move unless they are leaving the field.

Once the session is completed, each group would leave separately or by different exits depending on the field.



DISCLAIMER:

This Return to Play Plan is intended to be used for the purposes set in this document. While we have written this RTPP with relevant and timely information, information known about the COVID-19 coronavirus and recommended health and safety measures can rapidly change.

We offer no guarantee as to completeness of any information provided in this RTPP. In the event of an ambiguity or conflict between this RTPP, its referenced documents, and the Public Health Act, regulations, or orders thereunder, the Public Health Act regulations and orders must prevail. Nothing in this document is intended to provide legal advice.

This document contains links to third party web sites. Links are provided for convenience only and the Club does not guarantee accuracy, timeliness, or fitness for a particular purpose. The information in any links may also be updated from time to time.

Anyone choosing to participate in any ITC program does so at their own risk. Choosing to participate is a personal decision that must be made with regard to all risk factors. Where a participant is identified as a "high risk" individual doctor's permission is strongly recommended before participation in any ITC activities.