



OLYMPIC FLAME SC - COVID-19 RETURN TO PLAY PROCEDURES AND GUIDELINE

INTRODUCTION

Based on current best Public Health evidence and following the guidelines from Canada Soccer, Ontario Soccer and Provincial Public Health Units, Ontario Soccer has prepared a series of documents that are intended to support local clubs and academies. Olympic Flame Soccer Club (“OFSC”) has tailored these documents to reflect the specific needs, challenges and circumstances unique to our Club.

Please be aware that the Return to Play Plan will have multiple phases, recommendations, and guidelines for anyone participating in sanctioned soccer.

All participants with OFSC must be registered in OSCAR, the online registration portal for Ontario Soccer. If you have already registered online for the 2020 outdoor season, you are registered with OSCAR. If not, please register online at www.olympicflamesoccer.ca.

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Content Disclaimer

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. All content, including text, graphics, images and information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, Olympic Flame Soccer Club Inc. makes no representations and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to training and competition.

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Contact OFSC for any questions regarding this Return to Play Guide

contact@olympicflamesoccer.ca



RETURN TO PLAY PHASES

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 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. modified games permitted within each team only
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

Active Start U6 and younger	FUNdamentals U7 U9	Learn 2 Train (U10-U12)	Soccer 4 Life and High Performance (U13+)
<ul style="list-style-type: none"> ○ OFSC has cancelled the 2020 House League season, so there is no procedure required for Active Start at this time. 	<ul style="list-style-type: none"> ○ 1 Player + 1 Parent/Guardian/Sibling ○ Children at this age often need interaction with someone to remain engaged and complete technical based activities. ○ Players may not have yet developed focus to find isolated practices with a ball enjoyable. Therefore, utilizing a parent/guardian/sibling to partake in the practice will provide a more fulfilling experience as it will increase the number of different activities the athlete can experience. As someone from their own household does not need to maintain social distancing from the player. This will help create opportunities to plan activities that include a partner or opposition. ○ Be overly conservative when spacing out areas to maintain social distancing. 	<ul style="list-style-type: none"> ○ Athletes at the L2T stage should be engaged in the progression of activities during the different phases. ○ Engaging them about their strengths and weaknesses within different activities will assist the coaches in giving the players individualized tasks. ○ The individualized consideration will help keep the players engaged and focused. ○ Creating fun challenges that include social outcomes will provide an enjoyable and exciting practice to participate in. ○ Be conservative when spacing out areas to maintain social distancing. 	<ul style="list-style-type: none"> ○ Athletes at the S4L stage should be engaged in the progression of activities during the different phases. ○ Engaging them about their strengths and weaknesses within different activities will assist the coaches in giving the players individualized tasks. ○ The individualized consideration will help keep the players engaged and focused. ○ Creating fun challenges that include social outcomes will provide an enjoyable and exciting practice to participate in. ○ Players should understand what social distancing is and be able to respect the social distancing requirements in place.

Ontario Soccer will determine the length of each phase in consultation with provincial health officials



OFSC COVID-19 SAFETY PLAN

Health check, Medical Clearance and Contact Tracing policy

Please complete a COVID-19 questionnaire and submit to your team manager by e-mail prior to each training session. (*Symptoms checklist doc.*)

If you are exhibiting symptoms of COVID-19, please stay home and follow public health guidelines and in addition you should:

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

OFSC Assessment Risk Protocol

- If any players, coaches or staff suspect that they have COVID-19, they must report it to John Trougakos, who will be our single point of contact as per the OFSC Emergency Response Action Plan.
- If any player, coach or staff suspects that someone in their household may have contracted COVID-19, they must report it to the Club.
- A player, coach or staff who travels or who has a member of their household who travels outside of Ontario must report it to the club.
- All suspected COVID-19 cases are to follow the protocol set-forth by the local health authority which will require all suspected cases to self-isolate for 14 days.
- Anyone suspected to have contract COVID-19 is strongly advised to get tested at a COVID-19 testing center.
- If a player becomes ill during a training session, the training session will be immediately suspended, and the ill player will be required to be tested for COVID-19.
- If a player tests positive for COVID-19, each member of that team is required to be tested prior to being allowed to return to play.
- Written confirmation of COVID-19 negative status by your physician is required before Returning to Play.

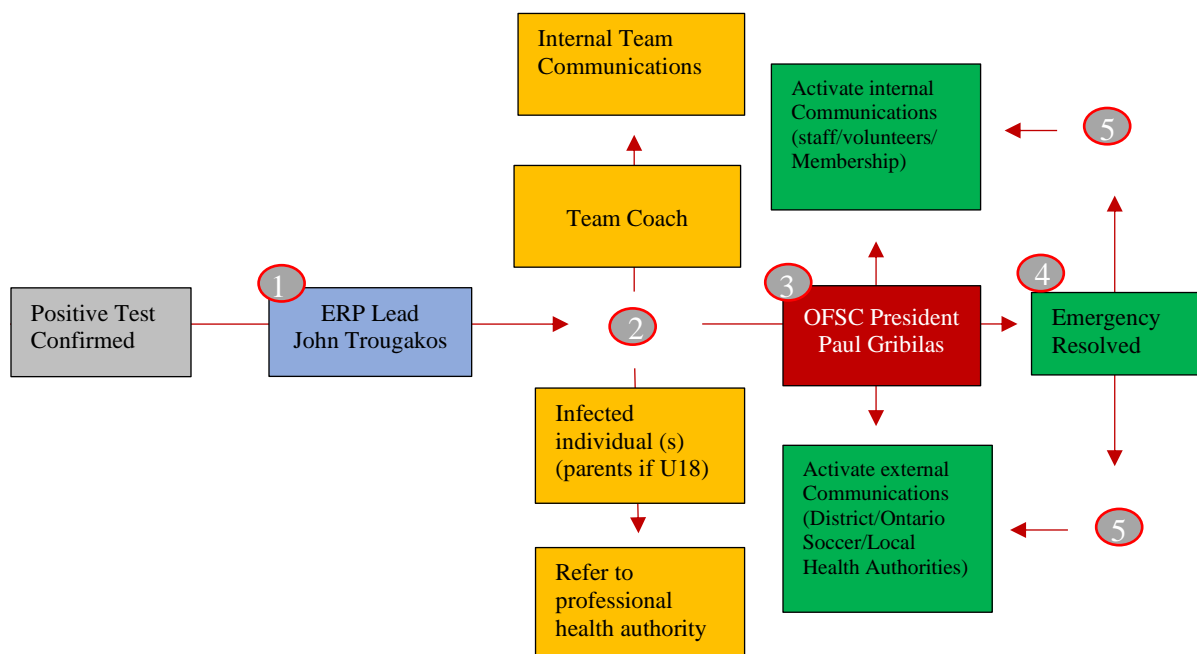
Training Facilities

- All players, coaches and staff must be signed in by the team manager prior to each training session.



- The team manager will be in charge of flagging anything that has come up on the questionnaire prior to the training session.
- Each player, coach and staff shall utilize the online “Self-Check” [Ontario COVID-19 Self-Assessment App](#)
- Each player, coach and staff will also complete and submit to the team manager or coach (as they may direct) the Symptoms Checklist prior to being allowed to enter the training field.
- Before being allowed to enter the training field, the team manager will ask each player, coach and staff if they are experiencing an elevated temperature or other COVID related symptoms.
- Team manager is responsible for keeping a log of all participants. **(Contact tracing doc.)** This will be easily accessible for public health officials if needed.
- The Club will provide updates to Scarborough Soccer Association and Ontario public health as may be required. **(Communications Flow Chart below)**

COVID-19 EMERGENCY RESPONSE PLAN (ERP) COMMUNICATIONS FLOW CHART



Note: This information sheet will be sent to all players, coaches, referees and staff during the COVID-19 pandemic. It also provides additional precautions to all attendants on public health directives and includes a club communications flow chart.



Player/Field/Facility/Equipment Sanitation and Cleaning Protocols

Players, Coaches & Parents

All OFSC activities comply with the health and safety protocols as outlined in the Return to Play Guide issued by the Province of Ontario health authorities, Canada Soccer and Ontario Soccer. Each participant must:

- utilize the “Self-Check” on [Ontario COVID-19 Self-Assessment App](#) (also accessible on the OFSC website home page)
- bring and use personally marked water bottles (we suggest at least 2 per player) to any soccer activity (no sharing of water or water bottles is permitted);
- bring their own sanitizer to the training field, and must not share sanitizer with teammates;
- maintain and conform to physical distancing recommendations from the Province of Ontario health authorities.
- bring a soccer ball to each training session;
- disinfect all equipment, including soccer ball, before each training session (each coach will be responsible for the managing and cleaning of all equipment within their quadrant).
- bring a blue and a white shirt to each training session (last year’s game uniforms can be used);
- sanitize their hands prior to entering and after exiting the field;
- thoroughly wash or wipe down personal equipment, towels, clothes, bags, water bottles, boards, cones and other items they have used or touched immediately after every session;
- not share equipment or personal effects – this includes shin guards, shirts, socks, etc.;
- avoid touching gates, fences, benches, etc.;
- wear a mask/face-covering when entering and exiting the training field (players);
- must wear a mask/face-covering throughout the training session (coaches, staff and parents);
- place your mask/face-covering in your own bag prior to beginning the training session (players); and
- put your mask/face-covering back on after the training session and immediately leave the training field (players).

Note:

- Players should feel free to practice with a mask on if possible. Use this [reference](#) to help with your decision.
- Gloves are optional (latex or similar) – discard after each session.

Hygiene reminders:

- cover mouth and nose with arm or tissue if you cough or sneeze, no spitting
- discard all trash in approved garbage receptacles and or properly identified bins
- avoid touching your mask/face-covering while using it and clean your hands if you do
- before putting on or taking off a mask/face-covering, 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 a mask with a new one as soon as it is damp and don't reuse single-use masks



Electronics

For electronics such as cell phones, tablets, touch screens that could be used by coaches:

- do not share electronics;
- follow the manufacturer's instructions for all cleaning and disinfection products;
- when possible, consider the use of wipeable covers for electronics;
- if no manufacturer guidance is available and when possible, consider the use of alcohol-based wipes or sprays containing at least 70% alcohol to disinfect touch screens;
- dry surfaces thoroughly to avoid pooling of liquids.

Facilities/Training

- All team training sessions shall be held at **Tom Gribilas Soccer Field** (Ellesmere CC).
- Alcohol-based hand sanitizer, cleaning solution and disposable towels are to be brought by each player and coach to each training session for their own personal use.
- Prior to entry and at the end of each session, all individuals shall properly sanitize hands.
- **Tom Gribilas Soccer Field** will be configured with two (2) field entrances and one (1) field exit to maintain social distancing and to reduce bottlenecks (*see page 19 below*).
- The Club Head Coach is responsible for setting up the training schedule.
- Training groups are predetermined with staggered activity times between different groups to create a 15-minute buffer between sessions and avoid an overlap of players on the field.
- Coaches are to divide their players into groups of four (4). These small groups will remain the same throughout Stage 1 of Return to Play to further reduce any risk.
- Proper protective equipment (mask, gloves) to be worn, when attending to an injured player. Each team must bring its first aid kits to each training location.
- Cancellations due to weather conditions are immediately posted on Club social media outlets and communicated to all members through email.
- Parents/guardians will not be allowed on the field of play and will be directed to an approved viewing location. In the case of **Tom Gribilas Soccer Field**, this will be outside the chain-link fence located along Canadian Road on the south side of the field. Social distancing must be observed by all parents/guardians.
- **NO gatherings of large groups while activity is taking place allowed. Social/physical distancing measures as set in place by governmental public health authorities will be ensured.**
- Attendance form is required to accurately record attendance of players/parents/coaches at each session to assist in contact tracing if required.
- A team manager will conduct a screening for symptoms of players/parents/coaches before each training session.
- Defined areas on field, for individual storage of personal items (i.e. player bags):
 - Ensured spacing of two (2) metres (6 feet) is observed.
 - Players are to place personal items in their own player bags, and each player bag shall be placed on the side of the quadrant that they are playing in with at least two (2) meters (6 feet) between bags and away from spectators.
 - 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.



- Regular communication with field provider to ensure cleaning and that all protocols established are being adhered to.
- Commonly touched surfaces will be cleaned using appropriate sanitizing solution at the beginning and end of each session.
- Food of any type will not be allowed to be consumed at the field/facility.

If a player becomes ill or any COVID-19 symptoms present during a training session, the following steps are to be followed, without exception:

- the ill player shall immediately move to an isolated area of the park (with parent/guardian as necessary);
- the training field shall be immediately vacated by the entire team;
- the coach of that particular team will immediately contact the OFSC ERP Lead, John Trougakos, and fully advise him of the situation;
- the ill player is required to be tested for COVID-19;
- if the player tests positive for COVID-19, each member of that team is required to be tested prior to being allowed to return to play;
- written confirmation of COVID-19 negative status by your physician is required before player and team are permitted to return to training;
- OFSC will contact Telehealth Ontario 1-866-797-0000 and advise of situation.

Note: *It is important for insurance and risk management, that all participants are registered in OSCAR, Ontario Soccer's official participant registry.*



GUIDELINES AND RECOMMENDATIONS FOR PLAYERS

- All players utilize the “Self-Check” online [Ontario COVID-19 Self-Assessment App](#)
- If you experience any of the symptoms, please follow recommendations and contact your medical health provider.
- Always follow the instructions from coaches and respect physical distancing.
- Arrive at the field no more than 5-10 minutes prior to the start of your session.
- Wait in your car/parking lot until the preceding team exits the field.
- Wash/sanitize hands before entering the field and upon exiting the field, as well as during water breaks.
- Arrive on the fields ready to train. Put boots, shin guards, etc., on before exiting your vehicle.
- Enter and exit the training field at the designated locations.
- Do not congregate at the training field entry or exit points.
- Each player bag shall be placed on the side of the quadrant that they are playing in with at least two (2) meters (6 feet) between bags and away from spectators.
- Newly arriving teams will wait in their cars or in the parking lot until the preceding team leaves the training field, at all times observing social distancing.
- Teams finishing training shall promptly leave the training field at the designated exit point.
- Arrive prepared to train – changing rooms will not be in use.
- Hydrate prior to arriving for training.
- Bring your own water bottles clearly labelled with your name.
- Do not share water or 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, fist bumps, arm bumps, etc.).
- Only use your own equipment.
- Inform your coach/trainer immediately if you begin to feel ill.



GUIDELINES AND RECOMMENDATIONS FOR COACHES

- Priority is to ensure a safe environment is provided for players, staff, parents and the community.
- Hold an online pre-activity orientation with players and parents regarding safety protocols – i.e., social distancing, modified training, pick up and drop off procedures, hand washing, cough suppression, no spitting or nose clearing, etc.
- Wipe down personal and field equipment using disinfecting 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 should handle equipment.
- Facemask/face-covering is required for each coach on the training field.
- Age appropriate considerations may need to be taken when designing activities.
- During Stage 1, coaches will utilize training activities provided by Ontario Soccer.
- Players must stay within their assigned small training groups throughout all training sessions to reduce amount of contact with other players.
- No head, chest or hand contact with ball (feet only).
- Take sanitization breaks and water breaks as needed.
- Sanitization should occur with each water break.
- Use cones and other equipment to ensure appropriate spacing is in place to support social distancing.



GUIDELINES AND RECOMMENDATIONS FOR PARENTS

- Follow the hygiene protocols in this document and as recommended by public health officials.
- OFSC will have an online information session (i.e., Zoom) for each team prior to commencement of on-field training, and each player and at least one parent/guardian must attend/watch this session (this session may be pre-recorded).
- Avoid congregating at facility entry and exit points.
- Remind players to arrive on the training field dressed and ready.
- Only one parent/guardian is permitted to attend training sessions.
- Parents/guardians to remain outside the chain link fence on the south side of Tom Gribilas Soccer Field (Ellesmere CC), wear masks/face coverings, and observe social distancing, or in their cars.
- A parent/guardian must remain throughout training sessions for U8 to U13 age groups. If a parent/guardian of players in U14 to U17 age groups is not remaining at training session, they must provide team manager with contact phone number and stay reasonably close to the training field in the event of player injury.
- No more than one (1) person per 4m².
- Ensure your player's training equipment is sanitized before and after every training session.
- Ensure your player's training gear is washed before every training session.
- Ensure your player is healthy and has no sign of COVID-19 symptoms.
- Drop and pickup player while maintaining all rules and regulations around pick-up/drop-off and being a spectator.
- Notify OFSC immediately if your player or anyone in your contact bubble falls ill.
- Notify OFSC immediately if any member of your contact bubble tests positive for COVID-19.



INFORMED CONSENT & ASSUMPTION OF RISK

ONTARIO SOCCER & OLYMPIC FLAME SOCCER CLUB

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

(TO BE SIGNED BY PARENT(S) GUARDIAN OF PARTICIPANT UNDER 18 YRS OF AGE)

(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, online 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, including Olympic Flame Soccer Club, 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 - 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 hazards include, but are not limited to, injuries from:
 - (a) 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.



- (b) 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.
- (c) 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.
- (d) 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.
- (e) Advice: negligent advice regarding soccer programs.
- (f) Ability: Failing to act safely or within my own ability or within designated areas.
- (g) Sport: the game of soccer and its inherent risk.
- (h) Cyber: privacy breaches, hacking, technology malfunction or damage.
- (i) Conduct: My conduct and conduct of other persons including any physical altercation between soccer participants.
- (j) Travel: Travel to and from the Activities.
- (k) 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

- 5. 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 use;
 - (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

- 6. 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;
- (h) 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;
- (i) 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;
- (j) 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
- (k) 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

7. 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 6 - 7

Acknowledgement

8. 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.

Print Participant Name

Signature of Parent/Guardian of minor child

Signature of Participant (if 13 years or older)

Witness

Accepted by (team manager)

Date



DECLARATION OF COMPLIANCE – COVID-19 WARNING!

ALL INDIVIDUALS ENTERING THE FACILITY MUST COMPLY WITH THIS DECLARATION

Ontario Soccer and its affiliated districts, leagues, clubs and teams, including Olympic Flame Soccer Club (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: _____
Individual (if 13 year or older)

Date: _____

Signature: _____
Parent/Guardian

Date: _____



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

All players, coaches and staff must complete this questionnaire prior to each training session.

NAME: _____ EMAIL: _____

	Do you have any of the below symptoms? CHECKMARK YES OR NO	YES	NO	
1	a. Fever (greater than 38.0 C)?			
	b. Cough?			
	c. Shortness of breath / difficulty breathing?			
	d. Sore throat?			
	e. Runny nose?			
	f. Any other Covid-19 symptoms?			
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 in the last 14 days with someone who is being investigated as a suspected case of COVID-19?			
5	Are you currently being investigated as a suspected case of COVID-19?			
6	Have you tested positive for COVID-19 within the last 10 days?			

If you answer "YES" to any of the above questions, you are not permitted to participate in any in-person soccer activities for a minimum of 14 days.

Print Participant Name

Signature of Parent/Guardian of minor child

Signature of Participant (If over 18 yrs. old)



CONTACT TRACING LOG FOR OLYMPIC FLAME SOCCER CLUB PHASE 1

TEAM: _____

DATE: _____ FIELD: TOM GRIBILAS SOCCER FIELD

The information collected herein is to assist in the management of the COVID-19 pandemic. This information will be kept in a safe and secure location and will be provided to **Ontario Health Services** on request if it is required for contact tracing purposes. Olympic Flame Soccer Club will not use this information for any other purpose and will destroy this record after six weeks. Under privacy Regulations you have a right to access and correct any information we hold about you.

Player/Coach Name	Phone	Quadrant (1-4)	Time in	Time out



TOM GRIBILAS SOCCER FIELD TRAINING LAYOUT

