

NSGSC



RETURN TO PLAY PLAN

PHASE 2 - REGULAR SEASON

Modified: September 30, 2020

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NSGSC – RETURN TO PLAY PLAN – PHASE 2

INTRODUCTION

As a follow-up to our initial return to plan – phase 1 summer programming plan that was released on May 31, 2020, this plan continues to align with the Province of BC's goals "to slow the spread of COVID-19, protecting our most vulnerable and ensuring our health-care system can respond to increased demand while we develop a vaccine."

As a reminder, the Ministry of Tourism, Arts and Culture works closely with viaSport BC to provide direction and oversight to the development and delivery of amateur sport in BC. viaSport works closely with provincial and national sport partner organizations to align approaches, develop standards and policies, and follow the guidance of health officers to support the safety of sport participants, volunteers, coaches, suppliers, staff, and others within their programs. During this pandemic, the adherence to, and implementation of, these return to sport policies and practices for all members of provincial sport organizations, including clubs, associations, and individual members, will help promote the safety of our communities. These proactive measures can help preserve community health

- On June 1st viaSport released their [Return to Sport Guidelines for BC](#), these were updated in August 2020.
- On June 2nd BC Soccer (BCS) Released their [Return to Play](#) – Phase 1 Plan.
- On August 24th BC Health Authorities and ViaSport moved to the "Progressively Loosen" stage of sport
- On August 24th BC Soccer Released their [Phase 2 Recommendations and Guidelines for Soccer](#)

North Shore Girls Soccer Club (NSGSC) is extremely excited to have the opportunity to offer a safe 2020/1 soccer season and development programs that follow the guidelines set by viaSport and BC Soccer. This Phase 2 Return to Play Plan was developed with all the necessary protocols taken into consideration, along with the Club's ability to deliver a safe program. As this is a multi-phase approach to return to sport, this document will continue to evolve and change as we receive direction and prepare for the fall and is also posted on our website.

COVID-19 TRANSMISSION AND SYMPTOMS (from viaSport)

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 – less than the so-called 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.

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

Updated September 30/20. The 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.

On September 22, 2020, the BC Centre for Disease Control and the Provincial Health Office amended the Daily Health Check symptoms list to reduce and refine active symptoms for CHILDREN (not adults). This included the removal of a sore throat and/or runny nose on their own. This new checklist has been adopted by the NV School District, and is also recommended for NSGSC.

There are many great resources

- [SD44 Daily Health Check](#)
- [BC COVID-19 Self-Assessment Tool](#)
- Government of Canada website Coronavirus disease (COVID-19): [Symptoms and treatment](#)

RETURN TO PLAY PLAN – SAFETY PLAN

Per viaSport, we are now in the “Progressively Loosen” phase of the Sport Activity Chart. We have based many of the protocols outlined in this document from the details in this chart.

	Strictest Controls Prior to May 19, 2020	Transition Measures Approx. May 19 th to Sept	Progressively Loosen Future date TBC	New Normal Future date TBC
Restrictions in Place	<ul style="list-style-type: none"> • Maintain Physical Distance (2m) • No non-essential travel 	<ul style="list-style-type: none"> • Maintain Physical Distance (2m) • No non-essential travel • No group gatherings over 50 people 	Refer to PHO and local health authorities	Refer to PHO and local health authorities
Enhanced Protocols	Increased hand hygiene	<ul style="list-style-type: none"> • Increased hand hygiene • Symptom Screening in place 	Increased hand hygiene	Increased hand hygiene
Facility	<ul style="list-style-type: none"> • Outdoor or within home • Facilities and playgrounds closed 	<ul style="list-style-type: none"> • Outdoor is safest • Indoor facilities slowly re-opening 	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	<ul style="list-style-type: none"> • Small Groups • No or limited spectators 	<ul style="list-style-type: none"> • Groups sizes may increase • Limited spectators 	<ul style="list-style-type: none"> • Large groups allowed • No restrictions on spectators
Non-contact Activities	<ul style="list-style-type: none"> • Low risk outdoor activities can occur (biking, running, etc) • Virtual activities 	<ul style="list-style-type: none"> • Fundamental movement skills • Modified training activities, drills 	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	<ul style="list-style-type: none"> • Should not occur • Contact sports should look for non-contact alternatives to training 	Introduction to pair or small group contact skills	No restrictions on activity type
Competition	Should not occur	In club play or modified games may slowly be introduced	Interclub or regional game play may be considered	Provincial competitions and larger scale events may return
Equipment	No shared equipment	<ul style="list-style-type: none"> • Minimal shared equipment • Disinfect any shared equipment before, during and after use 	<ul style="list-style-type: none"> • Some shared equipment • Enhanced cleaning protocols in place 	Shared equipment

*Introduction of competitive activities should be in alignment with Sport Specific guidelines

OPERATIONS

REGISTRATION

- All participants must be pre-registered through the NSGSC website for all NSGSC programs. These include, but may not be limited to, regular 2020/1 Season League, COE-Development Centre programs, Soccer4Everyone, NSISL, WSL and other programs at the NSG Indoor Facility ("NSGIF" previously "The Bubble"). No drop-ins will be allowed.
- All participants must be current NSGSC members.
- All participants must complete the NSGSC Informed Consent Form.
- Attendance will be taken during all sessions to support any necessary contact tracing.

STAFFING AND VOLUNTEERS

- All Club staff, volunteer Coaching staff and Team managers will be educated and trained on the safety information and expectations related to the implementation of the Return to Play Plan.
- Staff and volunteers must adhere to the [NSGSC Safe Sport Policy](#).
- Team Managers and/or Coaches will be required to take attendance and verbally confirm before each session that participants are not experiencing any symptoms related to COVID-19.
 - Teams/Programs may choose to use application tools (like included in Sports Engine or TeamSnap) to help track this information
 - Participants are encouraged to download the [BC COVID-19 App](#) which includes a self-assessment tool
- All Participants, Staff and Volunteers should be familiar with and adhere to the [NSGSC Illness Policy](#) which outlines procedures for someone that may be experiencing symptoms and ensures no one attends work/practice when unwell.
- Club Staff and Coaches have been explained the [Right to Refuse](#) unsafe work and procedures are in place to respond to such concerns
- NSGSC Coaching Staff and Administrators, who will be available and may have contact with all teams, cohorts and participants, are operating under strict protocols to ensure that no one with symptoms comes to work or to the sport activity, and our staff are able to be off sick or work at home to enable self-isolation for ten days (at minimum). NSGSC employees have fewer workplace contacts (shorter times, fewer people), through such measures as smaller in-person team meetings, virtual meetings, continuing to work from home.
- A volunteer Field Monitor will be assigned as a designate to ensure implementation of basic safety protocols during sport programming.

HYGIENE AND EQUIPMENT PROTOCOLS

The NSGSC Staff, Participants, and Volunteers will adhere to the following enhanced hygiene protocols:

- All staff, participants and volunteers must sanitize their hands when arriving and leaving the session. If equipment is manipulated by someone's hands, hand sanitation must take place again.
- Avoid touching eyes, nose and mouth.
- Use cough and sneeze etiquette: Cough and sneeze into your elbow or a tissue.
- Personal Protective Equipment ("PPE": gloves, masks, etc.) is encouraged. Where risk of exposure is high (cannot maintain social distancing), PPE should be worn.
 - An initial Safety Kit, including a bottle of sanitizer, masks and gloves will be provided to all teams as part of their 2020 equipment. Refill and maintenance of this safety kit thereafter is the responsibility of the team.

- It is recommended that all participants carry their own personal sanitizer and mask for if/whenever necessary.
 - NSGSC led programs and the NSGIF will also have PPE on hand for use by NSGSC Staff and Volunteers where situations require.
- All participants should limit touch of the equipment with their hands (prefer feet only), when required Club or Team staff/volunteers should move these items (followed by hand sanitation): cones, balls, nets, corner flags
- Use of pinnies should be restricted and limited to only when absolutely necessary; pinnies should be washed between sessions:
 - Where possible, assign pinnies to players/participants and have them manage cleaning as part of their regular equipment
 - Where there is not enough pinnies available, a Team Manager or Volunteer should manage washing and limit contact thereafter between sessions
 - During NSGSC lead programs and withing the NSGIF, Club staff will manage pinnie cleaning between all session and during multiple consecutive sessions, enough pinnies will be available for each cohort.
- Where possible, Goalkeepers should use their own/personal gloves and jerseys. If not possible, jerserys should follow same protocols as pinnies – no sharing within a session, wash between sessions and limit contact thereafter. Where sharing of gloves is the ONLY option, Goalkeepers should wear disposable gloves as a liner and then the exterior should be wiped with a non bleach based disinfectant between uses/participants.

TRAINING & GAMES (2020/1 League Season)

- All Participants will follow the Phased Return to Soccer training protocols as outlined in the [Informed Consent](#):
 - Phase 1 Training will be restricted to physical distancing and no-contact and 1v1 drills
 - Phase 2 Training will evolve to include limited contact, small-sided games (4v4 to 8v8)
- Due to physical distancing and limited access to facilities, all teams, with the exception of Metro, will be given only ONE practice/week at this time
 - Games/Leagues will be structured in cohorts of no more than 4-teams, players may only play on ONE team in ONE cohort Cohorts will be determined by NSYSA and/or BCCSL and could include inter-Club (only NSGSC teams) or teams from the same or neighbouring districts.
 - Cohorts will respect the BC Health Authorities guidance on limited travel.
 - Coaches are not counted within the cohort limitations, but where coaches are involved in more than one team, they will be required to maintain physical distancing.
- There will be no tournaments or jamborees allowed under this Phase, until further notice

FACILITY MANAGEMENT

While most of our programs occur on outdoor fields, managed by North Vancouver Recreation Commission (NVRC), some of our programs do take place at the NSGIF. While we do not have ultimate authority over the NVRC fields, it is our responsibility as a tenant to follow the safety protocols as outlined below. Facilities are defined as all areas, from the parking lot, walkways, spectator areas, washrooms, to the fields of play.

PARKING LOTS AND WALKWAYS:

- Maintain a safe physical distance (2m) from all persons not in your household.
- Do not congregate.
- A detailed map (or description thereof) will be provided to the participants before the session, and will be available on the NSGSC website, please familiarize yourself with the correct entrance and exit procedures.

SPECTATOR AREAS (OUTSIDE THE SPORTS FIELD AREA):

- A maximum of one spectator per participant is encouraged. There is not enough room to accommodate spectators on the *sidelines* of the Fields. At facilities that have viewing areas, spectators may gather to watch, as long as they stay off the field and respect physical distancing at all times and gathering limitations (50 persons).
- Please always maintain a safe physical distance (2m).
- Be courteous and respectfully share the space.

WASHROOMS:

- The washrooms are managed by the City of North Vancouver or the District of North Vancouver, depending on the facility. NSGSC will not be maintaining these facilities during our sessions so it is safest if participants use the washroom before arrival.

FIELD OF PLAY:

- All regular sized soccer fields will have no more than ~50 people on the field as per current BCS and viaSport guidelines. Physical distancing measures and recommendations will be followed.
- Full fields will be broken into either 1/2 or 1/3 fields, no more than 2-4 teams (depending on age group will be on the field at one time
- Due to the nature and size of our Club, NSGSC has access at varying times to almost every field (A/T, grass and gravel) in North Vancouver. As such, specific field drop-off and pick-up protocols and field set-ups will be communicated prior to the season/session and also maintained on the NSGSC website.
- Training times will be staggered between different groups to create a buffer between sessions to support physical distancing requirements.
- Cones and other equipment will be set by the coaches to ensure appropriate spacing is in place to support safe distancing and then collected and sanitized after each session.
- Participants will not be asked to manipulate the practice equipment.
- Coaches should take charge of set up and collecting equipment.
- Players should not touch the ball with their hands, or head, and Goalkeepers must not share gloves.

NSG INDOOR FACILITY

In accordance with the NSGSC NSGIF Safety Re-Opening Plan and the [NSGIF Usage Policy](#) these additional safety measures have been curated specifically for indoor sport activities:

- Occupancy limit has been set at a maximum of 50 people. No more than two teams will be allowed per session.
- Participants must sanitize their hands when arriving and leaving the building. Hand sanitizing will be available at a station adjacent the entrance/exit.
- Participants must follow the physical distancing recommendations and signage specific for the building.

- All non-essential equipment and objects will be removed to limit touch and enhanced, daily and/or post-session, cleaning measure will be in place to ensure remaining equipment and high-touch points are sanitized.
- Start and end times will be staggered so that one group fully exits the area before another enters.
- Participants should arrive at the NSGIF no more than 5 minutes before their session. If participants arrive early, they should wait in their vehicles or in other areas away from the NSGIF. Drop-offs must be made outside of the fenced area. Parents or guardians of older children should drop off / pick up in the parking lot where they can remain in their cars while waiting. Parents who wish to drop off or pick up their younger children closer to the NSGIF may walk down the pathway and drop them off or pick them up outside the fenced area.
- No two-way traffic through the door. No one may exit while the group is entering at the start of the session and no one may enter while the group is exiting at the end of the session.
- Access to the washroom facilities will be open, but we recommend that it be minimized. As for outdoor programs, please use washroom facilities prior to arrival. New waiting areas will be introduced and sanitizing stations and regular cleaning enhanced. Only 1 occupant per washroom. Use sanitizer before and after washroom use.

FIRST AID

In the case of injury, the session coach will:

- Assess the player from the 6ft (2m) safe distance.
- Should the player require the coach to approach, the coach will first apply a mask and gloves.
- All fields will have first aid kits that in addition include masks and gloves.

OUTBREAK PLAN (as per viaSport)

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

- Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported.
- NSGSC Staff have authority to modify, restrict, postpone or cancel activities due to emergent circumstances.
- If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, we will:
- Notify the City/District of North Vancouver so they can implement enhanced cleaning measures to reduce risk of transmission.
- Implement our Illness Policy and advise individuals to:
 - self-isolate.
 - monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of 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.
 - use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
- Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
- If staff (including volunteers) or a participant reports they suspect a case or outbreak of influenza-like-illness, we will immediately report and discuss the suspected outbreak with the Medical Health

Officer (or delegate) at our local health authority and implement our Illness Policy and our enhanced measures.

- If the NSGSC is contacted by a medical health officer in the course of contact tracing, we will cooperate with local health authorities.

DISCLAIMER

The Return to Play Plan is intended to be used for the purposes set in this document. While we aim to provide relevant and timely information, because information known about the COVID-19 coronavirus and recommended health and safety measures can rapidly change no guarantee can be given as to the accuracy or completeness of any information provided in the Return to Play Plan.

It is important to note that the this Return to Play Plan is not a legal document and is to be used as a guide only. It is not a substitute for actual legislation or orders of the PHO. In the event of an ambiguity or conflict between the Return to Play Plan and the RTS Guidelines (viaSport) and/or Public Health Act, regulations or orders thereunder, the Act, regulations and orders prevail. Nothing in this document is intended to provide legal advice. Do not rely on this document or treat it as legal advice.

This document contains links to third party web sites. Links are provided for convenience only and the Club does not endorse the information contained in linked web sites nor guarantee its accuracy, timeliness or fitness for a particular purpose. The information in those links may be updated from time to time.

Anyone using the Return to Play Plan does so at his or her own risk. NSGSC shall not be responsible for any loss or damage of any kind arising directly or indirectly from the use of the Return to Play Plan including, without limitation, reliance on the completeness or accuracy of the information provided.