



International Soccer Club

Return to Play Guide

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Disclaimer

All information included in the Guide is directed by Ministry of Health Ontario, Peel Health Office, Ontario Soccer, and the City of Mississauga. New information about COVID-19 is being released frequently and the International Soccer Club (ISC) reserves the right to make any amendments to the document below to preserve the health and safety of its members.

COVID-19 is an extremely contagious disease that can lead to severe illness and even death. There is an increased risk on the public. By participating in programming at ISC, you voluntarily assume all risks related to exposure to COVID-19.

Covid-19 (Pandemic) Task Force

International Soccer Club (ISC) has assigned a task force head by the Club President & Vice President to formulate the Health and Safety protocol and the Return to Play Guidelines as well as to monitor and evaluate the ongoing implementation of the Roles and Responsibilities of staff coaches parents players and volunteers and help keep everyone safe.

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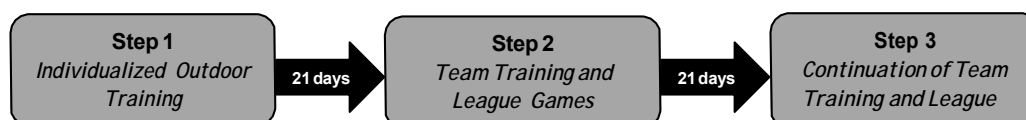
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Return to Play

Return to play is decided by two main identities; Ontario soccer; the governing body of the sport and the City of Mississauga; the owner of all Soccer fields in the City.

Ontario Soccer's Return to Play Guide (RTP) has been adjusted to reflect the Government of Ontario's new Three-Step Re-Opening Framework:

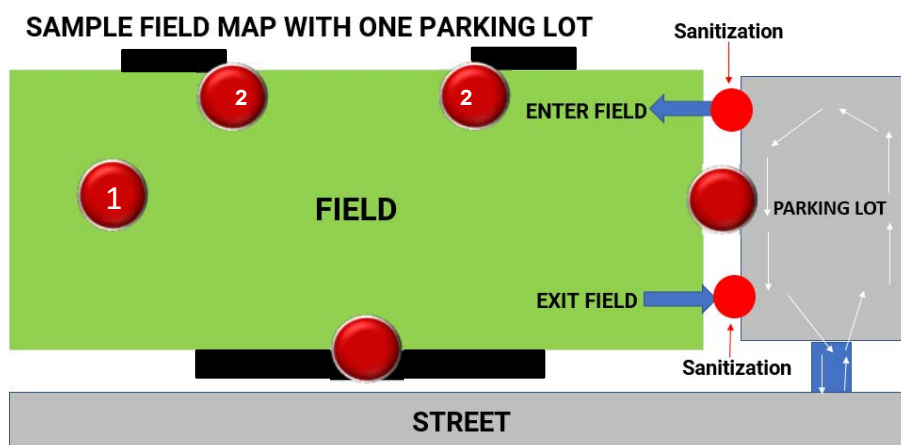


Steps 2 and 3 are tentatively scheduled to start 21 days apart and subject to Government of Ontario assessment and approval. Ontario Soccer will advise membership confirmation of Steps through updated Information Bulletins that will include updates to this Return to Play Guide.

Step 1: Individualized Training

- Indoor soccer activities NOT permitted. Outdoor soccer activities permitted.
- Outdoor sports and training up to 10 participants at one time. 10 per field quadrant with distancing (2M).
- No contact, no league, exhibition, festival or tournament games.
- No spectators permitted around the field. Spectators can be at the outside parameters of the Park with masks and maintaining social distancing.

Zones and Restrictions





ZONE 1 – Field of Play

- The total number of participants permitted to be involved in individualized outdoor training activity at any one time is limited to ten (10) participants per field quadrant.
- Physical distancing of at least two (2) meters is required between all participants. (Players, Coaches). No contact between participants is permitted during this stage.
- No games or scrimmages are permitted.

ZONE 2 – Bench and Technical Area

- Masks must be worn by Coaches at all times and by any player sitting on the sidelines.
- Physical distancing of at least two (2) meters is required between all participants.

ZONE 3 – Spectator Area

- No spectators permitted unless under the age of 18 years who is engaged in activities in the facility may be accompanied by one parent or guardian.

ZONE 4 – Ingress and Egress Areas, Club house etc.

- Physical Distancing of two (2) meters required as participants enter and leave the field.
- Masks must be worn by everyone.
- Any locker rooms, change rooms, showers and clubhouses must be closed, except to the extent they provide access to equipment storage, a washroom or a portion of the facility that is used to provide first aid.
- All playing and/or training equipment must be cleaned and disinfected between each use.



Reference Guide (Steps) – OVERVIEW

Completion of Canada Soccer's Return to Soccer Risk Assessment Tool	YES	YES
Organization's own RTP Guide/Plan in alignment to Ontario Soccer's RTP Guide (Clubs/Academies/Leagues)	YES	YES
Safety Field Marshal	RECOMMENDED	TBD
Physical Distancing for Participants	NO	TBD
Equipment disinfecting after each game/practice	YES	TBD
Use of Change rooms	NO	TBD
Indoor Activities Permitted	YES	YES
Outdoor Activities Permitted	YES	YES
League Games or Scrimmages	YES	YES
Travel to other Districts or Regions	YES	YES
Trials/Tryouts/Open Evaluations/Camps	YES	YES
Maximum number of Participants (Players, Coaches, Match Officials)	NO RESTRICTIONS	OUTDOOR: NO RESTRICTIONS INDOOR:TBD
Maximum number of Spectators	25% OF FACILITY CAPACITY	TBD
Masks	FIELD: NO BENCH: NO	TBD
Physical Distancing (2m)	ON FIELD: NO ON BENCH: NO Spectators: YES	TBD
Contact Tracing	YES	TBD



Step 2: Team Training and League Games

- Date: Start June 30th
- Conditions: 70% of Adults in Ontario with one dose of the vaccine and 20% fully vaccinated allows for: Outdoor team sport competition to begin. MET
- League, exhibition, festival and tournament games permitted. Spectator capacity limited to 25% of the facility capacity.
- Soccer organizations must have completed 'Canada Soccer's Return to Soccer Assessment Tool'.
- All participants must be registered in OSCAR, Ontario Soccer's official participant registry.
- Ensure the organization's own Return to Play Guide (Safety Plan) is aligned with Ontario Soccer's Return to Play Guide prior to resuming activity.
- Ensure you have registered contact tracing in place for any activity with all records held for 30 days.

ZONE 1 – Field of Play

- None

ZONE 2 – Bench and Technical Area

- None

ZONE 3 – Spectator Area

- The number of spectators is limited to 25% of the facility capacity and must allow for the maintenance of physical distancing of two (2) meters n.

ZONE 4 – Ingress and Egress Areas, Club house etc.

- Physical Distancing of two (2) meters required as participants enter and leave the field.
- Locker rooms, change rooms, showers and clubhouses must be closed, except to the extent they provide access to equipment storage, a washroom or a portion of the facility that is used to provide first aid.
- All playing and/or training equipment must be cleaned and disinfected between each use.



Step 3: Continuation of Team Training and League Games

- Date: 21 days before next step (TBA by Government of Ontario)
- Conditions: 70-80% adults with one-dose of the vaccine and 25% fully vaccinated allows for: Indoor Sport and Recreational Facilities to re-open.
- Restrictions: Subject to further information from the Government of Ontario.

ISC objectives:

Inform- provide our membership base with the information we have in a timely and easily understood fashion.

Educate- outline the necessary steps that need to be taken by each individual, so they are effectively able to do their jobs in this new 'normal' following the pandemic.

Prepare- prepare all members about the new normal and what this means for all of us.

Clubs Focus – What does Return to Play mean?

The Steps approach therefore will seek to satisfy the requirements as set-out by the governing bodies. Therefore, while there will be quite a few adjustments to protocol, please bear in mind that these are meant to protect the players, our coaches, our staff and the public.

On June 11, 2020 the Governing Body of Sport, Ontario released their latest revision of the Return to Play Guidelines. This Document continue to go through revisions and ISC is updating its return to Play Guide Lies accordingly. This document's sole purpose is to ensure the safe return to sport for our membership. During this easing of restrictions, it is important to note that the simple release of the 'Return to Play' (RTP) is not the sole decision in the Club's return to play. Throughout this time, the club must continue to comply with the following:

- Municipality release of fields and restrictions
- Ontario Government's mandate of Phased Return, with a Regional Centric focus
- Canada's Soccer's Risk Assessment Tool

The phased approach therefore will seek to satisfy the requirements as set-out by the aforementioned groups. Therefore, while there will be quite a few adjustments to protocol,

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please bear in mind that these are meant to protect the players, our coaches, our staff and public.



Return to Play 3 Steps

Step 1 Individualized Training

The Club's focus is to carefully evaluate the risks involved on its members (players, parent, coaches and volunteers). Maintaining social distance and no contact in the sport of soccer on a pitch is not an easy task for players to follow. Therefore,

- Online free practice sessions and training challenges; the best option to keep all players engaged in some form of structure practices while maintain a safe environment.
- Streamline the communication with members as efficient as possible to keep everyone up to speed with the most recent updates.
- The Office remain Closed to all staff and members with no office hours and limited remote working hours to respond to members inquiries.
- June 14 we start outdoor training 10 Participant/Quarter Senior size field. Masks will be on except during training sessions inside the fields only.
- All members must sign [Ontario Soccer Covid-19 waiver of liability](#). Please print and sign and deliver to team manager or Field Marshall on Field prior to start the Sessions. Coaches, Team officials and managers, please drop off yours also prior to start of sessions.
- All members Coaches, Managers, Directors, Volunteers, Staff and Players must complete and show at entrance to the field Marshall prior to attending each session the [Ontario COVID-19 Self-Assessment](#).
- Team Managers to fill up the [Contact Tracing Team Form](#)
- Field Marshalls will be present on the field to collect forms and ensure all players are hand sanitized before and after training.



Step 2 Group Training and Modified Games

ISC Return to Train will be modified, allowing for our members to hold inter and intra-squad games (within and the Club and with other clubs). During this time, it is important that we do not lose sight of the goal of health, safety & fun at the forefront of the expansion of play. At this point, once allowed, it will be imperative that education once again occurs to ensure our players, parents and coaches are kept abreast of the amendments to the Laws of the Game (LOTG).

The Club's continues to carefully evaluate the risks involved on its members (players, parent, coaches, and volunteers). ISC continues to comply with the guidelines as set-out by the City of Mississauga, the Region of Peel and Peel Public Health Unit. Therefore,

- Online free practice sessions continue.
- Develop a return to play protocol that is in line with the Guidelines of the governing bodies and at the same time ensure the highest safety measures possible for our players and our members.
- The Office Open to the public with limited access to the Public.
- Train staff and Coaches on the Return to Play protocol.
- Communicate with Rep and Rep Development Parents via Zoom meetings regarding the update of the Return to Play protocol timeline, layout and health measures.
- ISC will resume the gradual return of the players back to training and Games. Therefore,
- Onsite Rep and Recreational Practices and Games sessions will resume according to the rules.
- Introduce to Rep Parents the 12 months Development and Training Plan.
- Resume the House League and the Rep Development League.
- The safety measures indicated above in this document will continue to apply.
- Additional Financial Support from all levels of government is needed to support the operation of the organization and to keep delivering first class training and development service to our members.
- Train Club coaches on the new Health and Safety Measures in place to be implemented moving forward.
- All members must sign [Ontario Soccer Covid-19 waiver of liability](#). Please print and sign and deliver to team manager or Field Marshall on Field prior to start the Sessions. Coaches, Team officials and managers, please drop off yours also prior to start of sessions.

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- All members Coaches, Managers, Directors, Volunteers, Staff and Players must complete and show at entrance to the field Marshall prior to attending each session the [Ontario COVID-19 Self-Assessment](#).

Step 3 Return to Soccer (regular competition, games and training)



Return to Play: Players

As the players return to the pitch, it is important to take every precaution to help keep them safe. Players can enjoy the many physical, Social and Psychological benefits that soccer provides, so long as social distancing guidelines are adhered to. Social distancing and additional requirements of our players are outlined here (Appendix Player Infographic).

Before YOU Play

- Players must complete prior to attending each session the [Ontario COVID-19 Self-Assessment](#).
- Players must complete (once at beginning of season) the [Ontario Soccer Covid-19 waiver of liability](#)
- Do not attend onsite if you are exhibiting any symptoms of COVID-19
- Do not carpool unless with an immediate family member.
- If an individual is exhibiting symptoms related to COVID-19, they must be sent home immediately. If an individual is experiencing symptoms of fever, cough, shortness of breath, runny nose or sore throat, they are legally obligated to self-isolate. As per the Declaration of Compliance, they are NOT permitted to return to training for 14 days from the day they last experienced symptoms.
- Ensure you understand the entry and exit points of the field where your session is taking place and remember you must stagger your arrivals.

Preparing to Participate

- Wash your hands (Appendix Hand Washing/Sanitizing Protocols) prior to going to the field
- Carry an individual hand sanitizer and use it before and after training.
- Come prepared to train (with all equipment)
- Bring a full water labeled with your name
- If you must sneeze or cough during the session, be sure to do so into the upper sleeve or a tissue.
- Avoid touching teammates, fences, gates, benches, and anything that isn't yours

During Play

- Remain at least 2 meters apart from other players and DO NOT make physical contact
(no high fives or shaking hands)



- Avoid touching the equipment on the field (cones, balls) with your hands
- Stay on your area of the field
- Remain apart from other players when taking a break
- Absolutely no chesting, heading or throw-ins to take place
- Should a ball from another session come into your area during play, send it back with a pass

After Play

- Leave the field immediately (through the identified exit point)
- Wash your hands thoroughly or use a hand-sanitizer after coming off the field
- No socializing after the activity
- Wash your equipment following every session (even if it was not used but only came into contact with used equipment)

These safety protocols are put in place to protect all participants in each session and to reduce the risk of potential contraction. These guidelines will be in effect during both Phase 1 and Phase 2 (as released by Ontario Soccer) and can be reduced during Phase 3.



Return to Play: Parents

As our players are eager for their return to the pitch, and we are eager to host them, it is important for their parents to assist them in understanding and implementing these guidelines

- Parents must complete prior to attending each session the [Ontario COVID-19 Self-Assessment](#).
 - Parents and guardians must provide written consent for players authorizing them to participate in soccer training, and ensure they understand hygiene protocol. Parents must complete (once) the [Ontario Soccer Covid-19 waiver of liability](#)
 - Parents should utilize the Ontario COVID-19 Self-Assessment App to ensure their child is cleared to play before each session
 - If an individual is exhibiting symptoms related to COVID-19, they must be sent home immediately. If an individual is experiencing symptoms of fever, cough, shortness of breath, runny nose or sore throat, they are legally obligated to self-isolate. As per the Declaration of Compliance, they are NOT permitted to return to training for 14 days from the day they last experienced symptoms.
 - Wash your hands (Appendix Hand Washing/Sanitizing Protocols) prior to going to the field
 - Avoid congregating at the field entry/exit points to limit 'bottle necking'
 - Remind players to arrive to sessions dressed and ready (with all equipment needed) as change rooms will not be available
 - Ensure all equipment is washed and sanitized before and after each session (recommended it is washed separately from other items)
 - Stay in the parking lot in our car during sessions (this is of the utmost importance for our younger age groups)
 - Only one parent per family at the sessions to stand by the street, no exceptions (remain in car during phase 1, potential 1 at per session, dependent on social distancing guidelines, in Step 2)
 - Ensure your child is healthy before each session. If symptoms are shown upon arrival or during a session, they will be sent home (no exceptions)
-



Return to Play: Coaches

While the Return to Train is a positive step for our players, it is important our coaches recognize the steps that have been put into place to protect both themselves and the players. As outlined below, the Coaches are expected to follow and adhere to the following guidelines:

- Coaches must complete prior to attending each session the [Ontario COVID-19 Self-Assessment](#).
- Coaches must complete (once) the [Ontario Soccer Covid-19 waiver of liability](#)
- Training Content - The focus is to be mindful and implement social distancing guidelines, therefore the focus shifts to the individual. Training content and assistance with planning of sessions is available and education will be key. To further mitigate risk, the technical focus will be on independent ball mastery and passing. Technical, physical and cognitive stimulation is key, with a recommendation to provide each player individual tasks and goals to attain during the specific topic.
- If an individual is exhibiting symptoms related to COVID-19, they must be sent home immediately. If an individual is experiencing symptoms of fever, cough, shortness of breath, runny nose or sore throat, they are legally obligated to self-isolate. As per the Declaration of Compliance, they are NOT permitted to return to training for 14 days from the day they last experienced symptoms.
- Field Space Allocation- at all times, the player: area ratio as set out by the municipality and Region is to be upheld.
- Team & Training Equipment- with each session (before, during & after) no player shall touch or move the equipment. The equipment is the responsibility of the coaches. Coaches are required to sanitize the equipment before and after each session with a Health Canada approved (DIN numbered) sanitizer or by following sanitization methods as outlined in Appendix Equipment Sanitization.
- Athlete Management- All coaches are expected to enforce all protocol as set by the club, the Region of Peel and Ontario Soccer. Therefore, it is mandatory that social distancing measures are enforced, staggered departure to water/sanitization breaks is implemented and this is communicated regularly to our players.
- Personal Protective Equipment (PPE)- Please make sure you are wearing mask and gloves at all times except when on the field during practice.
- During this time, it is recommended that coaches utilize Disinfectant Spray to prevent the potential spread and mitigate risk. In addition, all coaches are required to sanitize frequently and wash-hands prior to attending all sessions for a minimum of 20 second with soap and water.
- Please review training sample in document below.

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- Should a player get hurt, you are unable to tend to the player injured unless you are fully equipped with PPE (no exceptions).
- Team Discussions- to uphold all social distancing protocol, all discussions are to be held virtually/online. Coaches are to mandate leaving the field as quickly as possible, using the designated exit points and facilitate any and all learnings/discussions, online.
- Time management- all team officials are to be mindful of time and allot for water/sanitization breaks, staggered arrival and departure times, and social distancing.
- All of these items will have an impact on time. Furthermore, it is imperative that the team leave promptly after the session to be cognizant of the buffer between sessions. (do not leave equipment behind).



Technical Resources – Sample Training Sessions for Step 1 Individualized Training

These Sample Sessions are designed to support Clubs and Academies on delivering soccer programs while adhering to the protocols and recommendations in place.

The resources provide a modified soccer experience with examples of session activities and plans that could be implemented as a basic structure to ensure sessions are physically active and conducted in a safe and fun environment. These sessions create an environment whereby Players will experience controlling, juggling, and passing the ball either individually or with a partner.

All activities delivered must adhere to the distancing measures and recommendations, along with any gathering restrictions issued by the Ontario Government and the guidelines set on this document.

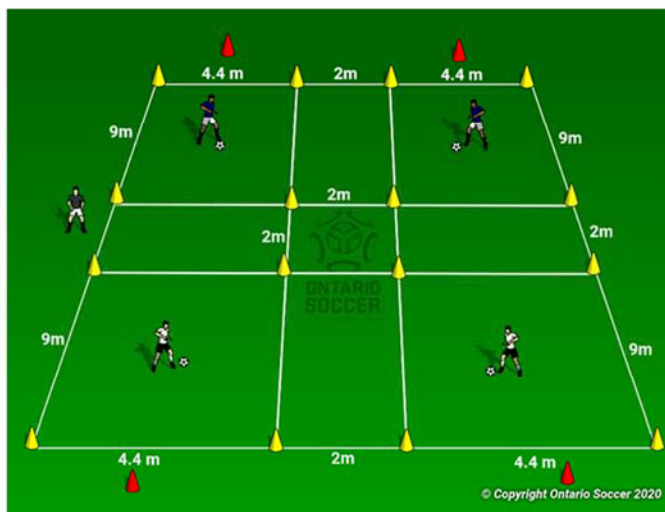
Important: Do not lose sight of the human element of sport. Sport is about people and connections whether you are a coach or leader. No one has all the answers, no one gets everything right and the projects we are involved with have always involved multiple minds and different perspectives. Please keep what is best for young people at the centre of any decision-making process and consider the bigger picture of the true value of sport and what it provides to society in terms of wellbeing, connections, leadership, and teamwork, physical and mental health. We need to work harder together to change the measures of success in youth sport.

Set-up

- Player to Coach Ratio: 4:1
- 2 meters distancing in place between each player
- Within a marked zone, each player has 4.4m x 9m to play - Yellow cones
- Free zone around the field for coaches to move
- Player equipment area next to each of their zones - Red Cones

Overview

- Duration: 60 minutes
- Activity: 55 minutes
- Rest & Transitions: 5 minutes
- Activities can be used in sequence or mixed
- Activities can be repeated if needed
- Activities can be modified to suit the needs of the players
- Activities are basic examples that abide by the physical distancing guidelines





Duration	Activity	Example
5 minutes	Warm Up	Ball Control
15 minutes	Passing	<ol style="list-style-type: none"> 1. One & Two Touch 2. Ball Swap 3. Through the gates 4. Soccer Tennis
15 minutes	Dribble	<ol style="list-style-type: none"> 1. Small Touches 2. Skills
15 minutes	Game	<ol style="list-style-type: none"> 1. Keep Ball to Targets 2. Keep Ball to Goals
5 minutes	Cool Down	Ball Control

Overall Recommendations

Before:

- Consider sending a session plan to parents and players prior to the session.
- Highlight which zone is allocated to which player.
- Ensure parents are aware of the Return to Play recommendations and guidelines.
- Have a designated bag for your equipment and a designated location on the field to place your own equipment.
- Have enough cones and balls available for your session.
- Follow all the procedures for any equipment cleaning process.
- Consider all factors when designing your session plan (i.e. explanations, activity durations and transitions for water breaks).
- Consider that transitions may take a little longer than normal when managing players and session set up.
- Clearly identify areas for players to arrive and to place their belongings while considering distancing requirements.
- Check with your club to confirm the amount of space available for your session.
- Prepare a session plan that includes the amount of players confirmed for your practice.
- Ensure that you have the right equipment (i.e. amount of cones and pumped up balls).

During

- Encourage the players to enjoy playing soccer in the current format.
- Do not be overly concerned about players lacking technical ability, especially during the initial phases of Return to Play.
- Keep distancing measures in place between players and coaching staff.
- Reset cones that delineate the physical distancing parameters whenever they are moved out of place.
- Ask and remind players to avoid touching the equipment.
- Be adaptive.
- Respect the timeline you anticipated in your session so parents can plan.
- Make use of your time by following your session plan guidelines.
- Do not stay too long on one activity to prevent boredom.
- Respect physical distancing at all times.



- Consider designating the Assistant Coach to help you manage the spacing throughout the session.
- To clearly emphasize the boundaries add more cones if required.

After

- Validate the effort your players demonstrated during the session.
- Ask the players if they have any suggestions for session activities next time.
- Ensure that each player goes home with his or her designated household contact.
- Ensure that all equipment is taken from the playing field in a safe manner.
- Consider cleaning and disinfecting all equipment after the practice is over.
- Reflect on how the equipment was managed and distributed to improve this for the next session.
- Make sure you pick up all equipment and belongings before leaving the field.
- While respecting physical distancing, take some time to connect with your players after the practice and validate their efforts.
- Consider following up with a positive email to the players and parents encouraging them about the next practice session.
- Make sure you pick up all equipment before leaving the field.
- Do not leave any personal belongings on the field of play or team bench.
- Reflect on how the spacing worked out in the session, involve your players, the staff, and ask the parents for their feedback.



Return to Play: Team Managers

- Team Managers must complete prior to attending each session the [Ontario COVID-19 Self-Assessment](#).
- Team Managers must complete (once) the [Ontario Soccer Covid-19 waiver of liability](#)
- Team Managers must fill the [Contact tracing Log sheet](#) for their team.

During this time, it is imperative to the successful implementation that team managers / parents volunteers, step in to assist our coaches and match officials during the different phases, in different capacities. Outlined below will be the guidelines and expectations of team managers during this time and transition (broken down by phase) (Appendix Team Manager Infographic)

When the club is successfully able to transition into Phase 2, the role of the Manager/Parent Volunteer becomes expanded. During this phase each team is now able to host inter/intrasquad games (within own club) and therefore, should the City of Mississauga and Peel Region expand upon their social gathering limitations, these roles will now include sideline management. Should a Manager/Parent Volunteer be unable to be a 'field marshal', the field marshal will then be appointed by the COVID-19 Task Force Lead. The purpose of the field marshal is to ensure all social distancing measures and Peel Region Health guidelines are upheld during matches.

Return to Play Team Officials

Seemingly, Step 2 indicates the entrance of Match Officials as a group directly impacted. However, a Match Officials job begins well after Step1 and becomes heightened during in Step 2, as outlined below (Appendix Match Official Infographic). During all Steps, it is mandatory that Match Officials continue to maintain social distance protocols and implement all health & safety precautions as outlined in this document and by the Peel Region Health Unit. Prior to every session participated in (phase 1 individual match preparation or Step 2/3, officiating) match officials are required to complete the self-check, Ontario COVID- 19 Self-Assessment.



COVID-19 Emergency Response Plan

Three Phase Approach - Organization and Structure of the Plan

The main body of this COVID-19 Emergency Response Plan is organized in three sections, which outline the key roles and responsibilities of ISC in each of the three (3) pandemic phases;

1. ***Pre-pandemic Phase:*** This is the critical stage for COVID-19 pandemic preparedness. The pre- pandemic phase is NOW, and planning efforts need to focus on education of the membership (i.e., volunteers, staff, coaches, parents, players, match officials) on Ontario Soccer and Canada Soccer's Return to Play Plan and Protocols. Please note that the Return to Play Protocols comply with the Province of Ontario emergency orders and health authority directives. In addition, coordination with facilities (especially if third-party) should be included as they may have additional plans & procedures in place.
2. ***Positive Test Phase:*** Confirmation of a COVID-19 positive test within ISC will declare when it is time to activate our COVID-19 Action Plan. During this phase, the key goals will be to prevent further infections within our organization and minimize program disruption. This phase remains active until the infected party has been isolated and under the control of professional health authorities and there is no further threat to the health and safety of your soccer organization's participants.
3. ***Post-pandemic Phase:*** The post-pandemic period begins when the Provincial Health Officer declares that the COVID-19 pandemic is over. The primary focus of work at this time is to restore normal services, deactivate pandemic response activities, review the impact, and use the lessons learned to guide future emergency response planning.



Pre-Pandemic Phase:

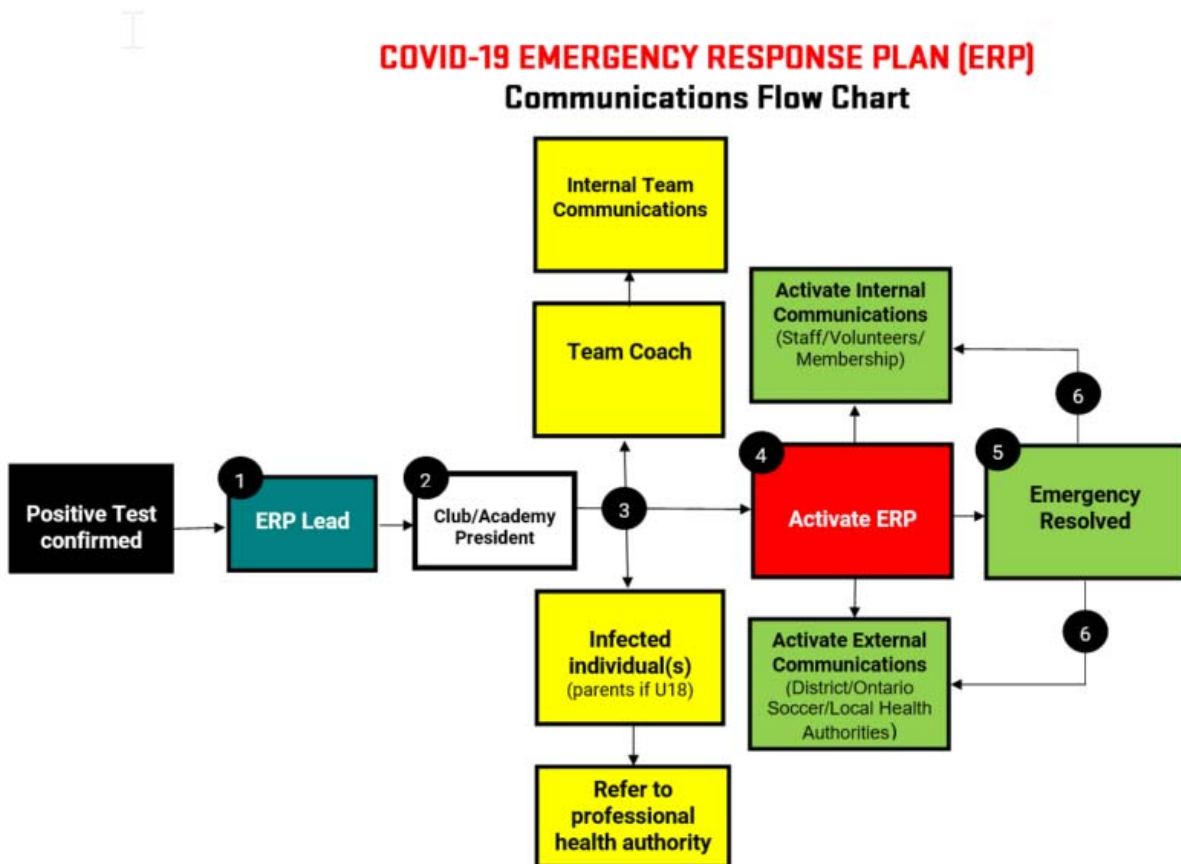
1.	Pre-Pandemic Activities	Responsibility
	<p>Planning and Coordination</p> <ul style="list-style-type: none"> a. Determine COVID-19 Emergency Response Plan (ERP). b. Create Emergency Response Plan for COVID-19 or add to existing ERP and include a section on pandemic influenza. c. Complete Canada Soccer/Ontario Soccer's Risk Assessment On-line. d. Incorporate Canada Soccer/Ontario Soccer's Return to Play protocols. e. Educate all internal organizational leaders of ERP Procedures Manual. e. Written communication plan flowchart if a positive test for COVID-19. f. Verify Ontario Soccer, Province of Ontario and/or local Municipal government permissions for Return to Play implementation following Ontario Soccer Return to Play protocols of implementation. 	<p>Board of Directors or Owner/Operator ERP Lead</p> <p>ERP Lead</p> <p>ERP Lead</p> <p>ERP Lead</p> <p>ERP Lead</p> <p>ERP Lead</p>
2.	Positive Test Phase	Responsibility
	<p>Confirmation of a COVID-19 positive test</p> <p>Communication System Consistent with Federal and Provincial/Territorial privacy regulations, acts, laws, etc. coaches, staff, officials, and families of players should self-report to the single point of contact (SPOC), also known as the "ERP Lead" if:</p> <ul style="list-style-type: none"> a. they have symptoms of COVID-19, or b. a positive test for COVID-19 is recorded, or c. were exposed to someone with COVID-19 within the last 14 days. <p>Note: See ERP Communications Flow Chart and end of this section.</p> <p>Advise Sick Individuals to Stay Home Sick coaches, staff members, officials, or players should not return until they are well enough based on Public Health Agency of Canada and Provincial Health Authority guidelines.</p> <p>Isolate and/or Transport Those Who are Sick Make sure that coaches, staff, officials, players, and families know that sick individuals should not attend any club activity,</p>	<p>ERP Lead</p>

ERP Lead

ERP Lead



	<p>contacts (logs and/or contact tracing information) of cases of COVID-19.</p> <p>The Provincial and Territorial Health agencies and their Contact Tracing procedures will be responsible for advising those who have had close contact with a person diagnosed with COVID-19 and determine whether someone should stay home and self monitor for symptoms. Members of the Club/Academy should continue to self-monitor for symptoms.</p> <p>The SPOC must notify the Provincial or Territorial Association of any cases of COVID-19. A weekly reporting system should be instituted for SPOC to advise the Provincial or Territorial Association of any cases of COVID 19, suspected cases, and where athletes or staff have been refused admittance to any training session. Even if there are no suspected cases, a 'nil' report should be required.</p>	ERP Lead
3. Post-pandemic Phase		Responsibility
	<p>Action and Communications</p> <ul style="list-style-type: none"> a. Confirm Provincial Health Officer has declared the COVID-19 pandemic is over. b. Send official written notice to your membership (i.e., volunteers, staff, coaches, parents, players, match officials) that the pandemic is officially over, the province's state of emergency order has been lifted and soccer activities can resume its full operations. Note: During this phase, there may be specific sport protocols to follow from Canada Soccer/Ontario Soccer and/or the Provincial health authorities (i.e., implementation of Infection Control Policies and Procedures). c. Conduct a full review of your COVID-19 Return to Play Implementation Plan as well as your COVID-19 Emergency Response Plan. Include a list of recommendations for improvements. d. Update your soccer organizations Emergency Response Plan for future use and have approved. 	<p>ERP Lead</p> <p>President</p> <p>ERP Lead</p> <p>ERP Lead in conjunction with Board of Directors or Owner/Operator</p>





Field Lay out

All ISC soccer fields will have 3 distinctive designated Zones with Ushers moving players between Zones to minimize the unnecessary flow of people or unnecessary activities or gathering of crowds.

Zone 1: Parents & Players Zone: which will usually be the parking Lot of the Soccer field. This area is designated to the parents and Players when arriving to the field. Parents are to wait in their cars or 6 Ft apart until Ushers attend to gather the players in a line up.

Zone 2: Team Manager Zone: this is a designated area for the Managers to gather attendance of players and collect waivers and forms.

Zone 3: the Lined Fields: This is a designated area for coaches and assistant coaches to set up their practice sessions and conduct their sessions. Please click on Training Fields for Rep competitive teams as an example:

[Tobias Mason Soccer Fields](#)

[Sandford Farm Soccer Fields](#)

Flow

- Parents shall arrive to Zone one with the players and wait for Staff member to attend to Zone 1 and line up the players and separate them from the parents.
- The staff will take the temperature of all players and ensure that each player has his bag with the practice equipment needed and name tagged.
- The Staff will walk the line to the team manager to collect forms and take attendance at Zone 2.
- Once that is done, the staff will Usher the line of players to the soccer field to hand over to coaches.
- players are not allowed to conduct any random soccer activities until they attend to Zone 3.
- After practice, the staff member will line up the players and usher them to the parking lot to ensure no contact between players.
- Players and parents leave the field and no contact with the coach.
- All communication with the team manager and the coaches shall be online on zoom meetings or over the phone.



Equipment Safety and Cleaning

Any soccer activity must comply with the health and safety protocols as outlined in this Return to Play Guide along with any new protocols issued by the Province of Ontario health authorities.

Recommendations:

- 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 sanitizer if water and soap are not immediately available.
- Do not share equipment – this includes shin guards, shirts, socks etc.
- When sneezing or coughing cover your mouth and nose with your arm or a tissue to reduce the spread of germs. Remember if you use a tissue, 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. Use this reference to help with your decision.
 - 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 do not 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 cleanable 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.
-



Provide safe and clean environment field clubhouse and Office.

The following health and safety guidelines relate to providing clean and sanitized facilities to allow a safe Return to Play.

This has been developed using recommendations from the Provincial Government provincial health authorities.

Additional public resource documents can be found here:

<https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>

Or

<https://covid-19.ontario.ca/>

Office spaces, clubhouses, rental facilities, and training and competition areas should adhere to the following guidelines to minimize the risk of transmission of COVID-19:

1. Any employee/player/parent/coach who is exhibiting symptoms of illness should stay home.
2. Recognize and Assess - this virus is transmitted via droplets during close, unprotected contact with an infected person, or by touching an infected surface and then the eye, nose, or mouth. It can also cause a range of symptoms including; sore throat, cough, fever and shortness of breath.

If you, or someone you have been in contact with either at work, home, or at soccer related activities and begins to exhibit any of these symptoms, it is imperative to inform your Coach, Club/Academy representative immediately. In addition, you should:

- Self isolate
- Complete the online self-assessment available here; Ontario COVID-19 Self Assessment App
- Contact Telehealth Ontario 1-866-797-0000
- Contact your primary health care provider

Screening of all individuals should also take place at a minimum weekly, or as directed by local authorities.



Establish Controls

It is recommended that in order to reduce the possibility of transmission, it is important to establish controls, which need to be followed by all parties responsible for a safe Return to Play.

Offices

- When feasible and with the coordination of your Supervisor, work from home as often as possible until government restrictions are relaxed.
- When Return to Office is in effect, work surfaces, devices, laptops, screens, and equipment should be cleaned daily in accordance with established facility cleaning protocols.
- Employees wash hands thoroughly with soap and water, or an alcohol-based hand sanitizer before entering the workplace, after contact with others, or when surfaces in contact with others have been touched.
- Visitors sanitize hands prior to entering the offices and will be required to wear a mask.
- Numbers of staff allowed into the office should be limited in accordance with provincial guidelines. Current regulations state two (2) metres (6 foot) distance required.
 - Practice physical distancing at all times while in the office.
 - Team/group meetings to take place outdoors, or in meeting rooms large enough to accommodate physical distancing rules.
 - Lunchroom should be off limits for eating.
 - Do not enter rooms/spaces where two (2) meters distance cannot be maintained, including washrooms.
 - Facemasks should be worn when physical distancing cannot be maintained or guaranteed, i.e., meetings, walking to washroom, etc.
 - As staffing levels increase, it may be necessary to implement rotating shifts or install protective barriers to ensure that physical distancing is maintained.
- Workplace, common spaces and readily accessible areas to be cleaned and sanitized thoroughly and often, and in accordance with established facility cleaning protocols.
- All staff and visitors should be required to sign in and out to ensure that contact tracing will be possible.
- Any in-person deliveries, visits or meetings that are not deemed priority should be rescheduled to another date or be conducted online.



- The use of central ventilation for heating and cooling to be minimized when possible. Open windows and doors where feasible, and use fans to force in fresh outdoor air to minimize the amount of recycled indoor air.
- Employees that do not feel well should not come to the office.
- Use of facemasks and gloves are recommended and should adhere to government directives for work place health and safety.

Field/Clubhouse

- Ensure alcohol- based hand sanitizer, cleaning solution and disposable towels are present and readily accessible for each session.
- Prior to entry and at the end of each session, all individuals to properly sanitize hands.
- Establish and clearly define separate entrance and exit locations to field/clubhouse.
- Control entry and exit to ensure physical distancing is observed. Parents should not be allowed onto field of play and should be directed to an approved viewing location. It is important to ensure NO gatherings of large groups while activity is taking place. Please respect social/physical distancing measures as set in place by governmental public health authorities.
- Ensure method of accurately tracking players/parents/coaches in attendance at each session to assist in [contact tracing](#), if required.
- Screening for symptoms of players/parents/coaches to take place before each session. If symptoms present ensure the following steps are followed:
 - Individual moved to isolated area (with parent/guardian as necessary).
 - Field/facility vacated and sanitized.
 - Contact your Public Health Unit or Telehealth Ontario 1-866-797-0000 and report the situation.



- Define areas on field, where space is possible, for individual storage of personal items:
 - Ensure spacing of two (2) metres (6 feet) is observed.
 - Players bring and use personally marked water bottles. No sharing of water bottles permitted.
 - Place personal items on a hard surface location, which can be easily cleaned and sanitized frequently, away from spectators. i.e., sidewalk, individual plastic bins, plastic covered tabletop.
 - 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.
- Clean and disinfect team benches, score clocks, water fountains or other commonly touched surfaces.
- Facility change rooms are closed until government orders are lifted, except in cases where washroom facilities do not exist elsewhere and need to be accessed.
- Communicate with field provider (private or municipal) to ensure cleaning and acceptable use guidelines have been developed, and that all established protocols have been implemented. Copies of protocols should be requested and/or be publically posted.
- Commonly touched surfaces should be cleaned using appropriate sanitizing solution at the beginning and end of each session. Those surfaces should include but not limited to:
 - Door handles,
 - Tables,
 - Gate entrances,
 - Equipment (balls, training supplies, etc.),
 - Player equipment storage locations, and
 - Bleachers or seating used by spectators.
- No sharing of personal items such as water bottles, goalie gloves, shin guards, pinnies, towels, etc.
- Do not allow food of any type to be consumed at the field/facility.
- Ensure sufficient time is allocated in between sessions to properly sanitize facility.



Cleaning Recommendations:

- Washroom and Change Rooms
 - Wet mopping of floors and shower floors/walls with 30:1 bleach solution.
 - Thorough cleaning of all fixtures, toilets, countertops, dispensers, doors, handles with approved sanitizing solution minimum two times per day or when visibly soiled.
 - Fogging of entire space using approved sanitizing solution is optional.
- Office Space
 - Wiping down of desktops, door handles, dispensers, countertops, storage, phones/handsets, photocopiers with approved sanitizing solution minimum two times per day or when visibly soiled.
 - Wet mop hard floor with 30:1 bleach solution.
 - Fogging of office space minimum of two occasions, six hours apart prior to staff return is optional.
- Field/Clubhouse
 - Wet mopping of hard floors with 30:1 bleach solution.
 - Thorough cleaning of all fixtures, dispensers, water fountains, door handles, fire extinguishers, vending machines, emergency devices, benches, time clocks minimum two times per day, when visibly soiled, and in between each rental group.
 - Fogging of all open spaces minimum of two occasions, six hours apart prior to re- opening of facility is optional.



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.





Select products

Cleaners

- Break down grease and remove organic material from the surface.
- Used separately before using disinfectants.
- Can be purchased with cleaner and disinfectant combined in a single product.

Disinfectants

- Have chemicals that kill most germs.
- Applied after the surfaces have been cleaned.
- Have a drug identification number (DIN).

Disinfectant Wipes

- Have combined cleaners and disinfectants in one solution.
- May become dry due to fast drying properties. Should be discarded if they become dry.
- Not recommended for heavily soiled surfaces.

Prepare products for use

- Where possible, use pre-mixed solution.
- Read and follow manufacturer's instructions to:
 - properly prepare solution
 - allow adequate contact time for disinfectant to kill germs (see product label)
 - wear gloves when handling cleaning products including wipes
 - wear any other personal protective equipment recommended by the manufacturer

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care. It can survive on different surfaces but can be killed by most cleaners and disinfectants.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: ontario.ca/coronavirus.

Sources:

Ontario Agency for Health Protection and Promotion (Public Health Ontario), Provincial Infectious Diseases Advisory Committee. Best practices for environmental cleaning for prevention and control of infections in all health care settings [Internet]. 3rd ed. Toronto, ON: Queen's Printer for Ontario; 2018. Available from: <https://www.publichealthontario.ca/-/media/documents/bp-environmental-cleaning.pdf>

The Regional Municipality of York, Community and Health Services. Proper cleaning and disinfection practices [Internet]. Newmarket, ON: The Regional Municipality of York; 2019. Available from: <https://www.york.ca/wps/wcm/connect/vorkpublic/928899a7-d56b-47af-a9a0-b6e62d8e0bb7/Proper+Cleaning+and+Disinfection+Practices.pdf?MOD=AJPERES&CVID=mVMtoGe>

The information in this document is current as of March 11, 2020

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Attention Visitors

If you feel unwell (cough, fever,
breathing difficulties)

please delay your visit

AND

**contact your health care provider, or
Telehealth Ontario (1-866-797-0000)**

Ontario 

[Return to Office Protocols](#)



Return To Office Plan COVID-19

Date of Issue: June 10th 2021

OVERVIEW

International Soccer Club has an obligation under the Occupational Health and Safety Act (OHSA) to protect its workers from hazards in the workplace and to abide by regulations and directives set out by the Chief Medical Officer of Health. As such, employees need to be aware of any known hazards and to report those, along with any other concerns, to their Department Lead or Human Resources department. This will help to ensure that all reasonable precautions are taking place, and to help rectify any unknown or new issues as they arise

SCOPE

This plan encompasses all employees of International Soccer Club as well as any visitors/guests/service providers who may be welcomed into the facility and has been established in accordance with guidelines set out by the Government of Ontario, and the Chief Medical Officer of Health.

POLICY

It is the policy of Internatoinal Soccer Club, to follow guidelines established by the Government of Ontario and all relevant medical professionals while dealing with the COVID-19 situation. As best practices and professional advice change, so will this policy.

STANDARDS/PROCEDURES

1. Any employee who is exhibiting symptoms of illness should stay home.
2. Recognize and Assess



This virus is transmitted via droplets during close, unprotected contact with an infected person, or by touching an infected surface and then the eye, nose, or mouth. It can also cause a range of symptoms including but not limited to:

- Sore throat
- Cough
- Fever
- Shortness of breath

If you, or someone you have been in contact with either at work or elsewhere begins to exhibit any of these symptoms, it is imperative to inform your Department Head, or HR Representative immediately. In addition, you will:

- Self isolate
- Complete the online self-assessment available at <https://covid-19.ontario.ca/self-assessment/>
- Contact Telehealth Ontario 1-866-797-0000
- Contact your primary health care provider

CONTROLS

The following measures and options for protecting workers from exposure to COVID-19 have been established:

- When feasible, and with the coordination of your Department Head, work from home as often as possible.
- Work surfaces, devices, laptops, screens, and equipment will be cleaned daily in accordance with established facility cleaning protocols.
- Employees must wash hands thoroughly with soap and water, or an alcohol based hand sanitizer before entering the workplace, after contact with others, or when surfaces in contact with others have been touched.
- Visitors/guests/service providers will be required to sanitize hands prior to entering the offices or facility and will be required to wear a mask at all times.
- Numbers of staff allowed into the office will be limited in accordance with provincial guidelines. Current regulations state 2m (6 foot) distance required:
 - Practice physical distancing at all times while in the office
 - Team/group meetings to take place in (Meeting Room name) only. Room will be setup in accordance with physical distancing rules
 - Lunchroom will be off limits for eating. Food can be heated but lunch can take place in restaurant observing social distancing
 - Do not enter rooms/spaces where 2 meter distance cannot be maintained
 - Facemasks must be worn when physical distancing cannot be maintained or guaranteed, i.e. meetings, walking to washroom, etc.
 - As staffing levels increase it may be necessary to implement rotating shifts or install protective barriers to ensure that physical distancing is maintained
- Workplace, common spaces and readily accessible areas will be cleaned and sanitized thoroughly and often, and in accordance with established facility cleaning protocols.
- All staff and visitors/guests/service providers will be required to sign in and out to ensure that contact tracing will be possible.
- Any in-person deliveries, visits or meetings that are not deemed priority should be rescheduled to another date or be conducted online.

THE INTERNATIONAL SOCCER CLUB

In Mississauga



- Central ventilation will be minimized when possible, and additional measures to introduce fresh air will be implemented.
- Employees will be screened regularly for health issues.
- Facemasks and gloves will be provided for individual use as requested. Facemask limits of one (1) per day will be necessary to ensure supply availability. Proper use training of Personal Protective Equipment (PPE) will be provided.

EVALUATE

COVID-19 has presented a number of operational challenges for workplaces. Constant evaluation of current conditions will take place, and modifications required due to government directives may need to occur on a daily basis. As this is an evolving situation, it is imperative that staff remain engaged on what is working and what is not. Preventative measures put in place to protect employees will be evaluated daily, and modified where necessary.



Return to Work Questionnaire

Are you experiencing any of the following symptoms: fever, cough, shortness of breath, trouble swallowing, runny/stuffy nose or nasal congestion? YES NO

Are you experiencing nausea, vomiting, diarrhea, abdominal pain or general feelings of tiredness, sore muscles, or not feeling well? YES NO

Have you experienced cold or flu-like symptoms (fever, dry cough, difficulty breathing, respiratory illness, decrease/loss of smell) in the last 14 days? YES NO

Have you travelled outside of Canada in the last 14 days? YES NO

Have you been in close contact / live with anyone who has travelled outside of the country and returned in the last 14 days? YES NO

Have you had close contact with a person who is in isolation, cared for someone in isolation, or has a suspected or confirmed case of COVID-19? YES NO

Have you been told to self-isolate by Public Health or a medical professional? YES NO

If you answer YES to any of these questions, and have not discussed your situation with your supervisor do not report to work, call your supervisor and call your Health Care provider immediately for next steps

GENERAL PRECAUTIONS

- Avoid touching your eyes, nose, or mouth
- Face masks are mandatory when indoors
- Practice physical distancing of 2m (6 ft.)
- Wash hands frequently, or use approved hand sanitizer

Email _____

First Name _____

Last Name _____

Date: _____

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In Mississauga



Appendixes

CONTACT TRACING LOG FOR ORGANIZATION

Under [Privacy Regulations](#) you have a right to access and correct any information we hold about you.

[illegible]



Covid-19 Public Health Resources

[Ontario Soccer COVID-19 Updates](#)

[Province of Ontario COVID-19](#)

[COVID-19 mental health online and phone support](#)

[Updates from the CSIO Sport Medicine Advisory](#)

[Health Canada](#)

[U.S. Centers for Disease Control and Prevention](#)

[World Health Organization](#)

[Travel Advice and Advisories site](#)

[COVID-19 and Mental health and well-being Coping with stress and anxiety](#)



Return to Play - Team Managers

Return to Play (RTP), This protocol is developed so our athletes & staff can safely return to the pitch, following the pandemic. This is safety precautions ISC would like to maintain on an ongoing basis. Please ensure that the following guidelines are being implemented for practices and games:

- All Members must Always wear Masks.
- Team Managers must complete the [Ontario Soccer Covid-19 waiver of liability](#) once. Please print and sign to deliver to you to drop at the drop box at the office prior to start of the sessions – no exceptions.
- Team managers must complete prior to attending each session the [Ontario COVID-19 Self-Assessment](#).
- Verbal and/or documented health checks for symptoms and [Contact tracing Log sheet](#) should be completed prior to every training session for your team.
- If an individual is exhibiting symptoms related to COVID-19, they must be sent home immediately. If an individual is experiencing symptoms of fever, cough, shortness of breath, runny nose or sore throat, they are legally obligated to self-isolate. As per the Declaration of Compliance, they are NOT permitted to return to training for 14 days from the day they last experienced symptoms.
- Please ensure staggered arrivals & departures of players must be done at parking lot
- If you suspect any player or parent experiencing any symptoms of illness (fever, coughing, sneezing) you must ask the appropriate screening questions and if confirmed to any of the above, you must ask the individual to be isolated from the rest of the crowd and until she or he is send home & please report to Club
- Please ensure all players entering the field must disinfect their hands. Please ensure that all parents around the field must use Masks.
- Cancellation of training due to thunderstorms will be posted on Coach group 1-hour prior training to send to parents.
- Please ensure that all players must arrive to the field with their own soccer ball and their own hand sanitizers name tagged and additional white practice Tshirt. No Handshake
- Managers must have a bag of first aid
- Ensure players' equipment bag must be disinfected by players & maintained in the appropriate area
- Make sure players equipment is socially distanced and during breaks all protocols are still followed.



Return to Play - Coaches

Return to Play (RTP), This protocol is developed so our athletes & staff can safely return to the pitch, following the pandemic. This is safety precautions ISC would like to maintain on an ongoing basis. Please ensure that the following guidelines are being implemented for practices and games:

- All Members must Always wear Masks except on Field. Please bring First Aid kit onsite.
- Coaches must complete the [Ontario Soccer Covid-19 waiver of liability](#). Please print and sign and deliver to drop box at the office prior to start of the sessions – no exceptions.
- Coaches must complete prior to attending each session the [Ontario COVID-19 Self-Assessment](#) – no exceptions.
- Focus is on individual technical, physical, and cognitive abilities (individual ball work preferred; no heading/handling of ball)
- If an individual is exhibiting symptoms related to COVID-19, they must be sent home immediately. If an individual is experiencing symptoms of fever, cough, shortness of breath, runny nose or sore throat, they are legally obligated to self-isolate. As per the Declaration of Compliance, they are NOT permitted to return to training for 14 days from the day they last experienced symptoms.
- All Arrivals & Departures from sessions must be staggered
- Time manage effectively & utilize virtual/online tools for session discussions. Work with ISC Technical Manager on Session Planning & attend virtual workshop.
- Cancellation of training due to thunderstorms will be posted on Coach group 1-hour prior training to send to parents.
- Position Players in designated space. maintain same players within same grouping for sessions
- Must Monitor, enforce and educate players on arrival & departure guidelines
- Coaches must move all discussions virtually/online to mitigate risks
- Coaches must sanitize ALL equipment before & after each session *no shared equipment*
- Must Bring your own equipment/water bottle/clearly marked and kept separate from players.
- Players must bring own ball, hand sanitizer, extra practice white t-shirt & equipment name tagged.
- Coaches must stay in Coaching Zone only (soccer field) away from Managers and Parents



Return to Play - Players

Return to Play (RTP), This protocol is developed so our athletes & staff can safely return to the pitch, following the pandemic. This is safety precautions ISC would like to maintain on an ongoing basis. Please ensure that the following guidelines are being implemented for practices and games:

- All Members must Always wear Masks except on Fields.
 - Players must complete prior to attending each session the [Ontario COVID-19 Self-Assessment](#) at least once a week
- no exceptions
 - Players must sign the [Ontario Soccer Covid-19 waiver of liability](#). Please print and sign and deliver to team manger prior to start of the sessions – no exceptions.
 - All players must bring their own labeled equipment in their own individual bag, placed into a socially distanced location, field side.
 - Each player must have their own hand sanitizer, water bottle, soccer ball and extra white Tshirt clearly labeled.
 - Absolutely no sharing, no high-fives, no handshakes, no touching of any sorts
 - Arrival & departure times must be staggered – plan to arrive 15 minutes before sessions and wait in car until called.
 - Wash hands prior to and following each session for a minimum of 20 seconds.
 - All players/parents must sign all waivers prior to attend to field– no waiver, no playing
 - All equipment should be washed after each practice
 - Remove yourself to the side away from everyone if you experience any signs of illness sneezing, temperature, coughing.
 - Must avoid touching your eyes, nose or mouth at all times
 - DO NOT touch the equipment used for the sessions. Only move the ball with your feet (no other part of your body), if asked.
-



Return to Play - Parents

Return to Play (RTP), This protocol is developed so our athletes & staff can safely return to the pitch, following the pandemic. This is safety precautions ISC would like to maintain on an ongoing basis. Please ensure that the following guidelines are being implemented for practices and games:

- All Members must Always wear Masks.
 - Players must complete prior to attending each session the [Ontario COVID-19 Self-Assessment](#).
 - Parents and guardians must provide written consent for players authorizing them to participate in soccer training, and ensure they understand hygiene protocol. Parents must complete (once) the [Ontario Soccer Covid-19 waiver of liability](#).
 - Please print and sign and deliver to team manager prior to start of the sessions– no exceptions.
 - Complete NEW waivers online- no waivers, no playing
 - Ensure son/daughter has all items needed for sessions (equipment + water bottle)- all labeled.
 - Wash your hands with soap and water (minimum 20 seconds) or use a 70% alcohol-based hand sanitizer before heading to the field & After sessions.
 - Ensure all player's equipment is washed separately from other household items and before and after every session.
 - Ensure child is healthy before every session and any changes should be reported to your coach & Club RTP Lead (Business Manager).
 - If a player is showing symptoms during a session, they must immediately be isolated and sent home – no exceptions.
 - Supply your child with individual hand sanitizer.
 - Staggered Arrival & Departures - plan for 15 minutes before & leave immediately following sessions.
 - Avoid congregating at field entry/exit points to limit bottle necking.
 - Parents are advised to wait in their cars during sessions (in case of emergency)
 - Parents must stay in Parent Zone away from Field before during and after practice.
-



Return to Play – Team Officials

Return to Play (RTP), This protocol is developed so our athletes & staff can safely return to the pitch, following the pandemic. This is safety precautions ISC would like to maintain on an ongoing basis. Please ensure that the following guidelines are being implemented for practices and games.

- All Members must Always wear Masks except on Field.
- Team Officials must complete prior to attending each session the [Ontario COVID-19 Self-Assessment](#) - no exceptions
- Please sign the [Ontario Soccer Covid-19 waiver of liability](#). Please print and sign and deliver to drop box at the office prior to start of the sessions– no exceptions.
- Match Officials should be physically preparing for the demands to return to the pitch.
- Match Official Fitness & Education Refresher courses to be held digitally by club to educate on changes to LOTG
- All sessions to be mindful of Municipality Phase & Requirements
- All post-game discussions amongst match officials should be mindful of social distancing requirements
- Do not share equipment- bring own water bottle, pen, whistle, cards, & other items as needed
- Match officials must wash hands prior to each game and bring personal hand sanitizer
- Face masks/coverings are at the discretion of the match official & recommended for Associate Referees (when used)