



Growing Our Game

Port Coquitlam Euro-Rite Football Club

Document	COVID-19 – Return to Play Plan (RTP)
Last Modified	2020-06-21

PROGRAM PURPOSE

All PCEFC on-field staff and team officials must be familiar with and adhere to this protocol checklist at all times during PCEFC organized soccer activities.

It is important that all PCEFC members, including its staff and team officials, acknowledge (1) the risks associated with returning to play, and (2) their agreement to follow the provincial government's (through the PHO and Via Sport) and the provincial sport organization's (BC Soccer) plans.

Sport and physical activity play an important role in the physical, psychological and emotional well-being of citizens in British Columbia. For this and other economic and social reasons we are all eager to resume sport activities. However, the health and safety of all participants must remain the number one priority.

Under the guidelines of the [Province of BC's Restart Plan: Next Steps to Move Through the Pandemic – Phase 2](#), [Via Sport's Return to Sport Plan](#), and [BC Soccer Return to Play Plan – Phase 1](#), PCEFC has developed an On-Field Protocol Checklist for Staff and Team Officials to follow to help ensure a safe environment for players, team official, staff, parents, and spectators. We are basing our plan on BC's Five Principles for Every Situation

Please note: *In BC's Restart Phase Two / BC Soccer's Return to Play Phase 1, some easing of restrictions will enable certain businesses and activities to open and operate within the orders of the Provincial Health Officer (PHO). This is not a return to normal, but rather to a "new normal" which will require everyone to modify their behavior, stay informed, apply protective measures and follow public health advice.*

We are currently in "Transition Measures Phase" of the Via Sport Return to Sport Plan.



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	Strictest Controls Prior to May 19, 2020	Transition Measures Approx. May 19th 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

Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none"> Frequent handwashing Cough into your sleeve Wear a non-medical mask No handshaking 	<ul style="list-style-type: none"> Routine daily screening Anyone with any symptoms must stay away from others Returning travellers must self-isolate 	<ul style="list-style-type: none"> More frequent cleaning Enhance surface sanitation in high touch areas Touch-less technology 	<ul style="list-style-type: none"> Meet with small numbers of people Maintain distance between you and people Size of room: the bigger the better Outdoor over indoor 	<ul style="list-style-type: none"> Spacing within rooms or in transit Room design Plexiglass barriers Movement of people within spaces

Copies of the various governing plans can be found below:

PROVINCE OF BC RESTART PLAN – PHASE 2 [Web Link Here](#)

VIA SPORTS RETURN TO SPORT [Web Link Here](#)

BC SOCCER'S RETURN TO PLAY PLAN [Web Link Here](#)



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COVID-19 AND 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 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.

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

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

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

Symptoms of COVID-19:

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.

FACILITIES

The Provincial Health Officer has banned gatherings of 50 or more. BC Soccer has determined that this will be the maximum capacity of a full-sized soccer pitch – including players and coaches. Training sessions under BC Soccer Phase 1 will be structured to maintain a minimum of 2M of physical distance between participants and coaching staff at all times.

To mitigate risks related to the facility the following protocols are being implement:

Restricted Access:

- a. PCEFC has developed a facility access plan (see appendix). This includes designated lots for pick-up and drop off, as well as entry and exiting fields.



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- b. There will be scheduled gaps between sessions to allow sufficient time to clear the field and sanitize any equipment as required.
No one is to arrive more than 10 minutes before their session, nor linger after their session. Parents are expected to adhere to the pick-up/drop off times as closely as possible to help us maintain proper social distancing.
- c. All equipment storage areas are to be accessed by PCEFC Staff only.
- d. Locker Rooms are restricted and will remain closed.
- e. There are no water fountains available at any park. Please be sure to bring your own sufficient supply.

PROGRAM PRE-REGISTRATION

- a. All participants must be registered for the 2020/2021 Fall Season, and be in good standing with any payment plans.
- b. Summer programs will be led by PCEFC staff with support from volunteer coaches. It will require a separate, free registration – attendance will be tracked in case contact tracing is needed. No drop-ins will be allowed.
- c. All participants (or their guardian) will need to confirm that they understand the PCEFC Participant agreements, Release of Liability, Waiver of Claims, Assumptions of Risks and Indemnity Agreement

FIRST AID

In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves (PPE). All coaches are required to maintain a stocked first aid kit complete with all required PPE. The kit must be brought to all sessions – both practices and games (when allowed). We strongly encourage at least 1 team staff to be a certified first aid attendant.

A guide for employers and Occupational First Aid Attendants: <https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>

First aid protocols for an unresponsive person during COVID-19: <https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-person-during-covid-19>



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OUTBREAK PLAN

Early detection of symptoms will facilitate the immediate implementation of effective control measures. An “outbreak” is two or more a “case” of COVID-19, however all suspected and confirmed cases need to be reported.

Club run programs can be modified, restricted, postponed or cancelled by at the discretion of the following individuals: President, Vice-President – Soccer, Vice-President – Operations, or the Technical Director.

Any suspect or confirmed cases should be reported as soon as possible to the team coach and to the Club Administrator – info@pocosoccer.com.

If any participant (player, coach, or technical staff) reports they are suspected or confirmed to have COVID-19 and have been at an activity, our illness & notification process will be initiated.

The reporting individual participant will be advised to:

- self-isolate
- monitor their symptoms daily
- report respiratory illness
- 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.
- not to return to activity for at least 14 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 – regardless of a positive test.
- An earlier return to play may only be granted with a doctor’s note.
- Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
- Individuals can learn more about how to manage their illness here:
<http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>

The following notifications will take place:

- 1) City of Port Coquitlam, Recreation Department at 604-927-7900
- 2) All participants that were present during recent sessions with the reporting individual.
- 3) Any participants that may have used shared equipment in a subsequent session, if any.

Regional Health Authorities: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/partners/health-authorities/regional-health-authorities>



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EQUIPMENT SANITATION

Training equipment will include use of cones and soccer balls. Staff will be trained in appropriate sanitation of all equipment. Participants will not be permitted to pick up cones or soccer balls with hands. Club Staff will be responsible for all equipment and sanitation. Goal nets are to be moved only by staff.

For more information on cleaning and disinfecting: http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf

HYGIENE & SAFETY

Participants, staff and volunteers at higher risk of experiencing severe illness should not take part in any soccer related activities.

- a. All staff volunteers and participants are required to screen for symptoms daily. Each morning participants will receive an email reminding them to complete their daily screening.

The BC COVID-19 Self Assessment Tool is available to assist with daily screening. <https://bc.thrive.health>

Participants should NOT attend if:

- You don't feel well or are displaying symptoms of COVID-19
 - Someone in your household has, or is showing symptoms of COVID-19
 - Someone in your household has traveled outside of Canada in the last 14 days
- b. All staff & volunteers are required to use hand sanitizer when arriving at the field/training session, between sessions and before leaving the session/field. A supply will be provided by the club for staff.
 - c. All participants are required to bring a bag with their own water-bottle, hand sanitizer, gloves, and mask to every session; along with any other PPE items needed for your comfort. Masks are to be worn when distancing cannot be maintained.
 - d. All participants will be required to use personal hand sanitizer when arriving at the field/training session and when leaving the session/field.
 - e. Participants will be instructed before each session the guidelines of social distancing, hygiene, and not touching equipment including balls. Failure to follow these rules will result in the participant being removed from the session and/or program. No exceptions.
 - Reminders to avoid touching their face, eyes, nose and mouth
 - Reminders to cough and sneeze into your elbow.
 - No touching of the ball with your hands or heading the ball allowed.
 - No touching will be permitted of other participants, the staff, or equipment.
 - f. Personal Protective Equipment (gloves, mask) will be available to staff where risk of exposure is high (cannot maintain social distancing) and must be worn while providing first aid. Training will be given to



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staff on how to put masks and gloves on and off.

- g. Rule of Two must still be strictly enforced.
- h. No hand shaking, high fives allowed. No team huddle at the conclusion of the session.

Parents: We ask families to limit the number of spectators watching a session. We ask that you adhere to the drop off and pick-up points as noted in the appendix, and to help us maintain social distancing at all times. Parents are not permitted to enter the field at any time before, during, or after the session. All families need to consider their own situation and comfort level to return to play – there is always risks in participating in sports.



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APENDIX A – STAFF/COACH/TEAM OFFICIAL CHECKLIST

1. IF YOU WISH TO COACH SOCCER, BEFORE YOU COACH:
 - a. Make sure the Club had your completed CRC and your required level of Certification is attained or in the process of being attained.
 - b. You have returned to the Club your information acknowledgement waiver.
<https://pocosoccer.wufoo.com/forms/xtbkq9k0ah0nn9/>
 - c. You understand the Club's Return to Play (RTP) Plan & associated documents and are ready to learn and implement the requirements of the RTP Plan.
 - d. Have with you the information or access to the information to reference emergency measures and contact information. These can be found on our website at <https://pocosoccer.com/club-forms/>
 - e. Have with you safety equipment including:
 - i. Hand sanitizer for personal and emergency player use
 - ii. Sanitary wipes for personal and emergency player use
 - iii. Gloves, to be worn at all times while providing first aid, and in any other situation where you deem necessary.
 - iv. Bring a suitable receptacle in your knapsack to hold disposed sanitary equipment or wipes until they can be safely permanently disposed.
 - v. COVID-19 safety mask to use when attending an injury or sick player, and/or when social distancing cannot be otherwise attained, and/or use for your personal comfort.
 - vi. See Required Equipment List for more information.
 - f. Ensure there is a plan for you or the Club to provide safe equipment (balls, cones, etc..) to use during training.
 - g. Do not coach if you:
 - i. Exhibit any coronavirus symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts.
 - ii. Have been in contact with someone with COVID-19 in the last 14 days.
 - iii. Are considered vulnerable or at risk (elderly individuals, immunosuppressed persons, individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma).
2. PREPARING TO COACH – PROTECT YOURSELF AGAINST INFECTIONS:
 - a. Perform a daily self-check for possible COVID-19; wellness questionnaires and use of self-assessment tools are recommended; download the BC COVID-19 Support App which includes a self-assessment tool.
 - b. Prepare/attain a list of Club registered only players approved for the session; this list will be used for attendance and kept by you for your records in case needed by the Club.
 - c. Ensure all players have received and read the PLAYER checklist (see below).
 - d. Have a clear arrival, equipment, session, and exiting plans ready. Resource link for session plans from BC Soccer: [BC Soccer Return to Play Plan – Phase 1 - sample sessions designed to work within the recommendations and guidelines](#)



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- e. Wash your hands with disinfectant soap and water for at least 20 seconds before going to the soccer activity.
- f. Bring hand sanitizer.
- g. Bring your own soccer ball to demo, and bring soccer balls sanitized if needed.
- h. Bring your own water bottle, and make sure you have enough water before leaving the house
- i. Clean your equipment, including your water bottle.
- j. Do not share equipment that is not sanitized.
- k. Change into your soccer apparel at home (not at the field location).
- l. If you cough or sneeze, do so in a tissue or in your sleeve.
- m. Avoid touching door handles, gates, benches and all other objects where the virus could survive. If you touch something, make sure to wash your hands and disinfect the surface you have touched as quickly as possible.

3. WHILE COACHING:

- a. From your prepared list, ensure only Club registered players are attending the session
- b. Take attendance all players and staff.
- c. Comply with the distancing measures and recommendations issued by the provincial government health authorities, including the arrival and departure of players (except for family members or persons residing in the same household).
- d. Keep the area of the field the coach is instructing in clear.
- e. Ensure only the person/people identified in the equipment plan to handle equipment do so.
- f. As much as possible, keep a 2-meter distance with other players.
- g. Avoid physical contact with anyone.
- h. Do not shake hands or do fist bumps, with anyone.
- i. Only allow designated people to touch the ball and other equipment with hands.

4. AFTER COACHING:

- a. Ensure all players have left the field quickly following the exit plan.
- b. Ensure all equipment, including goals, is dealt with as per the equipment plan,
- c. Wash your hands carefully with water and disinfectant soap or with hand sanitizer.
- d. Ensure no one uses locker rooms or changing areas.
- e. Leave the field as quickly as possible after you finish coaching.

5. FAILURE TO FOLLOW:

- a. Should any participants and/or individuals fail to follow these recommendations and guidelines may result in removal from participation.



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APENDIX B – PLAYER & FAMILY CHECKLIST

1. IF YOU WISH TO PLAY SOCCER, BEFORE YOU PLAY:
 - a. You are a PCEFC Club registered player for the 2020-21 Season.
 - b. You understand the Club's Return to Play (RTP) Plan & associated documents and are ready to learn and implement the requirements of the RTP Plan.
 - c. Have with you the information or access to the information to reference emergency measures and contact information. (Documents can be found on our website at: <https://pocosoccer.com/club-forms/>)
 - d. Have with you safety equipment including:
 - i. Hand sanitizer for personal use
 - ii. Sanitary wipes for personal use
 - iii. Gloves, to be worn if requested by a PCEFC staff member or team official, or for personal safety comfort.
 - iv. COVID-19 safety mask to use if requested by a PCEFC staff member or team official, or for personal safety comfort.
 - e. Do not play if you:
 - i. Exhibit any coronavirus symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts.
 - ii. Have been in contact with someone with COVID-19 in the last 14 days.
 - iii. Are considered vulnerable or at risk (elderly individuals, immunosuppressed persons, individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma).
2. PREPARING TO PLAY – PROTECT YOURSELF AGAINST INFECTIONS:
 - a. Perform a daily self-check for possible COVID-19; wellness questionnaires and use of self-assessment tools are recommended; download the BC COVID-19 Support App which includes a self-assessment tool.
 - b. Have a clear understanding of the arrival and exiting plans.
 - c. Wash your hands with disinfectant soap and water for at least 20 seconds before going to the soccer activity.
 - d. Bring hand sanitizer / sanitary wipes / gloves / masks.
 - e. Bring a suitable receptacle in your knapsack to hold disposed sanitary equipment or wipes until they can be safely permanently disposed.
 - f. Bring your own soccer ball if possible and requested.
 - g. Bring your own water bottle, and make sure you have enough water before leaving the house.
 - h. Clean your equipment, including your water bottle.
 - i. Do not share equipment that is not sanitized.
 - j. Change into your soccer apparel at home (not at the field location).
 - k. If you cough or sneeze, do so in a tissue or in your sleeve.
 - l. Avoid touching door handles, gates, benches and all other objects where the virus could survive. If you touch something, make sure to wash your hands and disinfect the surface you have



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touched as quickly as possible.

3. WHILE PLAYING:

- a. Check in with the session leader and take part in the mandatory attendance check.
- b. Comply with the distancing measures and recommendations issued by the provincial government health authorities, including the arrival and departure plans.
- c. Keep clear of the area of the field the coach is instructing from.
- d. Ensure only the person/people identified in the equipment plan to handle equipment do so.
- e. As much as possible, keep a 2-meter distance with other players.
- f. Avoid physical contact with anyone.
- g. Do not shake hands or do fist bumps, with anyone.
- h. Avoid touching the ball and other equipment with your hands or head.

4. AFTER PLAYING:

- a. Wash your hands carefully with water and disinfectant soap or with hand sanitizer.
- b. Do not use locker rooms or changing areas.
- c. Ensure you leave the field quickly following the exit plan.

5. SPECTATING:

- a. If watching any event, please do so at a safe distance from the event area, and well outside the event area boundaries.
- b. Adhere to all current social distancing guidelines as well as all facility guidelines; please refer to the City's facility guidelines at <https://www.portcoquitlam.ca/city-services/community-safety/emergency-preparedness/pandemics/covid19/>
- c. Do not convene in spectating areas unless strictly adhering to current COVID-19 guidelines.
- d. Do not come in contact with equipment (eg. balls) that leave the event area.

6. FAILURE TO FOLLOW:

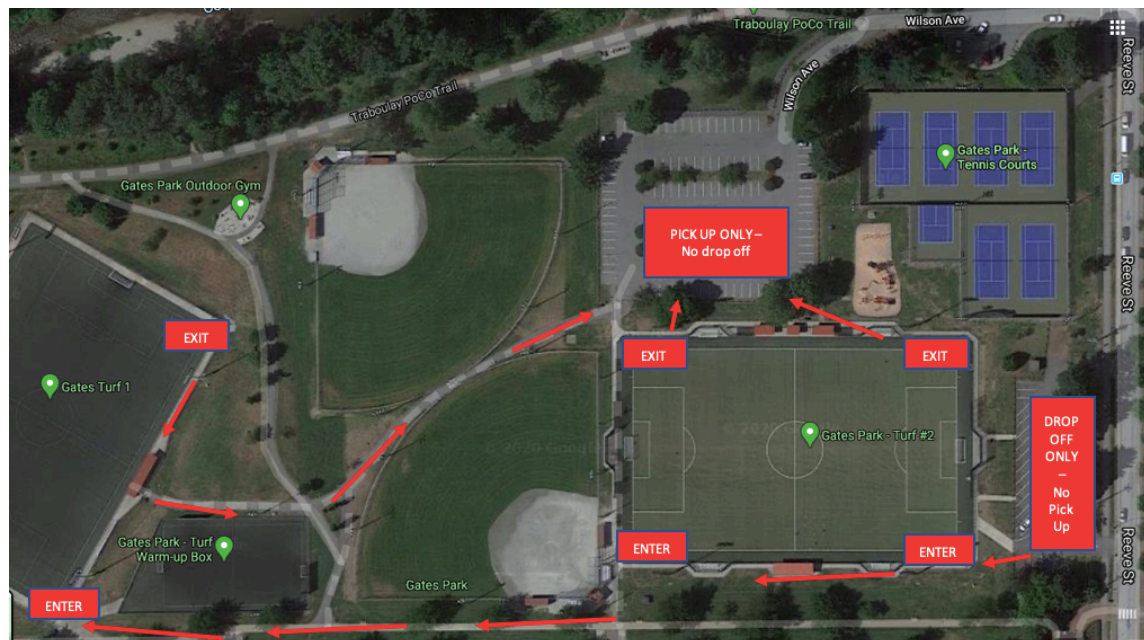
- a. Should any participants and/or individuals fail to follow these recommendations and guidelines may result in removal from participation.



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APENDIX C – GATES PARK ARRIVAL AND DEPARTURE PLAN



DROP OFF: All participant drop offs are to be done in the small parking lot off Reeve Street no more than 10 minutes before the session start time.

Arrival:

Turf 2 Sessions: Entrances will be from the south side of the field only. Participants will be advised prior to the session if they are to use to the east or west entrance. Make sure to maintain social distance while entering the field.

Turf 1 Sessions: Players should walk up the main pathway from the drop off location, and directly onto Turf 1. Make sure to maintain social distance while entering the field.

Departure:

Turf 2 Sessions: Exits will be from the North side of the field only. Please leave the field on the same side as your arrival/session. Make sure to maintain social distance while Exiting the field.

Turf 1 Sessions: Players should exit the field from the North exit, and make their way up from the spectator bleachers up the north pathway between the ball diamonds to the pick-up location in the main parking lot. Make sure to maintain social distance while exiting the field.

Pick-up: All participants are to be picked up as close as possible to their session end time and to avoid loitering. Pick-ups to be made in the main parking lot off Wilson Ave.