

## SCARBOROUGH RANGERS SOCCER CLUB

### RETURN TO PLAY GUIDELINES

The Government of Ontario announced on May 20, 2021, their new Road Map to Re-Opening Framework. Outdoor Team Sports have been confirmed by the Government of Ontario to open Stage 1 on June 11, 2021, and Step 2 on June 30, 2021, at 12:01AM.

#### **Team Training and League Games (Stage 2)**

Date: June 30, 2021: 12:01 am

Conditions: Now met, reopening to begin

Restrictions: None

- 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.

Field of Play: No restriction.

Bench and Technical area: No restrictions.

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.

**Important things to know before participation:**

**All players and team officials must register their participants in OSCAR – the official Registry for Ontario Soccer.**

**Youth and Adult Participant Waivers are required for all participants registered with the Club.**

**The following forms should be filled and signed by the player and team officials before the start of play (see Appendix):**

- 1) Player - Informed Consent and Assumption of Risk Agreement** This form must be signed by the parent or guardian of participants under the age of majority (17 years of age and under).
- 2) Team official - Release of liability, waiver of claims and indemnity agreement.** This waiver is to be signed by participants of the age of majority and over. (18 years of age and older)
- 3) Declaration of Compliance – Covid 19 (All individual entering the facility must comply with this declaration)**

**Team officials must maintain a CONTACT TRACING LOG.**

**Cleaning equipment and safety guidelines, please refer Ontario Soccer Return to Play.**

## Age and Stage Considerations

Active Start U6 and younger (parent and child to 3v3)	Fundamentals U7-U9 (U7-U8 5v5, U9 7v7)	Learn 2 Train U10-U12 (U10 7v7, U11-U12, 9v9)	Soccer 4 Life U13+ - (modified games up to 11 v 11)
<ul style="list-style-type: none"> <li>•1 Player + 1 Parent/Guardian/Sibling</li> <li>•Children at this age may struggle to maintain social distancing and to complete technical based activities.</li> <li>•Using a parent or sibling will aid the coaches to deliver different activities as the child will have a parent/guardian/sibling to help manage them and some of the logistics to ensure social distancing is maintained.</li> <li>•Be overly conservative when spacing out areas to maintain social distancing.</li> </ul>	<ul style="list-style-type: none"> <li>•1 Player + 1 Parent/Guardian/Sibling</li> <li>•Children at this age often need interaction with someone to remain engaged and complete technical based activities.</li> <li>•Players may not have yet developed focus to find isolated practices with a ball enjoyable. Therefore, utilizing a parent/guardian/sibling to partake in the practice will provide a more fulfilling experience as it will increase the number of different activities the athlete can experience. As someone from their own household does not need to maintain social distancing from the player. This will help create opportunities to plan activities that include a partner or opposition.</li> <li>•Be overly conservative when spacing out areas to maintain social distancing.</li> </ul>	<ul style="list-style-type: none"> <li>•Athletes at the L2T stage should be engaged in the progression of activities during the different phases.</li> <li>•Engaging them about their strengths and weaknesses within different activities will assist the coaches in giving the players individualized tasks.</li> <li>•The individualized consideration will help keep the players engaged and focused. Creating fun challenges that include social outcomes will provide an enjoyable and exciting practice to participate in.</li> <li>•Be conservative when spacing out areas to maintain social distancingUU10</li> </ul>	<ul style="list-style-type: none"> <li>•Athletes at the S4L stage should be engaged in the progression of activities during the different phases.</li> <li>•Engaging them about their strengths and weaknesses within different activities will assist the coaches in giving the players individualized tasks.</li> <li>•The individualized consideration will help keep the players engaged and focused. Creating fun challenges that include social outcomes will provide an enjoyable and exciting practice to participate in.</li> <li>•Players should understand what social distancing is, and be able to respect the social distancing requirements in place</li> </ul>

## **GUIDELINES AND RECOMMENDATIONS FOR PLAYERS**

1. All players utilize the “Self-Check” online Ontario COVID-19 Self-Assessment App.
2. If you experience any of the symptoms, please follow recommendations and contact your medical health provider.
3. Always follow the instructions from coaches and respect physical distancing.
4. Arrive at the field no more than 5-10 minutes prior to the start of your session.
5. Wait in your car/parking lot until the preceding team exits the field.
6. Wash/sanitize hands before entering the field and upon exiting the field, as well as during water breaks.
7. Arrive on the fields ready to train. Put boots, shin guards, etc., on before exiting your vehicle.
8. Enter and exit the training field at the designated locations.
9. Do not congregate at the training field entry or exit points.
10. Each player bag shall be placed on the side of the quadrant that they are playing in with at least two (2) meters (6 feet) between bags and away from spectators.
11. Newly arriving teams will wait in their cars or in the parking lot until the preceding team leaves the training field, at all times observing social distancing.
12. Teams finishing training shall promptly leave the training field at the designated exit point.
13. Arrive prepared to train – changing rooms will not be in use. ♦ Hydrate prior to arriving for training.
14. Bring your own water bottles clearly labelled with your name.
15. Do not share water or water bottles.
16. Follow the hygiene protocols in this document.
17. Physical distancing of two (2) metres (6 feet) must be maintained. ♦ No more than 1 person per 4m<sup>2</sup>.
18. All “non-essential” contacts should be avoided (handshakes, high 5’s, fist bumps, arm bumps, etc.).
19. Only use your own equipment.
20. Inform your coach/trainer immediately if you begin to feel ill.

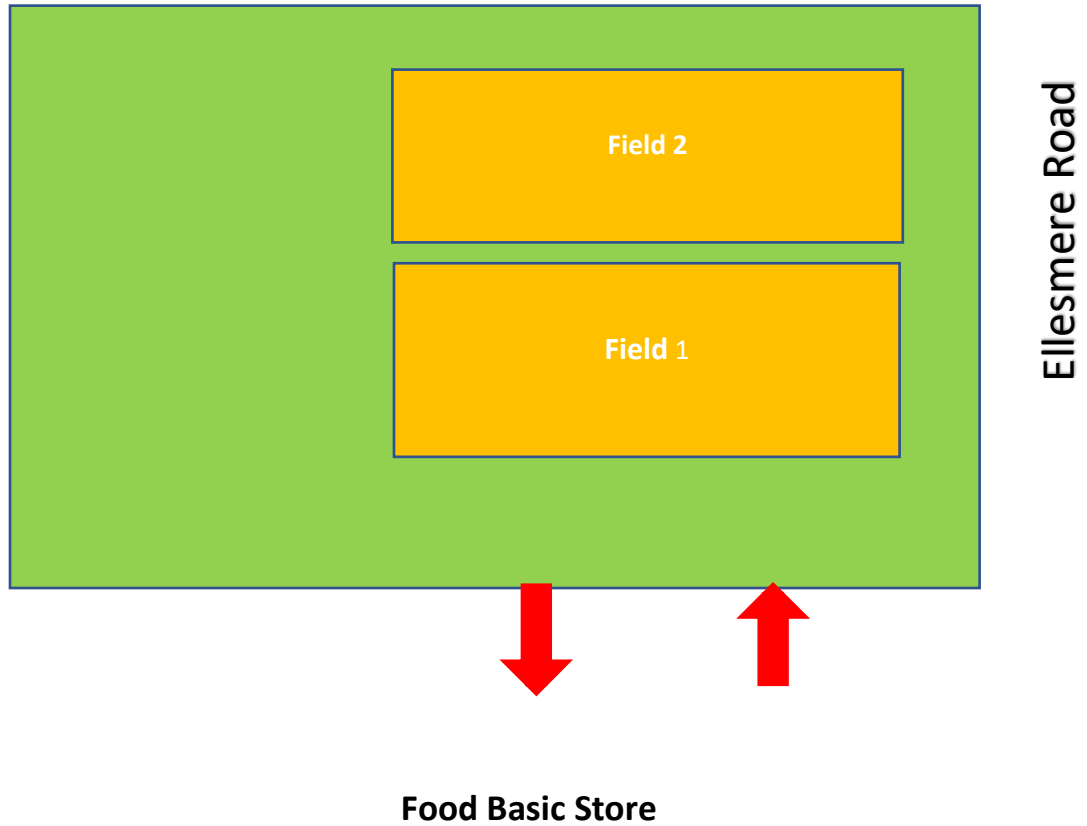
## **GUIDELINES AND RECOMMENDATIONS FOR COACHES**

1. Priority is to ensure a safe environment is provided for players, staff, parents and the community.
2. Hold an online pre-activity orientation with players and parents regarding safety protocols – i.e., social distancing, modified training, pick up and drop off procedures, hand washing, cough suppression, no spitting or nose clearing, etc.
3. Wipe down personal and field equipment using disinfecting swabs or towels, before and immediately after each session (do not go home and then clean – contaminated items may travel into the home environment).
4. Only Coaches/Staff should handle equipment.
5. Facemask/face-covering is required for each coach on the training field.
6. Age appropriate considerations may need to be taken when designing activities.
7. During Stage 1, coaches will utilize training activities provided by Ontario Soccer.
8. Players must stay within their assigned small training groups throughout all training sessions to reduce amount of contact with other players.
9. No head, chest or hand contact with ball (feet only).
10. Take sanitization breaks and water breaks as needed.
11. Sanitization should occur with each water break.
12. Use cones and other equipment to ensure appropriate spacing is in place to support social distancing.

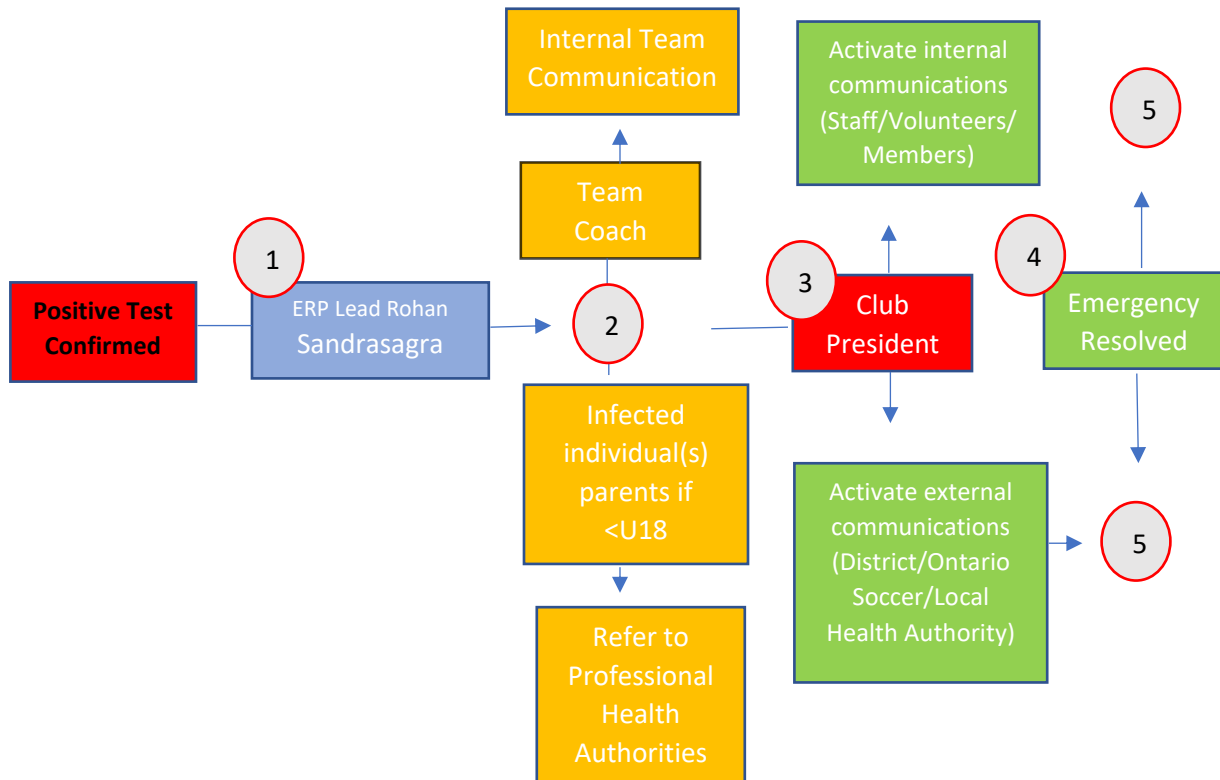
## **GUIDELINES AND RECOMMENDATIONS FOR PARENTS**

1. Follow the hygiene protocols in this document and as recommended by public health officials.
2. Avoid congregating at facility entry and exit points.
3. Remind players to arrive on the training field dressed and ready.
4. Only one parent/guardian is permitted to attend training sessions.
5. Parents/guardians to remain outside the chain link fence on the south side of Tom Gribilas Soccer Field (Ellesmere CC), wear masks/face coverings, and observe social distancing, or in their cars.
6. A parent/guardian must remain throughout training sessions for U8 to U13 age groups. If a parent/guardian of players in U14 to U17 age groups is not remaining at training session, they must provide team manager with contact phone number and stay reasonably close to the training field in the event of player injury.
7. No more than one (1) person per 4m<sup>2</sup>.
8. Ensure your player's training equipment is sanitized before and after every training session.
9. Ensure your player's training gear is washed before every training session.
10. Ensure your player is healthy and has no sign of COVID-19 symptoms.
11. Drop and pickup player while maintaining all rules and regulations around pick-up/drop-off and being a spectator.
12. Notify Club officials immediately if your player or anyone in your contact bubble falls ill.
13. Notify Club officials immediately if any member of your contact bubble tests positive for COVID-19.

# Ellesmere Reservoir Field Training Layout



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





**APPENDIX: Forms**

**DECLARATION OF COMPLIANCE – COVID-19**

Individual Name (print): \_\_\_\_\_

Individual's Parent/Guardian \_\_\_\_\_  
(if the individual is younger than 18 years old)

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

**WARNING !**

**ALL INDIVIDUALS ENTERING THE FACILITY MUST COMPLY WITH THIS DECLARATION**

Ontario Soccer and its affiliated districts, leagues, clubs and teams (collectively the "Organization") require the disclosure of exposure or illness in order to safeguard the health and safety of all participants and limit the further outbreak of COVID-19. This Declaration of Compliance will be kept safely, and personal information will not be disclosed unless as required by law or with your consent.

An individual (or the individual's parent/guardian, if the individual is younger than 18 years old) who is unable to agree to the terms outlined in this document is not permitted to enter the Organization's facilities or participate in the Organization's activities, programs, or services.

I, the undersigned being the individual named above and the individual's parent/guardian (if the individual is younger than 18 years old), hereby acknowledge and agree to the terms outlined in this document:

- 1) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19 and requires all individuals (or their parent/guardian, when applicable) to adhere to the compliance standards described in this document.
  
- 2) The individual has not been diagnosed with COVID-19. **OR** If the individual was diagnosed with COVID-19, the individual was cleared as noncontagious by provincial or local public health authorities.

- 3) The individual has not been exposed to a person with a confirmed or suspected case of COVID-19. **OR** If the individual was exposed to a person with a confirmed or suspected case of COVID-19, the date of exposure was more than 14 days prior to the date this Declaration of Compliance was signed.
- 4) The individual is attending or participating voluntarily and understands the risks associated with COVID-19. The individual (or the individual's parent/guardian, on behalf of the individual (when applicable)) agrees to assume those risks, including but not limited to exposure and being infected.
- 5) The individual has not, nor has anyone in the individual's household, experienced any signs or symptoms of COVID-19 in the last 14 days (including fever, new or worsening cough, fatigue, chills and body aches, respiratory illness, difficulty breathing, nausea, vomiting or diarrhea, pink eye, or loss of taste or smell).
- 6) If the individual experiences, or if anyone in the individual's household experiences, any signs or symptoms of COVID-19 after submitting this Declaration of Compliance, the individual will immediately isolate, notify the Organization, and not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since those symptoms were last experienced.
- 7) The individual has not, nor has any member of the individual's household, travelled to or had a lay-over in any country outside Canada in the past 14 days. If the individual travels, or if anyone in the individual's household travels, after submitting this Declaration of Compliance, the individual will not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since the date of return.
- 8) The individual is following recommended guidelines, including but not limited to practicing physical distancing, trying to maintain separation of six feet from others, adhering to recognized hygiene best practices, and otherwise limiting exposure to COVID-19.
- 9) The individual will follow the safety, physical distancing and hygiene protocols of the Organization.
- 10) This document will remain in effect until the Organization, per the direction of the provincial government and provincial and local public health authorities, determines that the acknowledgements in this Declaration of Compliance are no longer required.
- 11) The Organization may remove the individual from the facility or from participation in the activities, programs or services of the Organization at any time and for any reason if the Organization believes, in its sole discretion, that the individual is no longer in compliance with any of the standards described in this document.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Individual (If 13 and over)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Parent/Guardian (if the individual is younger than 18 years old)

**ONTARIO SOCCER**  
**INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT**  
*(To be executed by Participants under the age of majority)*

**WARNING! By signing this document, you will assume certain risk and responsibilities. Please read carefully!**

**Participant's Name:** \_\_\_\_\_

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a Participant in activities, programs, classes, services provided and events sponsored or organized by Ontario Soccer and its affiliated districts, leagues, clubs and teams (collectively the "Organization") and the sport of soccer, including but not limited to: games, tournaments, practices, training, personal training, dry land training, use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientational or instructional sessions or lessons, aerobic and anaerobic conditioning programs (collectively the "Activities"), the undersigned being the Participant and Participant's Parent/Guardian (collectively the "Parties") acknowledges and agrees to the following terms outlined in this agreement:
2. I am the Parent/Guardian of the Participant and have full legal responsibility for the decisions of the Participant.

**Description of Risks**

3. The Parties understand and acknowledge that:
  - a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life;
  - b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming;
  - c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of the Participant's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction; and
  - d) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Participant will not become infected with COVID-19. Further, attending the

Activities could increase your risk of contracting COVID-19.

4. The Participant is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to:
- a) Contracting COVID-19 or any other contagious disease;
  - b) Executing strenuous and demanding physical techniques;
  - c) Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
  - d) Exerting and stretching various muscle groups;
  - e) The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
  - f) Spinal cord injuries which may render the Participant permanently paralyzed;
  - g) Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the Participant's body or to the Participant's general health and well-being;
  - h) Abrasions, sprains, strains, fractures, or dislocations;
  - i) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma;
  - j) Physical contact with other participants, spectators, equipment, and hazards;
  - k) Not wearing appropriate safety or protective equipment, such a helmet;
  - l) Failure to act safely or within the Participant's ability or within designated areas;
  - m) Grass, turf, and other surfaces including bacterial infections and rashes;
  - n) Collisions with fences, poles, stands, and soccer equipment;
  - o) Negligence of other persons, including other spectators, participants, or employees;
  - p) Weather conditions; and
  - q) Travel to and from competitive events and associated non-competitive events which are an integral part of the Activities
- We have read and agree to be bound by paragraphs 1 and 4***

### **Terms**

5. In consideration of the Organization allowing the Participant to participate in the Activities, the Parties agree:
- a) That the Participant's mental and physical condition is appropriate to participate in the Activities;
  - b) That when the Participant practices or train in his or her own space, the Parties are responsible for the Participant's surroundings and the location and equipment that is selected for the Participant;
  - c) To comply with the rules and regulations for participation in the Activities;
  - d) To comply with the rules of the facility or equipment;
  - e) That if the Participant observes an unusual significant hazard or risk, the Participant will remove themselves from participation and bring such to the attention of an Organization representative immediately;
  - f) The risks associated with the Activities are increased when the Participant is impaired and the Participant agrees not to participate if impaired in any way;
  - g) That it is their sole responsibility to assess whether any Activities are too difficult for the Participant. By the Participant commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity;
  - h) That they are responsible for the choice of the Participant's protective equipment and the secure fitting of the protective equipment;
  - i) That COVID-19 is contagious in nature and the Participant may be exposed to or infected by

COVID-19 and such exposure may result in personal injury, illness, permanent disability or death and voluntarily agree to assume all of the foregoing risks.

6. In consideration of the Organization allowing the Participant to participate, the Parties agree:
  - a) That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in brochure or advertisement or in individual conversations, to agree to be involved in the Activities; and
  - b) That the Organization is not responsible or liable for any damage to the Participant's vehicle, property, or equipment that may occur as a result of the Activities.

**We have read and agree to be bound by paragraphs 5-6**

**General**

7. The Parties agree that in the event that they file a lawsuit against the Organization, they agree to do so solely in the province of Ontario, Canada and they further agree that the substantive law of Ontario will apply without regard to conflict of law rules.
8. The Parties expressly agree that this Agreement is intended to be as broad and inclusive as is permitted by law and that if any of its provisions are held to be invalid, the balance shall, notwithstanding, continue in full legal force and effect.

**Acknowledgement**

9. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

_____	_____	_____
Name of Participant (print)	Signature of Participant	Date of Birth

_____	_____
Name of Parent or Guardian (print)	Signature of Parent or Guardian

\_\_\_\_\_  
Date