



Oceanside Youth Football Association Return To Sport General Safety Plan (Phase 3)



Updated May 27, 2021

OCEANSIDE YOUTH FOOTBALL ASSOCIATION
(OYFA)

P.O. Box 1665, Parksville, B.C. V9P 2H5

www.OceansideYouthFootball.ca



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BC Restart Phase 3 - Return to Contact & Competition

On May 25 2021, the Government of BC (through Via Sport) released a revised version of its Return to Sport Guidelines. The government announcement can be viewed [here](#) and the updated guidelines for all sport can be found [here](#) on the Via Sport website. The updated document includes conditions under which sports can progressively loosen current restrictions related to athlete contact and competitions. It is highly recommended that all administrators in our sport familiarize themselves with these guidelines.

As a result, the BC Provincial Football Association - as the Provincial Sport Organization - has revised our sport's *Return to Sport (R2S) Plan* accordingly to reflect the guidelines. This document is a summary of the revisions. The revisions will be incorporated into the original Return to Sport Plan (release June 12, 2020).

With the exception of specific equipment, these guidelines will apply to:

- Tackle Football
- Flag Football
- Touch Football

In order for a club to enter into Phase 3, each club will once again be required to have recorded motion to accept the revised BCPFA *Return to Sport Plan* and have the minutes sent to the BCPFA Executive Director before approval for play can be granted. As before, approved clubs will be noted on the BCPFA website. Clubs who were previously approved for Phase 2 Return to Sport can maintain their current activity (training, development, no contact) and move to stage 3 at any time in the future.

The BCPFA recognizes that the outbreak of COVID19 has created a challenging environment in which to operate a football club or league. Our collective decisions during this time will determine the manner in which football programs are provided to our young participants. With this in mind, we ask that all stakeholders continue to make the health and well-being of all participants the overriding priority and to have this guide your decision making throughout the return to sport process.

The Local Sporting Organization (Leagues/Clubs) will be responsible for adhering to this Return to Sport Plan. Failure to adhere to the plan may result in shutting down our sport, fines from the government and a loss of reputation.

Key Points - Risk Management & Safety:



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- Risk mitigation is key to maintaining the health of all participants.
- BC Public Health Orders formulate the safety plan - social distancing, gathering size(s) and hygiene.
- All participants must understand the risks associated with returning to play - each will have an acknowledgement letter to be signed.
- Each session must commence with a wellness check of each participant - and a record must be kept of said check.
- Any suspected infected participants must be dealt with as outlined - immediately.
- Appropriate signage must be in place.

Fields and Facilities

A “Field of Play” for football is defined as a designated area where sport activities take place. The field of play does not include dressing rooms, hallways, team benches, staging areas, etc. It is also still imperative that sport organizations consult and collaborate with their municipal and facility partners before resuming and adding activities. Municipalities and facility operators will have their own policies and processes that also need to be adhered to.



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Sports Category

For phase 3 sports have been divided into four categories. These categories are based on the number and intensity of contact within the sport. A breakdown of the sports in each of the four categories is in Appendix H of the Via Sport Guidelines. Football is in category C:

Sport Type	Sports	Application of Sport Activity Chart
Group C Sports with frequent or sustained contact	basketball, cheerleading, field hockey, football, goalball, hockey, lacrosse, netball, ringette, sledge hockey, soccer, ultimate, water polo, rugby, squash, wheelchair rugby, wheelchair basketball	<p>Contact - Physical contact within the same team training environment may be introduced.</p> <p>For the game or competition environment rules should be modified to minimize physical contact.</p> <p>All activities that involve any form of close proximity or physical contact should take place only within the cohort environment.</p> <p>Cohort Size - Cohorts may contain up to 50 people or four teams (whichever is deemed most appropriate by the Provincial Sport Organization)</p> <p>Competition - Competitive activities (e.g. game play) may occur within designated cohorts.</p>



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Types of Activities

The following chart outlines the types of activities that can be considered in the various return phases for all sports. This guidance is subject to change at any time based on community transmission rates and the advice of public health officials.

	Transition Measure - Phase 2	Progressively Loosen - Phase 3
Restrictions in Place	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel No group gatherings over 50 people 	<ul style="list-style-type: none"> Refer to PHO and local health authorities
Enhanced Protocols	<ul style="list-style-type: none"> Increased hand hygiene Symptom Screening in place 	<ul style="list-style-type: none"> Increased personal hygiene, cleaning protocols and symptom screening
Facility	<ul style="list-style-type: none"> Outdoor is safest Indoor facilities slowly re-opening 	<ul style="list-style-type: none"> Participants should maintain physical distance while not on field of play
Participants	<ul style="list-style-type: none"> Small Groups No or limited spectators 	<ul style="list-style-type: none"> Groups sizes increase based on sport type (i.e. level of contact). Participants and spectators must adhere to 50 people max per event public health guidance
Non-contact Activities	<ul style="list-style-type: none"> Fundamental movement skills Modified training activities, drills 	<ul style="list-style-type: none"> Where feasible, limit contact (i.e. coming within two metres) in training and sport activities
Contact Activities	<ul style="list-style-type: none"> Should not occur Contact sports should look for non-contact alternatives to training 	<ul style="list-style-type: none"> Cohort model introduced for sports that cannot maintain 2m physical distancing.
Competition*	<ul style="list-style-type: none"> In club play or modified games may slowly be introduced 	<ul style="list-style-type: none"> Competition slowly introduced. Regional competition for sports in cohorts.
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"> Enhanced cleaning protocols in place
Travel	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Limited

**Introduction of competitive activities should be in alignment with sport-specific guidelines.*



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Implementation of Phase 3 Requirements

The following 5 sections cover the requires approaches to:

- Contact
- Cohorts
- Competition
- High Performance Camps
- Travel.

Contact Activities

Purpose: to introduce sport activities that may involve instances of contact in a safe manner.

- Close physical proximity should still be minimized as much as possible.
- In sports and activities that generally involve interaction between participants at a distance of less than two meters, sport organizations should:
 - modify the activity or rules to keep participants at a safe distance;
 - limit the number and duration of contacts between different participants (when physical distancing is not possible);
 - enforce physical distance when outside the field of play (e.g. - dressing rooms, hallways, team benches, staging areas, etc.).
- Any introduction of activities involving either close proximity or physical contact should only occur within a sport cohort (see next section).

Contact Tracing

For contact tracing purposes, if sport organizations are not the owner or operator of the sport facility, they must provide the facility operator with the first and last names and telephone number, or email address of all participants. You can find the Ministerial Order [here](#) for more details.

Sport Cohorts

Purpose: Establishing cohorts will limit the number of people that each individual will come into contact with, reducing the risk of transmission and ensuring quicker contact tracing by health authorities if an outbreak occurs. A cohort is a group of participants who primarily interact with each other within the sport environment over an extended period of time (e.g. series of events). In this phase:

- Cohorts should be made up of individuals/teams of similar age or skill level.



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- Each cohort can be comprised of multiple teams in order to form a mini-league.
- With the use of cohorts, game play can resume between teams within the cohort.
- Cohorts may not exceed 4 teams
- When members of the cohort are gathering for games or activities, gatherings may not exceed 50 people ([see PHO Order](#)). To clarify, the total number of participants (players, coaches, etc) for each team cannot exceed 25 participants. (*Re: coaches, officiating crew see below.*)
- Coaches may be counted outside the total cohort number if they are able to maintain physical distancing at all times and use PPE (mask, gloves).
- Keep players together in designated cohorts and ensure that cohorts avoid mixing
- Cohorts should remain together for an extended period of time. If looking to change cohorts, implement a two-week break between activities.
- Individuals should limit the number of sport cohorts to which they belong in order to reduce the number of people they are interacting with.
- Where officials (if being used) are unable to physically distance, an official(s) should be assigned to a specific cohort and avoid having them interact with multiple cohorts.
- Officials should wear a mask whenever practical
- Spectators are not permitted
- Cohorts should be used for activities in which it is not possible to maintain two metres physical distancing at all times. When in a cohort, while individuals do not need to maintain physical distancing during sport specific activities, minimized physical contact is still advised.
- At least two meters distancing should be maintained between all participants when outside of the field of play (e.g. dressing rooms, hallways, team benches, staging areas, etc.). If physical distancing cannot be maintained masks should be worn.
- All guidance related to personal hygiene, cleaning protocols and symptom-screening still apply.

Competition

Purpose: to introduce competitive sport activities. This includes formal, organized games, matches and tournaments between participants where scores are recorded, and standings are kept. In this phase:

- For sports/disciplines that cannot maintain physical distancing, competition should only be introduced in the cohort environment.



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- Competitive activities may be expanded outside club play to include regional play as outlined in Appendix H if deemed appropriate by the provincial sport organization.
- Provincial sport organizations can define regional play based on applicable regions within their sport.

The BCPFA has established the following regions for phase 3:

- o Region 1: VMFL/VCFL, Chilliwack Huskers, Langley Rams
- o Region 2: VICFA, Westshore Rebels, VI Raiders
- o Region 3: SIFCA, Kamloops Broncos, Okanagan Sun
- o Region 4: North
- Inter-provincial competitions should not occur at this time.
- All competitions are required to have a detailed safety plan in place.
- Provincial Health Office (PHO) Orders related to group gatherings are still in effect, limiting group numbers to 50 people.
- Limit contact:
 - o Plan arrivals and departures of different teams/groups to avoid co-mingling
 - o Avoid participants waiting on site between games/activities
 - o Discourage groups of people gathering before or after sport activities
 - o Schedule activities over a longer period of time (days or weeks) or at different locations
- Conduct symptom-screenings using the BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/covid19/en>
- Develop a strategy to manage increased levels of staff/volunteers required to host a competition and ensure the illness policy is in place.
- Spectators are not permitted. The facility operator may also have policies.
- Participants may be fit and healthy, but groups need to consider the demographics of staff, coaches and volunteers and how to mitigate risk to those individuals.
- Ensure that the outbreak plan is in place and that there are dedicated spaces that can be used for isolation if an athlete/other personnel develop COVID-19 symptoms.
- If outbreaks occur, organizers may be asked to postpone or cancel competitions or activities, therefore a cancellation policy is recommended. This type of occurrence must be reported to the BCPFA as soon as possible.

High Performance Camps and Training Environments

Purpose: to introduce high performance training opportunities that bring together athletes from different communities and/or provinces in a responsible and safe manner without compromising the health of the individuals or community members.



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For the purpose of this document, high performance refers to individuals that have been selected to provincial or national team training environments. Typically, these training environments are centralized or multi-day camp settings. The following recommendations are in accordance with Own the Podium's COVID-19 Return to High Performance Sport Framework.

High-level athletes may have an increased level of vulnerability due to increased stress on the body through training loads, which may be taxing on the immune system. Before planning a camp, review both the need and risk for athletes to have access to the particular training environment.

Additional strategies to consider:

- Pre-camp, sport organizations should:

- o Clearly communicate expected protocols in advance of camp to both athletes and parents where appropriate
- o Ask individuals to reduce exposure to others and minimize visits to public places for at least one week leading up to the camp
- o Stress the importance of individuals paying attention to their health (proper rest/ sleep & nutrition, symptom-screening)
- o Plan travel to minimize interactions with other people where possible
- o Ensure that an outbreak plan is in place (see page 27) and that there are dedicated spaces that can be used for isolation if athlete/ personnel develop COVID-19 symptoms.
- o NSO directed training groups may require additional protocols before participating

- In-camp, sport organizations should:

- o Enforce physical distancing, proper hand hygiene and rest and recovery
- o Implement appropriate protocols for cleaning and disinfecting of equipment
- o Require individuals to wear masks when outside the training environment where physical distancing cannot be maintained
- o Form a cohort for the duration of the camp
- o Stay as a cohort as much as possible in order to minimize interactions with individuals outside the training group
 - § Plan for all individuals to stay in the same accommodation, if possible
 - § Consider having food services catered or bringing in food, rather than going to restaurants
 - § Avoid public transportation (or recommend individuals wear masks if taking public transportation)



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- o Conduct daily symptom-screenings using the BC COVID-19 Self-Assessment

Tool: <https://bc.thrive.health/covid19/en>

- o Enforce illness policy if individuals present signs and symptoms of COVID-19

- Post-camp, sport organizations should:

- o Plan travel for returning home to minimize interactions with other people where possible

- o Recommend individuals monitor their health (proper hygiene, symptom screening) and notify public health if symptoms develop

- o Comply with public health officials' directives in the event of an outbreak

Equipment & Uniforms

The equipment that a player uses is quite similar in every format of contact football; however, given the current social circumstances, a few modifications will be instituted. The following only applies to clubs and leagues in Phase 3 of return to sport.

Uniform

All players are required to ensure that their whole body is covered during training or games. This will include:

- long sleeved t-shirts to the wrists
- football gloves covering hands**
- socks and/leggings that will fully cover the area between the cleats and the bottom of the football pants.

** quarterbacks may elect to NOT wear a glove on their throwing hand

Mouth Guards

All players are required to use a "soother" or "pacifier" style mouth guards (subject to available inventory):





Tackle Football Equipment Distribution

Distribution of tackle football equipment may begin in Phase 3. Equipment distribution will require the following policies & procedures:

1. Distancing

- Schedule equipment pick ups under 30 people at one time (one player & parent) & able to maintain physical distancing at facility

2. Hygiene & Sanitation

- Individuals involved with the distribution of player/coach equipment should wear gloves throughout process
- Individuals involved with the distribution of equipment should wear masks
- Masks are recommended for any person picking up player/coach equipment
- Equipment fitters are recommended to sanitize between each fitting (wash hands for at least 20 seconds or use hand sanitizer)
- It is recommended all equipment be sanitized before distribution
- Equipment that a player tries on but is not taken by the player should be sanitized between fittings
- For proper sanitation procedures, it is recommended for teams & leagues to contact their equipment suppliers/makers
- Sanitation stations should be made available to all persons involved with equipment pick up
- Signage promoting the use of mask and the need to maintain physical distance should be visible to posted in the equipment pick up zone.



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Outbreak Plan

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

This situation must be reported to the BCPFA immediately (executivedirector@bcpfa.com).

Steps:

1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Assign an individual within the organization has the authority to suspend or cancel activities.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the activity place, implement enhanced cleaning measures to reduce risk of transmission as well as notify the facility right away.

Implement the Illness Policy and advise individuals to:

- self-isolate
 - monitor their symptoms daily, report respiratory illness and 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.
 - use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
 - Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - Individuals can learn more about how to manage their illness here:
<http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19/about-covid19/if-you-are-sick>
3. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your Illness Policy and your enhanced measures.
 4. In the event the organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.



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Start Up Phase 3 – Competition Allowable Phase (anticipated September 2021)

- If a team has 2 or more confirmed cases of COVID-19, that team will suspend operations for a 14 day period.
- If two teams have 2 or more confirmed cases of COVID-19 within the same division, the division will suspend operations for a 14 day period.
- If two teams have 2 or more confirmed cases of COVID-19 within different divisions, the league will suspend operations for a 14 day period and will be subject to review/approval by the PSO prior to re-commencing activities.

Communication to Participants/Parents

Communication of the guidelines to your participants, parents and spectators is an important component of the Return to Sport Plan:

- Each participant must:
 - receive a copy of the guidelines and a copy if they get updated
 - acknowledge they have read the guidelines
 - acknowledge that they understand the associated risks before participating.
- Participants (or parent/guardian) must sign a participant agreement specific to COVID-19 related risks and acknowledge the health rules that apply to continued participation. It must also be communicated to participants that they are subject to removal from activities/facility use should they fail to comply with outlined protocols.



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Participant Agreement

All Parents/Guardians will be required to accept this agreement online during registration in Esportsdesk

All Participants of OYFA agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and Return to Sport Protocol:

- I agree to symptom screening checks and will let my club and/or coach know if I have experienced any of the symptoms in the last 14 days.
- I agree to stay home if feeling sick and remain home for 14 days if experiencing COVID19 symptoms.
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
- I agree to sanitize the equipment I use throughout my practice with approved cleaning products (shared and personal equipment).
- I agree to continue to follow social distancing protocols of staying at least 3m away from others.
- I agree to not share any equipment during practice times.
- I agree to abide by all my Clubs COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the club for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my club membership temporarily.

I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Participant Name:

Signature: Signature of Parent or Guardian:

Date:



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UPDATED SIGNAGE

- The signage has been updated to align with the PHO from December 28, 2020

Oceanside Youth Football Association

GUIDELINES



Practice Physical Distancing Even at Play



- **DO** walk to your right of the path when going to the field or leaving the field by the clubhouse and washrooms.
- **DO** keep at least 2 metres (6 feet) distance when practicing whenever possible.
- **DO** wash your hands with soap and water for 20 seconds before entering the field and when leaving the field.
- **DO** bring your own bottle of water with enough to last for the duration of the activity.



- **DO NOT** practice if you are sick - or have been exposed to somebody who has been sick. TELL YOUR COACH IF YOU ARE SICK RIGHT AWAY!
- **DO NOT** share your water bottle or any other, personal items with others.
- **DO NOT** high-five, fist bump or touch your eyes / nose / mouth.

Have Fun & Stay Safe!





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Outlined Below:

- Diagram of pick up and drop off points
- Placement of signage
- Designated areas for hand sanitization



First Aid Return to Sport Plan

In the event that first aid is required to be administered during an activity, only the coaches or approved trainer may attend.

A guide for employers and Occupational First Aid Attendants:

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocolscovid-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-aidtips/first-aid-protocols-for-an-unresponsive-person-during-covid-19>



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Checklists

LSO Administrator Checklist

- 1 LSO Board must familiarize themselves with the contents of the BCPFA Return to Sport Plan
- 2 LSO Board must pass a resolution to accept the BCPFA Return to Sport Plan
- 3 LSO Board/designate develop a facility plan, keeping in mind the local municipality requirements
- 4 LSO must submit the meeting minutes noting the accepted resolution and the facility plan to BCPFA Executive Director
- 5 LSO must receive acknowledgment from BCPFA prior to commencing programming
- 6 LSO must designate Safety Officers to oversee the delivery of on field programming and adherence to the Return to Sport Plan
- 7 LSO must ensure there is a Participant Agreement form completed as part of every registration.
- 8 LSO must ensure that the Return to Sport Plan is posted on their website.



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Safety Officer Checklist

1 Planning Meeting All Safety Officers to attend Head Coaches planning meeting prior to athlete's arrival to field.

2 Social Distancing Key function is to manage the facility and training environment so that athletes, coaches and parents all adhere to social distancing requirements.

3 High Viz vest or jacket All Safety Officers to wear a highly visible vest or jacket at all times, in order they are easily recognized when arriving at facility and during the training session on the field.

4 Facility Entry Protocol Safety Officers monitor participant arrival at facility and direct participants to the entry point of the designated field of play, all whilst maintaining social distancing requirements.

5 During Activity/Training When all participants step onto the designated field of play, Safety Officers are to monitor the warm-up, drill activities, and water breaks, to ensure that social distancing is maintained.

6 Facility Exit Protocol At the end of the session, Safety Officers are to monitor that all participants use the appropriate exit and maintain social spacing when leaving the turf and parking area.



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Head Coach Checklist

- 1 On Site Prep Meeting Conduct an on-site planning meeting prior to arrival of athletes involving all coaches and safety officers that will be participating in the session.
- 2 Review Activity Plan Review the activity plan against the approved permissions protocol for football's Return to Sport Plan.
- 3 Designated Person Assign a "Coach" or "Safety Officer" to be designated as first point of contact. This designated person is responsible for overall site management for safety.
- 4 Secure Confined Spaces Ensure all benches and personnel areas are taped off as "No Entry" to avoid confined spaces.
- 5 Athlete Equipment Assignment Ensure "Athlete Equipment" areas are set up and each athlete is assigned a spot, 2 meters or more from each other.
- 6 Drill Layout Lay out markers indicating locations for athletes for drill stations using recommended flat or spot markers.
- 7 Collection and cleaning equipment All balls, cones, and markers are to be collected and put into a 5-gallon pail of soap and water or can be sprayed down with soap and water in a designated area. Let stand for 5 minutes before using again or packing up equipment. Use of gloves recommended.
- 8 Equipment Transportation Recommend having a lid for pail when transporting equipment to training.
- 9 First Aid In the event first aid is to be administered all persons attending to an athlete must first put on a mask and gloves.



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Participant Checklist

- 1 Come dressed ready to play; other equipment such as a gloves and masks are recommended.
- 2 Be prepared for a health assessment before every session.
- 3 Bring your own bottle of water with enough to last for the duration of the activity.
- 4 Washroom access will be limited to emergencies only (unless washroom access and cleaning is constantly monitored).
- 5 Coaches and Safety Officers will designate where each athlete will place their personal belongings.
- 6 Use the designated entrance and exit; follow the drop-off and pick-up protocol.
- 7 Only athletes, coaches and safety officers are allowed within the perimeter of the field of play. No spectators allowed on the field.
- 8 Please, be aware that the parking lot will be used for drop-offs and pick-ups only; parking is only permitted for coaches and safety officers.
- 9 If you show any symptoms of COVID-19 you are required to stay home.

**Any questions or concerns please reach out to the Oceanside Youth
Football Association Executive by email at
info@oceansideyouthfootball.ca**