



RETURN TO PLAY PLAN

Guidelines, protocols and resources
to support the OPFL community on a
safe return to football activities.



June 12, 2021



"DURING THIS VERY UNCERTAIN TIME, IT'S IMPORTANT THAT PARENTS, COACHES AND VOLUNTEERS KNOW THAT THE OPFL HAS ADOPTED FOOTBALL CANADA'S FOOTBALL CANADA 'RETURN TO FOOTBALL' GUIDE DESIGNED TO PROVIDE A STEP-BY-STEP PROCESS TO ALIGN WITH STANDARDS PROVIDED BY PROVINCIAL GOVERNMENT AND HEALTH AUTHORITIES, AND PROVIDES EXPERT GUIDANCE IN SAFELY RETURNING YOUNG ATHLETES TO FOOTBALL IN A THOUGHTFUL AND DELIBERATE MANNER."

TERRY BARKLEY - PRESIDENT
ONTARIO PROVINCIAL FOOTBALL LEAGUE

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Contact us for any questions regarding this Return to Play Guide at info@opfl.ca and, for Football Canada's Return to Football Guide [click here](#).



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RETURN TO PLAY STEPS

REFERENCE GUIDE (STEPS) – OVERVIEW, Sports and recreational fitness facilities

For more information, please visit: [Reopening Ontario](#)

Step	Permitted Activities
Step 1 * Starting June 11th Reg. 82/20	Outdoor team sports – training only permitted <ul style="list-style-type: none">• 10 participants maximum• 3-metres physical distancing between participants required at all times.• No indoor team sports permitted
Step 2 * Estimated start is July 2nd	Outdoor sports leagues open, with restrictions. <ul style="list-style-type: none">• Awaiting further details on specific restrictions and guidelines that will be in place• Anticipate restricted numbers, physical distancing, and other restrictions• Indoor training not permitted
Step 3 * Estimated start is July 23rd	Indoor sports open, with some restrictions <ul style="list-style-type: none">• Awaiting further details on specific restrictions and guidelines that will be in place• Anticipate restricted numbers, physical distancing, and other restrictions Outdoor sports open, with some restrictions <ul style="list-style-type: none">• Awaiting further details on specific restrictions and guidelines that will be in place• Anticipate restricted numbers, physical distancing, and other restrictions

Currently, the details about Step 2 and 3 have not been fully released. The OPFL will continue to monitor the situation and update our members as soon as the regulations are published. This document, as well as our other Return to Play documents, will be updated as required.

COVID-19 AND SPORTS FAQ

COVID-19

Coronaviruses are a large family of viruses. Some cause illness in people and others cause illness in animals. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold. COVID-19 is a new disease that has not been previously identified in humans. Rarely, animal coronaviruses can infect people, and more rarely, these can then spread from person to person through close contact.

There have been 2 other specific coronaviruses that have spread from animals to humans and which have caused severe illness in humans. These are the:

- Severe acute respiratory syndrome coronavirus (SARS CoV)
- Middle East respiratory syndrome coronavirus (MERS CoV)

On December 2019, a novel coronavirus was identified and later named COVID-19.

SYMPTOMS

Those who are infected with COVID-19 may have little to no symptoms. You may not know you have symptoms of COVID-19 because they are similar to a cold or flu.

Symptoms have included:

- Cough
- Fever
- Difficulty breathing
- Pneumonia in both lungs
- In severe cases, infection can lead to death

Symptoms may take up to 14 days to appear after exposure to COVID-19. This is the longest known incubation period for this disease. Recent evidence indicates that the virus can be transmitted to others from someone who is infected but not showing symptoms. This includes people who:

- Have not yet developed symptoms (pre-symptomatic)
- Never develop symptoms (asymptomatic)

While experts know that these kinds of transmissions are happening among those in close contact or in close physical settings, it is not known to what extent. This means it is extremely important to follow the proven preventative measures.¹

1. Public Health Agency of Canada. "Government of Canada." Canada.ca, Government of Canada, 10 May 2020, www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html?topic=ex-col-faq#a.

SOCIAL DISTANCING AND FOOTBALL

Social distancing measures are approaches taken to minimize close contact with others in the community and include: quarantine and self-isolation at the individual level as well as other community based approaches (e.g. avoiding crowding, school measures and closures, workplace measures and closures, public/mass gathering cancellations, sport and recreation modification), which are further described in the section titled *Community-Based Measures* below.

Isolation

Isolation is recommended for a symptomatic individual that is suspected of having, or known to have, COVID-19. They are directed by Public Health Authority (PHA) to isolate themselves in the home-setting and avoid contact with others until PHA has advised that they are no longer considered contagious. Isolation includes:

- Not going out of the home setting. This includes school, work, or other public areas.
- Not using public transportation (e.g. buses, subways, taxis).
- Identifying a “buddy” to check on and do errands for each other, especially for those who live alone or at high risk for developing complications.²
- Having supplies delivered home instead of running errands (supplies should be left on the front door or at least a 2 metre distance maintained between people).
- If leaving the home setting cannot be avoided (e.g. to go to a medical appointment), wear a mask and maintain a 2 metre distance from others. The health care facility should be informed in advance that the person may be infectious.
- Voluntary home quarantine (“self-isolation”) is recommended when there is a high risk of exposure to COVID-19, (i.e., through close contact with a symptomatic person or their body fluids). They are asked to self-isolate in the home-setting to avoid contact with others in order to prevent transmission of the virus at the earliest stage of illness (i.e., should they develop COVID-19).²

Protective Self-Separation

Protective self-separation is recommended for a person who is at high-risk for severe illness from COVID-19 (e.g., older adults, those with chronic underlying medical conditions or immune compromised) when the virus is circulating in their community. Voluntary avoidance of crowded places is recommended for a person who is not symptomatic and who is considered to have had a medium risk of exposure to the virus that causes COVID-19. This involves avoiding crowded public spaces and places where rapid self-isolation upon onset of symptoms may not be feasible. Examples of these settings include mass gatherings, such as concerts and sporting events; not including hospitals (for HCWs) and schools.

2. Public Health Agency of Canada. “Government of Canada.” Canada.ca, Government of Canada, 3 Apr. 2020, www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/pub-lic-health-measures-mitigate-covid-19.html.

Mandatory Quarantine

Mandatory quarantine is the imposed separation or restriction of movement of individuals, groups or communities, for a defined period of time and in a location determined by the PHA. As local circumstances will vary across Canada and within regions, quarantine may be used to contain, delay, or mitigate COVID-19, although its effectiveness once there is widespread community transmission is unknown. An individual in mandatory quarantine is asymptomatic but may have been exposed to the virus causing COVID-19. A decision to implement mandatory quarantine requires careful consideration of the safety of the individual/group/community, the anticipated effectiveness, feasibility and implications.²



Avoid Crowding

Factors to consider when making decisions:

- The likelihood that people will comply with crowd avoidance.
- People who are suspected or confirmed of having COVID-19 who are self-isolating, should isolate in the home setting and not go out in public.
- People who are self-monitoring for symptoms (see section above) should always avoid crowded settings (e.g. sporting events, concerts, airplanes, subway) and places where rapid self-isolation may not be feasible should symptoms develop.
- When in crowded settings, people should practice personal protective measures (e.g., frequent hand hygiene, avoid touching eyes/nose/mouth).
- Employers/businesses could consider implementing staggered work hours to reduce crowding on public transit during peak commuting hours and in large workplaces during normal work day hours.
- Voluntary quarantine of a community can be considered based on the local epidemiologic and social assessment of the situation.
- If public transportation is shut down, transportation alternatives may need to be considered for emergency medical services or medical treatments (dialysis, chemotherapy), as well as for critical infrastructure workers.²

Mass Gatherings

Mass gatherings are highly visible events with the potential for serious public health consequences if they are not planned and managed carefully. They can amplify the spread of infectious diseases and have the potential to cause additional strain on the health care system when held during outbreaks. Examples of mass gatherings include large meetings, conferences, sporting events, religious events, national and international events.



- Providing clear communication to participants before attending about the risks and advice on how to protect themselves and others to reduce virus transmission, in order to inform individual decision making about attending the event.
- Encouraging personal protective, individual, and environmental measures by all attendees.
- Increasing interpersonal distancing (ideally separation of at least 2 metres, not shaking hands, avoiding communal sleeping areas).
- Eliminating self-serve buffet style eating at social/religious gatherings.
- Support frequent hand hygiene by providing hand sanitizers dispensers in prominent locations.
- Discourage attendees from sharing food or drinks.
- Requiring that ill be excluded. People or those with high-risk medical conditions not to attend gatherings and ensuring event organizers have arrangements in place to safely isolate and transport people who become ill on-site remain the most important measures to prevent transmission.
- Implementing organizational measures for the event such as cancellation, postponement, or rearrangement of the event (e.g., offering virtual participation, live streaming to allow participation from a distance, moving venue from indoors to outdoors).³

3. Public Health Agency of Canada. "Government of Canada." Canada.ca, Government of Canada, 3 Apr. 2020, www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/pub-lic-health-measures-mitigate-covid-19.html.

STANDARD SAFETY AND HYGIENE GUIDELINES



The following health, medical, and safety information are considered to be applicable to all levels of the Return to Football framework until such time that public health information and guidelines change.

In addition, this information is generally applicable to all training environments including indoor and outdoor facilities.

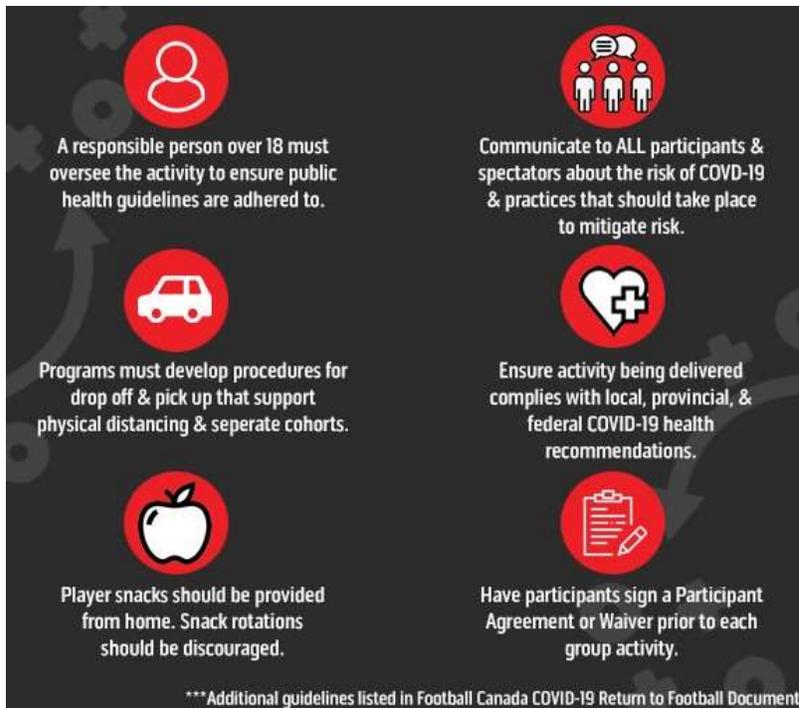
Municipal, Provincial, and Federal Public Health information and guidelines must be respected at

all times and supersede the information below. Football Canada recommends these hygiene guidelines to help reduce the risk of transmission for all participants and fans:

- Anyone participating should proactively and regularly check their health status (e.g., taking temperatures and monitoring for any symptoms).
- Arrive dressed and ready to be active.
- No intended contact with another person.
- Medical or non-medical face mask over their chin, mouth and nose should be required in circumstances when a minimum 2 metre distance cannot be maintained between individuals. In addition, masks are generally not recommended for use during high intensity activities which involve heavy breathing.
- All adult personnel on the sidelines that will possibly have close contact with the athletes (i.e. athletic therapists, equipment manager, coaches) should wear masks.
- Wearing a mask is not a suitable substitute for physical distancing, but can be used in combination with hand washing disinfectant and other good hygienic practices when physical distancing is not possible.
- Vigorous vocalization should be avoided when closer than 12 feet distance from other individuals (e.g. shouting, cheering).
- Take extra precautions if you are at increased risk, especially those who are aged 65 years and older, have a compromised immune system, and/or have underlying medical conditions, or organize a gathering where individuals at increased risk may be present.

PROGRAM ADMINISTRATION

- The responsible person should be provided necessary education to provide information, respond to questions and implement necessary protocols and guidelines.



Communicate to all participants (coaches, players and their guardians, volunteers) and spectators about the risk of COVID-19 and practices that should be undertaken to mitigate risk (e.g., respiratory etiquette such as sneezing or coughing into the crook of your elbow, no spitting, no clearing of nasal passages hand hygiene, physical distancing). Information posters and fact sheets can be located here and downloaded for use at any sporting, physical recreation or outdoor activity.

- Develop and follow an exclusion policy that ensures symptomatic participants are immediately excluded from activities (Emergency Action Plan).
- Take every reasonable step required to prevent participants who are required to self-isolate from entering activities (Emergency Action Plan). Player snacks should be provided from home. Snack rotations should be discouraged.⁴

4. "Indoor and Outdoor Gatherings Guidance." Wordmark of Government of Prince Edward Island, www.princeedwardisland.ca/en/information/health-and-wellness/indoor-and-outdoor-gatherings-guidance.

EQUIPMENT



- Providing each player with assigned equipment or allowing the use of self-owned, disinfected equipment. Where possible equipment that is handled by hands or head, and other personal items, should not be shared.
- Clean and disinfect shared equipment frequently. Depending on the activity, this may be after each player's use, between sessions, at specified breaks, after switching stations, and between groups.
- Re-use of items that cannot be easily cleaned and sanitized should be avoided.

IDENTIFICATION, TRACING, AND ASSESSMENT

The responsible person(s) must screen all participants for symptoms of COVID-19 prior to the commencement of any activity; any participant that is exhibiting any symptoms cannot participate.

- Ill individuals need to be isolated and provided a mask and gloves until the participant is able to go home.

- If a participant does show symptoms, they must be immediately sent home and encouraged to contact their local Public Health Unit for next steps. The participant may only return once they have been tested for COVID-19 and receive a negative result. In the case that the participant does not get tested for COVID-19 but their symptoms have cleared, they are still not allowed to return to play unless a negative result is presented. If the participant is COVID-19 positive, the EAP is activated.
- Require anyone attending/participating to self-monitor and complete a screening checklist before any/all activity sessions. The responsible person should verify the self-screening has taken place (Appendix A).
- Athletes, coaches, and staff must answer 'No' to all of the following questions prior to attending any session:
 - Do I have any of the symptoms: cough, shortness of breath, chest pain, difficult breathing, fever, chills, repeated shaking with chills, abnormal muscle pain, headache, sore throat, painful swallowing, runny nose, new loss of taste or smell, gastrointestinal illness?
 - Have I been in contact with or cared for someone with COVID-19?
 - Have I returned from a trip outside the country within the last 2 weeks?
- Stay home when sick even with mild symptoms.
- Staff or athletes at risk for severe illness from COVID-19 are recommended to review their specific health concerns with their physician.
- Ask all players, spectators, staff, and volunteers to sign-in on arrival with name and phone number and/or email to facilitate contact tracing if necessary, and keep attendance records within the organization for a minimum of one month or as long as advised by local/provincial authority (Appendix F).
- If a player, coach, staff or volunteer develops COVID-19 symptoms during the activity they should be sent home to begin isolation immediately and the organization should immediately activate their COVID-19 emergency action plan (See EAP section).

FIRST AID

The First Aid responders will be wearing a mask and gloves at all times. Gloves will be changed following each interaction. More information on administering first aid can be found at <https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en> and <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>

Responsive, Non-Critical

In the case where the injured player is responsive and seems to have a non-critical injury, self treatment with direction will be utilized, as outlined below:

- 1) Responder remains physically distant from the injured player and conducts an interview to assess the situation. This includes:
 - Mechanism of injury (MOI)

- Relevant history
 - Signs/symptoms
 - Visual assessment
- 2) Responder will ask the player if they are comfortable administering first aid themselves, if they are given instructions. If they are not comfortable, it is the discretion of the responder on how to respond and if they are willing to break physical distancing.
 - 3) Responder will place the required first aid supplies 2m from the player, then step back and direct the player in administration.
 - 4) Secondary survey will then be done verbally and the responder will complete an Incident Report

Unresponsive, Critical

If the injured player is unresponsive or deemed to be in critical condition, physical distancing may be broken by the First Aid responder, if they are comfortable. The Canadian Red Cross recommends that it is up to the discretion of the responder whether to provide Full CPR or Compression-only CPR. The following protocol will be enacted during a critical injury:

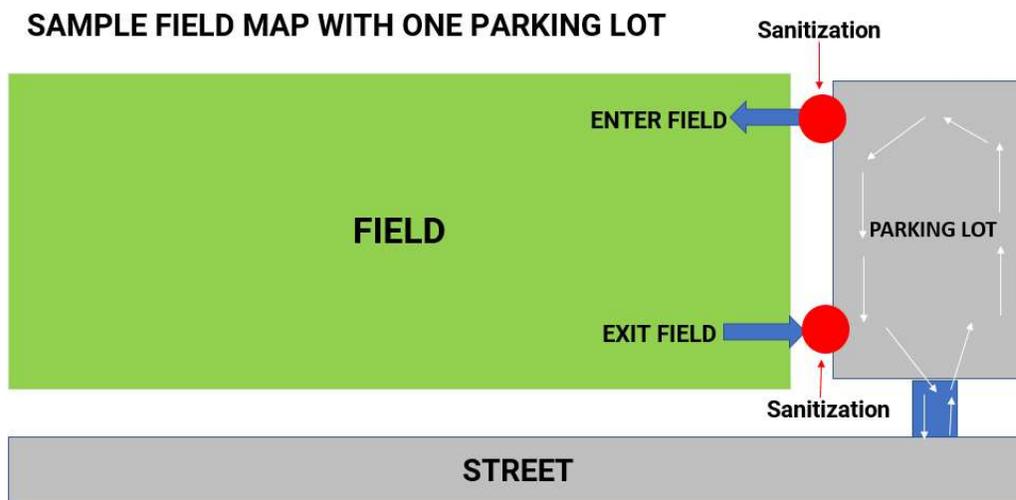
- 1) 9-1-1 will be called immediately by the Call Person and the AED will be retrieved by the Control Person, if required for CPR.
- 2) The Charge Person (First Aid responder) will break physical distancing to provide the required first aid until medical assistance arrives.
- 3) In the case of Compression only CPR, a cloth should be placed over the players mouth and nose
- 4) If Full CPR is being performed, a one-way valve CPR mask will be placed on the player first.
- 5) An Incident Report will be completed once the player is in the care of EMS.

FACILITY GUIDELINES

- Print and post signage outlining policies and procedures such as:
 - Physical distancing expectations
 - Hand hygiene
 - Cleaning and disinfection practices and expectations
 - NOTE: in the event that the facility does not have adequate signage, the renter must take appropriate action (i.e. request signage from facility managers, contact PHU for guidance, or produce their own signage).
- Ensure availability to handwashing, or alcohol-based hand sanitizer at the site available to all participants for all program activities.
- Provide participant only zones where spectators cannot enter.
- Physical distancing among spectators, staff and volunteers is to be maintained, and may require measures to promote physical distancing in seating areas.
- Provide adequate entry options that allows for correct social distancing measures and where possible provide one way entry and exit points.

- Do not allow loitering after participation for either participant or spectators.
- Spectators, participants and players, staff, coaches and volunteers should try to minimize cheering and whistling as much as possible as COVID-19 has been shown to spread through vigorous vocalization. Noise-makers and other cheering devices are permitted.
- If restrooms and/or showers are available, either restrict access or limit the number of users at a given time, maintain hand washing supplies, increase cleaning and disinfecting frequency, install no-touch garbage bins, and ensure areas are disinfected frequently.

NOTE: Each facility will have their own requirements and will be required to follow the municipal and provincial guidelines and restrictions. It is suggested that you use the above guidelines to ensure facilities have the above minimum requirements.



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/>

COVID-19 RESPONSE FRAMEWORK

The Government of Ontario announced that as of June 11, 2021 it has moved Ontario into the Roadmap to Reopen, a three-step plan to keep Ontario operating safely and effectively manage the impact of the global pandemic. The OPFL recommends that all Clubs Centers review Football Canada's "Return to Football Guide" and use this document to design their own return to play plans and /or use to submit to their municipal facilities, if required. As well to keep Ontario operating safely and effectively manage the impact of the global pandemic. We also

understand that each municipality has potentially different localized governmental restrictions and limitations for on-field bookings and activity, therefore, we advise everyone to work with your local town/city/municipality to adhere to any appropriate requirements to ensure you are providing a safe environment for all participants.

In the event that this document is in conflict with any Municipal, Provincial, or Federal regulations/legislation, the regulations/legislation prevails. Additionally, legislation is continually changing in order to manage these unprecedented times, and so we encourage clubs to remain updated on the latest rules and regulations at the Municipal, Provincial, and Federal level.

The OPFL requests that its member organizations ensure that;

- 1- Know which health unit they are located in. [Click here](#) to find your Public Health Unit
- 2- Club centers are encouraged to stay in contact with their local [Public Health Unit](#) and Municipality in the event these organizations have implemented additional restrictions that may impact your football operations.

PROGRAM REGISTRATION AND EQUIPMENT DISTRIBUTION

Program registration

- Program registrations need to comply with provincial and municipal health requirements for social distancing and infection reduction. Below are policy/procedure guidelines to guide that process:
 - Where feasible all participant registration should be done online, including collection of payment.
 - Try to limit the use of cash and limit the handling of credit cards and loyalty cards wherever possible, by allowing customers to scan or tap their cards and handle the card readers themselves.
 - Program organizers should take attendance and keep a record of all participants in case of an outbreak (see Tracing and Managing COVID-19).

Equipment distribution

Football equipment distribution needs to comply with provincial and municipal health requirements for social distancing and infection reduction. Below are policy/procedure guidelines to guide that process.

Distancing

- Schedule equipment pickups under 30 people at one time (one player & parent) and maintain physical distancing at facility.

- Any forms required should be completed in advance online and fees should be collected in advance using online payment or e-transfer.

Hygiene & sanitation

- Masks for equipment fitters & players are recommended.
- Equipment fitters are recommended to sanitize between each fitting (wash hands for at least 20 seconds or use an alcohol-based sanitizer).
- It is recommended that all equipment be sanitized before distribution. Any equipment that has been tried on and not given out should be sanitized before the next player.
- For proper sanitation procedures, it is recommended for teams & leagues to contact their equipment suppliers/makers.
- Sanitization stations made available & appropriate physical distance signage visible.
- All participants must sanitize at arrival and departure at the provided sanitization stations, and are encouraged to sanitize during any breaks.

TEAM MEETINGS AND FUNCTIONS

Team meetings and functions need to comply with provincial health requirements for social distancing and infection reduction. It is highly encouraged to do as much of these activities electronically or other avenues such as online registration.

RISK MANAGEMENT

Safety Field Marshall

The OPFL recommends appointing a Safety Field Marshall within each Club who will oversee COVID-19 protocol compliance. The Safety Field Marshall should be a recognized authority within the Club and over the age of 18 years. Roles and responsibilities are as follows:

- Create a Club specific safety protocol under the guidance of this document, Football Canada's "Return to Football Guide", Ontario's Roadmap to Reopen, and Municipal guidelines.
- Ensure proper adherence of the safety protocol by all participants.
- Collect and maintain information regarding tracking and screening for all participants.
- Communicate and cooperate with the PHU in the case of a COVID-19 case or outbreak, providing any requested tracing documents.
- Ensure the rented facility has proper signage and sanitization available.
- Remove any participants that continue to disrespect COVID-19 guidelines.

Tracing guidelines

- In order to provide local and provincial health authorities with the necessary information for tracing and managing infections if they occur, organizations should be prepared to collect information from each participant and spectator for each activity.
- Ask all players, spectators, staff and volunteers to sign-in on arrival with name and phone number and/or email, date, venue location to facilitate contact tracing if necessary, and keep attendance records for a minimum of one month (Appendix F).

Emergency Action Plan (EAP)

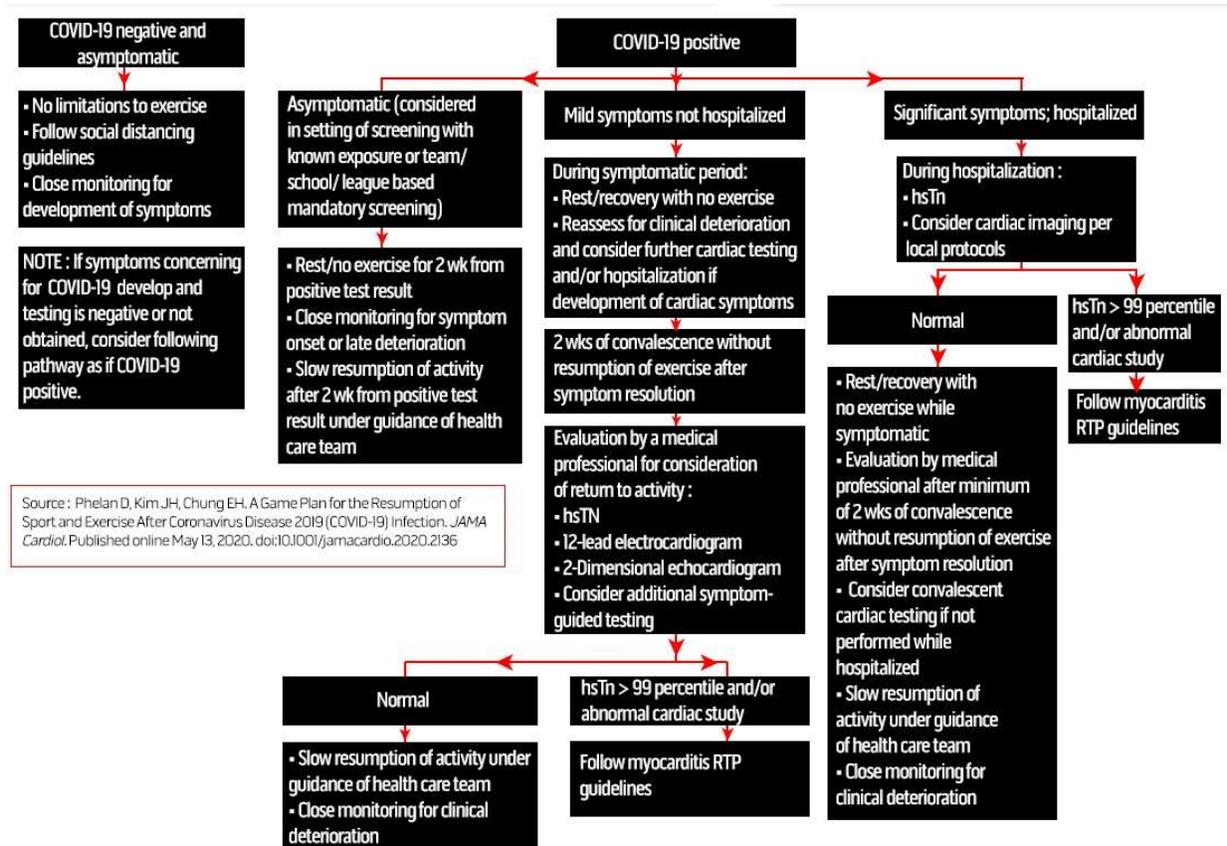
Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An “outbreak” is two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

1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Determine who within the organization has the authority to modify, restrict, postpone 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 workplace/activity place, implement enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility right away.
3. Implement your illness policy and advise individuals to:
 - Self-isolate
 - Monitor their symptoms daily, report respiratory illness to PHA 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 (Appendix A) to help determine if further assessment or testing for COVID-19 is needed.
 - Provide medical clearance to the Safety Field Marshal before returning to play.
 - Individuals can contact provincial health authorities for health advice.
 - Individuals can learn more about how to manage their illness here:
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html?topic=tilelink>
4. In the event of a suspected case or outbreak, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority.

- If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities. ⁵

Individual return to play from COVID-19

In the event of a participant becoming ill due to COVID-19 please ensure that the individuals consult their physicians and PHA on appropriate steps for when to return. As additional guidance please refer to the COVID-19 return to sport protocol below. ⁶



Communication and messaging

Ensuring safety measures are being met and adhered to depend on everyone being aware of and understanding the health and sport specific guidelines. Communication of the guidelines to

5. "Return to Sport Guidelines for B.C." VIASport British Columbia, www.viasport.ca/site/default/files/ReturntoSports-Guidelines.pdf.

6. Phelan D, Kim JH, Chung EH. A Game Plan for the Resumption of Sport and Exercise After Coronavirus Disease 2019 (COVID-19) Infection. *JAMA Cardiol.* Published online May 13, 2020. doi:10.1001/jamacardio.2020.2136

your participants and spectators is an important component of the Return to Football guidelines. See Appendix C for a sample letter you can share that can be adapted for your organization. Participants should be asked to sign a participant agreement acknowledging they have read the guidelines and understand their risk before participating. It should also be communicated to participants that they are subject to removal from activities/facility use should they fail to comply with outlined protocols.

Print and post signage outlining policies and procedures such as:

- Physical distancing expectations,
- Hand hygiene,
- Respiratory etiquette (coughing and sneezing), and
- Cleaning and disinfection practices and expectations.

More information can be found at <https://news.ontario.ca/en/release/58886/ontario-protects-workers-volunteers-and-organizations-who-make-honest-efforts-to-follow-covid-19-pub>

APPENDICES

Contained within the Appendices section of this Guide, you will find;

- Appendix A - Self Assessment Questionnaire
- Appendix B - Emergency Action Plan (EAP)
- Appendix C - Communication Resource
- Appendix D – Release of liability, waiver of claims and indemnity agreement (18 and over)
- Appendix E – Informed consent and assumption of risk agreement (17 and Under)
- Appendix F – Contact Tracing Log for Club Centers

ADDITIONAL RESOURCES

Government Links:

[Government of Canada](#)

[Government of Ontario Coronavirus Information](#) [Government of Ontario Emergency Order](#)

[Government of Ontario Framework for Reopening](#)

Public Health Authority Links:

[Canadian Public Health Services](#) [Ontario Public Health Authority](#)

[Ontario Local Health Integration Networks](#) (find your regional Public Health Authority)

[Ontario COVID-19 Self-Assessment Tool](#)

[Ontario Guidance for facilities for sports and recreational fitness activities during COVID-19](#)

Hygiene Best Practices Links:

[Public Health Agency of Canada: Hard Surface Disinfectants and Hand Sanitizers](#)

[Public Health Agency of Canada: Hand washing Guide](#)

[Ontario Public Health: Cleaning and Disinfection for Public Settings](#)

[Pan-Canadian Public Health Network Recommendations for Face Masks in Community Settings](#)

Municipal Recreation Facilities:

[Ontario Recreation Facilities Association \(ORFA\)](#)

CHECKLIST FOR A CLUB'S PRE-ACTIVITY MEETING

CLUB'S PRE-ACTIVITY MEETING	
✓	Host a pre-activity online meeting for players, coaches, parents and volunteer coordinators that allows for two-way communication (confirm attendance)
✓	There is no participation prior to the participant/parent/guardian signing the OPFL waiver to acknowledge understanding that COVID-19 and other infectious diseases are not covered by insurance
✓	Share applicable public health authority advisories and guidelines
✓	Share applicable municipal facility advisories and guidelines (received from the municipality)
✓	Share the League, your Club's and facility expectations and protocols on arrival and departure, including limiting the number of parents or guardians involved in the process
✓	Discuss the importance of preventing COVID-19 in the football environment, including physical distancing measures and safe participation
✓	Discuss the importance of everyone washing their hands before entering the field / facility, after using the washroom, and after leaving the field / facility
✓	Discuss the importance of talking to an adult if anyone is feeling unwell, and to how to safely and confidently address players who feel unwell during a session
✓	Make sure that your child has their own clean water bottle clearly and permanently marked with their first and last name (no communal supplies will be provided)
✓	Make sure that all players arrive dressed in their equipment (no dressing rooms will be provided)
✓	Store equipment bags, hand sanitizers, ice packs, snacks, and any other personal belongings inside the vehicle (a small, sealed bag with prescription medication is permitted on the field)
✓	Discuss designated viewing areas (away from the field / facility) for each session, and the need to respect physical distancing guidelines between other families during arrival and departure
✓	Discuss the execution of each session's training plan, and what players can expect from their involvement and participation
✓	Recommend hygiene kits for players: small package of tissues, hand sanitizer, laminated prevention card with key reporting information, thermometer, non-medical mask, disinfectant
✓	Mental health is important! Players will be encouraged with positive feedback, but will not be forced to participate if they show anxiety or distress at any time
✓	Questions, comments or concerns not raised by the pre-session meeting facilitator

CHECKLIST FOR COACHES & VOLUNTEERS

COACHES & VOLUNTEERS

Return to Play needs to be beneficial, safe and fun for all participants. Coaches, trainers and volunteer administrators will need to ensure all of these guidelines are followed during sanctioned football activity. In all circumstances, safety of participants must be the top priority for everyone involved

- ✓ Sign the OPFL waiver to acknowledge understanding that COVID-19 and other infectious diseases are not covered by insurance
- ✓ Be informed on and follow all public health authority advisories and guidelines, as well as applicable municipal facility advisories
- ✓ Ensure that participant safety is the top priority at all times
- ✓ Attend the club's pre-activity online meeting to ensure that everyone is clear on what to expect from each session, and what everyone's responsibilities are to ensure a safe environment
- ✓ Talk to all players about the importance of preventing COVID-19 in the football environment, including physical distancing measures and safe participation
- ✓ Create a detailed practice plan with drills that follow physical distancing expectations and do not reuse the same equipment where contact is made
- ✓ Dispose of soiled face masks, disposable gloves, disinfectant wipes inside of a garbage bag
- ✓ Review the club's emergency action plan, ensure that important phone numbers and addresses are up-to-date, and share digitally with other bench personnel
- ✓ Use personal protective equipment (face mask, gloves, face-shield, etc.) when attending to an injured player, and follow proper hand hygiene after contact is made with any participant
- ✓ Review the club's detailed arrival and departure plan to ensure that it allows for no-contact check-in, physical distancing between participants and confirms contact tracing information
- ✓ Adhere to the "Rule of 2" at all times: a minimum of two coaches and a maximum number of players according to regional guidelines on social gatherings
- ✓ Coaches must wear a face-mask at all times during a session
- ✓ Maintain and respect the privacy of all participants in accordance of the OPFL's Privacy Policy, unless requested by the Public Health Agency
- ✓ Mental health is important! Encourage all players with positive feedback, but do not force anyone to participate in a drill or session if they show anxiety or distress

CHECKLIST FOR PLAYERS

PLAYERS

We are all ready to return to activity in anticipation of eventually returning to playing the game we all love! The COVID-19 pandemic has greatly changed how we will participate in football and it is important that all players follow the rules to ensure that the activity and experience is beneficial, safe and fun for everybody

- ✓ If 18 and over, sign the OPFL waiver to acknowledge understanding that COVID-19 and other infectious diseases are not covered by insurance
- ✓ Be informed about and follow all public health authority advisories and guidelines (pursuant to the player's age and comprehension)
- ✓ Be informed on and follow all municipal facility advisories and guidelines (pursuant to the player's age and comprehension)
- ✓ Respect physical distancing guidelines between other players during arrival and departure (wear a facemask when entering and exiting an indoor facility)
- ✓ Attend all pre-activity online meetings with your parent / guardian, and ask questions when unsure about expectations
- ✓ Talk to your parent / guardian about the importance of preventing COVID-19 in the football environment, including physical distancing measures and safe participation
- ✓ Talk to your parent about the importance of washing your hands before entering the field / facility, after using the washroom, and after leaving the field / facility
- ✓ Understand the importance of talking to an adult if you are feeling unwell, and to remove yourself from football activity immediately
- ✓ Make sure that your own clean water bottle is clearly and permanently marked with your first and last name (no communal supplies will be provided)
- ✓ Be prepared to arrive at the field / facility dressed in your equipment (it is unlikely that dressing rooms will be provided – facemasks should be worn when entering and exiting an indoor facility)
- ✓ Ask your parent or guardian for help with equipment adjustments only when necessary and away from the field / facility, and thoroughly clean all used equipment following each session
- ✓ Store equipment bags, hand sanitizers, ice packs, snacks, and any other personal belongings inside the vehicle (a small, sealed bag with prescription medication is permitted on the field)
- ✓ Avoid touching high-contact surfaces (door handles, faucets, railings, etc.)
- ✓ Mental health is important! Be open with your parent / guardian about your comfort level when participating.
- ✓ Have FUN!

CHECKLIST FOR PARENTS, GUARDIANS & SPECTATORS

PARENTS, GUARDIANS & SPECTATORS

✓	Sign the OPFL waiver to acknowledge understanding that COVID-19 and other infectious diseases are not covered by insurance
✓	Be informed about and follow all public health authority advisories and guidelines
✓	Be informed on and follow all municipal facility advisories and guidelines
✓	Be informed on and follow all team expectations for safe arrival and departure
✓	Attend all pre-activity online meetings with your child, and ask questions when unsure about expectations
✓	Talk to your child about the importance of preventing COVID-19 in the football environment, including physical distancing measures and safe participation
✓	Talk to your child about the importance of washing their hands before entering the field / facility, after using the washroom, and after leaving the field / facility
✓	Make sure that your child knows to talk to an adult if they are feeling unwell, and to remove themselves from football activity immediately
✓	Only one parent should be involved in bringing a player to and from the field / facility, and ride-sharing between families should not occur under any circumstances
✓	Make sure that your child has their own clean water bottle clearly and permanently marked with their first and last name (no communal supplies will be provided)
✓	All players must arrive to the field / facility dressed in their equipment (it is unlikely that dressing rooms will be provided in most municipalities)
✓	Store equipment bags, hand sanitizers, ice packs, snacks, and any other personal belongings inside the vehicle (a small, sealed bag with prescription medication is permitted on the field)
✓	Remain in designated areas (away from the field / facility) during any sessions, and respect physical distancing guidelines between other families during arrival and departure
✓	Assist your child with equipment adjustments only when necessary and away from the field / facility, and thoroughly clean all used equipment following each session
✓	Acknowledge the role you will play in your child's activity (players are the priority, and parents are obligated to consider and respect the health and safety of everyone involved)
✓	Monitor your child for any symptoms of illness before and after the session
✓	Mental health is important! Encourage your child with positive feedback, but do not force your child to attend a session if they show anxiety or distress about participating at any time

APPENDIX A

ONTARIO PROVINCIAL FOOTBALL LEAGUE (OPFL)
COVID-19 SELF ASSESSMENT QUESTIONNAIRE

1 - Are you currently experiencing any of these symptoms?

Choose any/all that are new, worsening, and not related to other known causes or medical conditions

Fever and/or chills - Temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher	Yes	No
Cough or barking cough (croup) - Continuous, more than usual, making a whistling noise when breathing	Yes	No
Shortness of breath - Out of breath, unable to breathe deeply	Yes	No
Decrease or loss of smell or taste - Not related to other known causes or conditions	Yes	No
Sore throat or difficulty swallowing (more than 48 hours)	Yes	No
Headache that's unusual or long lasting (more than 48 hours)	Yes	No
Nausea, vomiting and/or diarrhea (more than 48 hours)	Yes	No
Extreme tiredness that is unusual or muscle aches (more than 48 hours) Fatigue, lack of energy.	Yes	No

2- Have you travelled outside of Canada in the last 14 days? Yes No

3. In the last 14 days, has a public health unit identified you as a close contact of someone who currently has COVID-19? Yes No

4. Has a doctor, health care provider, or public health unit told you that they should currently be self-isolating (staying at home)? Yes No

5. In the last 14 days, have you received a COVID Alert exposure? Yes No

If you answered "YES" to any of the symptoms or questions above:

- Contact your Club Center to let them know about this result.
- You should isolate (stay home) and contact your Public Health Unit
- Talk with a doctor/health care provider to get advice or an assessment, including if you need a COVID-19 test.

If you answered "NO" to all questions, you are free to participate in football activities.

You can also use the online self-assessment if you were exposed to COVID-19 (novel coronavirus) or have symptoms. You will get a recommendation on what to do next. <https://covid-19.ontario.ca/self-assessment/>

APPENDIX B

ONTARIO PROVINCIAL FOOTBALL LEAGUE (OPFL) **EMERGENCY ACTION PLAN (EAP)**

Plan Overview - Organization and Structure of the Plan

Serious injury requiring emergency care and transportation is inherent in athletics and can occur at any time, during any activity and at any place. A serious injury is any condition whereby the athlete's life may be in danger or risks permanent impairment. These injuries include but are not limited to: Cervical Spine and Head Injuries, Loss of Limb, Severe Bleeding, Shock, Severe Fractures, Heat and Cold Stress, Pulmonary Attack (breathing problem) and Cardiovascular Arrest (chest pain).

This emergency plan has been developed to increase preparedness by coaches and the athletic training staff. The emergency plan is a scripted response to emergencies occurring during Football activities. This plan should be discussed annually with coaches and staff who will be provided with a copy of the emergency action plan (EAP).

All athletes will have submitted a completed and signed Medical Information & Consent form prior to participating in any practice or game. Emergency Personnel must keep a copy of each athlete's Medical Information & Consent form in their possession at each practice and game. A copy will be maintained by the Club secretary.

Components of an Emergency Plan

1. Emergency Personnel
2. Emergency Communication
3. Emergency Equipment
4. Emergency Transportation
5. Non-Medical Emergencies
6. COVID-19 Response
7. Protocol for medical certification requirements
8. Inclement weather procedures

1- EMERGENCY PERSONNEL

The first responder in an emergency situation during an athletic practice or competition is typically a certified athletic trainer. However, the first responder may also be a coach or another member of the football club. Certification in cardiopulmonary resuscitation (CPR), first aid, automated external defibrillator (AED), prevention of disease transmission, and emergency plan review is required for all athletics personnel associated with practices, competitions, skills instructions, and strength and conditioning. Copies of training certificates and/or cards are maintained with the club president.

The emergency team may consist of physicians, emergency medical technicians, certified athletic trainers, athletic training student, coaches, managers, and possibly bystanders. Roles of these individuals will vary depending on different factors such as team size, athletic venue, preference of the

head athletic trainer, etc. All injuries must be reported within 24 hours by submitting a completed Injury Report to the Club Emergency Response Lead for signature. A copy will be retained and submitted to the League.

2 - EMERGENCY COMMUNICATION

Communication is a key to a quick, efficient emergency response. There should be a pre-established phone tree to ensure all relevant parties are notified. Access to a working telephone line or mobile device should be assured. There should also be back-up communication in effect in case there is a failure of the primary communication. At every athletic venue, home and away, it is important to know the location of a workable telephone.

3- EMERGENCY EQUIPMENT

All necessary emergency equipment should be at the site and quickly accessible. Personnel should be familiar with function and operation of each type of emergency equipment. The equipment should be checked on a regular basis to ensure good condition and equipment use should be rehearsed by all emergency personnel.

Creating an equipment inspection log book is strongly recommended. Know how to properly care for and store all of the equipment. You should choose a clean, dry, environmentally controlled area and it should be readily available when emergency situations arise.

This type of equipment could include: spine boards and straps, automated external defibrillators (AEDs), AED pads, AED batteries, splinting equipment, helmet removal equipment and their batteries, etc. Coaches should take note of the closest AED to their practice and game locations.

4- MEDICAL EMERGENCY TRANSPORTATION

In the event that an ambulance is on site, there should be a designated location with rapid access to the site and cleared route for entering/exiting the venue. In the event that an ambulance is not on site, the medical personnel should be aware of average EMS response time for the athletic venue and distance from the venue to local hospitals.

Any emergency situation where there is impairment in loss of consciousness (LOC), airway, breathing, or circulation (ABCs) or there is a neurovascular compromise should be considered a "load and go" situation and emphasis placed on rapid evaluation, treatment, and proper transportation.

A coach, staff member or team governor will accompany the injured athlete to the hospital in the ambulance in the absence of a parent. The staff athletic trainer should remain at the sporting event / practice until it is completed. For other non-life threatening injuries, suitable arrangements will be made. Only in circumstances where there is no other alternative and prompt care is needed should a staff member transport an injured athlete.

5- NON-MEDICAL EMERGENCIES

For the non-medical emergencies (fire, bomb threats, violent or criminal behavior, etc.) refer to the venue's emergency action plan checklist and follow instructions. Alternatively, contact Campus security or local authorities.

6 – COVID-19 RESPONSE

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

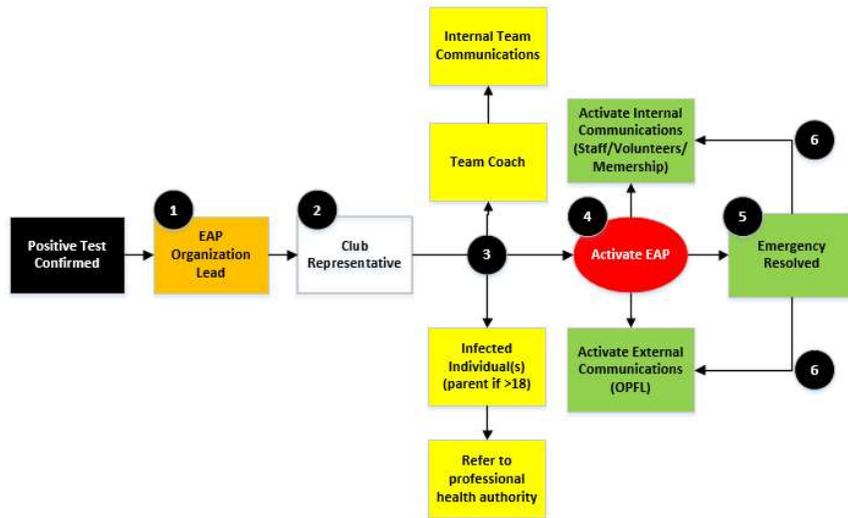
Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Determine who within the organization has the authority to modify, restrict, postpone or cancel activities. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility right away.

Implement your illness policy and advise individuals to:

- Self-isolate
- Monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
- Use the COVID-19 self-assessment tool to help determine if further assessment or testing for COVID-19 is needed.
- Individuals can contact their local health unit or medical professional for health advice
- Individuals can learn more about how to manage their illness here:
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html?topic=tilelink>

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. If your organization is contacted by a

medical health officer in the course of contact tracing, cooperate with local health authorities.



7- PROTOCOL FOR MEDICAL CERTIFICATION REQUIREMENTS

All Emergency Personnel associated with practices, competition, skills instruction, and strength and conditioning, including all head, assistant, and volunteer trainers must have the following training:

- CPR/AED for the First Responder
- First Aid for the First Responder
- Prevention of Disease Transmission: Blood Bourne Pathogens
- Emergency Action Plan annual run-through

All updated copies of certificates/cards will be on file with the club president.

8- INCLEMENT WEATHER PROCEDURES

During home games, in the case of inclement weather (i.e. Thunderstorms/Lightning, Hail), it will be at the discretion of the head referee to determine if the game fields should be evacuated. During practices, the determination will be made by the trainer and/or head coach.

Lightning

Lightning is a dangerous phenomenon. The athletic training staff has developed a lightning policy to minimize the risk of injury from lightning strike to our athletes, coaches, support staff and fans. To monitor lightning, the athletic training staff will utilize the Flash-Bang method: count the seconds from the time lightning/flash is sighted to when the clap/bang of thunder is heard. Divide this number by 3 and equals how far away in km. Let's say you counted 18 seconds. To find your distance from the lightning in miles, divide 18 by 3 to get 6 kilometers.

As a minimum, Football Canada strongly recommends that all individuals have left the field and reach a safe location by the flash-to-bang count of 45 seconds (15 km). Teams may return to the field 30 minutes from last sight of lightning.

Announcement of Suspension of Activity: Once it is determined that there is danger of a lightning strike, the Athletic Training staff member will notify the head coach and official and all athletes, coaches, officials and support personnel are to evacuate to an enclosed grounded structure (locker rooms).

Evacuation of the stands: During competition once the official signals to suspend activity, a member of the Emergency staff will announce via the PA system.

9- EMERGENCY RESPONSIBILITIES

First Responder - During any football activity, the First Responder to an emergency situation is the highest certified and trained person on the site where the injury occurs. The First Responder will most often be the specific team athletic trainer, although other personnel may fill this role if their certification and training is appropriate. The primary role of the first responder is to establish scene safety and immediate care of the athlete. The First Responder must either have the First Aid kit with them or direct someone to retrieve it.

The basic duties of first aid are:

- Check the scene for safety and stop all activity near the athlete.
- Check the injured athlete and protect the athlete from further harm.
- Do not move the athlete if there is a possibility of head or neck injury or if the athlete is unconscious.
- Assume that all blood, body fluids and any other potentially infectious materials are infected with a blood-borne pathogen.
 - Use nitrile gloves and sterilized bandages to administer first aid.
 - All bleeding must be stopped prior to re-entering the practice or game.
 - Any blood on an athlete's uniform must be cleaned or disinfected before re-entering the practice or game.
 - All bandages or other materials that have come into contact with blood or other body fluids must be properly disposed of using the red Biohazard bags inside each team first aid kit.
- Request that Emergency Action Plan (EAP) be activated. - Activate the Emergency Action Plan if the athlete shows any of the following signs:
 - Unconsciousness, trouble breathing, pain, pressure or discomfort in the chest
 - Severe bleeding, vomiting or passing of blood
 - Seizing from a diabetic emergency
 - Severe headache, injuries to the back, neck, or head
 - Possible broken bones or other signals that indicate that the athlete is at risk.
- Care for the injured or ill athlete until EMS personnel arrive.

Second Responder - The primary role of the Second Responder is to Assist the First Responder and activate the EAP as soon as the situation is deemed an emergency or life-threatening event. The person

chosen for this duty must be someone who is calm under pressure and who has excellent oral communication skills. This person must be familiar with the location and address of the event.

The basic duties of first aid are:

- Call 911
 - Provide you name, current location, and telephone number to the dispatcher
 - Explain nature of the emergency and Provide details of athletes involved
 - Review condition of athlete(s)
 - Inform of first aid treatment initiated by first responder
 - Provide specific directions as needed to locate the emergency scene
 - Share other information as requested by dispatcher
 - Help control others in the area, ask for assistance from others trained in emergency protocol.

Emergency Support Staff

- Emergency equipment and first aid kit retrieval
- Meet ambulance and direct to scene to enable them to reach the site as rapidly as possible.
- Contact parent, guardian or emergency contact person listed on the injured person's medical profile and if present designate someone to escort them to the field
- Contact Club President
- Scene control: limit scene to first responder and move bystanders away from area

EMERGENCY ACTION PLAN (EAP)
(This page should be printed and on hand during all Club events)

CONTACT INFORMATION

Emergency phone numbers: 9-1-1 for all emergencies

Head Coach:		
Team Governor Bantam:		
Team Governor JV:		
Team Governor SV:		
Campus Security:		
Facility contact (1st option):		
Facility contact (2nd option):		
Club contact (1st option):		
Club contact (2nd option):		

HOME FIELD

Facility:	
Address:	
Directions:	

NEAREST HOSPITALS

Hospital Name	Hospital Name
Hours	Hours
Address	Address
Directions from the field	Directions from the field

STEPS TO FOLLOW WHEN AN INJURY OCCURS

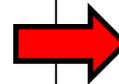
This page should be printed and on hand during all Club events)

Step 1: Control the environment so no further harm occurs

- ✓ Stop all participants.
- ✓ Protect yourself if you suspect bleeding (put on gloves).
- ✓ If outdoors, shelter the injured participant from the elements and from any traffic.

Step 2: Do a first assessment of the situation. If the participant:

- ✓ is not breathing
- ✓ does not have a pulse
- ✓ is bleeding profusely
- ✓ has impaired consciousness
- ✓ has injured the back, neck or head
- ✓ has a visible major trauma to a limb
- ✓ cannot move his/her arms or legs or has lost feeling in them



***ACTIVATE
EAP***

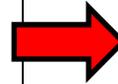
If the participant does not show the signs above, proceed to Step 3

Step 3: Do a second assessment of the situation

- ✓ Gather the facts by asking the injured participant as well as anyone who witnessed the incident.
- ✓ Stay with the injured participant and try to calm him/her; your tone of voice and body language are critical.
- ✓ If possible, have the participant move himself/herself off the playing surface. Do not attempt to move an injured participant.

Step 4: Assess the injury

- ✓ Have someone with first aid training complete an assessment of the injury and decide how to proceed.
- ✓ If the person trained in first aid is not sure of the severity of the injury or there is no one available who has first aid training, activate EAP.
- ✓ If the assessor is sure the injury is minor, proceed to step 5.



***ACTIVATE
EAP?***

Step 5: Control the return to activity

Allow a participant to return to activity after a minor injury only if there is no:

- ✓ swelling
- ✓ deformity
- ✓ continued bleeding
- ✓ reduced range of motion
- ✓ pain when using the injured part

Step 6: Record the injury on an accident report form

- ✓ Call the emergency contact person listed on the injured person's medical profile
- ✓ advise parents/guardian of next steps
- ✓ submit copy to Club President and League

APPENDIX C

ONTARIO PROVINCIAL FOOTBALL LEAGUE (OPFL) COMMUNICATION RESOURCE

Email or letter template message: Return to our football with respect to COVID-19

Dear <<PARTICIPANT, COACH, PARENT>>

As Public Health Ontario (PHO) develops guidelines to lift some restrictions on gathering in a responsible way, the OPFL has been following direction from Football Canada and the Province of Ontario to understand the recommendations of our Chief Provincial Health Officer and how they best apply within football.

The attached Return to Football Plan has been developed for our sport in order to ensure:

- health and safety of all individuals is a priority
- activities are in alignment with provincial health recommendations
- modifications to activities are in place in order to reduce the risks to each sport organization and its participants
- our sport is united and aligned on a plan to reopen throughout the province

While we do hope things will return to normal in the not too distant future, currently this Return to Football Plan will be the new normal until we are advised otherwise by public health authorities.

If you choose to participate, you must follow these rules:

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have traveled outside of Canada, you are not permitted at the facility until you have self-isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, please stay home.
- Wash your hands before participating
- Bring your own equipment, water bottle and hand sanitizer
- Comply with physical distancing measures at all time
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Leave the field of play as quickly as possible after you finish

Our Return to Football Plan is based on current public health guidance. While we are all doing our best to minimize the risk of exposure to COVID-19, while the virus circulates in our communities it is impossible to completely eliminate the risk. Each participant must make their own decision as to whether it is in their best interest to resume participation at this time. You must take into account your own circumstances and make the decision that is right for you. Should you choose to join us, we require your full cooperation with our Return to Football Plan.

Sincerely,

<<Sign here>>

APPENDIX D

ONTARIO PROVINCIAL FOOTBALL LEAGUE (OPFL) RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT (To be signed by Participants of the age of majority and over)

WARNING! By signing this document, you will waive certain legal rights. Please read carefully.

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 the Ontario Provincial Football League (OPFL), its member Club Centers and the sport of football, 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 acknowledges and agrees to the following terms outlined in this agreement:

Disclaimer

2. The Ontario Provincial Football League (OPFL), its member Club Centers and teams, and their respective directors, officers, committee members, members, employees, coaches, volunteers, participants, agents, independent contractors, subcontractors, sponsors, owners/operators of the facility in which the Activities take place, successors and assigns, and representatives (the "Organization") are not responsible for any injury, property damage, expense, loss of income, damage or loss of any kind suffered by a Participant during, or as a result of, the Activities, caused in any manner whatsoever including, but not limited to, the negligence of the Organization.

I have read and agree to be bound by paragraphs 1 and 2.

Description of Risks

3. I 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 my fitness or abilities, may misjudge weather or environmental conditions, may give incomplete warnings or instructions, 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. I am participating voluntarily in the Activities. In consideration of my participation, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to the Activities which could result in damage, loss, serious physical injury, or death. The risks, dangers and hazards include, but are not limited to, injuries from:
 - a) Health: executing strenuous and demanding physical techniques, physical exertion, overexertion, stretching, dehydration, fatigue, cardiovascular workouts, rapid movements and stops, lack of fitness or conditioning, traumatic injury, bacterial infections, rashes, and the transmission of communicable diseases, including viruses of all kinds, COVID-19, bacteria, parasites or other organisms or any mutation thereof.
 - b) Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions on grass, turf or other surfaces, extreme weather conditions; travel to and from premises
 - c) Use of Equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Organization to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment within

- d) my own ability.
- d) Contact: contact with footballs, other equipment, poles, stands, football equipment equipment, fences, or other persons, whether intentional or unintentional, is a common part of football programs, and may lead to serious bodily injury, including but not limited to concussions and/or other brain injury, or serious spinal injury.
- e) Advice: negligent advice regarding football programs
- f) Ability: Failing to act safely or within my own ability or within designated areas
- g) Sport: the game of football and its inherent risks
- h) Conduct: My conduct and conduct of other persons including any physical altercation between participants
- i) Travel: Travel to and from the Activities
- j) Negligence: My negligence and negligence of other persons, including NEGLIGENCE ON the PART OF THE ORGANIZATION, may increase the risk of damage, loss, personal injury or death. I understand that the Organization may fail to safeguard or protect me from the risks, dangers and hazards of football programs, some of which are referred to above.

Terms

5. In consideration of the Organization allowing me to participate in the Activities, I agree:
 - a) That my mental and physical condition is appropriate to participate in the Activities and I assume all risks related to my mental or physical condition;
 - b) That when I practice or train in my own space, I am responsible for my surroundings and the location and equipment that I select;
 - 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 I observe an unusual significant hazard or risk, I will remove myself from participation and bring such to the attention of a The Organization representative immediately;
 - f) The risks associated with the Activities are increased when I am impaired, and I agree not to participate if impaired in any way;
 - g) That it is my sole responsibility to assess whether any Activities are too difficult for me. By commencing an Activity, I acknowledge and accept the suitability and conditions of the Activity;
 - h) That I am responsible for my choice of protective equipment and the secure fitting of that equipment; and
 - i) That COVID-19 is contagious in nature and I 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 the foregoing risks.

I have read and agree to be bound by paragraphs 3 -5.

Release of Liability and Disclaimer

6. In consideration of the Organization allowing me to participate in the Activities, use its equipment and facilities, I agree:
 - a) That the sole responsibility for my safety remains with me;
 - b) To ASSUME all risks arising out of, associated with or related to my participation;
 - c) That I am not relying on any oral or written statements made by the Organization or its agents, whether in a brochure or advertisement or in individual conversations, to agree to be involved in the Activities;
 - d) To WAIVE any and all claims that I may have now or in the future against the Organization;
 - e) To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the activities, events and programs of the Organization;
 - f) To FOREVER RELEASE AND INDEMNIFY the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the "Claims") which I have or may have in the future, that might arise out of, result from, or relate to my participation in the Activities, even though such Claims may have been caused by any manner whatsoever, including but not limited to, the negligence, gross negligence, negligent rescue, omissions, carelessness, breach of warranty, breach of contract and/or breach of any statutory duty of care of the Organization;
 - g) TO HOLD HARMLESS AND INDEMNIFY the Organization from any and all liability for any damage, loss, expense or injury to any third party resulting from my participation in the Activities.
 - h) To FOREVER RELEASE AND INDEMNIFY the Organization relating to becoming exposed to or infected by COVID-19 which may result from the actions, omission or negligence of myself and others, including but

- not limited to the Organization;
- i) That the Organization is not responsible or liable for any damage to my vehicle, property, or equipment that may occur as a result of the Activities;
 - j) That negligence includes failure on the part of the Organization to take reasonable steps to safeguard or protect me from the risks, dangers and hazards associated with the Activities; and
 - k) This release, waiver and indemnity is intended to be as broad and inclusive as is permitted by law of the Province of Ontario and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Jurisdiction

- 7. I agree that in the event that I file a lawsuit against the Organization, I agree to do so solely in the province of Ontario, Canada and further agree that the substantive law of Ontario will apply without regard to conflict of law rules. I further agree that if any portion of this agreement is found to be void or unenforceable, the remaining document shall remain in full force and effect.

I have read and agree to be bound by paragraphs 6-7

Acknowledgement

- 8. I acknowledge that I have read and understand this agreement, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives. I further acknowledge by signing this agreement I have waived my right to maintain a lawsuit against the Organization on the basis of any claims from which I have released herein.

Name of Participant

Date

Signature of Participant

Witness

APPENDIX E

ONTARIO PROVINCIAL FOOTBALL LEAGUE (OPFL) 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 the Ontario Provincial Football League (OPFL), its member Club Centers and teams (collectively the "Organization") and the sport of football, 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 football equipment;
 - o) Negligence of other persons, including other spectators, participants, or employees;
 - p) Weather conditions; and

