



PRINCE GEORGE
YOUTH SOCCER
ASSOCIATION



PGYSA/PG iMPACT

Phase One

Return to Play Plan

Document 1



PRINCE GEORGE
YOUTH SOCCER
ASSOCIATION





Introduction

Since March 2020 sport has been suspended. With the recent phased opening up of various aspect of society, sport is now entering Phase One of its restart plan.

The safety of everyone involved in sport (players, parents, coaches, referees, volunteers, etc.) is something we take very seriously. Therefore, it is critical that we follow all guidelines set forth by our sport governing bodies, and all government and health authorities.

This document outlines a preliminary Return-to-Play (RTP) protocol for all members of the PGYSA/PG IMPACT soccer Club. Included within its pages are:

- Social distancing guidelines
- Training requirements and recommended standards
- Spectator distancing measures
- Projected time constraints for Phase One
- Health & safety plans

PGSYA/PG IMPACT COVID-19 Outbreak Plan (Adapted from ViaSport documentation)

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.

- Club Director Terrol Russell (250-640-1574) is the lead point person for the PGYSA/PG IMPACT.
- In the case of an outbreak (defined above), Terrol Russell will implement immediate cleaning and sanitization measures of all equipment, buildings, and any additional materials.

If Terrol Russell is unavailable the following chain of command will be designated as the lead contact:

- Coach John Botelho (250-981-0728) + President Kristian Vicei (250-613-6816)
- Dylan Zummack (250-981-0449) + President Kristian Vicei (250-613-6816)
- Abduallah Al-Nahas (778-281-0994) + President Kristian Vicei (250-613-6816)



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.

- Club Director Terrol Russell will implement enhanced cleaning measures of all equipment, facilities, and additional materials as required.
- All appropriate PPE will be used during cleaning and sanitizing procedures.
 - PPE includes N95/NIOSH approved facemask, Rubber Gloves, Latex Coveralls.
 - All PPE will be discarded appropriately once cleaning measures have been completed.

3. If a participant within our Club programming is discovered to have contracted COVID-19, the following will be implemented.

- **Individuals will be advised 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 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-covid-19/if-you-are-sick>
- **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.**
 - **Number of the local health authority**
 - Northern Health Regional Office
 - Suite 600, 299 Victoria St.
 - Prince George, BC
 - Email: rakel.kling@northernhealth.ca
 - After Hours: On-call Medical Health Officer – 250-565-2000
 - Press 7
 - Ask for MHO On-Call

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



Insurance & Liability

- It is imperative that we all (Board, Staff, Participant) understand there is no insurance coverage in place for any COVID19 related incidence. This applies to all Accident and Liability Claims.
 - Please note the recent updates by BC Premier John Horgan on this issue.
 - It is understood at this time that that the state of emergency can only be declared for 2-weeks at a time.
 - Protection expires if the State of Emergency is removed.
 - It is important to understand that the virus may still be contracted and will not disappear along with the removal of the State of Emergency.
 - Therefore, all safety measures will continue to be implemented in association with requirements for each phase of the BC restart plan.
- It is imperative that we all (Board, Staff, Participant) understand that adults cannot sign away the rights of youth. As such, waivers are used for information purposes only and do not necessarily indemnify the organization from COVID-19 related claims.
- Waivers and Assumptions of Risk documentation must be signed off on prior to any participation.
- All participants must be properly registered and sign off they have read all pertinent documentation and viewed our RTP video.

Canada Soccer Return-to-Play Assessment Tool

The following assessment tool will be used to determine final preparedness for implementation of our Phase One program. Once the PGYSA/PG IMPACT board has signed off on the Return-to-Play plan, the staff will complete the assessment tool and subsequently revise our RTP plan as needed.

- <https://returntoplay.canadasoccer.com/>

Anticipated Return-to-Play Timelines

BC Soccer recently outlined a step process for Phase One Return-to-Play. ***Please note the dates for Return-to-Play Phases 2 & 3 are currently TBA. Phase One timeline details are as follows:

Return to Play

The PGYSA, as a member of both BC Soccer and Canada Soccer, must abide by the rules and guidelines of our governing bodies. Below are the five steps Canada Soccer has determined for the lifting of the suspension and gradually returning to play. The PGYSA/PG IMPACT abides by the following steps in order to provide programming during the 2020 Outdoor season.



1. The easing of stay-at-home orders from the Federal public health authority;
2. The easing of restrictions on public gatherings from the respective Provincial public health authority;
3. The easing of restrictions for field and facility usage by the respective Municipal public health authority;
4. Canada Soccer has received the Return to Soccer Plan from the Provincial or Territorial Member Association, which has been provided to the applicable Provincial or Territorial government department and/or public health authority, and where applicable, has received confirmation from the Province or Territory that it approves of the Plan; and
5. Canada Soccer has received the Return to Soccer Assessment Tool from the member organization and has provided any comments or feedback to the member organization or its Provincial or Territorial Member, if any.

Members and Affiliated Clubs Next Steps for Phase One Return

1. Review *BC Soccer's Return to Play Plan Phase 1 – Recommendations and Guidelines* and *ViaSport's Return to Sport Guidelines for B.C.*
2. Fully complete Canada Soccer's "Return to Soccer Assessment Tool" which requires you to commit to offer soccer activity under the terms in *BC Soccer's Return to Play Plan Phase 1 – Recommendations and Guidelines*.
3. Pass a board motion supporting the soccer activity that your organization is choosing to offer under the terms.
4. Establish the training program(s) and offer the safest possible environment for all participants that choose to participate.

Timelines

The earliest date Phase One Return-to-Play may commence in the Province of British Columbia is June 12, 2020. This date may be moved back if the Provincial Health authorities request that sport organizations further delay their Return-to-Play plans. With the PGYSA/PG IMPACT having ceased program registration in advance of our 2020 outdoor season, we have the advantage of adapting and evolving our programming as needed to meet requirements.

Based on the RTP protocols and all associated variables and logistics, it is recommended that the date of July 06, 2020, be set internally as the earliest date our organization will provide Phase One RTP programming.

The following sections will help provide clarity on this date and the necessary preparation steps and procedures.



Phase One RTP Stage Based Training Breakdown

The health and safety of all our participants, members, and staff comes first and foremost in all RTP decisions. All activities and programs will be thoroughly reviewed to ensure the utmost level of safety and caution is taken at all times. We will work closely with the City of Prince George to ensure we are all working together in alignment with all governing authority guidelines and expectations.

Phase One (Projected start date of July 06, 2020)

- All Phase One activities will follow the distancing outline provided by the BC Soccer Technical staff. The purpose of the PGYSA/PG IMPACT RTP Phase One protocol will be to slowly and deliberately return registered athletes to minimum fitness and conditioning standards.
- Technical work will be incorporated with agility, fitness, coordination, and neural development work.
- Passing and distribution to partner(s) from inside one's own grid will reintroduce pattern recognition and creation.

Phase Two (Official projected start date is TBA) (September - November 2020)

- In Phase Two of our plan small sided activities would commence.
- This may include 1v1 to a maximum of 3v3/4v4/5v5 interaction-based activities.
- Groups of participants would be kept together as much as possible during this stage.

Phase Three (Official projected start date is TBA) (November 2020 - Spring 2021)

- In Phase Three of our plan small sided match play & full-sided would commence.
- Examples include 4v4/8v8/11v11 match-based activities.
- Groups of participants may be kept together or transitioned between teams if guidelines permit during this stage.

***Note that all training and competition will be kept in-house until such time that we reach Phase Three of our RTP plan. This is to decrease all risk as much as possible and reduce external exposure to an asymptomatic COVID-19 carrier.



Maturational Stage Return-to-Play Breakdown

- **Physical Literacy Soccer (3-4+5)**
 - Although this is the most important stage within our Club at this time, the athletes within this stage are unable to cognitively understand the requirement for social distancing.
 - As such, our Physical Literacy program will not commence until November 2020 at the earliest.
 - Distancing guidelines provided by our governing authorities would need to equate with the needs of this developmental stage.
 - Once this program commences, parents may be required to work with their child. This is in addition to staff.
 - Work areas will need to be designed appropriately to ensure we meet all distancing requirements, while also being close enough that our participants are still engaged in the activity.

- **Grassroots Club League (U7-U12)**
 - Although the participants within this stage are better able to cognitively understand the requirement for social distancing, recreational and community participants are more inclined to register for match-play.
 - Therefore, the Grassroots Club League will not commence until Phase Three of our RTP plan.

- **Youth Club League (U13-U16)**
 - Although the participants within this stage are best able to cognitively understand the requirement for social distancing, recreational and community participants are more inclined to register for match-play.
 - Due to the age and stage of the participants within the Youth Club League, it may be possible to commence programming for this group in Phase Two of our RTP plan.

- **PG IMPACT Technique Builder (U7-U9)**
 - The participants within this stage may struggle with the requirement for social distancing. Engaging the participants in the Technique builder program using distancing measures, may be difficult as they are on the younger level of the maturational spectrum.
 - Therefore, the Technique Builder program is not recommended until at least Phase Two of our RTP plan.



- **PG IMPACT Skill Builder (U10-U12)**
 - Although the participants within this stage are better capable of cognitively understanding the requirement for social distancing, the participants in the Skill Builder program may find it difficult to maintain enthusiasm during Phase 1.
 - Therefore, the Skill Builder program is not recommended until at least Phase Two of our RTP plan.

- **PG IMPACT Performance (U13-U18)**
 - The participants within this stage are better capable of cognitively understanding the requirement for social distancing.
 - The participants within the Performance program are able to maintain the mental fortitude to understand the purpose behind the training plans.
 - Participants within this program will be provided a fitness, agility, coordination and technique program for Phase One.
 - Small-sided activities will be provided (1v1-4v4) in Phase Two and match play in Phase Three.
 - The Athletes within this training program will be capable of continuing training into the fall and the winter, while meeting all distancing guidelines required during said periods.

Closing Points

- The earliest date our Club will be prepared to outdoor programming is July 6, 2020.
- The stage and group we would provide Phase One programming are the 12-18-year-old PG IMPACT Performance Program participants.
- Phase One would last a minimum of four weeks and a maximum of five weeks. E.g., July 06 – Aug 06.
- There would be a break period for recovery and summer vacation for a minimum of the last two weeks of August. The programming length within the month of August would depend on the official start date for Phase One training. Regardless of the start date, training would not extend past the date of August 13, 2020 under any circumstances.
- At least three weeks will be provided for the transition between phases of training. Therefore, the commencement of our Phase Two training program would not commence prior to September 08, 2020.

Additional Considerations for the PGYSA/PG IMPACT RTP Plan

- A maximum of 500 participants would be permitted to register for Phase One programming.
- Groups of 40 participants would be the maximum allowable one time in a single session.
- Sessions would be scheduled each day from Monday-Thursday. Friday & Saturday would be optional days that would be used if needed and the resources are available.



- Sessions would be provided between 10am-2pm and/or 4pm-8pm. A minimum of 15 minutes would be scheduled between sessions.
- Sessions would be a maximum of 60 minutes in length during Phase One.
- Groups would be based on the potential for Athletes to be part of one's bubble family.
- Strict interaction guidelines for all participants in Phase One will be maintained. This ensures limited exposure if a member is found to be a carrier of COVID-19.

Organizational Guidelines

- One staff member would be responsible for any injuries (e.g., ankle) suffered on the field of training/play. Said staff member would utilize all required health and personal protective equipment guidelines established by the health authority. Injured Athletes would be provided a specific area for treatment.
- The rule of two will be implemented along with social distancing requirements.
- A hand washing station will be provided within the washrooms available on site.
- Additional sanitizer station(s) will be onsite. All coaches will be equipped with the necessary sanitization equipment.
- A Communications/Emergency Action Plan will be developed that connects with Public Health authorities and the City of Prince George. This will be conducted for the following reasons:
 - Specific contacts will be outlined for the purpose of notifying in the case of a positive test (respecting privacy concerns).
 - Actions taken if a participant is found to have contracted COVID-19 include:
 - Our organization is prepared to shut down for the required period in the case of a positive COVID-19 test.
 - All equipment would be stored in a safe area and thoroughly cleaned and sanitized prior to use.
 - Group of Athletes training together would be provided to health authorities for the purpose of contact tracing.

Facilities & Scheduling Guidelines

- Locker rooms at the Rotary Fields will not be used until Phase Three of our RTP plan.
- Washroom facilities will be available, however, they will be cleaned and sanitized at the end of every session.
- A maximum capacity will be set for usage of the washrooms in order to maintain distancing.
- Lineups will be distance managed outside each bathroom by markers.
- Entrance to the Facility will be the gate at the Aquatic Centre that is closest to the PGYSA washrooms.
- Exit at the facility will be at the gate in the Aquatic Centre parking lot closest to the PGSA Clubhouse.



- Lightening protocols include:
 - At the first sign of thunder all participants and staff are put on notice that play may be called.
 - At the first sign of lightening all participants are split up into pre-set groups and will be directed to one of our on-site buildings.
 - Cancellation of all sessions will be considered if the forecast calls for thunder/lightning.
- Participants will not be permitted to handle any equipment with their hands. This does not include pinnies, where each participant may be provided with two colors of pinnies that they will keep in their personal possession.
- Only members of the coaching staff will be permitted to handle equipment (during the sanitizing process).
- All participants may wear face masks if they so choose.
- No heading will be permitted until Phase Three of our RTP plan or as directed by our governing bodies.
- Training breaks will be provided every 10-15 minutes. During this time participants may hydrate and sanitize.
- Parents will be required to submit their attendance at sessions in advance. A parent's area will be provided where parents may stand/sit during sessions. If social distancing guidelines are broken, all spectators will be requested to leave the facility.

Coach Guidelines

- Only certified Club Coaches, Coaches who have worked within the Club under guidance of the Club Director, or Coaches within our Coach development program, will be permitted to be on-field during Phase One.
- All Coaching staff will go through an orientation safety meeting, where protocol on hand washing standards, coughing and sneezing suppression, abolition on spitting, etc., will be covered.
- Coaches will subsequently be tasked with ensuring that all participants follow safety guidelines.
- Coaches will wipe their equipment down using the provided sanitization equipment. This will be done at the conclusion of each session. All equipment will not be taken out of any storage/carrying bags between sessions. All equipment will remain at the field in storage to ensure there is no transmission between field and home.
- Face masks may be worn by staff.

Parent/Guardian Guidelines

- Be sure to screen your child daily for any signs of illness. If in doubt, please be sure to keep your child at home.
- Be sure to drop your child off at the appropriate gate and pick up at the appropriate gate.
- If staying to watch the session, be sure to maintain all distancing guidelines.



- It is recommended that carpooling is restricted to members of your family bubble.
- Be sure to have all bags packed and prepared the evening prior to the session.
- Ensure all clothing and equipment has been cleaned and sanitized between sessions.
- All waivers will be required to be signed and submitted prior to entering the facility.

Player Guidelines

- All participants should arrive at the field dressed and prepared in advance.
- Shin pads and cleats may be put on within your personal training area.
- Training bag should be left on the perimeter of your training area.
- Inside you bag the following should be maintained:
 - Hand Sanitizer and cleaning wipes.
 - Masks are recommended for walking to and from the session area.
 - Any nutrition and hydration material.
 - Tissues/towel.
 - A personal soccer ball if preferred.
 - A change of clothes if needed. Changing within the bathroom during emergency is permitted.

PGYSA/PG IMPACT Referee Return to Play (submitted by John Botelho)

- Referees will arrive at the field matches 20-30 minutes prior to kick off, already dressed in all necessary equipment needed (whistles, cards, badge, pen, etc).
- Referees will have to report their overall health and well-being 24-48 hours prior to a match. Any COVID-19 related symptoms such as (cough, sore throat, fatigue, loss of sense of smell, shortness of breath & fever) experienced by that official will be asked not to officiate that match.
- Referees will enter the facility with a face mask.
- Referees will not be part of Phase 1 & 2, due to no games being played. This may be extended to include Phase 3 but will be determined at a later date.
- There will be absolutely NO sharing of referee equipment amongst officials.
- Referees will NOT touch the game ball with their hands, the balls must be passed by foot to the player.
- All referee reports will be done electronically by the Head Official for that match.
- When handing out cards, referees must respect a safe distance of 6ft or 2m between themselves and the player they are booking.
- The Referees Room will NOT be used.
- Referees must sanitize or wash hands prior to the start of the match and at the end of the match.
- Referees must have the following equipment in their bags and must NOT be shared.
 - Whistles/Pens/Cards/Hand sanitizer /Referee Kit (jersey, shorts, socks, badge)/Watch/Flags (Assistant Referees bring their own)/Face Mask.



PRINCE GEORGE
YOUTH SOCCER
ASSOCIATION



- Referees and Assistants will respect required guidelines when communicating at half time in person. Zoom or video chat is permitted to be used between officials in a half time or post game debrief.
- Referees intervening between players will dissolve the situation from distance as required.
- Any modifications to any Laws of the Game will be followed in full.

Coach & Referee Education and Mentoring

- All education session guidelines will be conducted online until Phase Four of our RTP plan.

Conclusion

We are excited at the opportunity to get back on the pitch with the Athletes, Coaches, and Parents. Although the past few months required us to suspend all soccer activity, this plan is the first step in providing a quality sport experience to all our members.

For further questions on this plan, please contact Club Director Terrol Russell or Club Vice President Kristian Vicei at the following email addresses:

pgysadirector@pgysa.bc.ca/kristian.vicei@pgysa.bc.ca