

Football Saskatchewan

COVID -19: Return to Football Guidelines



Updated September 4th, 2020



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Introduction

Football Saskatchewan's top priority is the safety of our players, coaches, trainers, officials, volunteers, parents, administrators, and families. We will continue to follow the recommendations of the Saskatchewan Health Authority, the Provincial Government, & Sask Sport. Football Saskatchewan has recommended the policies & procedures in this document as a return to play guide to help teams, leagues and organizations transition back into football when it is safe to do so. All cleaning and disinfecting procedures should come from the Saskatchewan Health Authority or the teams' equipment supplier/manufacturer for equipment procedures. The COVID-19 pandemic is a fluid situation that affects all sports and recreation; therefore, Football Saskatchewan will have weekly updates on this document that will be released on our website.

How to Use This Document

This document is intended as a guideline for Football Saskatchewan members to return to football in accordance with the Government of Saskatchewan, Saskatchewan Health Authority, & Sask Sport. Information provided in this document is updated regularly as the COVID-19 pandemic is a fluid situation and can change daily. Members are encouraged to use this document to begin their return to football and can find appropriate recommendations based on the re-open phases.

¹General Safety Information & Guidelines

Symptoms

If for any reason a player or immediate family member is experiencing the following symptoms, they should refrain from attending any group activity:

- Fever
- Cold or Flu-like symptoms
- Headache
- Aches and pains
- Sore throat
- Chills
- Runny nose
- Loss of sense of taste or smell
- Shortness of breath or difficulty breathing

If a player or immediate family member has travelled internationally or received a diagnosis of COVID-19 they must isolate for 14 days or until it is determined they are no longer a threat to public health. If you have attended a Football Sask event and are experiencing symptoms within 14 days after the event, please notify the Football Saskatchewan offices as soon as possible.

What is COVID-19?

Coronaviruses are a large family of viruses. They can cause diseases ranging from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS-CoV). Some cause illness in people, while others circulate among animals. Some coronaviruses transmit easily from person to person while others do not.

COVID-19 is a new virus that has not been previously identified. At present it is causing mild to moderately severe symptoms and some deaths. The virus spreads through close person-to-person contact. As with new viruses, further details will be available as we learn more.

¹ <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/about-covid-19#symptoms>



How COVID-19 Spreads

The infection transmits via coughing and sneezing (droplet transmission). It can also be spread by touching surfaces with the virus on it and then touching your mouth, nose, or eyes before washing your hands. While it is not yet known exactly how long COVID-19 lives on surfaces, preliminary evidence suggests it can live on objects and surfaces from a few hours to several days. Therefore, isolation at home or hospital is important to prevent transmission.

It is recommended to maintain a social distance of ideally two metres and at minimum one metre.

Treatment

As with most respiratory illnesses, most people with COVID-19 illness will recover on their own. There is no specific treatment for disease caused by COVID-19. Severe or worsening symptoms may require supportive treatment in hospital.

If symptoms feel worse than a standard cold, see a health care provider or call HealthLine at 811. If HealthLine 811 recommends you seek acute care, they will provide instruction to call ahead.

Currently, there is no approved vaccine that protects against coronaviruses, including COVID-19.

How to Protect Yourself

Currently, there is no approved vaccine that protects people against coronaviruses. As a respiratory illness, the best method to protect yourself against COVID-19 is to practise everyday preventive actions, including:

- Practise proper cough and sneezing etiquette (into a tissue or the bend of your elbow);
- Wash your hands often with soap and water; if soap and water are not available, use an alcohol-based hand sanitizer;
- Avoid touching your eyes, nose and mouth with unwashed hands;
- Clean and disinfect your home regularly;
- Maintain safe food practices;
- Avoid close contact with people who are sick;
- Avoid unnecessary travel to affected areas; and
- Avoid large crowds and practice physical distancing (do not shake hands, hug or kiss).

Evidence suggests wearing a surgical/medical mask does not prevent the wearer from becoming sick; however, it may provide an additional layer of protection for those around them if they are sick. The World Health Organization supports wearing a medical mask as one prevention measure that can limit the spread of certain respiratory viral diseases, including COVID-19. If a mask is worn, it should be done in addition to other preventative measures as noted above, and not in place of them. If you are experiencing respiratory symptoms such as cough or difficulty breathing, you should wear a surgical mask when seeking medical care at a health facility. If possible, please phone the facility prior to attending. If you are going to a health care facility for treatment, are experiencing respiratory symptoms and do not have a mask, ask for one at the admission desk and one will be provided to you.



Football Safety Guidelines

To ensure safety for all participants, Football Saskatchewan recommends the following guidelines related to football specific activities:

- **Consider having one or more individuals as Covid-19 representatives who are responsible for monitoring physical distancing, hand sanitizing, etc. during practices, camps, game play.**
- Personal water bottles only
- Consider having coaches call plays from the sidelines rather than in a team huddle.
- Consider adding additional timeouts to allow for hand hygiene during each half.
- Provide additional footballs if possible, to allow for more frequent equipment switches and sanitize footballs with disinfecting wipes or alcohol as often as possible.
- Discourage players from removing and re-inserting mouthguards. Mouthguards should be sanitized if they fall out.
- Consider electronic or handheld whistles for officials
- No handshakes
- Disinfecting procedures for practices & games
- Disinfecting procedures for all personal & field equipment
- Spectator limitations
- Equipment handouts should be scheduled by appointment to keep the numbers as low as possible (under 30 people together at any given time). All personnel handing out equipment should be wearing masks and wipe down the space used to equip at the end of each session.
- It is recommended all personnel on the sidelines that will have contact with the athletes within 6ft (i.e. athletic therapists, trainers, volunteers, equipment manager) should wear medical/surgical masks (n95 masks are not required). Homemade masks are not recommended.
- Any player found to have a positive test for COVID-19 and have been exposed to the other participants on that team, would cause the team/club to immediately shutdown. The specific management of a positive test in a player/coach/staff will be managed by the Saskatchewan Health Authority and it is recommended to call the 811 Healthline immediately for advice on proceeding appropriately.
 - Testing policies & procedures are rapidly evolving and will be updated as more information becomes available.

Tackle Football

- Potential to reduce to 6 a side or 9 a side tackle football
- Roster sizes below are only allowed when they fit within the gathering numbers/mini league numbers
 - Number of players on field cannot exceed 30 players (gathering numbers) at any time and mini leagues must remain under 80
 - Coaches, officials, volunteers and staff are not included in the gathering numbers or mini league numbers if they can properly physical distance and/or use proper PPE (masks).
- 6 a side: Roster limit of 15 players
- 9 a side: Roster limit of 30 players
- Draft or tiering system for 9 a side & 12 a side teams if needed in bigger city centres.
- 12 a side: No specific COVID-19 roster limits **when 12 a side is permitted again**

Non-Contact Football

- Flag & touch roster limits of 15 players



- Number of players on field cannot exceed 30 players (gathering numbers) at any time and mini leagues must remain under 80
- Coaches, officials, volunteers and staff are not included in the gathering numbers or mini league numbers if they can properly physical distance and/or use proper PPE (masks).
- Flag Pull and Drop
 - Make an amendment to the unsportsmanlike penalty to not hand back the flag at the point of the pull

Facilities

Indoor and outdoor facilities will adhere to the Government of Saskatchewan's COVID-19 policies & procedures when those guidelines are established in Phase 4. Several recommendations include:

- Print and post signage outlining policies and procedures such as:
 - Physical distancing expectations,
 - Hand hygiene,
 - Respiratory etiquette (coughing and sneezing)
 - Cleaning and disinfection practices and expectations.
- 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 participants 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. Noisemakers 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.

Insurance

As with most insurance for many sports and businesses, there will be no coverage for anything related to the COVID-19 Pandemic. Football Saskatchewan **STRONGLY** recommends all players, coaches, staff, volunteers and officials sign waivers prior to returning to football. Sask Sport & its insurance provider have provided its members with waiver templates which can be found in [Appendix C](#) of this document. According to our insurance provider digital signatures are valid, so organizations can use electronic documents.



Government of Saskatchewan's Re-Opening Phases

Government of Saskatchewan's Re-Open Saskatchewan Phases	Football Saskatchewan's Return to Football
Re-Open Saskatchewan will consist of five phases. The timing and order of the businesses/workplaces included in each phase is subject to change throughout the process based on a continuous assessment of transmission patterns and other factors.	Football Saskatchewan will adhere to the Government of Saskatchewan, Saskatchewan Health Authority, & Sask Sport's guidelines & procedures to provide a safe return to football. A return to football will adhere to the government's 5 re-opening phases.
PHASE 1	
Re-opening previously restricted medical services Opening of golf courses, parks, and campgrounds	Recommend utilizing football at home & virtual training/meetings
PHASE 2	
Re-opening retail and select personal care services	Recommend utilizing football at home & virtual training/meetings
PHASE 3 – JUNE 8	
Re-opening restaurants and food services, gyms and fitness centres, licensed establishments, and childcare facilities; re-opening remaining personal care services; re-opening places of worship; increasing indoor public and private gatherings to 15 people and outdoor gatherings to 30 people.	Recommend utilizing football at home & virtual training/meetings. Small group training & skills can begin but with physical distancing rules still in effect
PHASE 4 PART 1 – JUNE 22	
Re-opening outdoor recreation facilities. The size of outdoor public and private gatherings remains at 30 people . <ul style="list-style-type: none"> • Child and youth day camps • Outdoor pools and spray parks • Seasonal/recreational outdoor sports and activities 	Non-contact practices & training can begin. No contact football permitted.
PHASE 4 PART 2 – JUNE 29	
Re-opening indoor recreation facilities. Increasing indoor public & private gatherings to 30 people . <ul style="list-style-type: none"> • Indoor pools • Indoor rinks • Libraries • Museums • Galleries • Movie theatres • Casinos • Bingo halls 	Non-contact games can begin with restrictions. Contact football can resume with restrictions



Return to Football – Phases 1, 2, & 3

Recommend utilizing football at home (continued through all phases)

- FC Mobile App
- Skills & drills at home
- Age appropriate
- Minimal equipment (cones, football, speed ladder, cleats, etc.)

Football at home participants can only be your immediate family group or household. Proper hygiene and equipment sanitation are still required.

Return to Football – Phase 3

Public & private gatherings increased to 15 indoors & 30 outdoors. Phase 3 will begin with small group training & skills with public health measures still in effect:

- Distancing
 - 15 or less including coaches
 - Group personnel does not change, should be consistent
 - Adequate field space to maintain physical distancing during drills, in lines, etc.
 - Outdoor group training is recommended but if not possible, use an indoor space adequate for proper physical distancing
- Hygiene & Sanitation
 - Hand washing before & after
 - Sanitizer available
 - All equipment is sanitized before & after
 - Personal water bottles only
 - Refrain from touching your face – can lead to transfer from hands to equipment
- Skills & Drills
 - Focus on fundamental skill-based drills with no contact and physical distancing in place.

Tackle Football Equipment

Tackle football equipment distribution may begin in Phase 4. Equipment distribution, equipment maintenance, & practice/game day equipment guidelines will be addressed in [Appendix B](#).

Non-Contact Football (Flag & Touch)

Phase 4

Non-Contact Football should adhere to the following policies & procedures established by the Government of Saskatchewan:

Guidelines for General Operation

- Designate one or more people to be responsible for ensuring compliance with these guidelines.
- Contactless fundraising activities are permitted.
- Staff and participants should be given information on physical distancing and other requirements prior to attending. Staff should discourage gathering.



- Signage must be posted to caution players about the risks of COVID-19.
- Encourage participants to arrive no more than five to 10 minutes before the scheduled activity to reduce people gathering in groups.
- Registration processes should be completed online whenever possible; however, if in-person registration is required, physical distancing and sanitizing pens between uses is required.
- Contactless payment is preferred; however, cash may be accepted where necessary.
- Parents and other spectators must not total more than the maximum gathering limits per the public health order per team at each game and must ensure physical distancing between non-household members.
- Request minimal spectators attend events. Discourage gatherings.
- Spectators must maintain distancing of at least two metres from other members of the public.
- Spectators (excluding parents and guardians where necessary for player support) should be kept out of participant spaces (e.g. fields of play, courts).

Competition and Game Play

- If physical distancing is possible, certain organized sports, physical activities and recreation activities may proceed as normal (programming, training, practice, and competition). Tournaments are not permitted.
- No single group on the field of play shall exceed the gathering limits in the public health order of 30 players. Teams need to be separated while on the sidelines and players cannot exceed gathering limits during games, practices, or training.
- Due to the size of team rosters, **outdoor contact and outdoor non-contact football** will now be permitted within a mini-league of up to 80 individuals. This number includes all players and any coaches, officials, or staff *who cannot maintain physical distancing and/or don a mask at all times.*
- Travel is recommended to the nearest competitor with a maximum radius of 250km (distance calculated from city/town limits to the other city/town limit location). Exceptions to this travel radius would need to be approved by Football Saskatchewan on a case by case basis.
- At least two metres distancing should be maintained between all individuals, except members of the same household, when off the field of play (e.g. on benches, during intermission).
- Contact must be minimized whenever possible.
- If physical distancing cannot be maintained or is unpredictable, a mask should be worn by those not participating in the activity (i.e. coaches, volunteers, staff, officials, etc.).

Participant Health and Illness

- Members who are sick or symptomatic must not enter/participate. Participants, spectators, and volunteers should use the Government of Saskatchewan's self-assessment tool for COVID-19 and follow the subsequent directions.
- Players whose activities involve being within two metres of other players should self-monitor.
- Organizers must keep a record of attendees. All players, spectators, staff, and volunteers must sign in on arrival with name and phone number and/or email to facilitate contact tracing, if necessary, and keep attendance records for a minimum of one month. Where possible, do not use a common pen. Providing this information is voluntary for attendees and can only be used for the purposes of COVID-19 contact tracing.
- If a person becomes sick, they should immediately stop participating and return home.



- If a person becomes sick or injured, and first aid or further care is required:
 - Try to limit the number of individuals in contact with the sick person.
 - Place a mask over the individual's mouth and nose if they are not able to do so. Maintain a safe distance until the mask is in place.
 - First aid providers caring for people should follow standard precautions. Those who provide direct care requiring close or direct contact should wear a mask.
 - Following care, first aid providers should discard the mask and gloves following standard procedures and perform hand hygiene.

Physical Distancing

- Physical distancing must always be observed, with a minimum of two metres of space between individuals.
- Players on the same team grouping may be within two metres during play/drills.
- Intentional contact should be minimized where possible.
- Areas of congregation (e.g. team benches, bleachers) must be set up and used in a way that adheres to physical distancing requirements (i.e. only allow every other row in bleachers, use visual cues, etc.).
- Pylons or other markers should define the group space.
- Schedules should be staggered to promote physical distancing and allow for adequate cleaning and disinfection between uses.

Cleaning, Disinfection and Hand Hygiene

- Encourage participants to bring their own equipment to the facility.
- Participant-owned equipment, including sport gloves, should be visibly clean.
- Shared equipment (e.g. tennis balls, basketballs, bats, etc.) must be cleaned and disinfected frequently.
- Where rental equipment is provided, it should be assigned to one person only and be laundered or cleaned and disinfected upon return.
- Hand hygiene should be performed prior to play and contacting shared equipment, as well as through the duration of the activity (i.e. intermissions, breaks, etc.) and at the end.
- All frequently touched surfaces should be cleaned and disinfected prior to a new group being provided access to field space, including benches, dugouts, bleachers, railings, picnic areas, gates, etc.

Conduct

- Spitting (includes seeds, tobacco, and fluids) and other similar activities increase the risk of transmission of COVID-19 and are not permitted.
- Individuals must not share personal items (i.e. equipment or beverage containers).
- Congratulatory gestures such as high fives and handshakes are not permitted.
- Spectators, participants and players, staff, coaches, and volunteers should try to minimize cheering and whistling as much as possible to control the spread of COVID-19.
- Consider how to adapt activities to take place outdoors and modify play to decrease physical contact, whenever possible.
- Intentional contact during sport or activity must be limited. Modifications to activities that limit physical contact are recommended.



Tackle Football (6, 9 & 12 a side)

Phase 4

Guidelines for General Operation

- Designate one or more people to be responsible for ensuring compliance with these guidelines.
- Contactless fundraising activities are permitted.
- Staff and participants should be given information on physical distancing and other requirements prior to attending. Staff should discourage gathering.
- Signage must be posted to caution players about the risks of COVID-19.
- Encourage participants to arrive no more than five to 10 minutes before the scheduled activity to reduce people gathering in groups.
- Registration processes should be completed online whenever possible; however, if in-person registration is required, physical distancing and sanitizing pens between uses is required.
- Contactless payment is preferred; however, cash may be accepted where necessary.
- Parents and other spectators must not total more than the maximum gathering limits per the public health order per team at each game and must ensure physical distancing between non-household members.
- Request minimal spectators attend events. Discourage gatherings.
- Spectators must maintain distancing of at least two metres from other members of the public.
- Spectators (excluding parents and guardians where necessary for player support) should be kept out of participant spaces (e.g. fields of play, courts).

Competition and Game Play

- For sports or activities where participants are unable to adhere to physical distancing, groupings (mini-leagues) should be formed. Mini-leagues can be comprised of multiple teams, but no more than 80 individuals.
 - Mini-leagues allow sports teams to return to a safe level of play and will help mitigate the risk of widespread transmission by limiting the number of athletes that come in close contact with each other.
- The 80-person maximum per mini-league does not include coaches/staff, instructors, officials and volunteers *who can maintain physical distance, use PPE and avoid contact with the players, balls and equipment*. If they cannot, they are included in the mini league totals.
- No single group on the field of play shall exceed the gathering limits of 30 in the public health order. Teams need to be separated while on the sidelines.
- Mini-league teams must be comprised of individuals within the same neighbourhood, community or local geographical region (e.g. within a rural municipality, town, quadrant of a city or nearest community).
- Mini-leagues should remain together until restrictions are further relaxed.
- Game play can resume between teams in a mini-league and must be limited to teams within the same mini-league.
- Teams in different mini-leagues should not play each other.
- At least two metres distancing should be maintained between all individuals, except members of the same household, when off the field of play (e.g. on benches, during intermission).
- Contact must be minimized whenever possible.
- Tournaments are not permitted.



- Travel is recommended to the nearest competitor with a maximum radius of 250km (distance calculated from city/town limits to the other city/town limit location). Exceptions to this travel radius would need to be approved by Football Saskatchewan on a case by case basis.
- If physical distancing cannot be maintained or is unpredictable, a mask should be worn by those not participating in the activity (i.e. coaches, volunteers, etc.).

Participant Health and Illness

- Members who are sick or symptomatic must not enter/participate. Participants, spectators and volunteers should use the Government of Saskatchewan's self-assessment tool for COVID-19 and follow the subsequent directions.
- Players whose activities involve being within two metres of other players should self-monitor.
- Organizers must keep a record of attendees. All players, spectators, staff and volunteers must sign in on arrival with name and phone number and/or email to facilitate contact tracing, if necessary, and keep attendance records for a minimum of one month. Where possible, do not use a common pen. Providing this information is voluntary for attendees and can only be used for the purposes of COVID-19 contact tracing.
- If a person becomes sick, they should immediately stop participating and return home.
- If a person becomes sick or injured, and first aid or further care is required:
 - Try to limit the number of individuals in contact with the sick person.
 - Place a mask over the individual's mouth and nose if they are not able to do so. Maintain a safe distance until the mask is in place.
 - First aid providers caring for people should follow standard precautions. Those who provide direct care requiring close or direct contact should wear a mask.
 - Following care, first aid providers should discard the mask and gloves following standard procedures and perform hand hygiene.

Physical Distancing

- Physical distancing must always be observed, with a minimum of two metres of space between individuals.
- Players on the same team grouping may be within two metres during play/drills.
- Intentional contact should be minimized where possible.
- Areas of congregation (e.g. team benches, bleachers) must be set up and used in a way that adheres to physical distancing requirements (i.e. only allow every other row in bleachers, use visual cues, etc.).
- Pylons or other markers should define the group space.
- Schedules should be staggered to promote physical distancing and allow for adequate cleaning and disinfection between uses.

Cleaning, Disinfection and Hand Hygiene

- Encourage participants to bring their own equipment to the facility.
- Participant-owned equipment, including sport gloves, should be visibly clean.
- Shared equipment (e.g. tennis balls, basketballs, bats, etc.) must be cleaned and disinfected frequently.
- Where rental equipment is provided, it should be assigned to one person only and be laundered or cleaned and disinfected upon return.
- Hand hygiene should be performed prior to play and contacting shared equipment, as well as through the duration of the activity (i.e. intermissions, breaks, etc.) and at the end.



- All frequently touched surfaces should be cleaned and disinfected prior to a new group being provided access to field space, including benches, dugouts, bleachers, railings, picnic areas, gates, etc.

Conduct

- Spitting (includes seeds, tobacco, and fluids) and other similar activities increase the risk of transmission of COVID-19 and are not permitted.
- Individuals must not share personal items (i.e. equipment or beverage containers).
- Congratulatory gestures such as high fives and handshakes are not permitted.
- Spectators, participants and players, staff, coaches, and volunteers should try to minimize cheering and whistling as much as possible to control the spread of COVID-19.
- Consider how to adapt activities to take place outdoors and modify play to decrease physical contact, whenever possible.
- Intentional contact during sport or activity must be limited. Modifications to activities that limit physical contact are recommended.

Officials

Once competition begins, officials will need to take necessary precautions to ensure their own safety as well as the players, coaches, & staff.

Phase 4

Officials will require the following policies & procedures once non-contact & contact competition resumes:

- Non-Contact games can begin and will require officials
- Maximum of two officials for non-contact games
- Officials will need to be informed of sanitation procedures:
 - Disinfecting the ball between plays & change of possession
 - The use of multiple balls and a ball person may be required
 - Should have their own personal water bottles
 - Maintain physical distancing as best as possible while officiating and speaking to players & coaches
 - Consider electronic or handheld whistles for officials



Emergency Action Plan (EAP)

- A few points to consider for current emergency action plans:
 - Do the responsible staff understand the risks and transmission routes of COVID-19, the steps that training attendees can take to limit spread, the recognized best-practices (including respiratory etiquette, hand hygiene, physical distancing, etc.), and the travel restrictions from different regions that may affect the team gathering to train?
 - Will there be daily health checks of athletes/staff?
 - Is there an Emergency COVID-19 Outbreak Response Coordinator with defined roles and responsibilities, coordinating the health preparedness and response planning for any cases or contact?
 - Have the organizers and facility managers acquired the Personal Protective Equipment (e.g. masks, gloves, gowns) to help reduce the risk of transmission of COVID-19?
 - Have the organizers and facility managers acquired hand sanitizer and alcohol rubs/gels, tissues, frequently replaced soap canisters and closed bins for safe disposal of hygienic materials (e.g. tissues, towels, sanitary products) in washrooms and changing rooms?
 - Have the organizers and facility managers acquired hand sanitizers and alcohol rubs for all training room entrances and throughout the venue?
 - Is there a procedure for athletes/staff to clearly identify whom to contact, and how to do so, if they or other participants feel unwell or show signs of an acute respiratory infection?
 - Is there a protocol regarding whom medical staff should contact to report suspected cases, and request testing and epidemiological investigations, if someone is feeling unwell or showing signs of respiratory infection?
 - Are there isolation rooms available on site until patients are dealt with appropriately?
 - Are there any designated medical facilities that manage patients with COVID-19 infection in the region? Are contact numbers and procedures clearly visible?
 - Are there established screening measures, including temperature checks and morning monitoring in place for participants before arriving and on-site medical facilities (first-aid points)?
- For more information on healthcare provider/AT guidelines & screening please see [Appendix A](#).



Appendix A – Football Canada Healthcare Provider Guidelines

Personal Responsibilities

1. Wash Your Hands. Good hand hygiene helps prevent the spread of the virus when touching surfaces where it could be present. Team healthcare providers should wash their hands:

- (1) Before touching an athlete.
- (2) Before cleaning/disinfecting procedures.
- (3) After body fluid exposure (including respiratory secretions).
- (4) After touching an athlete.
- (5) After touching athlete surroundings (ie. Equipment, external environment).

In addition to performing hand hygiene at all “5 moments of hand washing”, hand hygiene should also be performed in the following situations:

- Before putting on personal protective equipment (PPE) and after removing it.
- When changing gloves.
- After any contact with an athlete with suspected or confirmed COVID-19 infection, or the environment in the athlete’s immediate surroundings.
- Before and after using the bathroom.
- After the handling and disposing of garbage.

If hands are not visibly dirty, an alcohol-based hand sanitizer may be used (for 20-30 seconds, until hands are fully dry). However, if hands are visibly dirty, they should be washed with soap and water, and scrubbed for 20-40 seconds.

2. Physical Distancing: Physical distancing is the recommended method of preventing contact with respiratory droplets that may contain COVID-19. It is the practice of keeping space between yourself and others outside your household (6 feet or more). Maintain at least 3 meters (10 feet) of distance between yourself and any exercising athlete, as respiratory droplets can travel farther while breathing heavily.

3. Avoid Touching Eyes, Nose and Mouth. Touching infected surfaces can spread the virus to your hands. If you touch your eyes, nose, or mouth, the virus now has a method of entering your body. Good practice also includes refraining from touching the front of your mask.

4. Practice Respiratory Hygiene. Covering your mouth and nose with your bent elbow or tissue when you cough, or sneeze reduces the likelihood that the virus will be spread to your hands and reduces potential surface exposure. Tissues should be disposed of immediately after use. The use of personal protective equipment (masks) to reduce the spread of respiratory droplets.

5. Routine Cleaning and Disinfecting. Frequently touched surfaces are the most likely to become contaminated with pathogens (examples include doorknobs, light switches, toilet handles, counters, handrails, and touch screen surfaces/ keypads). A routine cleaning and disinfecting routine can help reduce the spread of the virus from surfaces to hands.

6. Seek Medical Care Early. Early intervention is critical to reduce the chance of spreading the virus to others. Stay home if you are ill, seek medical attention (call ahead) if you have a fever, cough and/or difficulty breathing, or any other documented symptoms.



Administration

1. Pre-participation Medical History Forms. Before athletes commence their seasons, participants should complete appropriate medical forms. A guardian should complete and sign these forms if the athlete is underage. New medical forms should be completed and signed each sport season. They should include an authorization for the release of medical information to others (specify whom on section of the form), as related to participation, injuries, and possible contact tracing. Documentation should be kept for a period designated by national, provincial authorities and legal counsel.

2. Acceptance of Risk. Athletes and/or guardians (if the athlete is underage) must complete and sign acceptance of risk forms that contain information related to COVID-19. Participants must be made aware of the risks of participation and agree to participation. Documentation should be kept for a period designated by national, provincial authorities and legal counsel.

3. Identifying At-Risk Athletes. Athlete medical forms should be screened by team healthcare providers prior to participation to identify at-risk athletes for severe illness.

Risk factors include:

- Uncontrolled moderate/ severe asthma
- Serious heart conditions
- Diabetes
- Immunosuppression (cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, immune weakening medications)
- Chronic kidney disease undergoing dialysis
- Liver disease
- Severe obesity (BMI of 40 or higher)

Efforts should be made by the team healthcare provider to communicate the risks for severe illness to these individuals, so they can make an informed decision about participating in sport.

4. Legislation. It is highly recommended to familiarize yourself with your local and provincial health recommendations and orders. Be sure to contact your Provincial Sport Organization or league to inquire how they intend to implement the specific regulations, and for more information related to participating in football in your area.

5. Education. Relevant education and training should be provided to all athletes (and guardian(s), if underage) and team staff related to COVID-19 regulations and best health practices. Education and training should include the following topics: hand and respiratory hygiene, physical distancing, personal protective equipment, protocols if a participant contracts COVID-19 (from Provincial Public Health Authority), COVID-19 testing, recommendations regarding group and individual return to play, and any COVID-19 rulebook amendments.

Ideally, learning should be completed online or via correspondence, where possible. Confirmation of completion should be recorded. Documentation of training completion should be kept for a period designated by national, provincial authorities and legal counsel.

6. Venue Selection. The adequacy of the facilities used for athletic events should be evaluated prior to use, to ensure that they adhere to the local and provincial regulations pertaining to participating in sport during COVID-19.



Recommendations:

- Outdoor playing area.
- Controlled point of entrance/ exit.
- Social distancing markers at entrance/ exit.
- Common areas that allow for physical distancing between athletes (2 meters apart).
- Ability to post signage related to social distancing, hand and respiratory hygiene
- Universal hand washing station present, and hand sanitizer stations positioned throughout the venue.
- Closed bins for the safe disposal of hygienic materials in the washrooms and around the facility.
- Handicap door opening buttons, OR the ability to wedge open doors.
- Dedicated isolation area for any ill individual.

7. Infection Response Plan. It is recommended that each team/ organization have a COVID-19 infection response plan, for the occasion if a participant becomes ill.

Recommendations:

- Have a dedicated room for isolation, for use by the ill individual.
- Immediately provide the individual with a mask and gloves.
- Advise individual to go home, self-isolate, and contact physician immediately.
- Advise individual to seek COVID-19 testing, following Provincial Public Health Authority's recommendations.
- Comply with contact tracing.
- Temporary suspension of team activities, as per Provincial Public Health Authority's recommendations.
- A "return to sport" protocol, for if/when a participant contracts COVID-19. Protocol should include information related to asymptomatic testing of other team members (where permitted by Provincial Public Health Authority), and minimum number of healthy participants required for team/league participation.
- Documentation of infection response plan should be kept for a period designated by national, provincial authorities and legal counsel.

8. Pre-Participation Screening. All team members (including athletes and team staff), must complete COVID-19 screening questions prior to participation. The team healthcare provider should work with the coaching/team staff to ensure the completion by all team members prior to each practice and game. Individuals should not attend practices or games if they have symptoms of COVID-19, if they have been in contact with someone that is confirmed to have COVID-19, or if they have travelled outside the province/country (as per Provincial Public Health Authority) in the last 14 days. A screening checklist can be found in Appendix B.

9. Contact Tracing. Contact tracing is one of the key tools necessary to reduce the spread of COVID-19, and consists of methods to identify and locate individuals who may have been exposed to the virus, in an effort to keep them away from others. This can prevent a single positive case from growing into several cases. Contact tracing also helps identify where the virus is being spread, and if any areas of concentration exist. Contact tracing is typically the responsibility of Provincial Public Health. **In Saskatchewan, please call the provincial HealthLine at 811.**

To assist with contact tracing interviews, records should be kept of all individuals entering the sporting venue. It is recommended that:

- Each team is to provide a roster of all participants and team staff to the individual in charge of game day operations, prior to any game.



- A form should be provided at the venue entrance with the following information for participants to fill in before entering: date, venue, name, telephone number, email, time in/ time out of venue, if they have completed COVID-19 screening questions prior to entering the venue, and permission to retain this data for specified amount of time.

Personal Protective Equipment

Personal Protective Equipment (PPE) are items that are designed to protect the wearer from injury or the spread of infection or illness, and include: protective clothing, gloves, face shields, goggles, facemasks and/or respirators or other equipment. PPE should not be a replacement for poor hand hygiene, and lack of social distancing.

Recommendations. All adult personnel on the sidelines that will have close contact with the athletes (ie. team healthcare providers, equipment managers) should wear masks and gloves. Disposable masks and cloth masks are recommended for general public and sport use.

- *Putting on (donning) a surgical mask:*
 - (1) Wash your hands before touching the mask.
 - (2) Inspect the mask for tears or holes.
 - (3) Find the top side where the metal piece or stiff edge is.
 - (4) Ensure the coloured side faces outwards.
 - (5) Place the metal piece or stiff edge over your nose.
 - (6) Cover your nose, mouth, and chin.
 - (7) Adjust the mask to your face without leaving gaps on the sides.
 - (8) Avoiding touching the mask.
- *Mask Removal:*
 - (1) Wash your hands.
 - (2) Remove the mask from behind the ears or head.
 - (3) Keep the mask away from you and surfaces while removing it.
 - (4) If surgical mask, discard the mask immediately after use, preferably in a closed bin.
 - (5) Wash your hands.
- *If needing to store a reusable mask:*
 - (1) Follow normal mask removal steps 1-3 (above).
 - (2) Gently stretch ear loops to flatten the mask (lengthwise), try to avoid touching the very front part of the mask.
 - (3) Hold with one hand by ear loop.
 - (4) With other hand, open a paper bag or envelope.
 - (5) Carefully place the folded mask inside the bag/envelope.
 - (6) Close paper bag/ envelope, ensuring one ear loop is accessible at top of bag.
 - (7) Wash your hands.
- *Mask should be discarded or replaced:*
 - At the end of a shift/practice.
 - When it is visibly soiled.
 - When it becomes damp (sweat, humidity from breathing).
 - When the user has touched the front of the mask.
 - If the mask comes in direct contact with another person.
 - When the user has been directly exposed to respiratory droplets.



- It is recommended to use appropriate techniques for putting on and taking off gloves. Gloves should be discarded after each contact with athletes or debris, and replaced if they become ripped, torn, punctured, or compromised in any other way. Medical examination gloves are not intended to be re-used, even in settings with low resources, where glove supply is limited.¹⁶

Cleaning & Disinfecting

Cleaning visibly dirty surfaces, followed by disinfection is the best measure to prevent the spread of COVID-19 in non-healthcare, community settings.

1. Cleaning. The removal of dirt and impurities from surfaces using a combination of soap and water, with some sort of mechanical action (ie. scrubbing), and a final rinsing with water. This is done before disinfecting.

2. Disinfecting. The use of chemical products to kill germs on surfaces. Common disinfectants are chlorine and alcohol based. Examples of disinfecting agents are:

- Ethanol 70-90% (alcohol)
- Chlorine-based products (e.g., hypochlorite)
- Hydrogen peroxide >0.5%

3. Contact Time. Refers to the length of time the solution sits on a surface. A contact time of a minimum of 1 minute is recommended for the disinfectants above but be sure to read the recommendations from the manufacturers.

4. Recommendations:

- Prepare cleaning and disinfecting solutions daily, according to manufacturer's recommendations. Take note of the required contact time for the product.
- Ensure good ventilation and PPE while preparing solutions.
- The minimum recommended PPE for a non-healthcare setting is rubber gloves, impermeable aprons, and closed shoes. Eye protection and medical masks may also be used.
- Clean visibly dirty surfaces with soap (or detergent) and water to remove surface debris prior to disinfecting.
- Identify high-touch surfaces as a priority for disinfection (door handles, counter tops, bathroom surfaces, toilets and taps, touchscreen personal devices, and work surfaces) and disinfect using an appropriate disinfectant.
- Use fresh cloths at the start of each cleaning session. Discard cloths that are no longer saturated with solution.
- Routine cleaning and disinfecting measures should take place before and after event, as well as prior to re-opening a venue that has been unoccupied for 7 days or more.
- There is no evidence that spraying or fogging with disinfectants will prevent the transmission of COVID-19.
- Cleaning and disinfecting of wooden surfaces (play structures, benches, tables, bleachers) is not recommended.

Athlete Protective Equipment

Team healthcare providers may be asked to assist with aspects of equipment management operations. Becoming familiar with equipment handout/ fitting practices, and cleaning/disinfecting procedures promotes team efficiency and consistency.

Equipment Handout and Fitting



- Equipment handout and fitting should be done by scheduled appointment to keep venue numbers low, and compliant with local health mandates.
- All personnel handling equipment should be wearing gloves and a mask, as COVID-19 protocols require. Gloves are changed between appointments.
- All equipment should be disinfected before handing out.
- With the completion of every fitting, the tools used should be disinfected before moving onto the next fitting.
- Once the tools are disinfected, they should be stored away in a toolbox or small tote bin.

Protective Equipment Cleaning. Equipment should be kept with the participant only and should be disinfected at the conclusion of each practice/game, as well as before returning to equipment manager at end of season. Allow all equipment to completely dry before storage and avoid storing it in dark/moist areas.

- **Helmets:** Refrain from using commercial cleaners and polishes, as they can cause damage to the helmets and shell liners (and therefore void the warranty). Disinfectant wipes or regular dish soap with water are recommended for regular cleaning.
- **Should pads:** Should be cleaned of dirt and debris, then disinfected using a disinfectant wipe.
- **Clothing:** Game and practice jerseys, game pants, socks, girdles, and knee pads should be laundered as per manufacturer's instructions.

Mouthguards. Mouthguards are a natural breeding ground for bacteria, viruses, yeast, and mold. Good mouthguard hygiene should be encouraged to reduce the chance of infection or illness:

- **Storage:** Encourage athletes to store their mouthguards in clean, hard, vented cases.
- **Basic cleaning:**
 - (1) Rinse the mouthguard immediately after use.
 - (2) Brush with a non-abrasive toothpaste and toothbrush with soft bristles
 - (3) Rinse it again with warm water.
 - (4) Soak mouthguard in antibacterial mouthwash for 30 seconds.
 - (5) Rinse again with water.
- **Disinfecting:** Three possible methods for disinfection are:
 1. Vinegar and hydrogen peroxide combination: Soak mouthguard in distilled white vinegar for thirty minutes, then rinse it, and soak it in hydrogen peroxide for thirty minutes.
 2. Mixture of mouthwash and water: Pour a capful of mouthwash into a glass and dilute this with water, then soak mouthguard for thirty minutes.
 3. Mixture of dental cleaner and water: After soaking in any of these solutions, rinse mouthguard thoroughly with water and then allow it to dry completely before using it again.
- **Replacement:** Mouthguards should be replaced after each season, and if they are dropped on the ground during play.

Eye Protection. Visors may provide a barrier to help reduce the transmission of COVID-19 if the athlete cannot maintain social distancing, or if they attempt to touch their face. Contact lenses are not sufficient to protect against virus transmission.

Travel

Commuting, domestic travel and international travel provide their own unique sets of considerations to consider prior to participation. Team healthcare providers may be asked to advise on these matters, within their team or organizational roles.

Local Commuting Recommendations:



- Carpooling with others outside your household is not recommended.

Overnight/ Out-of-town Trip Recommendations:

1. Minimize the duration of travel and stay.
2. Minimize the number of individuals attending, essential roster and staff only.
3. All staff and athletes should ensure prior to leaving their homes that they are symptom free.
4. Pre-participation COVID-19 screenings should occur daily while away.
5. If travelling by bus, ensure that the bus has been thoroughly cleaned before use.
6. Inquire about potential of solely using one specific bus for the duration of the trip, to avoid sharing bus with other groups.
7. Avoid buffet style dining, and stagger mealtimes to avoid other groups.
8. Each team should ensure that they have adequate out of province health insurance coverage prior to travelling, as well as cancellation insurance.
9. Teams should prepare sufficient PPE, alcohol-based hand rub and disinfecting wipes for the trip.

Air Travel Recommendations:

- Clarify airline policies and be aware of any that preclude travel.
- Avoid layovers, if possible.
- Allow extra time for additional airport COVID-19 screening/security procedures.
- Athletes and team staff should use non-medical masks or face coverings during their journey, when they cannot maintain physical distancing.
- Each athlete and team staff member should ensure that they have adequate out of province/country health insurance coverage prior to travelling, as well as cancellation insurance.
- Athletes and team staff should prepare sufficient PPE, alcohol-based hand rub and disinfecting wipes for the trip (not baby wipes).
- If an athlete or team staff member becomes ill on the flight: avoid contact with others, and inform the flight attendant or border services officer.



Appendix B – Screening Checklist

If an individual answers YES to any of the questions, they must not be allowed to participate in the sport or activity. Children and youth will need a parent to assist them to complete this screening tool.

1. **Do you have any of the following symptoms: severe difficulty breathing, chest pain, confusion, extreme drowsiness, or loss of consciousness?**
 - YES or NO

2. **Do you have a new onset of any of the following symptoms: fever/chills, cough, sore throat/hoarse voice, shortness of breath, loss of taste or smell, vomiting, or diarrhea for more than 24 hours?**
 - YES or NO

3. **Were you exposed to someone who is under investigation for COVID-19 or has been confirmed as having COVID-19 in the last 14 days?**
 - YES or NO

4. **In the past 14 days have you returned from international travel?**
 - YES or NO

If you have answered “YES” to any of the above questions do not participate. Proceed home and use the SHA Online Assessment Tool² to determine if testing is recommended or call the Sask Healthline 811 for further help.

² <https://public.ehealthsask.ca/sites/COVID-19/>



Appendix C – Equipment Manager Guidelines

Distribution of Player Equipment

- The distribution of any personal equipment should be completed in a facility that can maintain physical distancing of 2 metres (6ft) and would be best outdoors, if possible. The use of tape to mark off physical distancing areas is recommended.
- The scheduling of player fitting should be in 30-minute intervals to allow for proper fitting and adjustments if needed as well as the cleaning of any tools used
- The equipment manager should have all the equipment to be distributed close at hand, along with their tools. The tools required to complete the fitting should be laid out on a table nearby to allow for easy and quick access, they should also have Sanitizer spray or Wipes and a garbage can.
- Before the equipment manager proceeds with any fitting, they should first be wearing a mask and wash their hands for at least 20 seconds. Equipment fitters do not require gloves but can be worn if it makes the individuals more comfortable.
- The player being outfitted should also be wearing a mask and wash their hands/apply sanitizer before starting the fitting. The player should try to avoid touching his/her face or equipment while being suited up.
- With the completion of every fitting, the tools (Pump, Glycerin, Screwdriver, Drill, Pliers, Scissors, etc.) should be wiped down and disinfected before moving on to the next fitting.
- It is recommended all equipment be sanitized before distribution and 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.

Field Equipment

- Player equipment should be spaced out to maintain physical distancing.
- 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.
- 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.
- Re-use of items that cannot be easily cleaned and sanitized should be avoided
- Coaches should come prepared with their own practice plans, training tools, technology and avoid sharing with other coaches
- Assigning the coach or one individual to be responsible for all set-up and take down of equipment (such as bags, nets, cones, etc.) to reduce the number of contact points.

Footballs

- The footballs should be stored in a zippered vinyl bag, if a vinyl bag is not available, a mesh bag or tote bin will suffice.
- At the end of a practice the footballs should be counted and then wiped down with proper disinfectant.
 - Composite balls can be wiped down and stored away immediately.
 - Leather balls should be wiped down and put aside to dry completely before storing them away.



Practice/Game Day

- If a player drops their mouth guard it should be disinfected or replace it with a new one.
- All players should leave their helmets on during the duration of a practice or a game situation, if possible.
- At the end of a practice or game, the players should take all clothing (i.e. jersey, practice pants, girdle, socks) home to be washed, the helmets and shoulder pads should also be wiped down daily and after every use, paying close attention to the face mask area.

Water Bottles/Hydration station

- Players should bring their own water with them from home; the use of water fountains and team water bottles/jugs should be discouraged.
- Water bottles should be clearly marked with the players first and last name.
- Players should take home their water bottles and have them washed nightly
- If a hydration station is available, it should only be used if there is someone available to wipe down the handles & nozzles after every use.



Appendix D – Waivers & Forms

Waiver Template

[INSERT NAME OF PSO]

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

(To be executed by Participants over the Age of Majority)

WARNING! Please read carefully
By signing this document, you will waive certain legal rights – including the right to sue

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a participant in the sport of _____ and the spectating, orientation, instruction, activities, competitions, programs, and services of **[Insert PSO]** and **[Insert Club]** (collectively the “Activities”), the undersigned acknowledges and agrees to the terms outlined in this document.

Disclaimer

2. **[Insert PSO]**, **[Insert Club]**, and their respective Directors, Officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, sponsors, owners/operators of the facilities in which the Activities take place, and representatives (collectively the “Organization”) are not responsible for any injury, personal injury, damage, property damage, expense, loss of income 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 and Acknowledgement 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

COVID-19

- 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 I will not become infected with COVID-19. Further, participating in the Activities could increase my 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. The risks, dangers and hazards include, but are not limited to:
 - a) Contracting COVID-19 or any other contagious disease;
 - b) The sport of _____;
 - c) Privacy breaches, hacking, technology malfunction or damage while interacting with online training;
 - d) Executing strenuous and demanding physical techniques;



- e) Dryland training including weights, running, bands, and massage;
- f) Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
- g) Exerting and stretching various muscle groups;
- h) Physical contact with other participants;
- i) Failure to act safely or within my own ability or designated areas;
- j) Describe sport specific risks*
- k) The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- l) Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body or to my general health and well-being;
- m) Abrasions, sprains, strains, fractures, or dislocations;
- n) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma;
- o) Spinal cord injuries which may render me permanently paralyzed;
- p) Negligence of other persons, including other spectators or, participants, or employees;
- q) Travel to and from competitive events and associated non-competitive events which are an integral part of the Activities; and
- r) Negligence on the part of the Organization, including failure by the Organization to take reasonable steps to safeguard or protect me from the risks, dangers and hazards associated with my participation in the Activities.

I have read and agree to be bound by paragraphs 3-4

Terms

5. In consideration of the Organization allowing me to participate in the Activities, I agree:
- a) That when I practice or train in my own space, I am responsible for my surroundings and the location and equipment that I select;
 - b) That my mental and physical condition is appropriate to participate in the Activities and I assume all risks related to my mental and physical condition;
 - 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 my observations to a representative of the Organization immediately;
 - f) The risks associated with the Activities are increased when I am impaired and I will 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 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
 - i) That I am responsible for my choice of safety or protective equipment and the secure fitting of that equipment.

Release of Liability and Disclaimer

6. In consideration of the Organization allowing me to participate, 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 participate 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;
 - 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 contract and/or breach of any statutory duty of care of the Organization;

- g) **To FOREVER RELEASE AND INDEMNIFY the Organization from any action related to my becoming exposed to or infected by COVID-19 as a result of, or from, any action, omission or negligence of myself or others, including but not limited to the Organization;**
- h) 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;
- i) 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
- j) This release, waiver and indemnity is intended to be as broad and inclusive as is permitted by law of the Province of Saskatchewan 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 will do so solely in the Province of Saskatchewan and further agree that the substantive law of the Province of Saskatchewan will apply without regard to conflict of law rules.

I have read and agree to be bound by paragraphs 5-7

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 (print)	Signature of Participant	Date
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Declaration Template

**[insert Organization]
DECLARATION OF COMPLIANCE – COVID-19**

Participant’s Name (print): _____

Participant’s Parent/Guardian _____
(if the Participant is under the age of majority)

Email: _____

Telephone: _____

[insert Organization] and its affiliated **Clubs** (collectively the “Organization”) requires disclosure of exposure or illness is in order to safeguard the health and safety of all participants and limit the further outbreak of COVID-19. This Declaration of Compliance will be kept safely, and personal information will not be disclosed unless as required by law or with your consent.



A Participant (or the Participant's parent/guardian, if the Participant is under the age of majority) who is unable to agree to the terms outlined in this document is not permitted to participate in the Organization's activities, programs, or services at this time.

I, the undersigned being the Participant and the Participant's Parent/Guardian (if the Participant is under the age of majority), hereby acknowledge and agree to the terms outlined in this document:

- 1) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19 and requires all participants (or their parent/guardian, when applicable) to adhere to the compliance standards described in this document.
- 2) The Participant has not been diagnosed with COVID-19, **OR** if the Participant was diagnosed with COVID-19, the Participant was cleared as noncontagious by provincial or local public health authorities more than 14 days prior to the date this Declaration of Compliance was signed.
- 3) The Participant has not been exposed to a person with a confirmed or suspected case of COVID-19; **OR** if the Participant was exposed to a person with a confirmed or suspected case of COVID-19, the date of exposure was more than 14 days prior to the date this Declaration of Compliance was signed.
- 4) The Participant is participating voluntarily and understands and assumes the risks associated with COVID-19. The Participant (or the Participant's parent/guardian, on behalf of the Participant (when applicable)) agrees to assume those risks, including but not limited to exposure and being infected.
- 5) The Participant has not, nor has anyone in the Participant's household, experienced cold or flu-like symptoms in the last 14 days (including fever, cough, sore throat, shortness of breath, respiratory illness, difficulty breathing).
- 6) If the Participant experiences, or if anyone in the Participant's household experiences, any cold or flu-like symptoms after submitting this Declaration of Compliance, the Participant will immediately isolate and not attend any of the Organization's activities, programs or services until at least 14 days have passed since those symptoms were last experienced.
- 7) The Participant has not, nor has any member of the Participant's household, travelled to or had a lay-over in any country outside Canada, or in any Province outside of [*insert province*], in the past 14 days. If the Participant travels, or if anyone in the Participant's household travels, outside the Province of [*insert province*] after submitting this Declaration of Compliance, the Participant will not attend any of the Organization's activities, programs or services until at least 14 days have passed since the date of return.
- 8) The Participant is following recommended guidelines, including but not limited to, practicing physical distancing, trying to maintain separation of six feet from others, frequent handwashing, and otherwise limiting exposure to COVID-19.
- 9) The Participant will follow the safety, physical distancing and hygiene protocols of the Organization.



- 10) This document will remain in effect until the Organization, per the direction of the provincial government and provincial health officials, determines that the acknowledgements in this Declaration of Compliance are no longer required.

- 11) The Organization may remove the Participant from participation in the activities, programs or services of the Organization at any time and for any reason if the Organization believes, in its sole discretion, that the Participant is no longer in compliance with any of the compliance standards described in this document.

Signature: _____ Date: _____
Participant (If 13 and over)

Signature: _____ Date: _____
(Parent/Guardian if under the age of majority)



Assumption of Risk Template

[INSERT NAME OF PSO]

INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

(To be executed by Participants under the Age of 18)

WARNING! Please read carefully

By signing this document, you will assume certain risks and responsibilities

Participant's Name: _____

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a participant in the sport of _____ and the spectating, orientation, instruction, activities, competitions, programs, and services of *[Insert PSO]* and *[Insert Club]* (collectively the "Activities"), the undersigned, being the Participant and the Participant's Parent/Guardian (collectively the "Parties"), acknowledge and agree to the terms outlined in this document.

Disclaimer

2. *[Insert PSO]*, *[Insert Club]*, and their respective Directors, Officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, sponsors, owners/operators of the facilities in which the Activities take place, and representatives (collectively the "Organization") are not responsible for any injury, property damage, death, expense, loss of income, damage or loss of any kind suffered by the Participant during, or as a result of, the Activities.

We have read and agree to be bound by paragraphs 1 and 2

Description and Acknowledgement 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, participating in the Activities could increase the Participant's 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) The sport of _____;
- c) Privacy breaches, hacking, technology malfunction or damage while interacting with online training;
- d) Executing strenuous and demanding physical techniques;
- e) Dryland training including weights, running, bands, and massage;
- f) Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
- g) Exerting and stretching various muscle groups;
- h) Physical contact with other participants;
- i) Failure to act safely or within my own ability or designated areas;
- j) Describe sport specific risks*
- k) The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- l) Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body or to my general health and well-being;
- m) Abrasions, sprains, strains, fractures, or dislocations;
- n) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma;
- o) Spinal cord injuries which may render me permanently paralyzed;
- p) Negligence of other persons, including other spectators or, participants, or employees; and
- q) Travel to and from competitive events and associated non-competitive events which are an integral part of the Activities.

We have read and agree to be bound by paragraphs 3 and 4

Terms

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



- i) That they are responsible for the choice of the Participant’s safety or protective equipment and the secure fitting of that equipment.
6. In consideration of the Organization allowing the Participant to participate, the Parties agree:
- a) That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in brochure or advertisement or in individual conversations, to agree to participate in the Activities;
 - b) That the Organization is not responsible or liable for any damage to the Participant’s vehicle, property, or equipment that may occur as a result of the Activities; and
 - c) That this Agreement is intended to be as broad and inclusive as is permitted by law of the Province of Saskatchewan and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Jurisdiction

- 7. The Parties agree that in the event that they file a lawsuit against the Organization, they agree to do so solely in the Province of Saskatchewan and they further agree that the substantive law of the Province of Saskatchewan will apply without regard to conflict of law rules.
- We have read and agree to be bound by paragraphs 5-7***

Acknowledgement

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

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

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

Date