



PRINCE GEORGE
YOUTH SOCCER
ASSOCIATION



PGYSA/PG IMPACT

Indoor

Return to Play (RTP)

COVID-19

Addendum 1



INTRODUCTION

The PGYSA/PG IMPACT Return-to-Play plan works to ensure minimum standards for a safe return to play of local soccer are provided for our members.

Due to the dynamic and changing world we are currently in and how it is affecting returning-to-play program planning, our guidelines are founded upon best practice that may be added to or revised in future.

All PGYSA/PG IMPACT Phase One participants are advised to read and review this document and all other guidelines regularly. As new information is received from the respective Provincial and/or Federal Health Authorities and our Sport Governing bodies, this document will be updated and re-distributed accordingly.

Covid-19 Transmission

- COVID-19 is transmitted via liquid droplets when a person coughs or sneezes, but also when they are in very close proximity to another person (ie. less than 6 feet or 2 metres). The virus in these droplets can then enter the body of another individual when he or she breathes in the droplets, or when the droplets touch the eyes, nose or throat of that person.
- COVID-19 can also be transmitted through droplets in the environment if someone touches a contaminated area then touches their face without cleaning or sanitizing their hands. The virus does not enter the body through skin, it enters through the eyes, nose or mouth when the person touches their face.
- For COVID-19 there are some emerging indications that there are people who can spread COVID- 19 virus 24 to 48 hours prior to symptom onset, but at present, it is not known whether this is a significant risk factor for transmission.
- Transmission of the virus is less likely to occur in an outdoor setting due to the fact there is more space for individuals to remain physically distant from one another.



- However, in a sporting environment, even outdoors there can be risks associated with contracting COVID-19 from touching potentially contaminated surfaces (balls, sharing equipment, door handles).

Symptoms of Covid-19

- Covid-19 poses similar symptoms as compared to other respiratory illnesses such as the flu or the common cold.
- Symptoms include; fever, chills, cough, shortness of breath, sore throat, stuff or runny nose, loss of sense of smell (anosmia), headache, muscle fatigue, tiredness and loss of appetite.
- People infected with COVID-19 may experience little or no symptoms, with illness ranging from mild to severe. Some people are more vulnerable to developing severe illness or complications from COVID-19, including older people and those with chronic health conditions.

PGYSA/PG IMPACT COVID-19 screening test questions:

- 1) Are you exhibiting any symptoms of COVID-19 (fever, dry cough, chest or respiratory pain)?
- 2) Has any member of your household exhibited any symptoms of COVID-19 within the last 14 days?
- 3) Have you or any other member of your household travelled or arrived from outside of Canada in the last 14 days?