



Fraser Valley Soccer League



Monday September 21, 2020

Introduction

The FRASER VALLEY SOCCER LEAGUE (FVSL) would like to thank the players, staff for their patience as we navigated and organized the LEAGUES Return to Play Policies and Back to Play Procedures.

The purpose of this document is to provide as up to date information and details as we can on how FVSL is going to comply with needed guidelines while proposing its Return to play protocols. All accompanying information follows the recommendations and guidelines approved by Canada Soccer and aligned with ViaSport's Return to Sport Guidelines for B.C.

Via Sports Return to Sport Guidelines - [VIA SPORT](#)

As we proceed with a return to play introduction phase, ViaSport has outlined the **transition measures** highlighted in the chart. The FVSL is committed to following these measures to keep our players and staff safe. We ask all members and coaching staff to continue to do their part and adhere to all government and club safety measures

	Strictest Controls Prior to May 19, 2020	Transition Measures Approx. May 19th to Sept	Progressively Loosen Future date TBC	New Normal Future date TBC
Restrictions In Place	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel 	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel No group gatherings over 50 people 	Refer to PHO and local health authorities	Refer to PHO and local health authorities
Enhanced Protocols	Increased hand hygiene	<ul style="list-style-type: none"> Increased hand hygiene Symptom Screening in place 	Increased hand hygiene	Increased hand hygiene
Facility	<ul style="list-style-type: none"> Outdoor or within home Facilities and playgrounds closed 	<ul style="list-style-type: none"> Outdoor is safest Indoor facilities slowly re-opening 	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	<ul style="list-style-type: none"> Small Groups No or limited spectators 	<ul style="list-style-type: none"> Groups sizes may increase Limited spectators 	<ul style="list-style-type: none"> Large groups allowed No restrictions on spectators
Non-contact Activities	<ul style="list-style-type: none"> Low risk outdoor activities can occur (biking, running, etc). Virtual activities 	<ul style="list-style-type: none"> Fundamental movement skills Modified training activities, drills 	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	<ul style="list-style-type: none"> Should not occur Contact sports should look for non-contact alternatives to training 	Introduction to pair or small group contact skills	No restrictions on activity type
Competition*	Should not occur	In club play or modified games may slowly be introduced	Interclub or regional game play may be considered	Provincial competitions and larger scale events may return
Equipment	No shared equipment	<ul style="list-style-type: none"> Minimal shared equipment Disinfect any shared equipment before, during and after use 	<ul style="list-style-type: none"> Some shared equipment Enhanced cleaning protocols in place 	Shared equipment



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FVSL Guidelines

1. 6 feet between people with gatherings of no more than 50 people or less inside one 11 vs 11 size soccer field (50 yards x 100 yards)
2. Training must comply with the distancing measures, along with any gathering restrictions issued by the provincial government and health authorities, including the arrival and departure of players.
3. Training will be limited to small groups.
4. Soap or hand sanitizer should be made available to all players in various locations throughout your playing area.
5. Signage displayed to remind and encourage people to wash their hands and adopt proper hygiene practices.
6. Players are to keep their bags and water bottles on their designated area, which will be located behind their individual grid.
7. All players will be asked to avoid physical contact with others.

Returning to Play

1. FVSL Executive will require coaches, volunteers, and players for a written/electronic signature confirmation regarding their current health and if they are experiencing any symptoms related to COVID-19. A record of this documentation will be retained.
2. Game times between groups will be staggered to create a safe entry and exit strategy to avoid an overlap of players on the field. There will be a 15/20 minute transition between games.
3. Coaches should be equipped with Masks and gloves in case of injury or emergency
4. Players must complete our online waiver authorizing them to participate in soccer activity.

First Aid and Emergency Response

1. In the event of injury, Coaches/Staff will be asked to put on a Mask and Gloves
2. From a safe distance (6 feet) coaches will attempt to assess the injured player
3. If the player is able to move freely, they will be asked to rest in their designated area until they are able to return to play.

If additional assistance is required;

- Staff to contact 811 if further health advice is required and/or 911 if it is an emergency



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Return to Play – Equipment Used

- ✓ Coaches will be in charge of set up/take down of their individual grids - Players will not be handling any equipment with their hands.
- ✓ If equipment is manipulated by participants, hand sanitation and ball washing between sessions is required.
- ✓ Coaches will spray down and wipe soccer balls post session.

Before Return to Play – Players

All players, must complete the FVSL online Return to Play Participant Waiver before they will be granted permission to participate in our programs. Failure to comply will limit any members from participating in any league programming.

Players are asked to use the Pre-Practice Checklist form as a reminder of the appropriate steps that must be taken before, during, and after every practice.

Reminders include;

- ✓ Leave immediately after training/game is completed
- ✓ All personal belongings must be contained in a single bag/backpack that is clearly labelled
- ✓ Bring your own hand sanitizer - Sanitize your hands before and after every practice/game.

Before Return to Play – Technical Staff

All technical staff and volunteers must complete a Return to Play Agreement before they are granted permission to participate in our programs.

Coaches and volunteers are asked to use the Pre-Practice Checklist form as a reminder of the appropriate steps that must be taken before, during, and after every practice/game. A self-assessment will be required prior to attending any games. All technical coaches, executives, and volunteers will be educated on all appropriate safety and hygiene protocols in advance of on field activity.



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Players Practice Check List

Before -

- ✓ Wash your hands with disinfectant soap and water for at least 20 seconds before leaving your residence.
- ✓ Bring your own water bottle and hand sanitizer and keep them in a personal bag/backpack. **Please clearly label any/all items with your name.**
- ✓ Make sure anything you bring with you, including your water bottle is clean before you arrive
- ✓ Water will not be shared or distributed
- ✓ Consider wearing a mask or gloves while playing if you feel it is required or if it increases your level of security and comfort.
- ✓ Avoid touching door handles, gates, benches, and all other objects where viruses could survive.

During -

- ✓ Follow the PLAYING FIELD map to guide you in the appropriate direction.
- ✓ Hang back pack or bag with water bottle in the area designated for you on the field.
- ✓ Comply with all physical distancing measures and recommendations issued by the provincial government health authorities, including the arrival and departure of players.
- ✓ Listen to your coach and keep to the area of the field the coach has instructed you to be
- ✓ As much as possible, keep a 2-meter distance with other players.
- ✓ No handshakes, high fives, or hugs allowed.
- ✓ Avoid touching the ball and other equipment – let the coach handle the equipment.
- ✓ Goalkeepers must not share gloves.
- ✓ NO SPITTING on your GK gloves

After -

- ✓ Leave the field as quickly as possible after you finish playing.
- ✓ Wash your hands/use hand sanitizer before leaving the park.



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Staff Safe Practice Check List

- ✓ Notify your team and stay home if you are feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.
- ✓ Wash your hands with disinfectant soap and water for at least 20 seconds before going to the soccer activity.
- ✓ Bring your own water bottle and hand sanitizer and keep them in a personal bag/backpack in the area designated for you on the field.

During -

- ✓ Always follow posted signs at the park.
- ✓ Check in all participants in your session at all sessions.
- ✓ If any participants display any symptoms of illness, they must be sent home.
- ✓ Remind players of the requirements for social distancing and equipment handling.
- ✓ Keep players to the area of the field under your control.
- ✓ Maintain physical distancing as required by health authorities.
- ✓ Avoid any physical contact with players.
- ✓ Do not shake hands or high five players.
- ✓ Players are to avoid touching the ball and other equipment

After –

- ✓ Players are to leave the field as quickly as possible after each session.
- ✓ Wash your hands/use hand sanitizer after every session.
- ✓ Spray the soccer balls with disinfectant solution between sessions and after practice. Let them sit for 5 minutes before wiping them down. The cones will need to be sprayed at the end of the training day.

Disclaimer

This is not a legal document nor does it replace one. Guidelines or orders from our Provincial Health Office supersede our Return to Play documents. We have provided links for your information. We will update policy and procedures as needed.

FVSL Return to Play is to be used as a guideline only and in a case where a conflict may arise between this document and the Provincial Health Authority their orders will take precedence.



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Illness Policy

1. Inform an individual in a position of authority (coach, manager, coordinator) immediately if, you feel any symptoms of COVID-19 such as 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.

Government of Canada Covid-19 Symptoms and Treatment Guideline – [GOV. CANADA](#)

2. Assessment
 - Players/Staff must review the self-assessment signage located on-site before their practice to attest that they are not feeling any of the COVID 19 symptoms.
 - Coaches will visually monitor team members to assess any early warning signs as to the status of their health
 - If Player/Staff are unsure, please use the COVID-19 self-assessment tool linked above
3. If a Player/Staff is feeling sick with COVID-19 symptoms
 - They should remain at home and contact Health Link BC at 811.
 - If they feel sick and /or are showing symptoms while at work, they should be sent home immediately and have them contact 811 or a doctor for further guidance.
 - No Player/Staff may participate in a practice if they are symptomatic.
4. If a Player/Staff tests positive for COVID-19
 - The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
 - Any Player/Staff who work/play closely with the infected person will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
 - Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.
5. If a Team Member has been tested and is waiting for the results of a COVID-19 Test
 - As with the confirmed case, the Player/Staff must be removed from the workplace/practice/facility.
 - The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
 - Other Players/Staff who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.



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- The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
6. If a Team Member has come in to contact with someone who is confirmed to have COVID-19
- Players must advise their employer/coach if they reasonably believe they have been exposed to COVID-19.
 - Once the contact is confirmed, the Player/Staff will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Player/Staff who may have come into close contact with the Player/Staff will also be removed from the workplace for at least 14 days.
 - The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
7. Quarantine or Self-Isolate if;
- Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the playing area and must quarantine and self-isolate.
 - Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the playing area and must quarantine and self-isolate.
 - Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the playing area and must quarantine and self-isolate.
 - Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the playing area.

In Case of Outbreak

An outbreak is two or more confirmed cases; a case defined as a single case of COVID-19.

1. In the event of a reported case the Executive Director and Executive Committee will alert the club and may choose to modify, restrict, postpone or cancel activities.
2. If staff are sick or report they are suspected or confirmed to have COVID-19 and have been at the field enhanced cleaning measures will be added to reduce risk of transmission.
3. Implementation of our Illness Policy and advise individuals to:
 - Self-isolate



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- Monitor their symptoms daily
 - Report respiratory illness and not to return to activity for at least 14 days following the onset of symptoms.
 - Use the COVID-19 self-assessment tool to help determine if further assessment or testing for COVID-19 is needed.
4. Individuals can contact 811 if further health advice is required
 5. In the event of a suspected case implement your Illness Policy and your enhanced measures.

Useful Resources

- ViaSport Return to Sport Guidelines for BC - [VIA SPORT](#)
- BC Soccer's Return to Play Phase 1 Documents - [BC Soccer](#)
- Government of Canada Covid-19 Symptoms and Treatment Guideline – [GOV. CANADA](#)

Return to Play Agreement

Players, Coaches, Staff and Parent/Guardians including siblings of the FVSL agree to abide by the following while participating in any club activity:

- I acknowledge that there are risks associated with the return to sport and participating in club activities, and that the protocols and measures taken by the league and its participants, will not entirely eliminate those risks.
- I agree to sanitize my hands upon entering and exiting the fields, with soap or sanitizer.
- I agree to symptom screening checks and will let my club know if I have experienced any symptoms in the last 14 days. [Self Test](#)
- I agree to stay home if I'm feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to continue to follow social distancing protocols of staying at least 6 feet away from others.
- I agree to follow all of the league COVID-19 Policies and Guidelines. I understand that if I do not abide by the policies/guidelines set out, that I may be asked to leave for the safety of myself and the other participant
- I acknowledge that continued abuse of the policies and guidelines may result in temporary suspension.