



# KELOWNA WOMEN'S SOCCER LEAGUE

## RETURN TO PLAY PLAN

### **Overview:**

The Kelowna Women's Soccer League has reviewed all the protocols and plans suggested by our governing bodies which include Canada Soccer, BC Soccer and viaSport, as well as the guidelines and protocols suggested by Health Canada, BC Health, and Interior Health. Our return to play this plan continues to align with the Province of BC's goals "to slow the spread of COVID-19, protecting our most vulnerable and ensuring our health-care system can respond to increased demand while we develop a vaccine."

By adhering to their suggested action methods, the KWSL is confident all members of the league which includes participants, game officials, volunteer administration as well as spectators can return to the game of soccer in a safe and healthy fashion.

The KWSL's overriding goal is to ensure participant safety and as such we have developed the following return to sport plan for the 2021 soccer outdoor season. This return to play plan was developed with all the necessary protocols taken into consideration, along with the club's ability to deliver a safe program. As this is a multi-phase approach to return to sport, this document will continue to evolve and change as we receive direction and prepare for the fall and is also posted on our website.

### **COVID-19 TRANSMISSION AND SYMPTOMS (from viaSport)**

#### **TRANSMISSION:**

COVID-19 is transmitted via liquid droplets when a person coughs or sneezes but also potentially when they are talking in very close proximity to another person. The virus in these droplets then can enter the body of another person when that person breathes in the droplets or when the droplets touch the eyes, nose, or throat of that person.

This transmission requires you to be in close contact – less than the so-called physical distancing of three to six feet. This is referred to as 'droplet' transmission and is believed to be the primary way COVID-19 is transmitted.

For COVID-19 there are some emerging indications that there are people who can shed 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.

Droplet transmission is much more likely when in close contact in an indoor setting.

Transmission is less likely in an outdoor setting, where there is more space for people to keep physically distanced. However, in the context of sports, even outdoors there can be risks from high-touch surfaces because many sports involve objects that are normally shared among players, coaches, or volunteers (balls, equipment, etc.).



## SYMPTOMS:

**Updated September 30/20.** The symptoms of COVID-19 are similar to other respiratory illnesses, including the flu and the common cold. These symptoms include 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.

On September 22, 2020, the BC Centre for Disease Control and the Provincial Health Office amended the Daily Health Check symptoms list to reduce and refine active symptoms for CHILDREN (not adults). This included the removal of a sore throat and/or runny nose on their own. There are many great resources:

- BC COVID-19 Self-Assessment Tool
- Government of Canada website Coronavirus disease (COVID-19): symptoms and treatment

## RETURN TO PLAY PLAN – SAFETY PLAN

Per viaSport, we are now in the “Progressively Loosen” phase of the Sport Activity Chart. We have based many of the protocols outlined in this document from the details in this chart.

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

\*Introduction of competitive activities should be in alignment with Sport Specific guidelines

## OUTBREAK PLAN (as per viaSport)

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak.

An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

- Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported.
- KWSL Staff have authority to modify, restrict, postpone or cancel activities due to emergent circumstances.
- Implement our Illness Policy and advise individuals to:
  - self-isolate.
  - monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat, and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
  - use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
- Individuals can contact **811** if further health advice is required and **911** if it is an emergency.
- If the KWSL is contacted by a medical health officer during contact tracing, we will cooperate with local health authorities.

## REGISTRATION

- All participants must be current KWSL members.
- Attendance will be taken during all sessions to support any necessary contact tracing.
- Players must register and play for only **ONE** Team.

## AS STANDARD PRACTICE:

The Kelowna Women’s Soccer League will not permit anyone to attend a KWSL sanctioned event on or off the field who:

- Has had or exhibits symptoms of COVID-19 in the last 14 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache.
- Anyone directed by Public Health to self-isolate.
- Anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID-19 case within the last 14 days.

Any players, managers, coaches, or game officials that may start to feel ill, or develop symptoms while participating, must leave the KWSL sanctioned event immediately and go directly home. They are asked to consult the BC COVID-19 Self-Assessment Tool or call **811** for further guidance related to testing and self-isolation.] If a participant is severely ill (e.g., difficulty breathing, chest pain), call **911**. Clean and disinfect any surfaces that the ill participant has come into contact with.

## THE KWSL REQUIRES PARTICIPANTS TO PROTECT THEMSELVES AGAINST INFECTIONS BY ADHERING TO THE FOLLOWING PROTOCOLS:

### PREPARATION:

- Wash your hands with disinfectant soap and water for at least 20 seconds before going to the soccer activity.
- Bring hand sanitizer to the field and use liberally.
- Bring your own soccer ball for practice.
- Bring your own water bottle.
- Make sure you have enough water before leaving the house to avoid having to touch a tap or water fountain handle.
- Clean your equipment before and after use, including your water bottle.
- Do not share equipment.
- Change into your soccer apparel at home (not at the field location).
- Consider wearing a mask or gloves while playing.
- If you cough or sneeze, do so in a tissue or in your sleeve.
- Avoid touching, gates, benches, and all other objects where the virus could survive.
- If you touch something, make sure to wash your hands and disinfect the surface you have touched as quickly as possible.
- Use of pinnies should be restricted and limited to only when necessary; pinnies should be washed between sessions:

### WHILE PLAYING:

- Comply with the distancing measures and recommendations issued by the provincial government health authorities.
- Adhere to warm up locations and bench location as identified by the coach or manager.
- As much as possible, keep a 2-meter distance with other players.
- Do not shake hands or do fist bumps, with other players.
- Avoid touching the ball and other equipment with your hands.
- Goalkeeper must not share gloves.

### AFTER PLAYING:

- Wash your hands carefully with water and disinfectant soap or with hand sanitizer.
- Do not use locker rooms or changing areas.
- Leave the field as quickly as possible after you finish playing.
- Remove all personal items and garbage from the field and dispose of safely.

### PARKING LOTS AND WALKWAYS:

- Maintain a safe physical distance (2m) from all persons not in your household.
- Do not congregate.

### FAILURE TO FOLLOW:

Should any participants and/or individuals fail to follow these recommendations and guidelines may result in removal from participation.

# KWSL COVID-19 SAFETY PLAN

## Step 1: Mitigating risks at the field:

The Kelowna Women's Soccer league has identified areas where people gather before, during and after a KWSL soccer game, and as such have implemented the following guidelines:

- Teams are limited to signing 25 players and dressing 18 players at any one game.
- Players may arrive 30 minutes before the scheduled game start time.
- Players can warm up to help avoid injury during play.
- Players are to participate in warm up exercises that are solo or permit acceptable social distancing between players – minimum of 6 feet apart.
- NO Free-Agent players or multi-team players will be allowed.
  - Players must register and play for only **ONE** Team.

The KWSL has identified situations and processes where individuals are close to one another or members of the public:

- When players are not on the field, they are to practice social distancing on the side-lines.
- Spectators, family members and players not listed on the game roster sheet must move to the unoccupied side of the field.
- Teams are required to occupy one side of the field and spectators the other.
- Players are not to celebrate a goal with “hugs”, “high fives” or any other sort of close contact.
- Players are not to shake hands at the end of a game but instead can demonstrate at a social distance a show of respect to the other team and game officials if they choose.
- The coin toss shall be done at “social distance” and players and officials are not to shake hands.

## Step 2: Implement protocols to reduce the risks:

**First level protection: Limit the number of people and ensure physical distance whenever possible.**

- Teams are limited to 18 players each at the field and no more than three coaches/managers.
- Additional players and all spectators must occupy the opposite side of the field to the player benches and are encouraged to practice social distancing.
- Game officials will occupy space on the same side of the field as player benches but will practice social distancing of not less than 2m from a team bench and each other.
- Participants are encouraged to warm up solo practicing social distancing or warm up with skills and drills that adhere to social distancing rules of at least 2m.
- There will be 3 game officials. The game officials will occupy a space on the same side of the field as occupied by the teams.
- There can be one senior game official on the sideline if mentoring or evaluation is occurring. The sidelined senior official must practice social distancing at all times while mentoring or evaluating the in-game officials

**The KWSL has implemented measures to keep participants and others at least 2 metres apart, wherever possible.**

**Second level protection: Rules and guidelines.**

- The rules and guidelines we have identified in this document will be posted on the KWSL website and emailed to all coaches and managers.
- All participants of the KWSL will be required to complete an online waiver before they will be permitted to play. The waiver requires participants to have read and understood the KWSL Return to Sport Plan.

The KWSL will clearly communicate these rules and guidelines through a combination of training and messaging to Board members, participants, coaches, managers and game officials. This will be accomplished by the following communication methods:

- Web site postings to players and managers
- Emails to managers and coaches

**KWSL Mandated Protocols and Guidelines:**

- Each week, self-reporting actions will be reviewed. Any teams that have COVID exposure and are in monitoring, will be suspended for a period of play.
- Social distancing will be enforced at sideline of field of play, where social distancing is not maintained mask adherence will be enforced.
- Self-isolation and a no play policy will be in effect for any players with (a) symptoms in the last 10 days, (b) anyone identified as a close contact by public health and (c) anyone having travelled outside of Canada in the last 14 days.
- Weekly reporting by teams of any positive COVID 19 test results of a player to the league will be mandatory.
- League will advise the other team and assist in supporting local health authority with follow-up in test, trace & isolate measures.
- The KWSL will assist in communication to teams of the risk to exposure, communicate that teams must monitor, and if required, require a test, and isolate as per public health protocol.
- If an exposure is identified, the KWSL will postpone the upcoming scheduled games for the two 2 teams exposed within the exposure window.

**KWSL In-game rules:**

- The KWSL season will commence when it is permitted by local and Provincial Health authorities.
- All games will be played outdoors.
- The league schedule will be set up to have weekly play of two teams with a maximum of 18 players per roster on a field of play per game, per week.
- Maximum of 25 players per team signed to the team list.
- Players will be designated and signed to one team within one division and cannot play up or down within the league.
- Teams will be required to complete a roster sheet at each game to facilitate contact tracing.
- Players are to arrive at a scheduled game no more than 30 minutes before a game
- Players are to warm up solo or if in-group, in a formation that permits social distancing.
- Players are to sanitise their hands before they enter the field of play
- The ball is to be sanitised at the beginning of the game and at the commencement of the 2<sup>nd</sup> half
- Goalies are to sanitise their gloves before the first and second half

- Teams are to occupy one side of the field and spectators the other
- Spitting is not permitted on or off the field
- Managers are to insure they supply enough sanitizer for their team.
- Players are not to celebrate a goal or victory by high fives, hugs or any other close contact.
- Players are not to shake hands at the commencement nor completion of a game.

## **Reduce the risk of surface transmission through effective cleaning and hygiene:**

### **The KWSL has reviewed the information on cleaning and disinfecting surfaces.**

- Each team manager is responsible to bring sanitizer to the field.
- The manager is required to disinfect the bench each game before use.
- All players are to disinfect their hands before entering the playing field either at the commencement of the game or at time of substitution.
- Goalies will disinfect their gloves before the start of the game and before the start of the second half.

### **WASHROOMS:**

- The washrooms are managed by the City of Kelowna, City of West Kelowna, or the District of Lake Country, depending on the facility. KWSL will not be maintaining these facilities during our sessions so it is safest if participants use the washroom before arrival.

### **FIRST AID:**

In the case of injury, the session coach will:

- Assess the player from the 6ft (2m) safe distance.
- Should the player require the coach to approach, the coach will first apply a mask and gloves.
- All fields will have first aid kits that in addition include masks and gloves.

## **Step 3: Develop communication plans and training:**

The Kelowna Women's Soccer League has developed a communication plan and training plan to ensure the return to sport plan is received, reviewed, and understood by each participant before they return to play. This will be accomplished by:

- Rules and guidelines participants are required to follow will be posted on the KWSL web site.
- The return to sport plan will be posted on the KWSL web site.
- Rules and guidelines will be emailed to all managers and coaches.
- Coaches and managers are required to communicate the rules and guidelines to all players before the commencement of each game.
- Coaches and managers are also required to ensure all participants have signed the KWSL covid waiver. No player will be permitted to play in a KWSL sanctioned game without signing the waiver.

## **Step 4: Monitor and update plans as necessary:**

The Kelowna Women's Soccer League has a plan in place to monitor risks, make changes to policies and procedures as necessary.

- KWSL volunteers will attend games to ensure policies and procedures are being followed and will instruct coaches, managers, game officials and players if necessary.
- If participants have health issues, they can contact their manager or coach who has been instructed through this document and through training to advise the participant to contact their health provider.



- Any health issues are to be forwarded to the board for a point of record and possible follow up by health officials
- New participants to the league will receive instruction from their coach, manager or administrator as to the latest rules and protocols and to be screened for risk.
- Participants are always encouraged to stay home if they are not well.

**DISCLAIMER:**

The return to play plan is intended to be used for the purposes set in this document. While we aim to provide relevant and timely information, because information known about the COVID-19 coronavirus and recommended health and safety measures can rapidly change no guarantee can be given as to the accuracy or completeness of any information provided in the return to play plan.

It is important to note that this return to play plan is not a legal document and is to be used as a guide only. It is not a substitute for actual legislation or orders of the PHO. In the event of an ambiguity or conflict between the return to play plan and the RTS Guidelines (viaSport) and/or Public Health Act, regulations, or orders thereunder, the Act, regulations and orders prevail. Nothing in this document is intended to provide legal advice. Do not rely on this document or treat it as legal advice.

Anyone using the return to play plan does so at his or her own risk. KWSL shall not be responsible for any loss or damage of any kind arising directly or indirectly from the use of the return to play plan including, without limitation, reliance on the completeness or accuracy of the information provided.