



## Pinnacles FC Return to Play Plan

### **OVERVIEW**

Pinnacles FC (PFC) is a not-for-profit amateur soccer club, based in Penticton BC. We are a Full Member of BC Soccer. Our club serves the South Okanagan region including Penticton, Summerland, Oliver, Osoyoos and Keremeos. We provide regional House Programs, District Academy Programs and teams, and also participate in the Thompson Okanagan Youth Soccer League District Program. This Safe Return to Play Plan (RTPP) is in alignment with BC Soccer's Return to Play Plan Phase One, which was released on June 2<sup>nd</sup>, 2020 and also aligned with ViaSport's Return to Sport Guidelines for BC released May 28<sup>th</sup>, 2020. You can reference these important guidelines in the links below:

[ViaSport Return to Sport Guidelines](#)

[BC Soccer Return to Play Plan](#)

*Return to Play Update February 5, 2021*

Today the BC Health Authority, and specifically Dr. Henry, extended the current health orders until at least the end of February which we must comply with. The information is on the BC Government website and we remind all members and affiliated clubs that the following applies to sanctioned soccer activity in BC

- The Order applies to all regions of the Province.
- Indoor and outdoor soccer for adults (22 years and older) is suspended.
- Indoor and outdoor soccer for youth (under 22 years of age) can occur under BC Soccer's Phase 1 Guidelines (the previous phase where players participated in-club/team "distance training" with no game-play) with the following restrictions in place:
  - Physical distance (3 metres).
  - No spectators. ○ Players may travel to their home club/team for the purpose of participating in soccer. Per BC Soccer rules, players can only be registered to one team in one club.
    - the only player exemption is noted on the BC Government website.
  - Team practices must be on their assigned fields.

### **PURPOSE**

On June 8<sup>th</sup>, 2020 Canada Soccer rated Pinnacles FC's RTPP as "Low Risk". PFC's RTPP facilitates a gradual and phased approach to the return to soccer training activities within our organization in alignment with Provincial health authorities' guidelines. We will continue to be guided by BC Soccer and the Provincial Health authorities as the process evolves and will be prepared and ready to implement new measures if and when required. As a full member of BC Soccer, we operate our programs at a high level both on and off the field and we pride ourselves in the fact that the health and safety of our staff, players, and supporters are, and always will be, our number one priority.

### **OUR COMMITMENT TO PROVIDING A CLEAN, SAFE ENVIRONMENT**

Soccer is predominantly an outdoor sport in British Columbia and therefore, our fields are one of the safer environments for sports activity. We have completed a WorkSafeBC BC COVID-19 Safety Plan to ensure the environment in which we are all participating is safe for players, technical staff and volunteers. The Club has implemented the following health and safety precautions in providing a clean and safe environment.

### **CLUBHOUSE**

- To avoid unnecessary gathering and potential contamination the clubhouse will be closed to parents and players during Spring, Summer and Fall programs.

### **CHANGEROOMS**

- All change rooms will be unavailable to all players and may be used by the Club for sanitization of equipment exclusively.

### **WASHROOMS**

- City Staff will clean outdoor washrooms once daily. All users must respect occupancy limits and follow the protocols outlined on the posted City Signage.

### **EQUIPMENT**

- Equipment will be sanitized by the Club after every session with recommended sanitization products.
- Equipment may not be handled / touched by an individual other than the session coach at any time.
- Equipment will be stored in the same, secure location after the final session of each day.

### **FIELDS**

- Session start and end times will be staggered to permit coaches and players the opportunity to attend training sessions within appropriate physical distancing requirements and guidelines of health authorities.
- Player backpacks will be placed in designated spaces only, physically distanced from any other player's bag in adherence to the requirements and guidelines of health authorities.
- Sanitizing stations will be available prior to entering the field of play space.

### **FACILITY MANAGEMENT**

- Facilities are defined as all areas, from the parking lot, to the spectator areas, to the fields of play.
- Parking lots, sidewalks, and getting to/from the fields of play - the expectation is that people:
  - Do not congregate
  - Maintain physical distancing at all times
- If a player is at an age that they will not be able to manage the above two points, they should be accompanied by an adult/ caregiver
- Individuals should wear masks within the cohort environment when outside the field of play if they are not able to maintain physical distancing
- Any coaches, trainers or support staff must wear a mask when physical distancing cannot be maintained
- Spectators are currently not permitted at this time
- Caregivers are expected to stay on the side of the field where their child is participating and not move between fields
- Caregivers are expected to remain a minimum of 10m away from any playing area
- Caregivers are expected to maintain respectful physical distancing at all times with individuals not from their household

PFC Staff will be breaking up any congregation of people and reminding anyone who is not practicing social distancing. Anyone not in compliance will be asked to leave the facility. Anyone found repeatedly defying this protocol, after having been informed, will be removed from the facilities for the duration of the program.

### **PROGRAM DETAILS**

- Modified, training only training camp style programs will be offered. Skill development activities in line with Phase One. Return to Modified Training guidelines. We will continue to be guided by BC Soccer as we move through their phased Return to Play approach. Initially, training sessions will focus on individual technical skills & development. Session plans will include training in the following areas:
  - Ball mastery & control
  - Technical skills and drills (dribbling & passing)
  - Shooting on net
  - Fitness & conditioning (age-specific)
  - Speed & quickness training
  - Bodyweight resistance/core work
- All activities will comply with the physical distancing measures and recommendations.
- Player arrival and departure will be controlled via protocols. Sessions start times shall be staggered to ensure minimal occupancy.
- Soccer activities with registered players only and restricted group sizes will take place.
- Hygiene and sanitization measures and protocols in place.
- Covid-19 pre-screening symptom monitoring for staff and players in place.

The Club will be following BC Soccer's Return to Play plan set out here:

	<b>Strictest Controls</b> Prior to May 19, 2020	<b>Transition Measures</b> Approx. May 19th to Sept	<b>Progressively Loosen</b> Future date TBC	<b>New Normal</b> Future date TBC
Restrictions in Place	<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
Enhanced Protocols	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
Facility	<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
Participants	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>
Non-contact Activities	<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
Contact Activities	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
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"> <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

### **ILLNESS POLICY**

The Club has issued an Illness Policy that must be followed by all in attendance at or participating in any way in Club programming or events. Failure to abide by the terms of the policy will result in removal from the session and the most blatant cases, removal from Club for either the remainder of the program or the season, at the Club's sole discretion.

[CLICK HERE FOR POLICY](#)

### **PLAYERS**

All parents/guardians of youth players must complete a [Return to Play Participant Agreement](#) and a [Youth Participant Waiver](#) as part of the Registration process before they will be permitted to participate in any Club program or event. Failure to complete this Agreement will restrict players from participation in any Club or Club affiliated program or event.

Players are asked to use the [Pre-Session Player Checklist](#) to remind themselves of the steps they must take to participate in Club programs before, during and after every session. This checklist includes the requirement for players to dress at home and arrive in their kit and cleats. This checklist also includes the requirement for all players to have their belongings in a single bag/backpack with a personal water bottle and their own hand sanitizer/cleaner clearly labelled with their name for all training sessions to avoid use by any other individual.

### **COACHES/VOLUNTEERS**

All Coaches and Volunteers must complete a [Return to Play Participant Agreement](#) before they will be permitted to participate in any Club program or event.

Coaches and Managers are asked to use the [Pre-Session Coach/Manager Checklist](#) to remind themselves of the steps they must take to participate in Club programs before, during and after every session. This includes the requirement for a self-assessment prior to attending any Club program or event.

Coaches and Volunteers will be educated on all sanitization requirements. Personal Protective Equipment kits have been assembled for any instance a Coach or Volunteers find themselves unable to socially distance in an emergency (i.e., an injury on the field).

## PHYSICAL DISTANCING

All activities will comply with the physical distancing measures and recommendations (currently 2 meters between players) with a maximum outdoor gathering size of 50 people per a 11v11 full size field (100mx64m).

## EQUIPMENT

All equipment will be sanitized before and after every session...there will be a 30-minute buffer between sessions to allow for this. Player jerseys/pinnies will be single use and collected after each session. Players will be asked not to touch any equipment with their head or hands. No equipment will be shared between groups and it will be placed in the appropriate section of the field where it will remain for the session, to be sanitized at the end of the session.

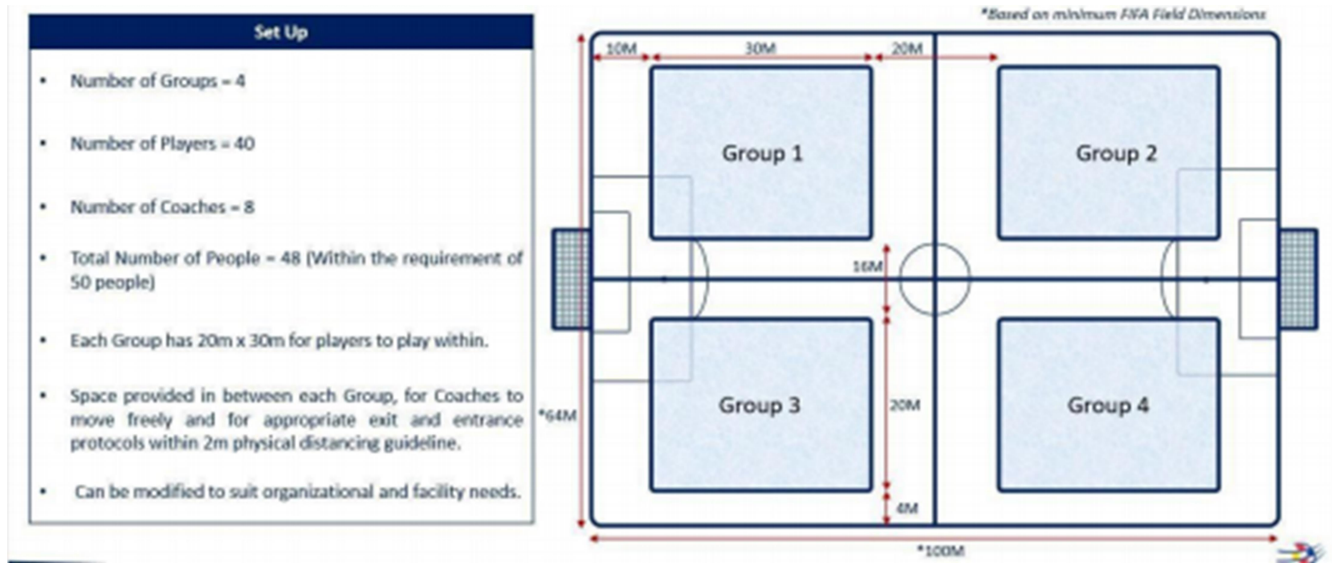
## ARRIVAL and DEPARTURE PROTOCOL

Players will be checked in on arrival with accurate records kept of exactly which players attended which session, and which group they were assigned to. All players will need to be pre-registered for the program, with full contact details and confirmation that players have read and understood the Return to Safe Play Plan. We will ask for only one parent to accompany each player to the check-in area.

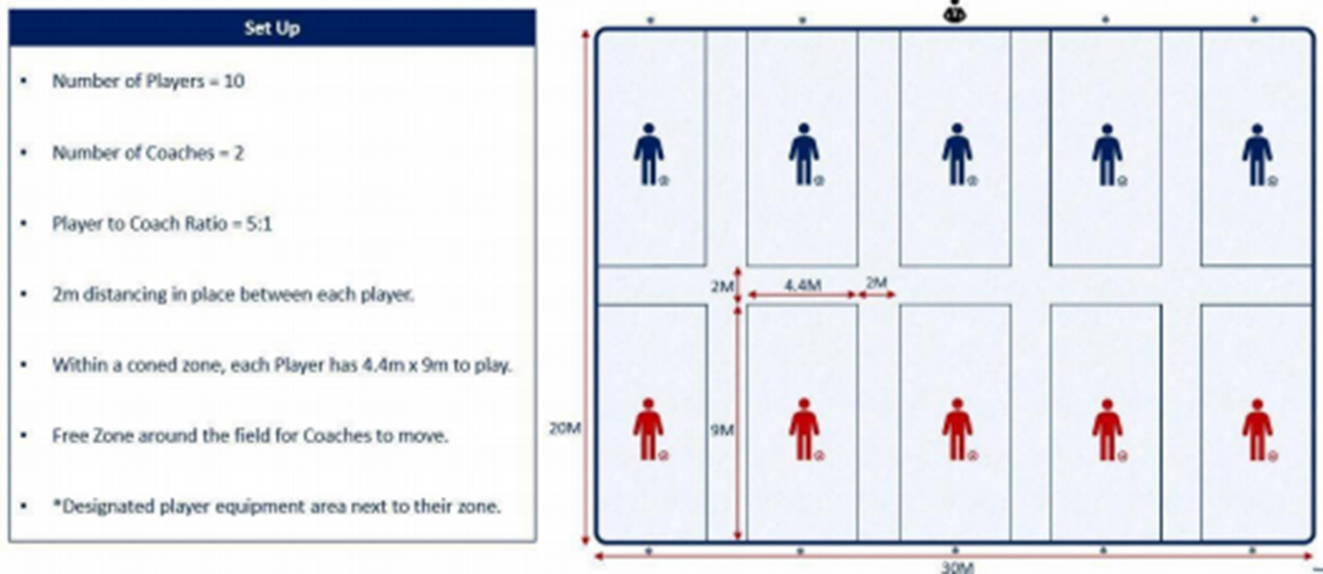
Players must review the self-assessment signage located throughout the facility / park before their participation in any activity to confirm that they are not feeling any COVID 19 symptoms.

- Managers/coaches will visually monitor player health throughout the activity.
- If players are unsure of any symptoms, they should use the self-assessment tool [COVID Self-Assessment Tool](#) to confirm their readiness to participate in the activity.
- If a player is considered vulnerable or at risk (elderly individuals, immunosuppressed persons, individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma) the Club must be notified of this vulnerability and the player is requested to seek written doctor's approval.

## TYPICAL FIELD SET-UP



## Group Dimensions (Quarter Field)



### FIRST AID

As there will be no contact, we expect the risk of injury to be very low. Should a minor injury occur, here is our protocol for managing:

- The session head coach will communicate with the player to assess the injury verbally, at the minimum 2M physical distance
- Depending on the injury, the following may occur:
  - The player will sit out until they feel better to re-join
  - The player will walk to their parent for attention
  - The player will receive first aid treatment from staff

All fields will have a first aid kit on site. If a staff member provides first aid support they will do so with a mask and gloves on at all times as physical distancing will no longer be possible.

In the event of an unforeseen serious injury, 911 will be called.

### PERSONAL HYGIENE

- Hand sanitizer/cleaner will be available at the field and participants are asked to also bring their own. • Participants will refrain from physical contact with all other individuals (who do not live in their household) while at the field.
- Participants are expected to cough / sneeze into their elbow and not their hands
- **Stay Home If You Are Sick**

Participants must assess their own state of health before leaving home to attend programming. Players will be required to check-in with the designated official upon arrival at all programming and verbally confirm that they are healthy and symptom free before participating.

### PERSONAL PROTECTIVE EQUIPMENT

PPE will be available to be worn by coaches/staff if required.

### OUTBREAK PLAN

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, early detection will facilitate enhanced cleaning measures which is an important measure in limiting the size and length of an outbreak. An outbreak is detection of two or more cases.

Roles of staff will be clearly outlined if a single case or an outbreak is reported. Every session will have a Head Coach in attendance, who will be responsible for the modification, restriction, postponement or cancellation of a session. In the event of a Covid-19 case being reported, enhanced cleaning will immediately take place.

session role calls and record keeping. Contact information will also be provided.

Players will be told to go home and self-isolate, monitoring their symptoms daily and seeking further medical assistance by contacting 8-1-1 if required.

**DISCLAIMER**

This Return to Play Plan is intended to be used for the purposes set in this document. While we have written this RTPP with relevant and timely information, information known about the COVID-19 coronavirus and recommended health and safety measures can rapidly change no guarantee can be given as to completeness of any information provided in this RTPP. In the event of an ambiguity or conflict between this RTPP, its referenced documents and the Public Health Act, regulations or orders thereunder, the Public Health Act, regulations and orders prevail. Nothing in this document is intended to provide legal advice.

This document contains links to third party web sites. Links are provided for convenience only and the Club does not guarantee its accuracy, timeliness or fitness for a particular purpose. The information in those links may be updated from time to time. Anyone choosing to participate in any Club program does so at their voluntary and sole risk. Choosing to participate is a personal decision that must be made with full information. Where a participant is identified as a "high risk" individual doctor's permission is strongly recommended before participation in any Pinnacles FC activities.