



Return To Play Plan

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Opeongo Minor Soccer

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Play ON!

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Opeongo Minor Soccer - Return to Play Plan (RTP) 2021

Introduction

Opeongo Minor Soccer has developed this plan and continues to update it as further information becomes available. The Government of Ontario announced that as of November 7, 2020 it has moved Ontario Public Health Units into its new COVID-19 response framework in order to keep Ontario operating safely and to effectively manage the impact of the global pandemic.

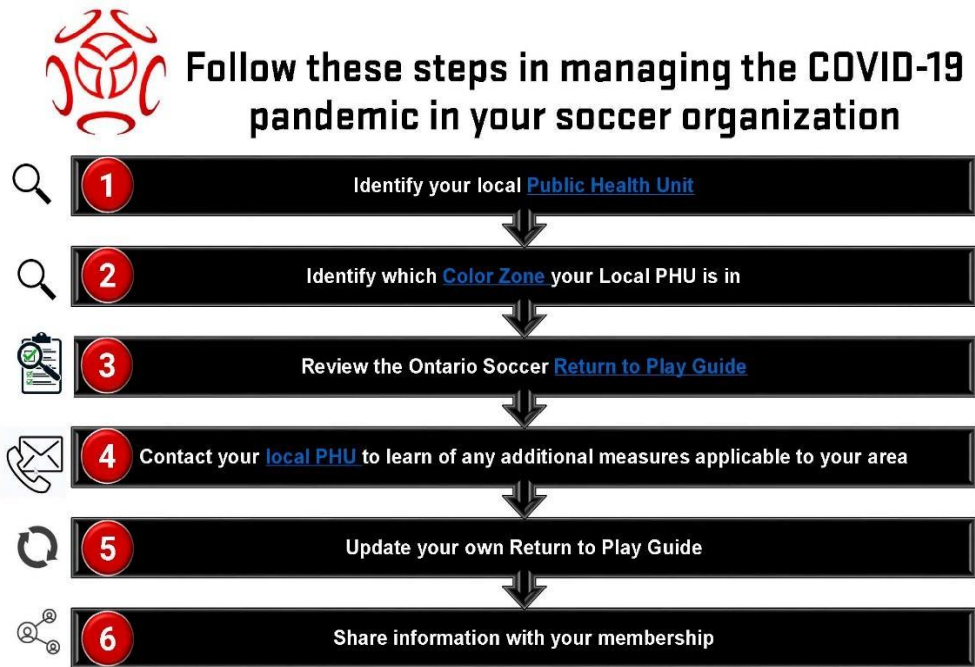
Guiding Principals

Guiding principals will continue meet or exceed the criteria of sanitary measures, contact tracing and will focus on player health and safety.

Mandatory Procedures for Training Sessions

To ensure the safety of all participants and all stakeholders, strict health protocols will continue to be in place by Opeongo Minor Soccer for the organization of soccer events. These protocols are developed by Ontario Soccer and will be consistent with this plan. Each participant must commit to following the requirements for each training session. If the protocols cannot be committed to, the participant will be prohibited from participating in scheduled events. The protocols continue to be revised according to government directives and the evolution of the situation facing COVID-19. The priority will always be the protection of the participants and the safety of all.

Ontario Soccer Return to Play Recommendations



Ontario Soccer Reference Guide (Zones) Overview



Reference Guide (Zones) - OVERVIEW

	Grey	Red	Orange	Yellow	Green
Completion of Canada Soccer Return to Soccer Assessment Tool	Yes	Yes	Yes	Yes	Yes
Organization's own RTP Guide/Plan in alignment to Ontario Soccer's RTP Guide	Yes	Yes	Yes	Yes	Yes
Age and Stage Considerations	Yes	Yes	Yes	Yes	Yes
Safety Field Marshal	Yes	Yes	Yes	Yes	Yes
Physical Distancing for Participants	Yes	Yes	No	No	No
Equipment disinfecting after each game/practice	Yes	Yes	Yes	Yes	Yes
Change rooms	No	No	Yes	Yes	Yes
Indoor Activities Permitted	No	Yes	Yes	Yes	Yes
Outdoor Activities Permitted	Yes	Yes	Yes	Yes	Yes
Games or Scrimmages	No	No	Yes	Yes	Yes
Maximum "Competitive Bubble"	N/A	N/A	50 players	50 players	50 players
Team Isolation Period before changing bubbles	N/A	N/A	14 days	14 days	14 days
Travel to other zones <i>Unless otherwise stated by local Public Health Unit</i>	No	No	Yes	Yes	Yes
Trials/Tryouts/Open Evaluations	No	No	Yes	Yes	Yes
Maximum number of Participants (Players, coaches, match officials) <i>Unless otherwise stated by local Public Health Unit</i>	No indoor activities 10 outdoor	10 Indoor 25 Outdoor	50 Indoor 100 Outdoor	50 Indoor 100 Outdoor	50 Indoor 100 Outdoor
Maximum number of Spectators <i>Unless otherwise stated by local Public Health Unit</i>	No spectators, except for ONE parent per participant under the age of 18	No spectators, except for ONE parent per participant under the age of 18	No spectators, except for ONE parent per participant under the age of 18	50 Indoor 100 Outdoor	50 Indoor 100 Outdoor

Phases of Return to Play

Opeongo Soccer Return to Play plan reflects the new government framework within our three- phase approach. In each phase both tools must be completed.

Ensure the organization's own Return to Play Guide for each phase is in alignment with Ontario Soccer's Return to Play Guide & Provincial Government guidelines prior to resuming activity.

Phase 1- Individualized Training

Grey Zone (Lockdown)

- Soccer organization must have completed 'Canada Soccer Return to Soccer Assessment Tool'.
- Use Canada Soccer's "Age & Stage Considerations – Phase 1" document included in this section.
- Physical distancing of at least **three (3) meters** is required from all participants. (Players, Coaches, Match Officials).

- Indoor soccer activities **NOT** permitted.
- Outdoor soccer activities permitted.
- No spectators permitted, but ONE parent or guardian may accompany each participant under the age of 18 years who is engaged in activities. Spectators must wear a face covering in a manner that covers their mouth, nose and chin.
- No games or scrimmages, or contact between participants is permitted during this phase.
- Any locker rooms, change rooms, showers and clubhouses must be closed, except to the extent they provide access to equipment storage, a washroom or a portion of the facility that is used to provide first aid.
- Any equipment must be cleaned and disinfected between each use.
- Any soccer activity must comply with the social distancing measures and recommendations, along with any gathering restrictions issued by the provincial government health authorities, including the arrival and departure of players.
- The total number of participants permitted to be at an activity at any one time must be limited to the number that can maintain a physical distance of at least two meters from other persons at a facility, and in any event cannot exceed:
 - o No indoor activities
 - o 10 participants for outdoor facilities

Red Zone

- Use Canada Soccer's "Age & Stage Considerations – Phase 1" document included in this section.
- Physical distancing of at least two (2) meters is required from all participants. (Players, Coaches, Match Officials).
- No spectators permitted, but ONE parent or guardian may accompany each participant under the age of 18 years who is engaged and in any event cannot exceed:
 - o 10 spectators for indoor facilities
 - o 25 spectators for outdoor facilities
- No games or scrimmages, or contact between participants is permitted during this phase.
- Any locker rooms, change rooms, showers and clubhouses must be closed, except to the extent they provide access to equipment storage, a washroom or a portion of the facility that is used to provide first aid.
- Any equipment must be cleaned and disinfected between each use.
- Any soccer activity must comply with the social distancing measures and recommendations, along with any gathering restrictions issued by the provincial government health authorities, including the arrival and departure of players.
- The total number of participants permitted to be at an activity at any one time must be limited to the number that can maintain a physical distance of at least two

meters from other persons at a facility, and in any event cannot exceed: o 10 participants for indoor facilities o 25 participants for outdoor facilities

Phase 2 – Group Training and Modified Games

Orange/Yellow and Green Zones

- Soccer Organization entering this Phase must complete – ‘Canada Soccer Return to Soccer Assessment Tool’ and create a “Return to Play” plan for their organization.
- Ensure organization’s own Return to Play Guide is alignment with Ontario Soccer & Provincial Government guidelines prior to resuming soccer.
- Physical distancing is not required of participants engaged in training or games.
- No spectators permitted, but ONE parent or guardian may accompany each participant under the age of 18 years who is engaged and in any event cannot exceed:
 - o 50 spectators for indoor facilities
 - o 100 spectators for outdoor facilities
- Games or scrimmages can be introduced.
 - o Game formats must follow the age, stage of development, and conform to gathering restrictions issued by the Provincial Government and/or local public health unit.
- The total number of participants permitted to be at an activity at any one time must be limited to the number that can maintain a physical distance of at least two meters from nonparticipants in the facility, and in any event cannot exceed:
 - o 50 participants for indoor facilities
 - o 100 participants for outdoor facilities
- Exhibition games, tournaments/festivals and leagues can be organized under the following conditions:
 - o Multiple teams, from different Clubs/Academies can form groupings (“Competitive Bubbles”) of no more than 50 **players** to participate in a league or sanctioned competition as per the current government order.
 - o Note: Any government directives which impact bubble size, etc., will be communicated to membership accordingly.
- Teams must observe a minimum of 14 days of “Team Isolation” before playing games within a different team “bubble” or against a new team outside the “bubble”.
 - o During the “Team Isolation” period, only activities within the team can take place (i.e. training, inter-squad games.)
- A **Safety Field Marshal** be appointed to ensure compliance with social distancing rules and safety protocols. The Safety Field Marshall will be a recognized authority within the soccer organization. This is not the role of Match Officials.
- For all 11v11 games, the IFAB 2019/2020 Laws of the game shall be enforced.
- Under the new Framework, throw-ins and headers are permitted in accordance with Laws of the Game.

- Modified rules to avoid physical contact **between** players must be in place, including:
 - Match Officials will allow substitutes to wear non-clashing colours (to the players on the field of play). They are not required to be official pinnies.
 - Use of Ball Boys/Girls is not permitted.
 - Where applicable, team Physiotherapy should be set up at the end of the team benches towards the corner flags. This provides more space in the middle for the fourth Match Official and game announcer/convenor.
 - Automatic cautions for any players who are involved in face-to-face (but non-mass confrontation) interactions. Shoving, jostling, and fighting for space will result in a straight Yellow Card for Unsportsmanlike Behavior.
 - Match Officials should stay away and allow the emotional situation to deescalate before engaging from a safe distance.
 - Serious physical altercations will result in an automatic red card.
 - Mass confrontations will result in automatic dismissals for all involved.
 - There will be ZERO tolerance for spitting on or around the field of play. If spitting is seen by one of the match officials, the following procedure will be followed:
 - If aimed/directed at someone it is an automatic red card and send off as per IFAB Laws of the Game.
 - If spitting at equipment, playing surface or elsewhere, a yellow card for unsporting behavior will be issued.
 - Coaches are responsible for ensuring players are aware of the Spitting Zero Tolerance requirement, and the importance of following Covid-19 guidelines.

Phase 3 - Return to Soccer (regular competition, games and training)

All restrictions are lifted, and regular competition and training can resume

Age Stage and Considerations



Active Start U6 and younger (parent and child to 3v3)

- 1 Player + 1 Parent/Guardian/Sibling
- Children at this age may struggle to maintain social distancing and to complete technical based activities.
- Using a parent or sibling will aid the coaches to deliver different activities as the child will have a parent/guardian/sibling to help manage them and some of the logistics to ensure social distancing is maintained.
- Be overly conservative when spacing out areas to maintain social distancing.



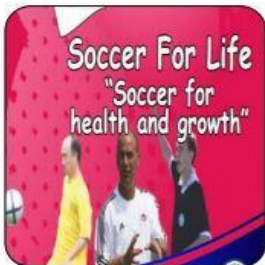
FUNDamentals U7-U9 (U7-U8 5v5, U9 7v7)

- 1 Player + 1 Parent/Guardian/Sibling
- Children at this age often need interaction with someone to remain engaged and complete technical based activities.
- Players may not have yet developed focus to find isolated practices with a ball enjoyable. Therefore, utilizing a parent/guardian/sibling to partake in the practice will provide a more fulfilling experience as it will increase the number of different activities the athlete can experience. As someone from their own household does not need to maintain social distancing from the player. This will help create opportunities to plan activities that include a partner or opposition.
- Be overly conservative when spacing out areas to maintain social distancing.



Learn 2 Train U10-U12 (U10 7v7, U11-U12, 9v9)

- Athletes at the L2T stage should be engaged in the progression of activities during the different phases.
- Engaging them about their strengths and weaknesses within different activities will assist the coaches in giving the players individualized tasks.
- The individualized consideration will help keep the players engaged and focused. Creating fun challenges that include social outcomes will provide an enjoyable and exciting practice to participate in.
- Be conservative when spacing out areas to maintain social distancing U10



Soccer 4 Life U13+ - (modified games up to 11 v 11)

- Athletes at the S4L stage should be engaged in the progression of activities during the different phases.
- Engaging them about their strengths and weaknesses within different activities will assist the coaches in giving the players individualized tasks.
- The individualized consideration will help keep the players engaged and focused. Creating fun challenges that include social outcomes will provide an enjoyable and exciting practice to participate in.
- Players should understand what social distancing is, and be able to respect the social distancing requirements in place.

Individual and Team Development Activities

The individual development of the player will be at the centre of the activities offered during return to play. All training will respect all four guiding principles outlined in the graphics above. The individual and team development are divided into three main categories:

Individual Technical Development:

Unopposed or opposed activities to develop techniques specific to soccer

Small Sided Games:

In Phase 2 – teams and players can introduce small sided games. Small sided games will allow players to interact and experience with evolving game elements such as; communication, decision making, and execution of technical skills. Competing in small sided games allows a player to express their creativity in a game like environment. This builds on the individual technical development that was part of Phase 1.

Game Play with opposition

Throughout Phase 2 Enhancement teams can be introduced into competition bubbles. Teams can now participate in competitions that are intra-club (with team from the Club) and/or inter-club (teams from other Clubs). All competitions must be approved by the regional association and have proper district sanctioning as all scheduled games must follow the following protocols.

Control of Equipment- Management and Use

Personal Equipment

These will be authorized under the following conditions:

- o It is disinfected before entering the field.
- o Equipment is limited to a bottle of water (labelled with player name), a towel, a disinfectant solution or sanitizer, emergency medicine (EpiPen etc.)
- o A ball and
- o A bag (labelled)

Team Training Equipment

- o Balls, Cones, etc will be designated for each team before being stored at the end of training sessions, by the Coach or Field Marshall
- o Nets will be put up and taken down by the coach, while wearing a mask, with hand sanitizing afterwards.

Roles and Responsibilities on the Field

Reception Manager Role

Individuals (parents, volunteers) must be board appointed and trained as reception managers to:

- o Wears a mask and is social distanced at all times
- o Ensures that everyone entering the field or spectator area completes hand sanitizing prior to entering.
- o Directs players, parents, coaches, match officials to their playing pitch.
- o Completes Covid-19 screening and Contact tracing for spectators, Match Officials, Team Coaches, Managers and the Field Marshall and any other volunteers. (providing sanitized pens). (Appendix F)
- o Ensure that spectators (one per player) stays in the designated areas and away from training areas, and that additional parents stay in the parking lot away from training areas.
- o Ensure appropriate masks are worn while on the property (except for participants on the pitch)

Field Marshall Role

- o Board Member or appointed responsible designate (trained)
- o Assist the Reception Manager in the screening of participants, players, spectators
- o Ensure appropriate mask wearing
- o Ensure appropriate social distancing on the property
- o Ensure the safe distribution of training equipment from the soccer trailer
- o Collect the Coaches Attendance /Contact tracing forms (Appendix F) at the exit at the end of the training sessions
- o Ensure the Contact tracing forms from the Reception Manager and all of the Coaches are delivered to the Club President within 24 hours

Team Manager (or team designate)

- o Greets the players at the entrance at their designated training area.
- o Track attendance by using an attendance sheet/Contact Tracing Form. (Appendix F)
- o Confirm that all players have completed the online Orientation and Compliance Waivers.
- o Confirm the online self-assessment was taken and that they are cleared to train
- o Has the right to refuse any player from training if they are showing any symptoms of Covid-19
- o Submits the attendance sheet/ Contact Tracing Form to the designated Reception manager/ Field Marshall at the end of training session

Coach

- o Manages the training content and the layout of the field
- o Manage players to ensure compliance with instructions
- o Coaches and Managers are required to complete a self-assessment health check prior to each training session
- o All organizers are required to wear a mask to help reduce the transmission of COVID-19. (On the pitch)
- o Must provide contact screening information at the spectator desk

Guidelines for Player, Coach, Parent and Match Officials

Guidelines for Players

- It is recommended that all players utilize the “Self-Check” on [Coronavirus \(COVID-19\) self-assessment \(ontario.ca\)](https://www.coronavirus(self-assessment.ontario.ca))
- If they experience any of the Covid-19 symptoms, follow Renfrew Co Public Health recommendations and contact their medical health provider.
- Players **MUST** complete the Orientation with their coach. Players will not be permitted on the pitch unless this is complete. No exceptions. Sample Orientation in Appendix I
- Do not carpool unless with immediate family members.
- Always follow the instructions from coaches and respect physical distancing.
- Arrive no more than 30 minutes prior to activity commencing.
- Do not congregate at the facility entry point.
- Arrive prepared to train –change at your vehicle if required, including cleats. Leave extra clothing in the vehicle.
- Follow the hygiene protocols in this document Appendix D Appendix J
- Each player should bring and use their own personal hand sanitizer. Coaches will be provided with extra hand sanitizer.
- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze
- Wash hands with hand sanitizer immediately before leaving home, after soccer activities, and prior to water breaks
- Physical distancing of two (2) meters (6 feet) must be maintained when not playing.
- All “non-essential” contacts should be avoided (handshakes, high 5’s, etc.) Use a foot touch if necessary.
- Only use your own equipment. Any individual equipment used should be taken home and washed separately from others in the household (e.g. uniform).
- Do not spit at any time.
- Bring your own water bottles clearly labelled with your name. Do not share water bottles.

- Avoid the use of public outhouses, however if necessary, ensure hands are sanitized /washed thoroughly.
- Avoid touching eyes, nose or mouth.
- **Players will arrive at the designated entrance point only and not enter the field at any other place.**
- After hand sanitizing , players will then proceed directly to their designated training area and report to their manager/ team designate. They will complete the team attendance form for contact tracing purposes.
- Personal belongings (labelled water bottle) should be left at the corner of the training area in the designated zone (Appendix C)
- Players should wait for training to commence in their designated zone, and receive instructions
- When training is complete the player will retrieve all belongings and hand sanitize and then proceed to the exit area and to the parking lot. Congregation after training sessions is not permitted.

Guidelines for Parents

- Follow the hygiene protocols in this document. See Appendix D
- Ensure child is healthy and has no sign of COVID-19 symptoms.
- Remind players to arrive to training dressed and ready,
- Only **one** parent/guardian should accompany their player.
- Parents/guardians to keep a reasonable distance from the field.
- Exercise physical distancing (2 meters) at all times
- Avoid congregating at facility entry points.
- Remind players to check-in with the coach for completion of contact tracing at the soccer activity.
- At home, ensure all the player's equipment is washed separately from the other household items.
- Drop and pickup player while maintaining desired rules and regulations around pick-up/drop off and being a spectator if allowed.
- Snacks should be discouraged

Guidelines for Coaches

The priority is to ensure a safe environment, complete coach certification and conduct safe sport.

- Coaches hold an pre-activity orientation with players and parents regarding safety
- protocols- i.e., social distancing, modified training, pick up and drop off, hand washing, cough suppression, no spitting or nose clearing, etc., prior to commence your first training. (See sample Appendix I)
- Coaches should wipe down personal and field equipment using an approved disinfectant before and immediately after each session (do not go home and then clean –contaminated items may travel into the home environment).

- Only Coaches/Manager/Field Marshall should handle equipment.
- Avoid using shared pinnies or any other additional equipment.
- Wear face masks.
- Structure activities to maximize physical distancing.
- Age appropriate considerations may need to be taken when designing activities, for example, Active Start and Fundamentals players may need a sibling or parent to participate with them. This will allow coaches to have support managing the group of players and social distancing will not be required between siblings or parent/child (since they are from the same household).
- Design activities so athletes may stay within their existing small groups.
- Limit hand contact to equipment.
- Regular sanitization breaks combined with water breaks.
- Use cones and other equipment to ensure appropriate spacing is in place to support distancing.
- Hand sanitizer will be provided by the club for personal use and if a player forgets to bring their own.

Guidelines for Match Officials

- All Match Officials must be registered with Ontario Soccer before participating in any soccer activity.
- It is recommended that all match officials utilize the “Self-Check” on [Coronavirus \(COVID-19\) self-assessment \(ontario.ca\)](#)
- Match Officials must be complete Covid -19 screening and contact tracing with the Reception Manager prior to entering the pitch.
- All match officiating activities must be aligned with Canada Soccer/Ontario Soccer recommended safety guidelines
- It is imperative that Match Officials remain physically active
- Any soccer activity must comply with the social distancing measures and recommendations, along with any gathering restrictions issued by the Province of Ontario health authorities, including the arrival and departure of players (except for family members or persons residing in the same household).
- The Thunder and Lightning Policy will be adjusted to read that if the game is stopped for severe weather, then the game is over in order to avoid gathering of participants in confined areas, and will not be restarted to prevent people from gathering.
- Match Officials must arrive in appropriate officiating gear to the game/training.
- With modified games, a field marshal should be appointed to ensure compliance with social distancing rules and safety protocols. The field marshal should be a recognized authority within the soccer organization. This is not the role of Match Officials.
- When travelling together, physical distancing must be maintained.

- When a player is injured, Match Officials may only observe and refer assistance to the applicable team bench. There is to be no Match Official contact with the player. Only team medical personnel, following proper health and safety protocols may assist the injured player.
- No handshakes or high 5's between players, match officials, coaches before, during or after the game.
- Parents are not permitted to enter the playing field at the end of game or during training. If this occurs, it is an expectation that the team coach will address with the parent(s).
- When Match Officials are taking part in practical training sessions, they must follow Canada Soccer/Ontario Soccer return to play as well as the Province of Ontario health and safety guidelines.
- Parents/Guardians of youth Match Officials are considered general spectators, therefore at any facility, they must adhere to rules and all other health and safety protocols. Parents of Match Officials are not permitted to enter the field of play at any time (before, during or after games).
- Match Official assessors and mentors need to respect social distancing guidelines. These activities should take place away from the spectator side of the field of play.
- Postgame discussions between the officiating crew must respect social distancing rules and be conducted outside the facility.
- Wash equipment, towels, clothes, bags, water bottles, and other items after use.
- Individuals to bring a full personal use water bottle(s)
- Use new grip or fresh tape on flags if possible.
- Do not share pens, cards etc.
- Consider wearing a mask or a face shield when you are officiating. Use the Ontario Soccer [reference](#) to help with your decision.
- Wash hands prior to leaving for games; bring personal use hand sanitizer to the fields.
- After games and at half time, limit your distance to two (2) meters (6 feet) from others.
- Leave the field as soon as reasonably possible after training or games.
- Avoid post training/game socializing as much as possible.
- Match Officials have the right to abandon any game where the required COVID-19 protocols are not being followed. In these cases, it must be reported on a Special Incident Report to the appropriate authorities.
- It is recommended that hydration breaks be increased to allow for players and match officials that may be wearing masks/shields to take time to refresh. Please ensure coaches are aware at the start of each game as to the timing of the breaks.

Officiating Adjustments

- Player inspections may still be completed, but must be at a distance of no less than two (2) meters (6 feet).

- Assistant Referees must stand a minimum of two (2) meters (6 feet) from the kicker during corner kicks.
- Match Officials are to use their foot to pass the ball when transferring to a player (i.e. free kicks), or direct the player to retrieve the ball themselves.
- It is optional for Assistant Referees to wear face shields/masks as they are positioned closer to spectators and benches. This provides an additional level of protection.
- Clubs/Districts/Academies/Leagues may determine they need to reduce number of Match Officials needed for a game. League1 Ontario, League1 Ontario Reserve, OUA, OCAA, OPDL, Ontario Cup Semi-finals and Finals will have priority for three (3) officials.

Appendix A- Emergency Response Plan

Overview

As a commitment to keeping our membership safe, Opeongo Soccer has developed a Response Action Plan in the case that a member of our organization develops symptoms, tests positive and ensures the infected person(s) is removed and receives immediate care from Health Professionals and the virus does not spread any further.

Member: a player, coach, match official, guardian/parent, board member, volunteer

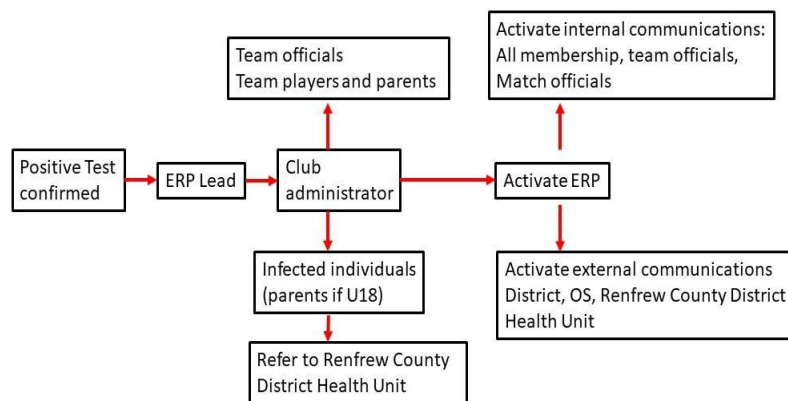
ERP LEAD	Email	Phone
Dr. Kristian Davis	kristiandavis@gmail.com	613 203-2298

Positive Test Phase

Confirmation of a positive test within the Club activate the Emergency Response Plan. During this phase, the key goals will be to prevent further infections within the Club. This phase remains active until the infected party is isolated and under the control of professional health authorities and there is no further threat to the health and safety of the Club's participants.

Once a positive case has been identified the following activities need to be performed immediately:

Communication Flow Chart



Emergency Response Chart

Protocol : action upon notification of positive COVID-19 result		
	Action	Notification
A player, coach, team official or match official received notification from Renfrew County Public Health that they are COVID positive or have been in close contact with a positive person.	They will stay at home until directed by Renfrew Public Health Unit that it is safe for them to resume play.	Renfrew County Public Health will contact the Emergency Response Plan Lead (ERP Lead) to request the contact sheets for tracing and to provide additional recommendations. or The ERP Lead will be notified by the Club President or Field Marshall if a parent, coach or team official informs them that they have received a positive COVID-19 test or if they have been asked to isolate due to being a potential contact of a positive COVID case.
	The names of any player, coach or team official who has received a positive test will remain confidential and be shared only with ERP and the Club President for the purpose of contact tracing only.	The ERP Lead will contact the Club President to obtain the contact sheets and forward these to the Renfrew Public Health Unit.
		<p>The ERP Lead will be contacted (by PHU or Individual)</p> <ul style="list-style-type: none"> → If a member tests positive for COVID-19 → If a member was exposed to someone within the last 14 days who tested positive for Covid-19 → The Renfrew County Public Health Unit will notify all contacts and provide instructions about isolation and testing.

Protocol for a positive symptoms for COVID-19 while at fields of play		
	Action	

A player, coach or spectator at a screening station reports a symptom of COVID-19 or develops a symptom during play.	The Field Marshall will be notified of a symptomatic person by the screener or coach.	Designated Field Marshall schedule and cell phone numbers will be provided to all screeners and coaches. Coaches will keep all player emergency contact information readily available.
	The symptomatic person is immediately separated and isolated at the Designated Emergency Pick Up spot (Appendix C-) If the participant is under 18, they will wait with a responsible adult while maintaining 2 m distance and wearing their mask.	If urgent medical help is required, 911 will be activated. If an ambulance must be called, inform EMS that the person is symptomatic of COVID-19. or Primary contact person (parent) will be called by the Field Marshall/ Team Official to pick up the symptomatic person at the Designated Pick up spot.
	Field Marshall notifies the Club President and /or the Emergency Response Plan Lead (ERP Lead) directly if Club President or designate is not available. Club President notifies ERP.	ERP notifies Renfrew County and District Health Unit. Play will resume upon direction of the ERP Lead.
	Screening area will be sanitized with approved disinfectant. Any equipment that the symptomatic person may have been in contact with is wiped down with an approved disinfectant by Field Marshall or designate.	
	Anyone that was within 2 m of the symptomatic person without wearing a mask will be asked to remove themselves from play. Contact information will be taken and they will be asked to wait away	Symptomatic members may not return to training until a negative test result or 14 days after the symptoms have stopped

	from other players until further direction is given by ERP Lead.	
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Details for EAP

Communication System: Consistent with Federal and Provincial privacy regulations, acts, laws, etc. coaches, staff, officials, and families of players shall self-report to the ERP Lead (noted in phase 1) if they have symptoms of COVID-19 OR a positive test for COVID-19 is recorded, OR were exposed to someone with COVID-19 within the last 14 days.

Note: See ERP Communications Flow Chart

Opeongo Soccer will use a Contact Tracing Log (Appendix F) and a communication plan to notify all close contacts should there be a reported case of COVID-19. This log will be kept by the Club President for a minimum of 6 weeks and used at all Opeongo Soccer activities to trace all members including players, parents, spectators, coaches, match officials, field marshall, reception managers or other designated volunteers

Advise sick individuals to stay home: Sick coaches, staff members, officials or players shall not return until they are well enough based on Public Health Agency of Canada and Provincial Health Authority guidelines.

Members are reminded that sick individuals are not permitted to attend any Club activities and that they must notify the Club- (ERP Lead or Coach) if any members are sick with COVID-19 symptoms, test positive or have been exposed to someone with COVID-19 Symptoms or a confirmed/suspect case.

Isolate and/or Transport those who are sick at club activities:

Coaches, staff, officials, and players with COVID-19 symptoms (i.e., fever, cough, shortness of breath) at any club activity must be immediately separated and isolated. Individuals who are sick shall go home or to a healthcare facility, depending on how severe their symptoms are, contact their Family Physician, and follow Health Agency guidance for caring for oneself and others who are sick.

Individuals who have had close contact with a person who has symptoms shall be separated and sent home as well. If symptoms develop, individuals and families shall follow Health Agency guidelines for caring for oneself and others who are sick.

Parent contact information is kept readily available by coaches so that parents can be quickly contacted to transport their player if symptoms develop while playing. If calling an ambulance, alert EMS that the person has symptoms of COVID- 19.

Clean and Disinfect Areas: Close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area). Ensure safe and correct use and storage of cleaning and disinfection products, including storing them securely away from children

Notify Local Health Officials and Close Contacts: In accordance with Federal and Provincial privacy and confidentiality laws and regulations, the Club Administrator shall notify local health officials, Provincial or Territorial Associations, club staff, officials, and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with applicable laws and regulations

The Club Administrator shall work with local health officials to notify close contacts (using logs and/or contact tracing information) of cases of COVID-19.

The Provincial and Territorial Health agencies and their Contact Tracing procedures will be responsible for advising those who have had close contact with a person diagnosed with COVID-19 and determine whether someone shall stay home and self-monitor for symptoms. Members of the Club shall continue to self-monitor for symptoms.

The Club Administrator must notify the Provincial Association of any cases of COVID-19. A weekly reporting system shall be instituted for the Club Administrator to advise the Provincial Association of any cases of COVID-19, suspected cases, and where athletes or staff have been refused admittance to any training session. Even if there are no suspected cases, a 'nil' report shall be required

Appendix B- Screening Questions

COVID-19 self-checklist for players, coaches, and match officials

Players, coaches, and match officials are required to perform the self-check for COVID-19 symptoms before every practice. If any answer is “yes” to the questions, the person is not permitted to participate in any in-person soccer activity for a minimum of 14 days and is required to perform the “Self-Check” on [Coronavirus \(COVID-19\) self-assessment \(ontario.ca\)](https://www.ontario.ca/coronavirus) and follow recommendations and contact their medical health provider.

Screening questions for minors: Do you have any of the below symptoms?

Fever (higher than 38°C) and/or chills	Yes	No
Cough or barking cough (croup)	Yes	No
Shortness of breath or difficulty breathing or severe chest pain	Yes	No
Sore throat or difficulty swallowing	Yes	No
Runny or stuffy/congested nose	Yes	No
Decrease or loss of taste or smell	Yes	No

Screening questions for adults: Do you have any of the below symptoms?

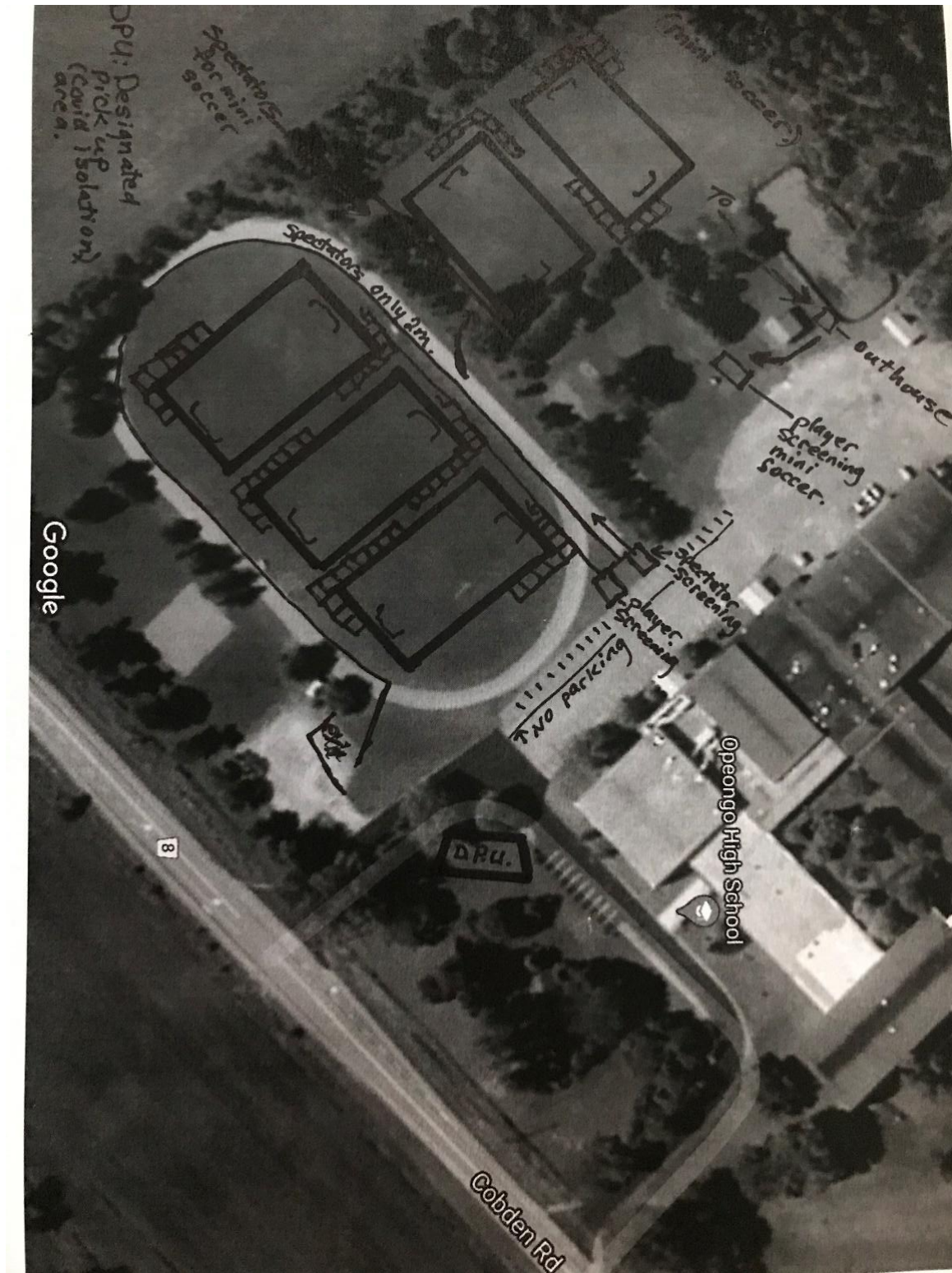
Fever (higher than 38°C) and/or chills	Yes	No
Cough or barking cough (croup)	Yes	No
Shortness of breath or difficulty breathing or severe chest pain	Yes	No
Sore throat or difficulty swallowing	Yes	No
Runny or stuffy/congested nose	Yes	No
Decrease or loss of taste or smell	Yes	No
Pink eye	Yes	No
Headache (Unusual long-lasting, not related to tension-type headaches or chronic migraines)	Yes	No
Digestive issues like nausea/vomiting, diarrhea, stomach pain	Yes	No
Extreme tiredness	Yes	No

Any player, coach, or match official who answers “Yes” to any of the above questions, is not permitted to participate in any in-person soccer activity for a minimum of 14 days.

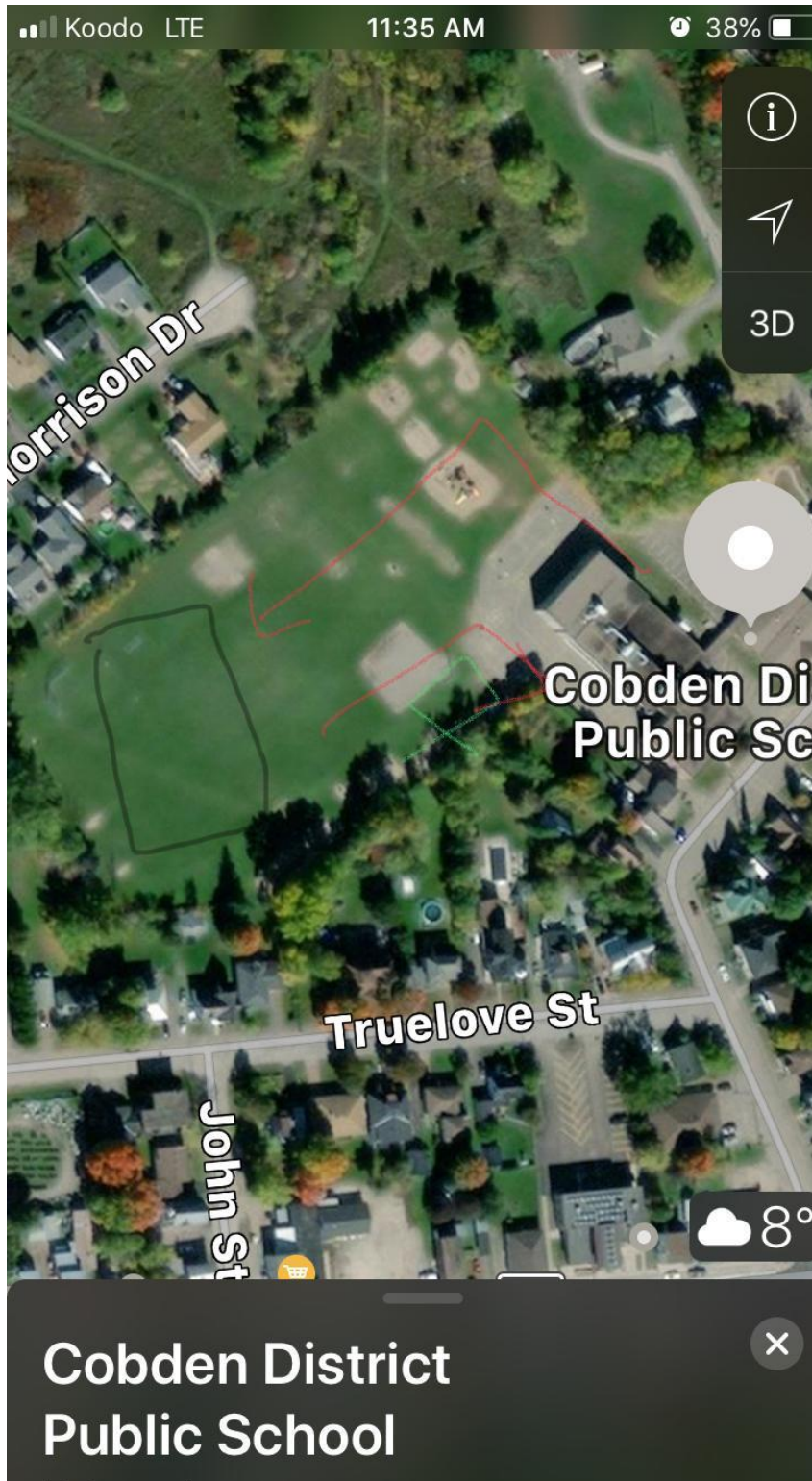
*If test results are negative, then player/coach may return to in-person soccer activities.

Appendix C- Fields of Play- Entering and Exiting

Opeongo High School



Cobden District Public School



Appendix D- Hygiene Protocols

Hygiene Protocols for Players, Coaches, Match Officials

- Wash hands with soap and water before you go to any soccer activity.
- Use hand sanitizer immediately before and after any soccer practice.
Refer Hand Hygiene Practices
 - o How to wash your hands (child focused)
 - o How to wash your hands with soap and water
 - o Reduce the spread of COVID-19: Wash your hands
 - o How to clean your hands with soap and water or alcohol-based hand rub
- Wear a non-medical mask when entering/exiting the pitch. A three layer mask are recommended.
- Masks shall be worn covering the nose and chin. One reminder only, then the offender will be asked to leave the pitch. Gators are not permitted. See Appendix I for appropriate mask wearing. Masks can be removed and stored appropriately with individual player equipment for play on the pitch.
 - o Non-medical masks and face coverings
- It is recommended to carry hand sanitizer
- Do not spit EVER, ANYWHERE OR ANYTIME
- Clearly label your water bottle - Do not share water bottles
- Cover mouth and nose with a tissue or your elbow when sneezing or coughing. Do not use your hands.
- Avoid touching the eyes, nose or mouth.
- Avoid the use of public washrooms. Use your home facilities prior to coming to soccer activities. However, if necessary, ensure hands are washed, sanitized thoroughly
- Any individual equipment (eg. uniform, shorts, socks) used should be taken home and washed before the next use.

Appendix E- Equipment Sanitization

Coronaviruses are one of the easiest types of viruses to kill with the appropriate disinfectant product when used according to the label directions. Health Canada has published a [list of hard surface disinfectants](#) that are likely to be effective for use against COVID-19.

Refer to the [guidance on cleaning and disinfecting public spaces](#) for more information.

Coaches/Managers

All equipment will be disinfected after use and stored in a designated bin for each team.

- Thoroughly wash or wipe down equipment, bags, clothes, towels, whiteboards, clipboards, caps, water bottle, cones, and other items you have touched during training, using an approved disinfectant supplied by the Club, before placing items in the teams designated bin.
- Field Marshall removes the bins from the storage trailer prior to play and returns them until the next training session.
- Bins are to be picked up and returned to the designated area in front of the trailer.
- Do not share equipment with other coaches.
- Soccer Nets will be sprayed with an approved disinfectant prior to storing.
- Wash hands with an alcohol based sanitizer after handling equipment.
- Ensure all discarded materials (tissues, wipes, tape etc) are placed into an approved garbage receptacle.
- Avoid touching gates, tables, ropes, marking cones
- For use of electronics such as cell phones, tablets, touch screen used by coaches follow the manufacturers cleaning and disinfection protocols and products. Avoid sharing electronics with others.

Appendix F- Contact Tracing Log

All players, coaches, volunteers and parents/guardians who drop off their children must be included in this log. The log can be electronic or completed on site by a responsible adult.

The information collected on this document is being collected to assist in the management of the COVID 19 pandemic. This information will be kept in a safe and secure location and will be provided to Renfrew County and District Health Unit, on request for contact tracing purposes. Documents are kept as required for six (6) weeks then destroyed.

Under Privacy Regulations you have a right to access and correct any information we hold about you.

Team Name _____				Opeongo Minor Soccer Club		
Date	Full Name	Address	Email	Phone	Time in	Time out

Appendix G- Waiver for Players

To be completed with Online Registration

<https://www.ontariosoccer.net/page/show/5787197-ontario-soccer-return-to-play-guide>

ONTARIO SOCCER

INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

(To be executed by Participants under the age of majority)

WARNING! By signing this document, you will assume certain risk and responsibilities. Please read carefully!

Participant's Name: _____

This is a binding legal agreement. Clarify any questions or concerns before signing. As a Participant in activities, programs, classes, services provided and events sponsored or organized by Ontario Soccer and its affiliated districts, leagues, clubs and teams (collectively the "Organization") and the sport of soccer, including but not limited to: games, tournaments, practices, training, personal training, dry land training, use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientation or instructional sessions or lessons, aerobic and anaerobic conditioning programs (collectively the "Activities"), the undersigned being the Participant and Participant's Parent/Guardian (collectively the "Parties") acknowledges and agrees to the following terms outlined in this agreement:

I am the Parent/Guardian of the Participant and have full legal responsibility for the decisions of the Participant.

Description of Risks

The Parties understand and acknowledge that:

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;

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;

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

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, attending the Activities could increase your risk of contracting COVID-19.

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:

- Contracting COVID-19 or any other contagious disease;
- Executing strenuous and demanding physical techniques;
- Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
- Exerting and stretching various muscle groups;
- The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- Spinal cord injuries which may render the Participant permanently paralyzed;
- Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the Participant's body or to the Participant's general health and well-being;
- Abrasions, sprains, strains, fractures, or dislocations;
- Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma;
- Physical contact with other participants, spectators, equipment, and hazards;
- Not wearing appropriate safety or protective equipment, such a helmet;
- Failure to act safely or within the Participant's ability or within designated areas;
- Grass, turf, and other surfaces including bacterial infections and rashes;
- Collisions with fences, poles, stands, and soccer equipment;
- Negligence of other persons, including other spectators, participants, or employees;
- Weather conditions; and
- 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 1 and 4***

Terms

In consideration of the Organization allowing the Participant to participate in the Activities, the Parties agree:

- That the Participant's mental and physical condition is appropriate to participate in the Activities;
- That when the Participant practices or train in his or her own space, the Parties are responsible for the Participant's surroundings and the location and equipment that is selected for the Participant;
- To comply with the rules and regulations for participation in the Activities;
- To comply with the rules of the facility or equipment;
- That if the Participant observes an unusual significant hazard or risk, the Participant will remove themselves from participation and bring such to the attention of an Organization representative immediately;
- The risks associated with the Activities are increased when the Participant is impaired and the Participant agrees not to participate if impaired in any way;
- 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;
- That they are responsible for the choice of the Participant's protective equipment and the secure fitting of the protective equipment;
- 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 voluntarily agree to assume all of the foregoing risks.

In consideration of the Organization allowing the Participant to participate, the Parties agree:

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 be involved in the Activities; and

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.

We have read and agree to be bound by paragraphs 5-6

General

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 Ontario, Canada and they further agree that the substantive law of Ontario will apply without regard to conflict of law rules.

The Parties expressly agree that this Agreement is intended to be as broad and inclusive as is permitted by law and that if any of its provisions are held to be invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgement

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

Appendix H-Declaration of Compliance Waiver

<https://www.ontariosoccer.net/page/show/5787197-ontario-soccer-return-to-play-guide>

To be completed with Online Registration

DECLARATION OF COMPLIANCE – COVID-19

Individual Name (print): _____

Individual's Parent/Guardian _____

(if the individual is younger than 18 years old)

Email: _____

Telephone: _____

WARNING!

ALL INDIVIDUALS ENTERING THE FACILITY MUST COMPLY WITH THIS
DECLARATION (does this also mean parent and spectator)

Ontario Soccer and its affiliated districts, leagues, clubs and teams (collectively the "Organization") require the disclosure of exposure to or illness from the COVID 19 virus in order to safeguard the health and safety of all participants and limit the further spread of COVID-19. This Declaration of Compliance will be kept safely, and personal information will not be disclosed unless required by law or with your consent.

An individual (or the individual's parent/guardian, if the individual is younger than 18 years old) who is unable to agree to the terms outlined in this document is not permitted to enter the Organization's facilities or participate in the Organization's activities, programs, or services.

I, the undersigned being the individual named above and the individual's parent/guardian (if the individual is younger than 18 years old), hereby acknowledge and agree to the terms outlined in this document:

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 individuals (or their parent/guardian, when applicable) to adhere to the compliance standards described in this document.

The individual has not been diagnosed with COVID-19. **OR** If the individual was diagnosed with COVID-19, the individual was cleared as noncontagious by provincial or local public health authorities.

The individual has not been exposed to a person with a confirmed or suspected case of COVID-19. **OR** If the individual 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.

The individual is attending or participating voluntarily and understands the risks associated with COVID-19. The individual (or the individual's parent/guardian, on behalf of the individual (when applicable)) agrees to assume those risks, including but not limited to exposure and being infected.

The individual has not, nor has anyone in the individual's household, experienced any signs or symptoms of COVID-19 in the last 14 days (including fever, new or worsening cough, fatigue, chills and body aches, respiratory illness, difficulty breathing, nausea, vomiting or diarrhea, pink eye, or loss of taste or smell).

If the individual experiences, or if anyone in the individual's household experiences, any signs or symptoms of COVID-19 after submitting this Declaration of Compliance, the individual will immediately isolate, notify the Organization, and not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since those symptoms were last experienced.

The individual has not, nor has any member of the individual's household, travelled to or had a lay-over in any country outside Canada in the past 14 days. If the individual travels, or if anyone in the individual's household travels, after submitting this Declaration of Compliance, the individual will not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since the date of return.

The individual is following recommended guidelines, including but not limited to practicing physical distancing, trying to maintain separation of six feet from others, adhering to recognized hygiene best practices, and otherwise limiting exposure to COVID-19.

The individual will follow the safety, physical distancing and hygiene protocols of the Organization.

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

The Organization may remove the individual from the facility or 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 individual is no longer in compliance with any of the standards described in this document.

Signature: _____ Date: _____

Individual (If 13 and over)

Signature: _____ Date: _____

Parent/Guardian (if the individual is younger than 18 years old)

Appendix I – Suggested Player Orientation

Mandatory Orientation

General

- What is Covid-19 and Infection Prevention – Appendix J
- Hygiene Measures (Appendix D)
- COVID Self-Assessment Tool [Coronavirus \(COVID-19\) self-assessment \(ontario.ca\)](#)
- Mandatory rules for players with COVID-19 symptoms
- Reporting to coach/ERP lead if has symptoms
- Rules for social distancing from those around you
- Best practices (not carpooling, congregating after the game etc)

Specific to Participation

- COVID Self-Assessment Tool [Coronavirus \(COVID-19\) self-assessment \(ontario.ca\)](#)
- Contact Tracing Form for players and spectator
- Screening area and entrance to pitch fields (at Opeongo High School, Cobden District School & other soccer fields) (Appendix C)
- Discuss process to enter the Pitch and assembly area
- Attendance Log
- Use of personal equipment, water bottles and safe areas
- On pitch protocols for players and officials
- Club equipment handling
- Protocols for exiting the Pitch

If a player refuses to follow any of the rules contained within this Emergency Response plan, orientation they will be issued a warning from the coach. If they continue to ignore the rules, they will be removed from the in person session

The coach is required to contact the players' parents to discuss the importance of complying with the directions prior to being allowed back on the pitch. This should be documented by the coach and given to the Club President. If the player is again removed from an in-person session for breaking the rules contained within the Emergency Response plan they will forfeit their membership to OMS for the remainder of the season without refund

Appendix J - What is Covid-19 and Infection Prevention?

Coronaviruses are a large family of viruses. Some cause illness in people and others cause illness in animals. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

COVID-19 is a new disease that has not been previously identified in humans. Rarely, animal coronaviruses can infect people, and more rarely, these can then spread from person to person through close contact.

There have been two other specific coronaviruses that have spread from animals to humans and which have caused severe illness in humans. These are the:

- Severe acute respiratory syndrome coronavirus (SARS CoV)
- Middle East respiratory syndrome coronavirus (MERS CoV)

Those who are infected with COVID-19 may have little to no symptoms. You may not know you have symptoms of COVID-19 because they are similar to a cold or flu.

Symptoms have included:

- cough,
- fever,
- difficulty breathing, and;
- Pneumonia in both lungs.

In severe cases, infection can lead to death. Symptoms may take up to 14 days to appear after exposure to COVID-19. This is the longest known incubation period for this disease.

Recent evidence indicates that the virus can be transmitted to others from someone who is infected but not showing symptoms. This includes people who:

- have not yet developed symptoms (pre-symptomatic) and
- never develop symptoms (asymptomatic)

While experts know that these kinds of transmissions are happening among those in close contact or in close physical settings, it is not known to what extent. This means it is extremely important to follow the proven preventative measures.

Preventative Measures

Canadians should continue to think ahead about the actions they can take to stay healthy and prevent the spread of COVID-19 in Canada. This includes **staying at home** as much as possible and being prepared in case you or a family member becomes ill. Everyone should be practicing **physical (social) distancing**. Even if you do not have symptoms of COVID-19, you could become infected by others.

As we continue to see transmission of the virus within different communities, we know that everyone must take precautions, even those who have not travelled outside of Canada.

In an effort to prevent the spread of COVID-19 within communities and across the country, all Canadians are advised to:

- Stay at home unless you have to go to work. Talk to your employer about working at home if possible.
- Avoid all non-essential trips in your community.
- Do not gather in groups. Respect Government of Ontario directives.
- Limit contact with people at higher risk, such as older adults and those in poor health.
- Go outside to exercise but stay close to home.
- If you leave your home, always keep a distance of at least two (2) meters (6 feet) from others. Household contacts (people you live with) do not need to distance from each other unless they are sick.

You can go outside if you:

- Have not been diagnosed with COVID-19.
- Do not have symptoms of COVID-19.
- Have not travelled outside of Canada in the past 14 days.
- Are not in quarantine (self-isolating).
- If you go out for a walk, do not congregate and always practice physical (social) distancing by keeping at least two (2) metres (6 feet) apart from others at all times.

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Physical (social) distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak.

This means making changes in your everyday routines to minimize close contact with others, including:

- Avoiding crowded places and non-essential gatherings.
- Avoiding common greetings, such as handshakes.

2019 Novel Coronavirus (COVID-19) **What you need to know to help you and your family stay healthy**



Wash your hands with soap and water thoroughly and often.

Cough and sneeze into your sleeve or a tissue. Dispose of tissue immediately and wash your hands.



Keep surfaces clean and disinfected.

Stay home when you are sick.



If you have symptoms, call Telehealth Ontario at:
1-866-797-0000
TTY: 1-866-797-0007
Or contact your public health unit.

For more information,
visit [Ontario.ca/coronavirus](https://ontario.ca/coronavirus)

Ontario

- Limiting contact with people at higher risk like older adults and those in poor health.
- Keeping a distance of at least two (2) meters from others (6 feet).

Hygiene

Proper hygiene can help reduce the risk of infection or spreading infection to others:

- Wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food. Use alcohol-based hand sanitizer if soap and water are not available.
- When coughing or sneezing, cough or sneeze into a tissue or the bend of your arm, not your hand. Dispose of any tissues you have used as soon as possible in a lined wastebasket and wash your hands afterwards. Avoid touching your eyes, nose, or mouth with unwashed hands.



Appendix K- Resources

Renfrew County Public Health Unit COVID Information

[Novel Coronavirus \(COVID-19\) | Renfrew County and District Health Unit \(rcdhu.com\)](#)

[Return To Play \(ontariosoccer.net\)](#)

[COVID 19 — Guelph Soccer](#)

[Return to Play \(dramsc.ca\)](#)

[Ontario Soccer COVID-19 Updates](#)

[Province of Ontario COVID-19](#)

[World Health Organization](#)

[How to wash your hands \(child focused\)](#)

[How to wash your hands with soap and water](#)

[Reduce the spread of COVID-19: Wash your hands](#)

[How to clean your hands with soap and water or alcohol-based hand rub](#)

[Keep your family healthy](#)

[Cleaning and disinfecting public spaces](#)

[Non-medical masks and face coverings](#)

[How to self-isolate](#)

[How to self-monitor](#)

[COVID-19 and Mental health and well-being](#)

[Coping with stress and anxiety](#)

[COVID-19 mental health online and phone support](#)

[Updates from the CSIO Sport Medicine Advisory Health Canada](#)

[Travel Advice and Advisories site](#)