



Central Okanagan Youth Soccer Association

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BACK TO PLAY SAFETY PLAN

June 8, 2020

In this plan “participants” includes an employee, volunteer, player, parent or spectator.

All COYSA Clubs will adhere to and follow the direction in both documents we have been given, as attached:

- BC SOCCER'S RETURN TO PLAY PLAN – Phase 1 – Released June 2, 2020
- viaSport's Return to Sport Plan – dated May 28, 2020

Note that at any time these documents may be amended to meet current requirements of health authorities and governing bodies.

The plan includes, but is not limited to, ensuring:

- maximum number of people allowed is not exceeded
- physical distancing requirements are followed
- sanitizing protocols are utilized
- participants are advised to self-screen/assess before attending and to stay home if they feel unwell or are sick in any way
- participants are advised of the Illness Policy
- attendance records are kept by the Club complete with names, contact info, dates and venues to assist health authorities in tracking any potential exposure

The viaSport and BCSA documents provide a comprehensive list of what participants should do before, during and after play. Some highlights are outlined below and a few points are in both:

BCSA:

IF YOU WISH TO PLAY SOCCER, BEFORE YOU PLAY

- Contact your soccer club to inquire if they are looking to provide modified soccer activity.
- Do not play if you:
 - Exhibit any coronavirus symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts.
 - Have been in contact with someone with COVID-19 in the last 14 days.
 - Are 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).

PREPARING TO PLAY – PROTECT YOURSELF AGAINST INFECTIONS

- Wash your hands with disinfectant soap and water for at least 20 seconds before going to the soccer activity.
- Bring hand sanitizer.
- Bring your own soccer ball.
- Bring your own water bottle.
- Clean your equipment, including your water bottle.
- Do not share equipment.



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- Change into your soccer apparel at home (not at the field location).
- Make sure you have enough water before leaving the house to avoid having to touch a tap or water fountain handle.
- Consider wearing a mask or gloves while playing.
- If you cough or sneeze, do so in a tissue or in your sleeve.
- Avoid touching door handles, 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.

WHILE PLAYING

- Comply with the distancing measures and recommendations issued by the provincial government health authorities, including the arrival and departure of players (except for family members or persons residing in the same household).
- Listen to your coach and keep to the area of the field the coach has instructed you to be in.
- As much as possible, keep a 2-meter distance with other players.
- Avoid physical contact 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.

viaSport:

If you choose to participate, you must follow these rules:

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have traveled outside of Canada, you are not permitted at the facility until you have self-isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, please stay home.
- Wash your hands before participating
- Bring your own equipment, water bottle and hand sanitizer
- Comply with physical distancing measures at all times
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Leave the field of play as quickly as possible after you finish

Our Return to Sport Plan is based on current public health guidance. While we are all doing our best to minimize the risk of exposure to COVID-19, while the virus circulates in our communities it is impossible to completely eliminate the risk. Each participant must make their own decision as to whether it is in their best interest to resume participation at this time. You must take into account your own circumstances and make the decision that is right for you. Should you choose to join us, we require your full cooperation with our Return to Sport Plan.



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