

Calgary Bantam Football Association

COVID-19 Safety Manual

Current as of July 15, 2020

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Overview

Objective of Manual

This manual was created by compiling information available from the World Health Organization, US Department of Health, Governments of Canada and Alberta, Alberta Health Services, Football Alberta, Football Canada, Canada West sport and medical committees, USports sport and medical committees, National COVID-19 Return to High Performance Sport Task Force, University of Calgary athletics return to activity planning sessions, physician approved return to activity plans for the Canadian National Speed Skating Team (concurrently the University of Calgary Dinos football team physician), consultation with CBFA team Safety Officers, and peer-reviewed research articles. The variety and breadth of sources allows us to use the most thorough information review possible to compile a comprehensive plan for minimum standards to be used by our teams.

The objective of this manual is to provide specific information and guidance to the CBFA teams during the COVID-19 Phase 2 return to activity within Alberta so that a consistent approach with clear standards may be followed by the teams across the City of Calgary. In consultation with the Safety Officers from the teams it is apparent that there are many different interpretations and methods being considered using the information provided by Football Alberta and Alberta Health Services, and that there is a need for a unified approach for return to activity if we wish to succeed. There is still a great deal unknown about COVID-19 and no vaccine is yet available. The Government of Alberta, Alberta Health Services, Football Alberta, and Football Canada have deemed it safe to return to activity within specific parameters, but we must always remember that the risk we are taking in returning to activity at this level of unknown may ultimately affect someone's health, quality of life, or actual life. We take this risk on for ourselves, as well as for every single member of our football community and their families. We cannot predict or control what our athletes and peers are doing outside of football, or what precautions they are taking. As such, it is imperative that we are always committed to maintaining infection control protocols to help keep ourselves and each other as safe as possible.

Some of the recommendations outlined in this manual will take extra time, our training and practice sessions will need to be adjusted. The inconvenience of reduced time and resources is well worth maintaining the highest level of quality in safety practices possible. We have a massive opportunity to set a standard among all sports that highlights the safety conscientiousness developed within the sport of football, to demonstrate our dedication, and as a result improve the stigma around our sport. We have the capacity to be leaders within sport and proceed with caution as we provide an avenue for the community to participate in the ultimate team game.

COVID-19 General Information

Summarizing information from the World Health Organization, Government of Alberta, and Alberta Health Services we know that COVID-19 is a new coronavirus that is highly contagious and spread primarily through droplets formed when coughing, sneezing, speaking, or otherwise forcefully exhaling such as singing, yelling, or after physical exertion. The virus can persist in the air for up to three hours and on a variety of surfaces for up to five days, with plastics and steel showing some of the longest active times¹. The virus is most contagious during the first three days after the onset of symptoms, although spread is possible before symptoms appear and can be spread from people who may not show symptoms². Symptoms have been widely publicized and are included in screening interviews that are forming a significant part of our pre-activity routines for everything from entering stores to attending medical or personal appointments. Research is being conducted into the full effects of COVID-19 and long-term lung damage is being predicted based on effects of previous coronaviruses³. Studies and case reports are also showing that more than the respiratory system is affected by COVID-19, including complications to the heart, kidneys, liver, brain, and nervous system⁴.

1. US Department of Health & Human Services. New coronavirus stable for hours on surfaces. March 2020.

Available from: <https://www.nih.gov/news-events/news-releases/new-coronavirus-stable-hours-surfaces>

2. Government of Canada. Coronavirus disease (COVID-19): Symptoms and treatment. June 2020. Available from:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html>

3. Salehi, S; Reddy, S; Gholamrezanezhad, A. Long-term Pulmonary Consequences of Coronavirus Disease 2019 (COVID-19). *Journal of Thoracic Imaging*, July 2020, 35(4).

4. Zaim, S; Chong, JH; Sankaranarayanan, V; Harky, A. COVID-19 and Multiorgan Response. *Current Problems in Cardiology*, April 2020, 45(8).

Physical Activity and Social Support as Stress Management Strategies

This is a stressful time for everyone around the world. With all that is known about COVID-19 and all that is still unknown, this pandemic situation is uncharted and uncertain. Physical activity and familiar routines are among coping strategies during this pandemic recommended by the World Health Organization⁵. Research in college students has shown the positive effects on perceived stress and mental health through social physical activity programs⁶. Exercise has positive effects for those with mental health challenges regardless of age⁷ and social support is beneficial for the well-being of children and adolescents⁸. A team sport addresses all these aspects. Sport has been approved to resume by government bodies and the CBFA will be providing an opportunity for football to be a part of how we deal with this pandemic situation.

5. World Health Organization. Mental health and psychosocial considerations during the COVID-19 outbreak. March 2020. Available from: <https://apps.who.int/iris/bitstream/handle/10665/331490/WHO-2019-nCoV-MentalHealth-2020.1-eng.pdf>

6. Vankim, NA; & Nelson, TF. Vigorous physical activity, mental health, perceived stress, and socializing among college students. *American journal of health promotion*, Sept 2013, 28(1).

7. Ashdown-Franks G; Firth J; Carney R; et al. Exercise as Medicine for Mental and Substance Use Disorders: A Meta-review of the Benefits for Neuropsychiatric and Cognitive Outcomes. Sports Medicine. Jan 2020, 50(1).
8. Chu, PS; Sucier, DA; Hafner, E. Meta-Analysis of the Relationships Between Social Support and Well-Being in Children and Adolescents. Journal of Social and Clinical Psychology. June 2010, 29(6).

Consistency vs Flexibility in Approaches by CBFA Teams

Every team has a different practice field with different limitations and different levels of support from their organizations. As such, there will need to be some flexibility to create logistics that work for each team. Equally important is consistency in our pre-screening and cohort management for a safe and successful return to activity. The goal now is to outline consistent minimum standards to be met that are agreed upon by the teams that will be followed by all the teams participating, and work with the teams to discuss any specific challenges they foresee. The recommendations that follow have been developed using feedback generated by team Safety Officers during a meeting on June 28 and received general approval from the group at that time.

Key Areas to be Addressed in a Consistent Approach:

(Adapted from the National COVID-19 Return to High Performance Sport Task Force plan and addressed with CBFA mitigation plans.)

Specific Measures to Limit Transmission

What specific measures will you take to reduce the risk of transmission for athletes and staff?

- Cohort assignment
- Pre-screening process
- Physical distancing
- Gradual return to activity
- Consistent cleaning measures

Staff Knowledge

What specific plans will you implement to increase the understanding and knowledge, amongst your staff (including venue support staff), of the current COVID-19 situation?

- Creation of a Safety Manual
- Designation of a Safety Officer for each team
- Completion of an Informed Consent Form by each person involved with the team
- Creation of FAQ's
- Creation of "Reasons for Safety Efforts" video

Public Health Awareness

What specific steps will you take to keep athletes & staff fully apprised of current local public health information regarding COVID-19?

- Pre-screening process
- Completion of an Informed Consent Form by each person involved with the team
- Enforcement of guidelines presented by Alberta Health Services, Football Alberta, and the CBFA
- Cohort only areas
- Posters available for use from Alberta Health Services

- Creation of FAQ's
- Creation of "Reasons for Safety Efforts" video

Emergency Preparedness

What specific strategies are you preparing to respond effectively to emergencies? Please include any screening measures you will implement and the type of diagnostics tests (if any) that are being utilized to screen asymptomatic and symptomatic individuals.

- Pre-screening process
- Symptoms and testing process
- Shut down protocol for positive COVID-19 tests
- Consistent communication between teams and the CBFA for issues arising

Isolation Capacity

What specific arrangements are in place to isolate athletes or staff if required?

- Shutdown protocol for positive COVID-19 tests
- Isolation recommendations as per current Alberta Health Services parameters
- **Teams will need to designate a venue specific isolation area for anyone that arrives with symptoms
- **Teams will need to clearly mark cohort only areas
- **Teams will need to identify entry and exit points for cohort only areas

Coordination & Logistics

What specific plans are you making to enhance communication and collaboration with your partner organizations? What specific policies and procedures will improve the coordination of logistics between agencies?

- Designation of a Safety Officer for each team
- Collaboration meeting(s) with Safety Officers
- Recommendations for record keeping and documentation maintenance
- Open communication encouraged between teams, Safety Officers, and the CBFA directors

Risk Communication

What specific action will be taken to communicate the risks associated with training during the COVID-19 pandemic? What processes will limit the impact of misinformation from other sources?

- Creation of a Safety Manual
- Completion of an Informed Consent Form by each person involved with the team
- Posters available for use from Alberta Health Services
- Creation of FAQ's
- Creation of "Reasons for Safety Efforts" video
- Enforcement of guidelines presented by Alberta Health Services, Football Alberta, and the CBFA
- CBFA directors will gather new information from reputable sources such as those consulted for the creation of this Safety Manual and pass it along to Safety Officers as it becomes available
- CBFA directors will be available for team meetings as requested by teams

Resources Available

To assist teams with implementing safety protocols as efficiently as possible, the CBFA is compiling a variety of resources such as:

- Site visit to troubleshoot logistics issues
- Video example of daily screening process to be uploaded on Hudl
- Video presentation of “Reasons for Safety Efforts” to be uploaded on Hudl
- FAQ pages to be posted online
- Board member presence by request for team meetings
- Full support for Safety Officer compliance decisions

These resources will be distributed to teams as they are completed. Please contact Bill Monks or Melissa Roth if you have questions, concerns, or wish to set up a meeting.

Communication Standards

NEW: Teams are to send a copy of each Cohort List and practice schedule to the CBFA directors. The CBFA directors will be doing site visits through July and August to learn about challenges being faced with processes and assist teams with troubleshooting logistics to help facilitate compliance with the guidelines outlined in this manual.

The best any of us can do is think critically about the information being presented and use our best judgement to act in ways that keep ourselves and those close to us safe. The CBFA is using information available to help teams create systems for a return to activity that is as safe as possible. The recommendations in this manual will help minimize the risk as much as possible, but risk is still present. Everyone must be responsible and held accountable for their own actions. It must be made known to parents that all athletes are required to attend training sessions and practices with a parent, legal guardian, or otherwise designated responsible adult. It must be made known to all members of coaching staffs, team personnel, athletes, and their families that the pre-screening process must be completed and passed at every session prior to activity. Teams must be prepared to enforce this and send people home when warranted. It is expected that any difficulties that teams are having, or concerns anyone has about the situation, be communicated with the CBFA directors in a timely manner. The CBFA directors are committed to sharing additional information as it becomes available, to assist with planning and logistics, be available for meetings with teams and/or parents, and to support the teams and Safety Officers with compliance enforcement.

It is recommended that Safety Officers check in with the CBFA directors as issues arise. The CBFA directors will collaborate with Safety Officers during the week of July 12-18 to discuss concerns and feasibility of increasing contact progression/lessening physical distancing recommendations. It is anticipated that further information regarding a competition season will be available in August.

Email correspondence is likely to occur regularly. Telephone calls are recommended for anything urgent or requiring discussion. Meetings may be warranted to disseminate information to large groups or collaborate further.

Staged/Gradual Return to Activity Recommendations

NEW: NO PARTNER CONTACT UNTIL AUGUST 1, 2020. ALL contact and tackling drills are to be completed against bags or sleds only. Athletes can be in pads and helmets for this.

It is recommended that CBFA teams use practice plans with gradually increasing levels of activity and contact over a potentially longer period than usual. There are several reasons for a slow staged return:

1. Our athletes are coming into activity this year without benefit of school sports or other organized activities prior to now. We must expect a higher level of deconditioning than in previous years. Being deconditioned and increasing activity too quickly are two primary factors in sustaining musculoskeletal injury, in both acute and lingering chronic issues. To maintain a healthy and injury-free cohort, we need to progress appropriately.
2. This is new territory for all of us and a cautious approach is prudent so we can determine where challenges arise and have time to adapt without putting our community at higher risk.
3. There is evidence that asymptomatic carriers transmit the virus. We do not know for certain how contagious the virus is with asymptomatic carriers, but we can realistically expect that as our respective 'bubbles' widen there is a higher probability of encountering the virus. Maintaining physical distancing will continue to be a key factor for infection prevention and control. Focusing on fundamental skills such as footwork while maintaining a minimum two metres distance from others will help reduce the risk to a newly formed cohort more than if we include early tackling drills where forceful breath exhalation in close proximity occurs.
4. COVID-19 is a new virus that research is showing affects more systems than originally thought. Long-term effects found so far include lung damage (including in those who were asymptomatic), as well as changes in kidney, pancreas, and neurological function. We cannot determine the effects of COVID-19 one year, five years, or ten years down the road yet. There is no vaccine. We must keep transmission and contraction risks as low as possible.
5. While many are optimistic that we see Alberta move into Phase 3 and a competition season is available for 2020, it is wise to start slow and modify as we get further information from Alberta Health Services. There is potential Alberta moves ahead with re-opening, as well as potential that we are shut down again.

Based on this information, the CBFA recommends the following activity outline:

Stage 1: Conditioning, Fundamentals, Individual Skills (present to July 18)

tackling drills on bags or sleds

Stage 2: Offense and Defense Installs, Skelly, Run (July 18-31)

tackling drills on bags or sleds

Stage 3: The CBFA directors will review information obtained throughout July regarding our compliance with guidelines, team Safety Officer feedback, COVID-19 exposures, medical updates, Alberta Health Services recommendations, Government of Alberta re-opening information, Football Alberta and Football Canada recommendations. A decision regarding increased contact and tackling will be made at that time. A decision regarding 2020 season plans will be made at a Special Meeting of the CBFA Membership on August 1, 2020.

NEW: Compliance

It is important that all team personnel and cohort members are doing their part to ensure compliance with all guidelines from Alberta Health Services, Football Alberta, and the CBFA. This includes, but is not limited to, the following items:

- Cohort size of 50 people maximum. Some teams are required to split into multiple cohorts to ensure this cohort size restriction from Alberta Health Services and Football Alberta is met.
- If teams have multiple cohorts, practices must be staggered either by timing or by location. Plainly stated: multiple cohorts are NOT PERMITTED to practice on the same field at the same time. There must be at least 30 metres distance between cohorts at all times.
- Spectators must be limited to crowd sizes of 100 people or less and must be situated at least 30 metres away from cohort only areas. Spectators must follow physical distancing guidelines and be at least 2 metres apart.
- Contact and tackling drills may be completed in helmets and pads on sleds or bags only. No partner drills or close physical contact is permitted until after the CBFA directors have reviewed current information and made a safe decision to increase. This decision will be made August 1, 2020 and no partner contact or tackling should be occurring prior to that date.

Any teams found in non-compliance with the guidelines set out in this manual, or with Alberta Health Services requirements, will be shut down with no opportunity to continue the 2020 season.

NEW: League Shutdown Conditions

The CBFA is ready and willing to suspend all activity in the following situations:

- **Two (2) positive COVID-19 tests within two (2) cohorts, regardless of team or timing.**
Example: Cohort 1 has a positive test reported. They will follow the Positive COVID-19 Result Protocol. Upon full cohort testing, a second positive test is reported. They will continue to follow the Positive COVID-19 Result Protocol. Several days later, Cohort Z (same team OR different team) has a positive test reported. They will follow the Positive COVID-19 Result Protocol. Upon full cohort testing, a second positive test is reported. All league activity is now suspended for the duration of 2020.

Example: Cohort 1 has a positive test reported and upon full cohort testing receives a second positive test. They will follow the Positive COVID-19 Result Protocol. Some time after mandatory quarantine and clearance for return to activity, Cohort 1 has a positive test reported, and upon full cohort testing receives a second positive test. All league activity is now suspended for the duration of 2020.

- **A decision date to determine the nature of the 2020 season is August 1, 2020. This will be dependent on several factors and information from our teams and Safety Officers to determine the viability and safety of how we proceed.**
- **In the event of increasing and widespread individual positive cases, considering frequency and circumstance, the CBFA reserves the right to suspend all Bantam football activities.**

Cohort Assignment Protocol

NEW: Teams that require multiple cohorts to allow all athletes and coaches to be assigned to a cohort will need to ensure that only one cohort is in the cohort only area at any given time. This will mean that multiple cohorts cannot practice at the same field at the same time.

Teams shall assign athletes and personnel to cohorts of up to 50 people. A “Cohort List” shall be created and maintained for the duration of 2020 activities. The Cohort List should include first and last names as well as contact information. There will be no changing of cohorts.

As per Football Alberta directives:

- They must have no more than 50 people involved in team activities. This group of people will be known as the “team/cohort” and include all possible members of the team such as players, coaches, trainers, equipment managers, general managers, etc. Larger organizations that may have registration numbers and coaching/support staff exceeding 50 people must divide into two (or more) groups during this stage.

- Each registered member (including all associated adults) with the team/cohort fills out and signs the Informed Consent Form prior to entering the field of play.
- No competitions or other interactions with other teams/cohorts will be permitted during this Stage. Only training camps, skill development and system implementations within the team/cohort will be permitted at Stage 2. Competitions will be allowed but only within the team/cohort (see the Stay and Play guidelines below).
- No member of your team/cohort may be a part of any other sport related team/cohort/camp during this stage. This includes summer sports camps of any kind. Should teams/cohorts wish to have their players involved in such camps, they will have to wait until the conclusion of those camps/cohorts before resuming any other team.
- Teams/cohorts wishing competition at this Stage may enter into “Stay and Play” measures that will allow competition, but only within the teams themselves.
- All tackle football team/cohorts can resume as 12-a-side teams for practice only or 6-a-side teams within a 50-person cohort for competition.
- Each “team” for the 6-a-side will have a roster limit of a maximum of 15 players per team with a minimum of 10 (Note: if you have less than 10 signed up you should look to combine with another club).
- Coaches and staff (i.e. trainers) per team will be capped at 5 (see why below).
- Clubs that normally operate at 12-a-side will simply split their players into as many “teams” as possible within the 10-15 players per team guidelines. The clubs will then follow the “Stay and Play” procedures as listed above.
- For clubs/associations that have multiple levels of play (i.e. Atom, Pee-Wee, Bantam), staggering of practice times and spreading out at a practice facility will need to be scheduled. No major gathering of Club teams for practice that would see Atom, Pee-Wee, and Bantam teams all at the same facility will be allowed without proper spacing (i.e. at least 30 yards between the practices). Spectator rules will be enforced as listed above.
- Because of the small numbers and adapted play, if teams/cohorts choose the 6-a-side competition model, inter-squad games will be held at Clubs practice sites. If the number of “teams” require more than one inter-squad game, the competitions will be scheduled with a 30-minute window between games to facilitate little crossover of personnel. Teams in the second game (or more if required) will stay in their cars until the previous group has vacated the facility. Spectator rules will be enforced as listed above.

For teams that will have multiple cohorts, the CBFA recommends that:

- The team shall have one overall Safety Officer to coordinate plans, liaise with CBFA/Football Alberta/Alberta Health Services, and monitor compliance of the team, while each cohort shall have designated “Responsible Adult” to implement the protocols at every training session.

- Teams with a certified athletic therapist, designated trainer, and/or equipment manager that would typically work with multiple cohorts should discuss this situation with Bill Monks and/or Melissa Roth to determine best practices. At this time it is recommended that such team staff members be included in the total number of people present at a training session or practice, but be situated away from the cohort with Personal Protective Equipment and have very minimal close proximity interactions with the cohort. The premise of this recommendation is based upon similar interactions that occur at medical and dental clinics, with Emergency Medical Services personnel, and within general business or store transactions.
- If we enter a situation where competition is permitted, each team shall be assigned one certified athletic therapist and it shall be the same athletic therapist for every competition. The certified athletic therapist shall be required to wear Personal Protective Equipment, maintain physical distancing, and have close proximity interaction with cohort members only as required for the immediate health and safety of the cohort members.

NEW: Concurrent Activities

Teams should discuss with their parent groups the importance of maintaining cohort integrity. Any athletes participating in additional activities such as camps or other sports should follow isolation and physical distancing guidelines. Specifically, participation in sport or activity summer camps should be done while following physical distancing of at least 2 metres separation between participants and the camps should have thorough infection control procedures in place. If camps are not following Alberta Health Services or Football Alberta requirements, any athletes participating in such camps must self-isolate for 14 days prior to joining a CBFA cohort. Any athlete participating in a different sport cohort should self-isolate for 14 days prior to joining a CBFA cohort. Any concurrent activity participation should be disclosed to the team Safety Officer.

Safety Officer Role and Responsibilities

Football Alberta has indicated that we will be self-monitoring precautionary efforts and that a “Responsible Person” be designated to ensure each cohort is meeting necessary standards. This designated person is taking on a large amount of work and as such the CBFA will be referring to this person as a Safety Officer. The primary role of the Safety Officer is to communicate necessary tasks, delegate appropriately, monitor their cohort for compliance, liaise with the CBFA, Football Alberta, and Alberta Health Services, maintain accurate records, and hold documentation securely and confidentiality. This role is a large undertaking and the Safety Officer may delegate tasks appropriately for others to assist on while maintaining final approval for the completion of those tasks. Examples of this may include assigning responsible

adults or coaches to assist with the daily symptom screening, and delegating equipment cleaning to position coaches.

Authority and Support

The CBFA believes that the Safety Officer is an integral component of a successful return to activity. To ensure the Safety Officer can carry out the role and responsibilities fully, the CBFA is prepared to fully support all decisions made for safety and infection control reasons. The Safety Officer is to have ultimate authority over areas of compliance with recommendations and requirements set out by the CBFA, Alberta Health Services, and Football Alberta regarding COVID-19 return to activity. Furthermore, the Safety Officer will be listed as part of their cohort and included on all Football Alberta insurance policies.

It is recommended that Safety Officers discuss the need for safety measures with any person not complying with guidelines, provide verbal warnings of request to leave if non-compliance continues, and to bar access for repeated non-compliance. Further consequences for non-compliance may be discussed within teams to determine appropriate measures such as removal from the team registration or similar alternatives. Calgary Police Services should be called for any interaction deemed threatening or dangerous. If any Safety Officer has concerns regarding compliance to guidelines or difficulty with enforcing compliance, the CBFA directors are prepared to assist.

Responsibilities

As per Football Alberta, the “Responsible Person” or Safety Officer is required to:

- Ensure each registered member (including all associated adults) with the team/cohort fills out and signs the Football Alberta Informed Consent Form prior to entering the field of play. These must be available to be produced upon demand from their league/association or Football Alberta for the next seven years.
- Ensure a Compliance Form is filled out and signed on behalf of the team/cohort and filed with their league/association and Football Alberta within two weeks of commencement of any team/cohort activity. Failure to do so may result in Insurance being withdrawn from the team/cohort.
- Ensure a Cohort List is created and maintained for the duration of team/cohort activities for 2020. This may be used to assist contact tracing should there be a positive case or outbreak within the team/cohort. This document must be available upon demand to the league/association or Football Alberta.
- Screen each participant each day using the Screening Checklist and take appropriate action if anyone answers “Yes” to any of the questions.
- Ensure that Membership/Insurance is acquired and paid from Football Alberta within two weeks of the start of activity for their team/cohort and that on-line registration is

completed as well. Details on how that will occur for 2020 will be sent to all teams by the end of June, 2020.

- Ensure all sanitation and cleaning requirements are conducted as listed below each day and follow any guidelines set out in that area by the municipality or school providing the facility.
- Ensure all participants and their parents/guardians are fully aware of the General Safety Guidelines.

Additionally, the CBFA recommends that Safety Officers should have input regarding where pre-screening will occur, personnel required for pre-screening, entry and exit points for the field, marking off cohort only areas, identifying an isolation area for any person that reports or displays symptoms during pre-screening or throughout a session, enforcing compliance with standards, and regular communication with the CBFA regarding issues or concerns.

Documentation Management

Further to the above responsibilities, the Safety Officer will also be required to maintain accurate records and store documentation securely and confidentially. Safety Officers are recommended to investigate program server sites and accessibility clauses for compliance with provincial and federal privacy and confidentiality legislation prior to using electronic files.

Documents Included in Manual

Football Alberta Informed Consent

This document must be completed and included in Football Alberta registration online while a hard copy of the completed form is securely stored by the team. The hard copy of the form must be presented upon request by Football Alberta personnel. The purpose of this form is to acknowledge the risk of COVID-19 contraction and that insurance coverage for treatment of COVID-19 and/or other infections or diseases is not available. This form must be stored securely for seven years. This form is available in full at the end of this manual.

Football Alberta Declaration of Compliance

This form should be completed by the team Safety Officer to acknowledge the team's understanding of compliance to the outlined requirements and recommendations. This form needs to be returned to Football Alberta and a hard copy maintained with the team records.

Individual COVID-19 Screening Tool

The Individual COVID-19 Screening Tool is meant to be completed by each athlete, coach, manager, etc. that is part of the cohort prior to their first attendance at a training session or practice. Every person under the age of 18 shall complete the form with assistance and signing authority of a parent/legal guardian. This form needs to be completed once and stored securely with the Football Alberta Informed Consent. The pairing of these documents indicates that cohort members disclosed a healthy state and acknowledgement of risks prior to initiating activity with their cohort. This form is available in full at the end of this manual.

NEW: Due to reports of some activity camps outside of the CBFA not following physical distancing guidelines, it is recommended that teams inquire about non-CBFA activity to better ensure cohort integrity.

Daily Screen Tool

This form is meant to assist the Safety Officer and designates in performing the daily pre-activity screening. This screen shall be completed in an interview manner. A responsible adult is required to confirm accuracy of information for each cohort member under the age of 18. The form is available in full at the end of this manual. Some teams may choose to complete temperature checks as part of their daily screen. This is not required by the CBFA at this time. If teams choose to check temperatures, it is recommended that the type of thermometer, individual's temperature, time taken, confounding conditions (weather, air conditioning, etc.), and sanitization process of the thermometer all be recorded.

NEW: Due to reports of some activity camps outside of the CBFA not following physical distancing guidelines, it is recommended that teams inquire about non-CBFA activity to better ensure cohort integrity.

Daily Contact Tracing/Screen Log

Attendance and COVID-19 screening must be completed daily. As will be outlined in the arrival protocols following, all athletes must attend every training session or practice with a responsible adult to adequately complete the screening. The team's Safety Officer shall oversee and ultimately be responsible for completion of the Daily Contact Tracing/Screening Log for the cohort. The Safety Officer may designate additional responsible adults to assist in the process. Completed logs should be kept securely with the team for at least 6 weeks (recommended to follow general medical practices and maintain for seven years) and be presented to CBFA and/or Alberta Health Services upon request. This form is available in full at the end of this manual.

NEW: Due to reports of some activity camps outside of the CBFA not following physical distancing guidelines, it is recommended that teams inquire about non-CBFA activity to better ensure cohort integrity.

Training Session Flow Chart and Checklist

To better visualize the process for training sessions or practices, please refer to the Training Session Flow Chart. This flow chart takes the information outlined in the following sections and streamlines it for an easier to follow quick reference. The accompanying checklist is a tool to ensure all items have been completed in full. Both forms are available in full at the end of this manual.

Educational Posters from Alberta Health Services

These posters are examples of information available online through Alberta Health Services and may be printed for use as teams see fit. The examples included are only a few of the most relevant, there are several more available on the Alberta Health Services website.

Field Entry/Exit Protocols

Arrival and Check-in Procedure

Upon arrival, each cohort member must be in possession of their own personal items required for the training session or practice. This includes all necessary clothing and pads/helmet, footwear, and clearly labelled water bottle. Access to locker rooms or washrooms is not guaranteed at each facility so cohort members must arrive prepared. The Safety Officer (and designates) shall confirm with each member of the cohort that they meet the requirements of the pre-activity symptom screen. Based on discussion with team Safety Officers, this means that each coach, athlete, or other member of the cohort must check in with the Safety Officer or responsible person as identified by the Safety Officer prior to accessing the field.

Minimum Screening Requirements

In consultation with the team Safety Officers, the CBFA has determined the minimum screening requirements to be:

1. Set specific in-person pre-screening times and communicate this expectation to the cohort members. For example, if practice is scheduled to begin at 6:30pm then in-person pre-screening may be completed between 6:00pm-6:25pm.

2. Completion of the Individual COVID-19 Screening Tool by each member of the cohort on their first training session or practice attendance. All cohort members under the age of 18 are required to have a parent or legal guardian assist with completion.
3. In-person confirmation with the Safety Officer or designate prior to every training session or practice. Cohort members under the age of 18 are required to have a responsible adult present. Completion of the Daily Contact Tracing/Screen Log by the Safety Officer (or designates) with each member of the cohort present on that day.
4. Interactions occurring in close proximity for 10 minutes or longer with people outside of the cohort such as parents, extended family members, friends, site visitors such as CBFA directors, Football Alberta personnel, AHS personnel, etc. should be noted along with that person's contact information. In cases of EMS on-site, phone numbers may not be freely provided and contact information may instead include the ambulance ID or EMS personnel badge number.
5. Anyone reporting "YES" answers on the pre-screen and/or displaying symptoms shall be immediately isolated from the group. Following confirmation of pre-existing medical conditions or new onset, the person will either be sent home with a suitable transportation option and referred to Health Link for further instructions, or may be allowed to participate if required documentation regarding medical conditions is available. This step will be detailed in the "Symptoms Present Protocol" section.
6. Important: Record arrival AND departure times for each cohort member.

Responsible Adult/Guardian for Each Athlete

Each athlete or cohort member under the age of 18 is required to arrive at the training or practice location accompanied by a responsible adult or guardian for the purposes of pre-activity screening. The Safety Officer (or designate) must confirm with a responsible adult that the minor is cleared to participate, every session. The definition of responsible adult or guardian shall be:

A person over the age of 18 that is knowingly undertaking liability for the minor in question, confirming that the minor is free from illness, and will attest that the minor in question is cleared to participate. This person may be a parent, legal guardian, family member with consent from parent or legal guardian, or other adult known to and given permission by the parent or legal guardian.

Carpooling and Parking Considerations

Carpooling is discouraged. If an athlete must ride with a teammate, the driver shall become the responsible adult for all athletes in the vehicle. These situations should be rare and should be

communicated in advance between the involved parents as well as informing the Safety Officer of the cohort for purposes of identifying the responsible adult for pre-activity screening.

Because carpooling is discouraged, parking may be an issue for some locations. Please be mindful of this, adjust departure times as necessary, and respect local parking bylaws.

Late Arrival Procedure

As it is recommended to have specific time set aside for pre-screening to run efficiently, late arrivals will cause difficulty. For athletes that will arrive to the training or practice site late, it is recommended that the cohort Safety Officer be notified as soon as possible to arrange for pre-screening. It is wholly within the Safety Officer's discretion to decline exceptions for late arrivals. Documenting these occurrences is recommended and the CBFA will assist in enforcing pre-screening requirements as requested.

NEW: One idea to deal with the late arrival potential is that an athlete come with page 27/28 (Initial Individual Screen) completed AND an adult to check in with the safety officer. This would be an additional fully completed screen so that athlete would now have two on file. The benefit of this is the interview and check-in process may be quicker, but the minimum requirement is still that the athlete attends with a responsible adult and checks in directly with the safety officer.

Field Access Points

The area of actual activity is considered a 'cohort members only' area. Only cohort members and critical visitors should access the field. The CBFA recommends clearly marking out areas for cohort members only and strictly enforcing this area. To reduce unnecessary foot traffic around the field, it is recommended that cohorts identify one entry area and one exit area for the field. Flags, pylons, cones, signs, etc. may be used to clearly identify these areas and all cohort members should be encouraged to use entry and exit points appropriately.

Visitors/Spectators at Training Sessions

As per Football Alberta guidelines:

- Spectators (excluding parents and guardians where necessary for player support) will be kept out of participant spaces (e.g., fields of play, sidelines). **No spectators/parents will be allowed at practice unless the facility can allow for proper Physical Distancing in seating or areas away from the field of play or sidelines.** The maximum number of spectators is determined by how many people the space can hold while keeping two

meters of distance between attendees from different households/cohort families, up to a maximum of 100 persons. Unless from the same household, spectators should maintain a minimum two-meter distance from one another at all times, whether the activity is indoor or outdoor. It is strongly recommended that all spectators wear masks. Cheering and yelling is strongly discouraged at this time as it presents a high risk of spreading droplets and no gathering of spectators will be allowed at practice sessions. Spectators at any permitted competitions will be regulated by the Stay and Play guidelines.

- To protect vulnerable populations such as people with compromised immune systems, underlying health problems or seniors; team/cohorts may consider some type of virtual method of engagement to discourage them from attending to watch their child. This may include FaceTime or Zoom type broadcast monitored by the Responsible Person. (Note: this does not mean parents can enter the field of play to broadcast – everything must be done from off-field and with proper Physical Distancing.)

If spectators are not respecting physical distancing guidelines, or cohort only areas, it is within the Safety Officer's scope to request they leave.

In cases of critical visitors, such as EMS requirements or site visits by CBFA directors, Football Alberta personnel, or AHS personnel, appropriate physical distancing and required personal protective equipment shall be used. Access to cohort only areas shall be avoided whenever possible, meaning that any critical visitor to the site shall remain outside of the cohort only area unless an emergency requires otherwise.

Check-out Procedure

Upon completion of the training session or practice, all cohort members shall gather their personal items and exit the field. They shall check-out with the Safety Officer or designate for accurate time of departure, then leave the site immediately. No off-field gatherings are permitted.

Equipment Protocols

Personal Items

All cohort members are responsible for their own personal items. This includes clothing, pads/helmets, footwear, bags, water bottles, or other items. These items should be clearly marked or labelled. Any personal items that are left after a session may be thrown away as 'lost and found' collections may not be possible with the current situation.

Water

Water stations will not be available. It is the responsibility of each cohort member to bring clearly labelled water sufficient for the session. Any water bottles left behind after a session may be discarded.

Transport of Equipment

It is recommended that one person take all required equipment out of the storage area. Multiple people may assist in carrying equipment to specific areas of the field, but only one person is recommended inside the actual storage area. Transport of equipment should be done in a manner that reduces the person's points of contact on the equipment. Proper handwashing or alcohol-based hand sanitizer use before and after equipment handling is recommended.

Cleaning

Equipment

The Safety Officer may delegate cleaning of equipment to appropriate personnel. One example is for each position coach to be responsible for cleaning equipment used that day. Those who are cleaning equipment should wear gloves and mask and complete the cleaning tasks away from the cohort. Proper handwashing/sanitizing before and after cleaning the equipment, regardless of glove use, is recommended.

Synthetic/vinyl footballs, stepover bags, hand shields, sleds, etc. may be cleaned using hot soapy water to clear debris as needed. A simple disinfectant solution (dilute Lysol, Zep, as per instructions on container or bleach solution of 20mL bleach per 1000mL water) or wipes such as Lysol may be used without degrading the material as long as the material is not soaked.

Hard plastic such as the external parts of shoulder pads and helmets may be cleaned as above.

Soft or porous materials such as the inside of helmets, nylon or fabric covered items, etc. should be sprayed lightly with a simple disinfectant solution as above. It is very important that these items are lightly sprayed and not permitted to be wet.

Leather footballs are not recommended to use at this time as cleaning them appropriately may result in greater wear or leather breakdown.

A full list of cleaning products applicable to COVID-19 can be found at:

<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

Please ensure you read product labels thoroughly, patch test on equipment, and contact manufacturer if there is any question about use on certain equipment.

NEW: Washrooms/Portables

Teams with access to locker rooms, washrooms, or portable toilets must have a cleaning plan in place. High-tough surfaces such as doorknobs, light switches, toilet lids, toilet handles, faucets, soap dispensers, towel dispensers or air dryer buttons, etc. need to be cleaned regularly. Recommendations for cleaning such surfaces can be found at:

<https://www.albertahealthservices.ca/assets/healthinfo/ipc/if-hp-ipc-bpg-cleaning-principles.pdf>

and:

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/cleaning-disinfecting-public-spaces.html>

Storage

Equipment should be cleaned prior to putting away after a session. It is recommended that one person put equipment back into the storage area and that equipment be placed in an orderly manner.

Shared Use Considerations

If multiple groups within the cohort will use the same equipment, it is recommended that it be cleaned prior to each new group taking over the equipment. This includes equipment that may be transported to/from the field as well as stationary equipment such as sleds and titans. Equipment shared between cohorts, for example shared between bantam and peewee teams, should be cleaned before and after use. In cases of shared storage spaces, clearly marking each cohort's equipment area and maintaining it in an orderly manner will reduce confusion and potential cross-contamination.

Personal Protective Equipment Guidelines

Masks and gloves are recommended when cleaning equipment, otherwise physical distancing within the cohort is ideal.

Adults that will potentially have close contact with athletes shall wear a mask and maintain physical distance whenever possible. Good hand hygiene is recommended more than glove

use, with exception of anticipated or actual contact with blood, saliva, or mucus in which case gloves are necessary.

Athletic therapists or trainers are recommended to wear a mask on sidelines and maintain physical distancing and should wear a face shield when dealing with athletes or coaches that have been physically active due to the increased respiration rate and force. Long pants and sleeves are recommended to further reduce potential contact points.

Types of Masks Available:

- N95: These are tight-fitting masks typically used by health workers and are designed to seal around the nose and mouth and screen out 95 per cent of small airborne particles. They are likely to prevent transmission of aerosolized virus — those suspended as a mist in the air.
- Surgical or medical masks: These are looser fitting, more flexible disposable masks that are considered effective barriers against large droplets released by talking, coughing, or sneezing — the main way COVID-19 is likely transmitted.
- Non-medical cloth masks: These masks are reusable, washable masks for distribution. These masks are typically porous, and their effectiveness is still a subject of research. They can be used when distancing is difficult to maintain.

For guidance on personal protective equipment please visit the Alberta Health Services website: <https://www.albertahealthservices.ca/info/page6422.aspx>

Illness Protocols

For full and current information regarding isolation procedures, please refer to the Government of Alberta website: <https://www.alberta.ca/isolation.aspx>

Symptoms Present Protocol

If a cohort member reports or displays symptoms as outlined on the checklist during a pre-screening check, that person shall be isolated immediately as arrangements are made for the cohort member to return home. Any cohort member that reports or displays symptoms must self-isolate for 10 days or until asymptomatic, whichever is longer. The cohort member shall contact Health Link immediately and follow advice provided for further directions, including testing requirements. If a COVID-19 test is recommended, test results are communicated via an auto-caller with further information available based on test result. It is optional for test results to be forwarded to family physicians; cohort members are highly encouraged to utilize this option. A physician note of clearance will be required to return to cohort activity. This shall be

regardless of actual symptom cause. The Safety Officer should monitor for any further symptomatic cohort members and recommend suspending activity if there is cause for concern.

If a cohort member has pre-existing medical conditions that present in a way that they would answer “yes” to any of the pre-screening questions, that person shall obtain a physician note to clarify. It is recommended that any cohort member that would answer “yes” to the pre-screening questions is proactive and speaks to their physician to obtain such a note prior to their first attendance at a training session or practice. Failure to do so may result in the cohort member being turned away and referred to Health Link and/or their physician for such a note before they are permitted at any session.

NEW: In the case of a player or coach that presents a “Yes” response on the daily screening: If there is no documentation from a physician regarding pre-existing medical conditions, they are to leave practice and contact health link (811). If health link suggests testing they should do so AND isolate of 10 days even if the test result comes back as negative.

Positive COVID-19 Result Protocol

For any cohort member that tests positive for COVID-19, they shall follow advice from Health Link and/or their physician for their own care and well-being. Their health is critical, and appropriate treatment per medical advice is crucial.

All others in the cohort shall immediately self-isolate for 14 days and monitor for symptoms.

The Safety Officer shall work with the CBFA, Football Alberta, and Alberta Health Services for purposes of contact tracing and will follow Alberta Health Services recommendations for best practices to contain cases and prevent further infection.

As per Football Alberta guidelines:

Anyone found on any team/cohort to have a positive test for COVID – 19 and have been exposed to the remainder of the participants in that club will cause the club to immediately be shut down and everyone who could have potentially been exposed required to arrange for a test. Only those who receive a negative result will be allowed to return and there will be no club activity until over 10 players per “team” are deemed to have tested negative.

NEW: Clarifying our positive result protocols:

Positive result is reported

Individual with Positive Test

- Follows physician advice
- Self-isolates for 10 days
- Monitors for symptoms
- If symptoms arise, self-isolates for an additional 10 days from symptom onset or until symptoms resolve (whichever is longer)

Cohort

- All members self-isolate for 14 days
- Contact Health Link (811)
- Arrange for testing
- Follow AHS guidance
- Monitor for symptoms
- If symptoms arise, self-isolate for an additional 10 days from symptom onset or until symptoms resolve (whichever is longer)

Return to Play After a Positive COVID-19 Test

Team/Cohort

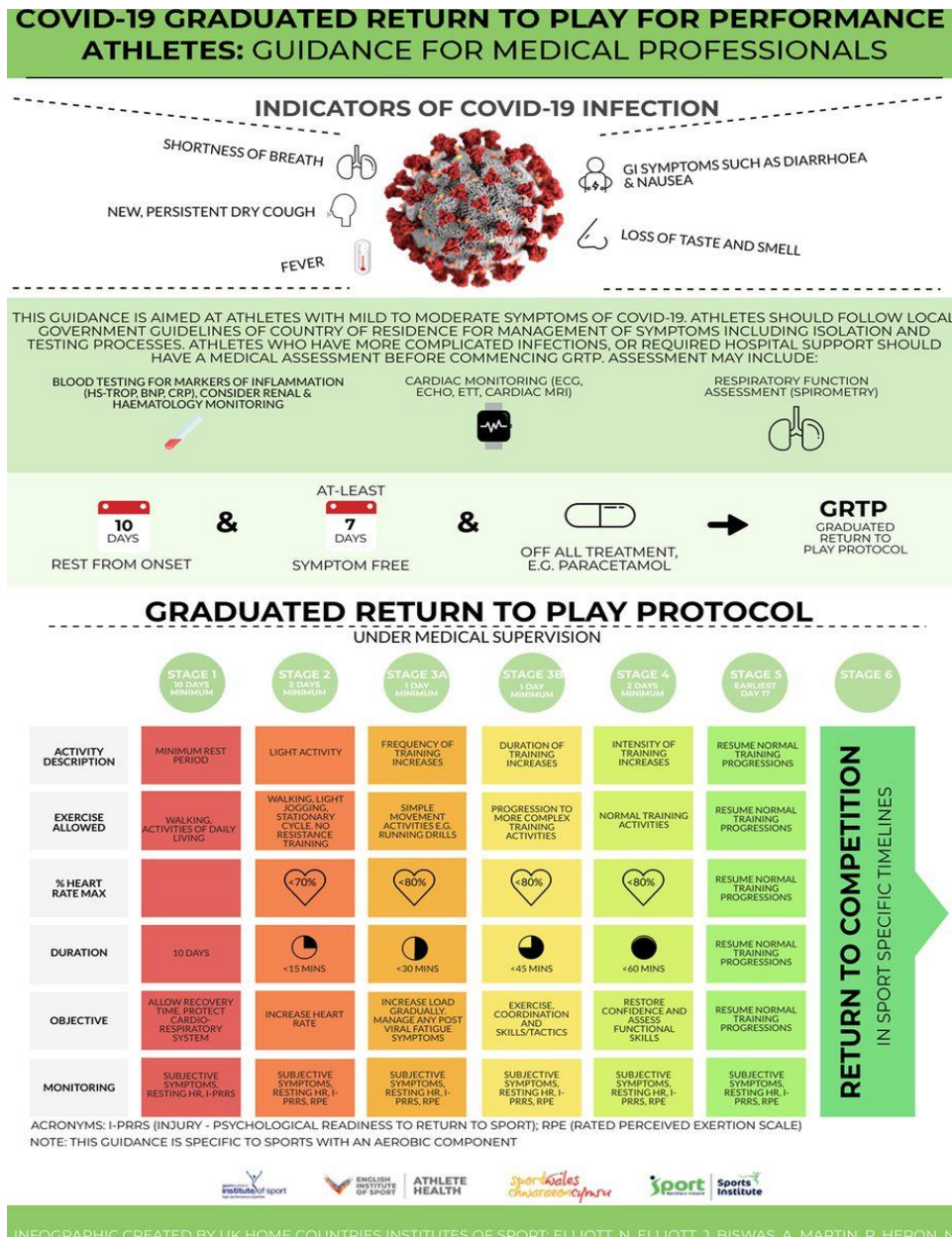
Following a positive test and/or confirmed case, cohort members shall contact Health Link and arrange for testing. All cohort members are to be tested. An auto-caller will contact cohort members with test results and provide further advice based on test result. Test results can be made available to family physicians and it is highly recommended for cohort members to choose that option. Once a minimum of 10 cohort members with negative tests have been confirmed, cohort activity may resume. Again, all cohort members are to be tested prior to returning to activity. Confirmation of a negative test will be accepted through a physician note.

NEW: Clarifying our team/cohort return to play protocol:

- All cohort members self-isolate for 14 days and monitor for symptoms, self-isolation continues if symptoms arise (see above)
- All cohort members contact Health Link, arrange for COVID-19 testing, and follow guidance from Alberta Health Services
- AFTER the self-isolation period of 14 days, individuals that are symptom free AND have tested negative for COVID-19 are permitted to resume activities of daily living
- AFTER the self-isolation period of 14 days, cohorts may resume activity with a minimum of 10 cohort members that are symptom free and have physician confirmation of negative COVID-19 tests.

Individual

Any cohort member that tests positive for COVID-19 shall explicitly follow advice from their physician for full recovery. Once clearance for starting activity has been granted, a collaboration between the cohort member, their physician, the cohort Safety Officer, the cohort coaching staff, and the CBFA directors should occur. The following is a recommended framework that may be used for guidance:



Football Alberta Informed Consent Form

Football Alberta **INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT** (to be executed by parents/guardians of Individuals who are under the age of majority) **WARNING!** By signing this document, you will assume certain risk and responsibilities. Please read carefully!

Individual's Name: _____

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As an Individual in activities, programs, classes, services provided and events sponsored or organized by Football Alberta and its affiliated districts, leagues, clubs and teams (collectively the "Organization") and the sport of football, which includes but is not limited to: games, tournaments, practices, training, personal training, dry land training, the use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientational or instructional sessions or lessons, and aerobic and anaerobic conditioning programs (collectively the "Activities"), the undersigned, being the Individual and Individual's Parent/Guardian (collectively the "Parties"), acknowledge and agree to the terms outlined in this agreement.

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

Description of Risks

3. The Parties understand and acknowledge that:

- a) 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;
- b) 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;
- c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of the Individual's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction; and
- d) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID19 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 Individual will not become infected with COVID-19. Further, attending the Activities could increase your risk of contracting COVID-19.

4. The Individual 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 that they may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to:

- a) Contracting COVID-19 or any other contagious disease;
- b) Executing strenuous and demanding physical techniques;
- c) Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
- d) Exerting and stretching various muscle groups;
- e) The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- f) Spinal cord injuries which may render the Individual permanently paralyzed;
- g) Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the Individual's body or to the Individual's general health and well-being;
- h) Abrasions, sprains, strains, fractures, or dislocations;

- i) Privacy breaches, hacking, technology malfunction or damage;
- j) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma;
- k) Physical contact with other Individuals, spectators, equipment, and hazards;
- l) Not wearing appropriate safety or protective equipment,
- m) Failure to act safely or within the Individual's ability or within designated areas;
- n) Grass, turf, and other surfaces including bacterial infections and rashes;
- o) Collisions with fences, poles, stands, and football equipment;
- p) Negligence of other persons, including other spectators, Individuals, or employees;
- q) Weather conditions; and
- r) Travel to and from competitive events and associated non-competitive events which are an integral part of the Activities

____ (initials) We have read and agree to be bound by paragraphs 1 to 4.

Terms

5. In consideration of the Organization allowing the Individual to participate in the Activities, the Parties agree:

- a) That the Individual's mental and physical condition is appropriate to participate in the Activities;
- b) That when the Individual practices or trains, the Parties are responsible for the Individual's surroundings and the location and equipment that is selected for the Individual;
- c) To comply with the rules and regulations for participation in the Activities including the additional General Safety Guidelines listed in Football Alberta's Reopening Plan as enforced by the RESPONSIBLE PERSON in their club/team/cohort;
- d) To comply with the rules of the facility or equipment;
- e) That if the Individual observes an unusual significant hazard or risk, the Individual will remove themselves from participation and bring such to the attention of an Organization representative immediately;
- f) The risks associated with the Activities are increased when the Individual is impaired, and the Individual agrees not to participate if impaired in any way;
- g) That it is the individual's sole responsibility to assess whether any Activities are too difficult for the Individual. By the Individual commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity;
- h) That COVID-19 is contagious in nature and the Individual 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.

6. In consideration of the Organization allowing the Individual to participate, the Parties agree:

- a) That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in a brochure or advertisement or in individual conversations, to agree to be involved in the Activities; and
- b) That the Organization is not responsible or liable for any damage to the Individual's vehicle, property, or equipment that may occur as a result of the Activities.

____ (initials) We have read and agree to be bound by paragraphs 5 and 6.

General

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

8. 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

9. 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 Individual (print)	_____ Signature of Individual	_____ Date of Birth
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_____ Name of Parent/Guardian (print)	_____ Signature of Parent/Guardian	_____ Date of Birth
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DECLARATION OF COMPLIANCE – COVID-19

Team/Association/Cohort (print): _____

RESPONSIBLE PERSON (print) _____

Email: _____

Telephone: _____

Football Alberta, and _____ (name of Team/Association/Cohort collectively the "Organization") require the disclosure of exposure to illness in order to safeguard the health and safety of all participants and limit the further outbreak of COVID-19. This Declaration of Compliance must be returned to the Team/Association/Cohort's league as well as Football Alberta within two weeks of the start of activities and will not be disclosed unless as required by law or with your consent.

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

I, the undersigned being the RESPONSIBLE PERSON above, hereby acknowledge and agree to the terms outlined in this document:

1. 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 the Football Alberta Reopening Document (as written below).

RESPONSIBLE PERSON:

Each team/cohort's RESPONSIBLE PERSON will ensure the following:

- Ensure each registered member (including all associated adults) with the team/cohort fills out the Informed Consent Form (see Appendix "A") prior to starting on-field. These documents will be held in their possession for the season and then filed with the team at the conclusion of activity for 2020 to be secured for the next seven years. These must be available to be produced upon demand from their league/association or Football Alberta.
- Ensure a Compliance Form (this form) is filled out on behalf of the team/cohort and filed with their league/association and Football Alberta within two weeks of commencement of team/cohort activity. Failure to do so will result in Insurance being withdrawn from the team/cohort.
- Ensure a Cohort List (Appendix "C") is created and maintained for the duration of team/cohort activities for 2020. This will be put into use to assist contact tracing should there be a positive case or outbreak within the team/cohort. This does not need to be filed with any other group just maintained and available upon demand.
- Screen each participant each day with the Screening Checklist (See Appendix "D") and take appropriate action if anyone answers "Yes" to any of the questions.
- Ensure that Membership/Insurance is acquired and paid from Football Alberta within two weeks of the start of activity for their team/cohort and that on-line registration is completed as well. Details on how that will occur for 2020 will be sent to all teams by the end of June, 2020.
- Ensure all sanitation and cleaning requirements are conducted as listed below each day and follow any guidelines set out in that area by the municipality or school providing the facility.
- Ensure all participants and their parents/guardians are fully aware of the General Safety Guidelines listed below.

GENERAL SAFETY GUIDELINES

Regardless of when your team/cohort begins activity the RESPONSIBLE PERSON must ensure:

- Equipment handouts for Stage 2 will be scheduled by appointment to make sure the numbers are kept as low as possible (under 15 people Physically Distanced together at any given time). All personnel handing out equipment will be wearing

PPE's as well as gloves and wipe down the space used to equip at the end of each session. Proper Physical Distancing of 2M, will be practiced as much as possible.

- Prior to practice the Athletic Therapist or Responsible Person (or assigned individual) will do a roll call of participants to apply the Screening Checklist. If there is any doubt to whether any participant may be sick, they must then follow AHS protocols.
 - Post practice all communal equipment (i.e. blocking dummies, footballs, pylons) will be wiped down with a disinfectant.
 - All coaches will attempt as much as possible to keep Physically Distant (2M) from the participants and fellow adults during any team/cohort gathering. Team huddles and group gatherings will be as limited as possible and spread 2M apart when possible.
 - Any time the team/cohort is using the sideline for a gathering place, all participants will maintain 2M distancing unless it is necessary (i.e. a trainer assessing an injured player).
 - As a rule, all adult personnel on the sidelines that will possibly have close contact with the athletes (i.e. athletic therapists, equipment manager) will wear PPE's.
 - No other team/cohort gatherings will be permitted. Any "film work" or strategy sessions will be done on-line.
 - Carpooling to practices/team events will be discouraged but family cohorts will be on their own to monitor their behavior in this circumstance.
 - Spectators (excluding parents and guardians where necessary for player support) will be kept out of participant spaces (e.g., fields of play, sidelines). **No spectators/parents will be allowed at practice unless the facility can allow for proper Physical Distancing in seating or areas away from the field of play or sidelines.** The maximum number of spectators is determined by how many people the space can hold while keeping two meters of distance between attendees from different households/cohort families, up to a maximum of 100 persons. Unless from the same household, spectators should maintain a minimum two-meter distance from one another at all times, whether the activity is indoor or outdoor. It is strongly recommended that all spectators wear masks. Cheering and yelling is strongly discouraged at this time as it presents a high risk of spreading droplets and no gathering of spectators will be allowed at practice sessions. Spectators at any permitted competitions will be regulated by the Stay and Play guidelines.
 - There will be no team water stations or shared water bottles. Players will be 100% responsible for their hydration needs and must mark their own water bottles clearly and ensure it goes to and from the on-field session with them.
 - All players/coaches/staff/officials will be required to wear football gloves and wipe them off with hand sanitizer prior to and at the conclusion of each practice or game session. They should also actively try to not touch their face at any time during the on-field sessions.
 - Locker room gatherings will be disallowed as well as all players and staff will come changed to the game or practice site. Any halftime meetings will have to be done on the sidelines.
 - To protect vulnerable populations such as people with compromised immune systems, underlying health problems or seniors; team/cohorts may consider some type of virtual method of engagement to discourage them from attending to watch their child. This may include FaceTime or Zoom type broadcast monitored by the Responsible Person. (Note: this does not mean parents can enter the field of play to broadcast – everything must be done from off-field and with proper Physical Distancing.
 - Participants will be encouraged to wipe down and disinfect their equipment after each session – particularly the helmet. Washing of the jersey and pants should be done at least once a week if not after every session.
 - **Anyone found on in any club to have a positive test for COVID – 19** and have been exposed to the remainder of the participants in that club will cause **the club to immediately be shut down** and everyone who could have potentially been exposed required to arrange for a test. Only those who receive a negative result will be allowed to return and there will be no club activity until over 10 players per "team" are deemed to have tested negative.
2. This document will remain in effect until the Organization, per the direction of the provincial government and provincial health officials, determines that the acknowledgements in this Declaration of Compliance are no longer required.
 3. The Organization may remove an 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 compliance standards described in this document.

Signature: _____ Date: _____

CBFA COVID-19 Individual Screening Tool

This information is being collected for purposes of COVID-19 screening and tracing. All collected information shall be kept private and confidential and shall only be released to the CBFA executive and/or Alberta Health Services upon request for tracing purposes. If an individual answers YES to any of the questions, they must not be allowed to participate in the sport or activity. Children and youth will need a parent to assist them to complete this screening tool.

CBFA TEAM:

First Name:

Last Name:

1. Are you experiencing any of the following:

severe difficulty breathing?	YES	NO
severe chest pain?	YES	NO
having a hard time waking up?	YES	NO
feeling confused?	YES	NO
loss of consciousness?	YES	NO

2. Are you experiencing any of the following:

shortness of breath at rest?	YES	NO
inability to lie down because of difficulty breathing?	YES	NO
chronic health conditions that you are having difficulty managing because of your current respiratory illness?	YES	NO

3. Are you experiencing any of the following:

chills?	YES	NO
painful swallowing?	YES	NO
stuffy nose?	YES	NO
headache?	YES	NO
muscle or joint ache?	YES	NO
feeling unwell, fatigue, severe exhaustion?	YES	NO
nausea, vomiting, diarrhea, or unexplained loss of appetite?	YES	NO
loss of sense of smell or taste?	YES	NO
conjunctivitis (pink eye)?	YES	NO

4. In the past 10 days, have you experienced any of the following:

fever?	YES	NO
new onset of cough or worsening of chronic cough?	YES	NO
new or worsening difficulty breathing?	YES	NO
sore throat?	YES	NO
runny nose?	YES	NO

5. In the past 14 days, did you or anyone in your household return from travel outside of Canada or Alberta?

YES	NO
-----	----

6. In the past 14 days, have you had close contact with someone confirmed as having COVID-19?	YES	NO
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7. Have you or anyone in your household had close contact with someone who is ill?	YES	NO
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Please clarify any YES answers. Call Health Link (811) if there is any potential of illness related to the YES answers. If there is any potential that you may be ill, COVID-19 or otherwise, you will not be permitted to participate and should return home immediately then call Health Link (811) and follow their further instructions for care and follow-up.

Have you completed and returned the Football Alberta Informed Consent Form?	YES	NO
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Do you understand the contact and collision nature of football may increase the potential risk of COVID-19 transmission?	YES	NO
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I hereby certify that the information provided is true and accurate as of today's date. I agree to comply with all required and recommended infection prevention and control practices outlined by the CBFA, Alberta Health Services, and Government of Alberta. I understand that I am required to inform my team safety representative and/or head coach and/or manager if there are any changes to the above information at any time.

Date:

Name:
Signature:

Parent/Guardian Name:
Parent/Guardian Signature:

CBFA COVID-19 Daily Screen Tool

1. Are you experiencing any of the following:
 severe difficulty breathing?
 severe chest pain?
 having a hard time waking up?
 feeling confused?
 loss of consciousness?

No Yes

2. Are you experiencing any of the following:
 shortness of breath at rest?
 inability to lie down because of difficulty breathing?
 chronic health conditions that you are having difficulty managing because of your current respiratory illness?

No Yes

3. In the past 10 days, have you experienced any of the following:
 fever?
 new onset of cough or worsening of chronic cough?
 new or worsening difficulty breathing?
 sore throat?
 runny nose?

No Yes

4. Do you have any of the following:
 chills?
 painful swallowing?
 stuffy nose?
 headache?
 muscle or joint ache?
 feeling unwell, fatigue, severe exhaustion?
 nausea, vomiting, diarrhea, or unexplained loss of appetite?
 loss of sense of smell or taste?
 conjunctivitis (pink eye)?

No Yes

5. In the past 14 days, did you return from travel outside of Canada or Alberta?

No Yes

INTERPROVINCE TRAVEL: note province travelled to/from and continue to #6.

6. In the past 14 days, have you had close contact with someone confirmed as having COVID-19?

No Yes

7. Do you understand that the contact and collision nature of football may increase the transmission risk of COVID-19?

No Yes

Please consider if football participation this season is appropriate for you/your child.

Clear to participate.
 Continue safe practices as recommended by Alberta Health Services.
 Monitor for symptoms.
 If feeling unwell at any time please inform team safety person, head coach, team manager.

Isolate. Return home immediately.
 Call Health Link (811). Follow advice provided by Health Link staff for further direction.

CBFA COVID-19 Daily Contact Tracing/Screen Log

This form shall be used when the information provided can be maintained in a private and confidential manner. That is, the form shall be completed by and accessible to only the necessary safety representative personnel for purposes of COVID-19 cohort tracing. This form shall be provided to the CBFA executive and/or Alberta Health Services upon request for COVID-19 cohort tracing.

[illegible]

[illegible]

CBFA COVID-19 Training Session Checklist

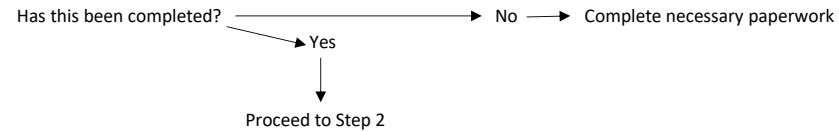
Team:	Practice Information:
Date:	Safety Officer:
Session Prep	
	Parking areas confirmed
	Cohort only areas marked out
	Field entry/exit points marked
	Isolation area identified and marked
	Spectators/visitors area marked
	Signage for physical distancing (optional)
	Pre-activity screening area identified
	Necessary Personal Protective Equipment available
	Screening forms available (printed or electronic)
	Pens and/or electronic device available to complete forms
	Hand sanitizer available
	Sanitizer wipes for disinfecting pens/devices
	One person takes equipment out of storage
	Designate equipment cleaners for after session
Screening	
	Athletes and cohort members under 18 years old arrive with a responsible adult
	Daily Screen Tool completed with each cohort member and responsible adult
	***Confirm Individual COVID-19 Screen Tool is completed for first day of attendance
	Use Daily Contact Tracing/Screen Log to record information
	***Record arrival time of each cohort member
	Cohort members directed to activity area or isolation as per Screen Tool recommendations
	Reminder to each cohort member to follow infection control guidelines including physical distancing, hand washing, PPE use, symptom monitoring and follow-up
	Reminder to each cohort member to manage own water bottles
	Sanitization of pens and/or electronic devices after each cohort member screening
Activity	
	Physical distancing throughout activity
	Cleaning of shared equipment before each group uses it
	Cohort members responsible for their own water bottles
	Any cohort member feeling ill to report immediately to Safety Officer
Cleaning	
	Pads, bags, etc used are moved near storage unit
	Designated cleaners wear appropriate PPE
	Equipment is cleaned away from cohort
	One person puts equipment back into storage
	Stationary or large equipment such as sleds, titans, etc. is cleaned
Finishing	
	Cohort members remove personal items from area
	Record departure time of each cohort member
	Remove area markings and signage if necessary
	Contact CBFA directors with any questions or concerns

CBFA COVID-19 Training Session Flow Chart

Step 1

Registration and
Team Designation

- A) Athletes and parents complete Team Registration via Sport Engine
- B) Complete Football Alberta Informed Consent Form
- C) Teams designate a safety representative/COVID-19 safety officer
- D) Teams assign cohort members as required (total of 50 people per cohort, inclusive of athletes, coaches, team personnel)



Step 2

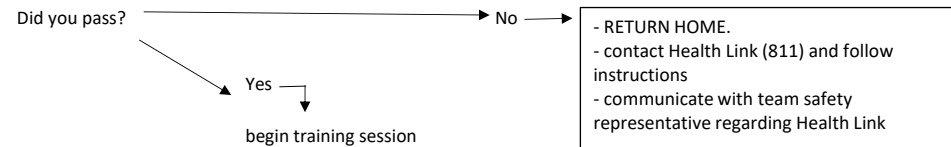
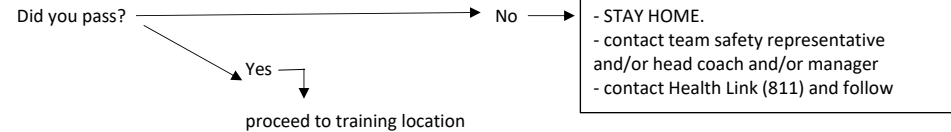
Screening

A) Pre-Screening at Home

All coaches, athletes, parents, team personnel, etc to review COVID-19 self-assessment at least 1 hour prior to the start of every activity/training session

B) On-site Screening

Team safety representative to record activity/training session date, location, start and end times, attendance, and screening information for every session using Individual Initial Screen Form (first attendance), and Daily Screen Tool with Team Interview Screen (second attendance and onwards). Team safety representative to maintain this documentation securely to ensure privacy and confidentiality legislation is being followed.



Step 3

Activity/Training

- A) All individuals are required to bring and maintain their own clearly labelled water bottle
- B) Team activity/training should maintain physical distance recommendations as possible (water breaks, transition between drills, etc)

Step 4

Cleaning

- A) All individuals should remove their own personal items from the activity area immediately after the session has finished
- B) Safety representative to coordinate cleaning of all equipment used and ensure it is properly stored
- C) Anyone cleaning equipment used is recommended to wear a mask and gloves

Suitable cleaning options for equipment include:

- dish soap and hot water to clean any debris or stains from hard equipment and non-porous surfaces
- dilute bleach solution (20mL of regular household bleach with 1000mL of water) OR a disinfectant with a DN (Drug Number) and virucidal claim as per Health Canada website (<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>) that can be wiped or sprayed on hard and non-porous surfaces
- SAME PRODUCT lightly sprayed on soft and porous surfaces. Be cautious that soft and porous surfaces are not wet or soaked. Using different products for different areas of equipment increases risk of chemical reaction and injury/burns.
- please follow instructions on disinfectant labels
- please patch test areas of equipment to determine potential for adverse effects
- please consider cleaning recommendations from equipment manufacturers to maintain warranties

STEPS 2, 3, AND 4 ARE TO BE COMPLETED FOR EVERY SESSION

If a person is symptomatic at any point:

- isolate the person from the cohort immediately
- if the person is in public, send them home using an appropriate transportation method
- self-isolate as per Alberta Health Services recommendations prior to resuming training (generally for the longer of 10 days, or until asymptomatic)
- complete COVID-19 self-assessment questionnaire on Alberta Health Services website
- contact Health Link (811) arrange for a COVID-19 test as recommended

If a person within the team tests positive for COVID-19:

- team training sessions are immediately suspended
- monitor for signs/symptoms of illness
- cohort (including staff) self-isolate for 14 days
- cohort members contact Health Link (811)
- cohort members arrange for COVID-19 testing as recommended