

## Return to Play Guidance for Indoor Soccer

Indoor Soccer programs may be offered for groups of 50 people or less or 50 per cent capacity (whichever is less) per standardized size gymnasium, and up to 150 participants (maximum of 50 participants per field) for the Techniplex Facility, including participants, staff, volunteers and spectators, if the following steps can be followed:

- A minimum of 2 meters or 6 feet between bubbles is possible at all times.
- The facility must provide access to hand washing stations or hand sanitizer stations (ideally vandalism-proof) at the front entrance. Clubs that use an indoor facility, are responsible for providing hand sanitizer to participants. Hand sanitizer must be Health Canada approved (these usually contain at least 60 per cent alcohol).
- Facility ventilation systems must be both operational and appropriate for the activities. Facility owners may wish to consult with an expert in heating, ventilation and air conditioning (HVAC) for assistance.
- Trash containers must be made available for discarding trash, tissues and any personal protective equipment (e.g. masks and gloves), which may otherwise become a public health hazard.
- All frequently touched surfaces, should be cleaned and disinfected at least twice per day (e.g. door handles, seating areas, railings, gates, buttons, nets, etc.). Equipment such as soccer balls, pylons, or other single use equipment must be cleaned/disinfected before and after each session. Refer to the public health fact sheet on cleaning and disinfection for public settings: [gov.nl.ca/covid-19/files/factsheet-covid-19-environmental-cleaning-NL.pdf](http://gov.nl.ca/covid-19/files/factsheet-covid-19-environmental-cleaning-NL.pdf)
- Facility staff for private or-community managed facilities and/or facility user volunteers for school gymnasiums will have access to cleaning and disinfection products and personal protective equipment (as directed by the cleaning product manufacturer).
- Facility staff, community and/or Club volunteers and participants are required to stay home if they are unwell or symptomatic.
- Participants will have to arrive to the facility wearing a non-medical mask through any common areas. This mask is to be removed during training. At the conclusion of training, the participants must reapply the mask.
- Spectators are permitted but will be restricted to one family member per household unit. Spectators, that are watching, must maintain physical distance of two meters between household bubbles and facilities should clearly identify viewing space. If adequate space to ensure physical distance is maintained cannot be provided for spectators, spectators will not be permitted. Spectator should wear a mask while moving through common areas, however may remove the mask once seated, as long as physical distance is maintained
- Public washrooms for recreation facilities may open; however, if they cannot be monitored and cleaned, with supplies replenished regularly, they must remain closed.
- All areas, including but not limited to washrooms and common areas, should ensure physical distance may be maintained.

- Change rooms are to remain inaccessible to participants. Patrons are encouraged to arrive at the facility dressed for their respective activity and to avoid using change rooms.
- Facility providers must create a separate exit-only and entrance-only access points to the facility. Facilities must ensure there is sufficient time between rentals to allow time for cleaning/disinfection, and to prevent interactions between groups.
- Place arrows/markings to indicate one-directional traffic, where possible.
- Place markers every two meters, as visible cues to support maintaining physical distance where required (e.g. line for the registration desk, washrooms, equipment pick up, etc.).
- Cleaning log sheets and an inventory of cleaning supplies; hand sanitizers, gloves and masks should be maintained by facility provider and should be available for public view.
- Participants must bring their own water bottles. The water bottle must be labelled with the participant's full name and must not be shared with other participants. Sharing of food is not permitted.
- **Signage** about the risks of COVID-19 and proper cough etiquette and hand hygiene, must be posted, in any common entrance to the facility to increase awareness about the risks of COVID-19.
- Community-owned facilities must have at least one staff member present when open. Wherein a community-owned facility is volunteer operated or a volunteer has access to a school gymnasium, the volunteer, with access to said facility, is responsible for ensuring that only participants registered for that particular session are permitted access to the facility.
- Maintaining physical distance cannot be ensured if patrons have uncontrolled access. Wherein an Executive Member and/or Coach of a registered soccer association has access to a school gym key, complying with physical distance protocols will be the responsibility of the facility user.
- Facility users (coaches and volunteers) are responsible to ensure that cleaning/disinfection of equipment is being performed after each use. 24-hour unrestricted access without staff present onsite is not permitted.
- If equipment is supplied to participants, all equipment must be sanitized before and after activity, using Health Canada approved products. Contactless pick up and return must be available, through the use of clearly marked bins.
- Club staff/volunteers and participants must be able to maintain physical distance, while retrieving and returning equipment.
- Program schedules should be staggered adequately, to reduce the number of people in the facility, including the number of people exiting and entering at one time.
- Registration processes must be completed online. Cashless payment options are preferred, but cash may be accepted, where necessary.
- As activities end, individuals should maintain physical distance when exiting the building.
- All individuals (participants and staff/volunteers) must wash their hands or use hand sanitizer prior to entering the facility.

- Facility users must ensure their coaches and program volunteers are trained on proper hand hygiene and sanitation, in order to prevent the spread of infection.

## First Aid Response:

- First aid providers, caring for people with suspected COVID-19 should follow standard precautions. If possible, an unwell person should place a mask over their nose and mouth and limit contact with the individual by staying back at least 2 meters.
- Try to limit the number of individuals in contact with an unwell person. Those who provide direct care for someone who may have COVID-19 should wear a mask and gloves.
- Following care, first aid providers should discard the mask and gloves and perform proper hand hygiene protocols.
- With respect to lifesaving, it should be noted that the Heart and Stroke guidelines state that hands-only CPR can be provided, if there are concerns about COVID-19 transmission. For more information visit <https://www.heartandstroke.ca/articles/modification-to-hands-only-cpr-during-the-covid-19-pandemic>

## Additional Information and Considerations

- Children's sessions and classes should maintain a maximum of 1:10 leader to child ratio, to help ensure physical distancing of participants.
- Restrictions in operations will likely be in place for the foreseeable future, thus operators should establish sustainable changes to operational strategies.
- Operators should consider all guidance, in determining maximum numbers of patrons, to ensure for safe reopening of facility.
- The number of patrons permitted into the facility at any one time should be limited to:
  - Ensure there is adequate space to allow patrons to remain 2 meters or 6 feet from one another at all times; and
  - Avoid large gatherings.
- Visible signage must be posted at any entrance, to notify patrons that they should not enter the facility if they have two or more symptoms (cough, fever, chills, sore throat, shortness of breath, loss of sense of smell, runny nose, headache, muscle aches, fatigue or loss of appetite).
- Facility users are responsible for providing questionnaires to participants
  - Participants must be asked the following questions upon arrival at the facility:
    - Has the individual been symptom free in the last 24 hours from any COVID-19 symptoms (cough, fever, chills, sore throat, shortness of breath, loss of sense of smell, runny nose, headache, muscle aches, fatigue or loss of appetite)?

- Whether the individual has either been unwell, self-isolating, or tested for COVID-19?
- Individuals who answer yes to any of the above screening questions should not be permitted to enter. Individuals who have two or more COVID-19 symptoms should complete the online self-assessment tool and/or contact 811.
- Patrons should be encouraged to arrive no earlier than 10 minutes before their workout time, conduct their workout and exit the facility. Linger in the facility for any reason, will be discouraged.
- Organizers are required to maintain a record of all participants, patrons, staff and volunteers to assist with contact tracing, if necessary. However, provision of contact information is voluntary and records must be kept for 14 days only. Should any confirmed cases of COVID-19 occur among patrons, Public Health will contact any individuals who were potentially exposed. Public Health will contact facility owners if the facility is deemed to be at risk.
- Simple supplies for cleaning/disinfection (e.g. wipes/sprays and paper towels) should be readily available to patrons.
- Contactless check in/entry procedures should be in place.