

York Region Lions Football

Return to Play Spring 2021

Stage One

Updated June 13 2021



Document Details

Area	Details	Related Links
Version	9.0	n/a
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Source Documents	Football Canada Return to Play 2020, 2021	http://footballcanada.com/return-to-football-document-released-by-football-canada/
	York Region Health	https://rb.gy/9vn5xg
	Province of Ontario – COVID 19	https://www.ontario.ca/page/reopening-ontario#section-1
Retention	YRFA Google Drive	Covid Planning

Introduction

This document details the Stage One Return to Play plan for the York Region Lions Football Association. Our plan establishes fixed cohorts at each level of competition, in alignment with York Region's placement in the Province of Ontario's Covid Return to

At this time, YRFA will be utilizing Level 2 – Skills, Drills & Conditioning from the Football Canada Return to Football Guide.

All programs will be run in accordance with Ontario Football Alliance's Return to Football Guidelines and Football Canada's Return to Play Guidelines. Both are listed as reference documents for this plan. In addition, we've aligned our participation to the Province of Ontario's Roadmap to Reopen Framework.

Responsibilities by Role

Participants

- The role of the participant is to ensure adherence to the parameters of this document.
- To abide by the screening procedures listed within the OFA Return to Football documents, Football Canada's document and the Region's Health Department requirements.
- If a participant sees that there are more than 10 participants per cohort (not including coaches) for a flag session he/she must not allow the activity to proceed by notifying a club representative.
- All practices/games must have a minimum of two coaches for each cohort of 10 (1 coach per 10 participants)
- Participants must come dressed and not use any change rooms.

Role Responsibilities

Role	Responsibility
Athlete	<ul style="list-style-type: none">• Be aware of and comply with all hygiene guidelines.• Complete COVID-19 assessment prior to each session.• Provide your association or league with notice if you have a positive test for COVID-19.• Complete weekly screening prior to arriving at the field.• Do not engage with players outside of your cohort of 10.
Coaches	<ul style="list-style-type: none">• Help athletes understand and learn the process.• The Equipment Coordinator is responsible for providing equipment for each cohort, and for managing its storage at the field. Equipment that coaches cannot use at this time are shields, butter bags/step-over bags, blocking bags, sleds, chutes, skipping ropes (unless individually purchased)• Ensuring the participants understand the process and rules of this document.• To communicate to participants the process of attending the facility and exiting as set out by the YRFA's plan.
Spectators	<ul style="list-style-type: none">• Spectators will adhere to the Ontario Football Alliance and Football Canada's Codes of Conduct, as well as the York Region Football Code of Conduct• Spectators in Covid Stage One are not permitted within the perimeter of Lions Homefield, and must maintain social distance of 2M, unless they are a parent of a player >18. Here there is permitted one parent per player, and they must remain in the stands, separate from all players.• Spectators are asked to only engage with athletes within their 'bubble'

YRFA Responsibilities

- The YRFA has designated Jodi Tavares as their Safe Sport Officer, who is responsible for the administration of the YRFA Return to Football Plan.
- Associations will provide to the OFA their declaration as to which pathway they will be following and a clear, concise and detailed plan which includes:
- The YRFA has opted to run a co-ed flag program (Football Canada Level 2, Ontario Framework Stage 1) that will establish fixed cohorts at various age levels. We plan on six age groups (Tyke, Atom, Pee wee, Bantam, JV and Varsity).
 - Rosters will be provided once registration is complete
 - A request has been made to the OFA to make registration lists available for insurance
 - The YRFA Coach Registration Module NCCP Report will provide NCCP numbers to the OFA
- Participant Waivers have been posted online (YRFA.ca)
 - Waivers will be completed weekly prior to the week's sessions
 - Waivers will be kept on file pursuant to the YRFA Retention Policy
- Any player found to have a positive test for COVID-19 and has been exposed to the other participants on that team, would cause the team/club to immediately cease sessions
 - Per public health guidelines, activation of the tracing protocol would commence
 - York Region Public Health would be contacted
- YRFA has requested access to Registration Reports with the OFA to facilitate confirmation that all coaches and players have purchased insurance.
- Prior to participants arrival each week, a reminder email will be issued with entry and exit protocols for Lions Homefield. This is also posted at YRFA.ca
- Included in entry and exit protocols is the diagram showing player drop off and pick up to ensure no cross interactions between cohorts.
- YRFA homefield will be set up with signage to communicate the exit/entry protocol.
- In FC Level 3, Ontario Framework Stage 1, YRFA will not be participating in any competition with outside clubs/associations.
- Spectator limitations – there are no spectators permitted within the field perimeter. Spectators outside the fence should be masked and cannot engage with athletes outside their 'bubble'. There is an exception for parents of players >18 – here there is a limit of one parent per player, and they must remain in the stands.
- A copy of this plan has been submitted to the OFA for review.

COVID Safety Protocols – All Roles



Introduction

The health and safety of our members is paramount. The protocols contained in this session will ensure the YRFA is able to provide programming for Spring 2021. Our ability to engage in football this season depends on 100% compliance with these protocols, which have been crafted with your safety in mind.

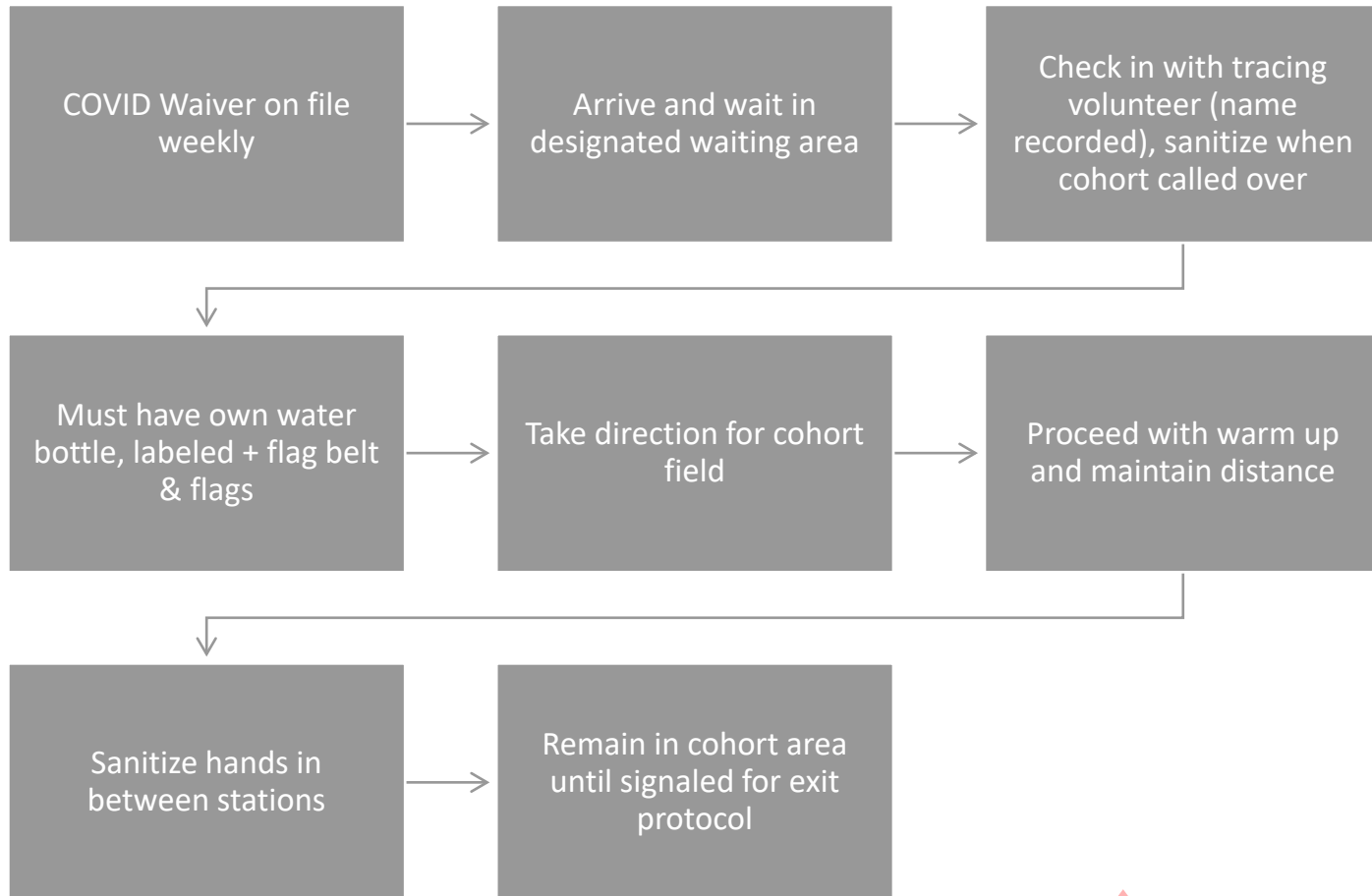
Protocols for All Roles

- Athletes, coaches and board members will have insurance through (registered with) the OFA
- Physical distancing rules will be followed when not engaged in play (2M)
- No person should come to practice if they have any symptoms of COVID-19, or if they have been exposed to anyone who has symptoms. A 14-day isolation period will be required before returning to the field.
- Access to the field will be strictly limited. Only players, coaches and board members will be permitted access. For participants under the age of 18, one parent/guardian is permitted access to the field, but must remain socially distanced and in the stands.
 - All shared equipment will be sanitized (cones, ladders, footballs) before and after each practice.
 - Coaches and volunteers must wear a mask. Players are not required to wear a mask, but must not engage with other cohorts on the field.
 - Players must retain their flag belt for the season.

Protocols for Players

- Players must arrive in the 15-minute window before the start of their practice.
- Late arrivals will experience delays getting on the field and will miss all or part of the session
- Players must arrive READY TO PLAY and have no bags. Players must have cleats on, mouth guard in pocket, flag belt with flags, proper apparel for the weather, and water bottle in hand. No bags are permitted on the field. Bags must remain in your vehicle or at home.
- Mandatory check in at the Tracing Table, which includes sanitizing hands, and heading straight to the designated field area for their cohort.
- Player water bottles must be clearly labeled, and no food is permitted on the field
- At the end of the session, athletes and their coaches must remain in their designated field area until signaled for their exit time to ensure no cohort mixing.

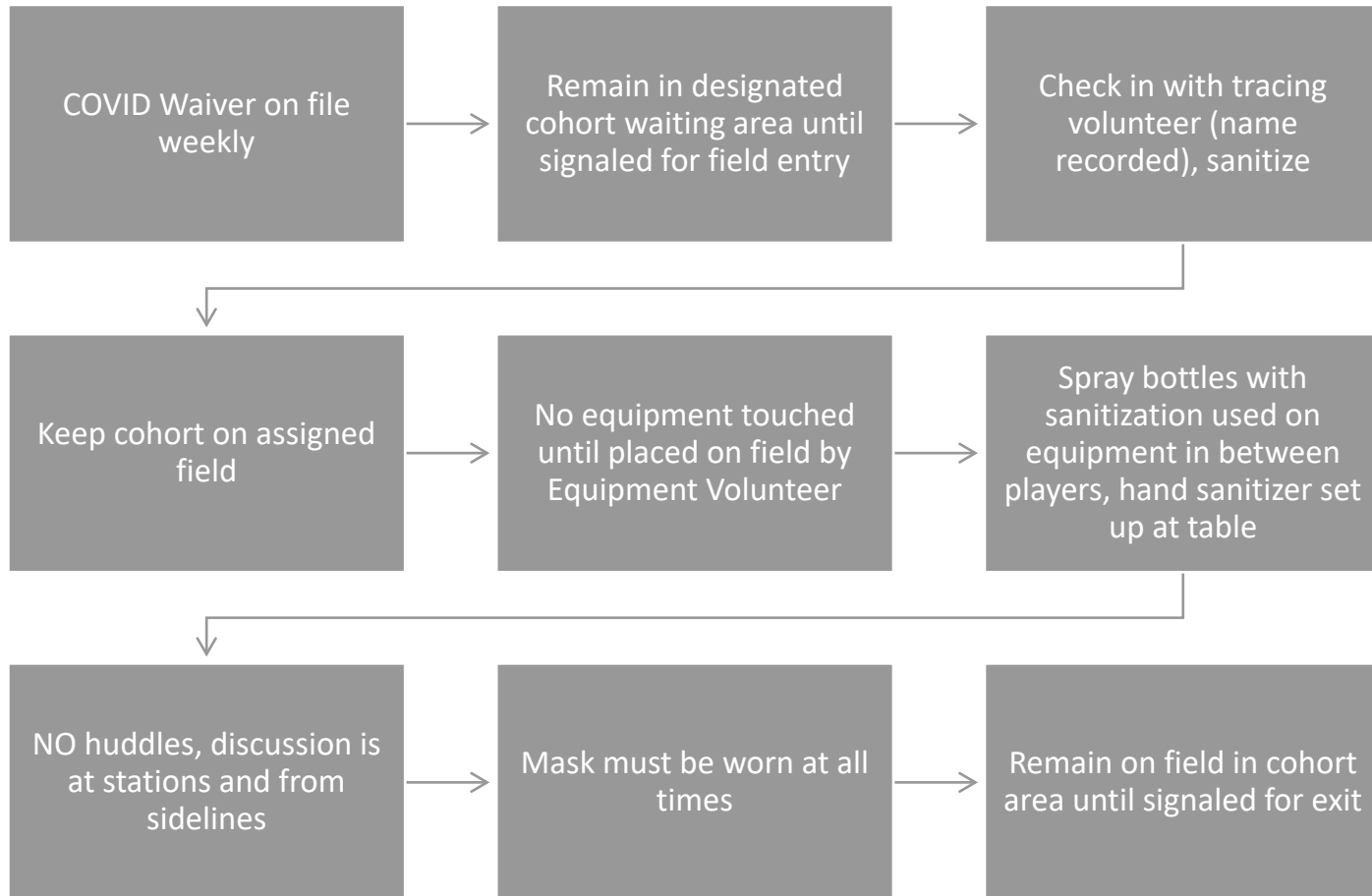
Player Process - Session



Protocols for Coaches/Board Members

- Mandatory check in at the Tracing Table, where hands will be sanitized and masks must be on
- Completed waiver must be on file
- Each cohort area will have its own sanitization table, where coaches can access hand sanitizer and spray
- Masks must remain on at all times
- Follow entry and exit protocols to ensure no cohort mixing at Lions homefield

Coach Process - Practice



Protocols for Parents

- Only spectators of children/participants aged >18 are permitted inside the fence perimeter
- There is a limit of one parent per participant noted above
- Parents must remain in the stands, and cannot engage with any players
- Parents are asked to wear a mask at all times, and remain distanced (2M)
- Parents must ensure that athletes arrive on time and ready to play

Waiver – All Participants

Coaches, players, board members and participants will be required to complete a self assessment checklist and complete a waiver prior to participating in weekly sessions

These waivers will remain on file for the duration of the season

In the event that a tracing protocol must be enacted, these assessments will be referred to

Waiver: <https://forms.gle/EKexV4fg1LEXXDCcA>

By the
Numbers
– FC Level
2, Ontario
Stage One

Participant Group	Total # Permitted per Session	Activity
Players	40 (4 cohorts x 10)	Skills/Conditioning
Coaches	5 per age group	Skills/Conditioning
Field Volunteer/set up	2 only	Skills/Conditioning
Tracing Check in	1 only	Skills/Conditioning
Trainer	1 only	Skills/Conditioning



Entry & Exit Protocol

- FC Level 2, Ontario

Stage One

Sample Month Schedule (proposed Spring 2021)

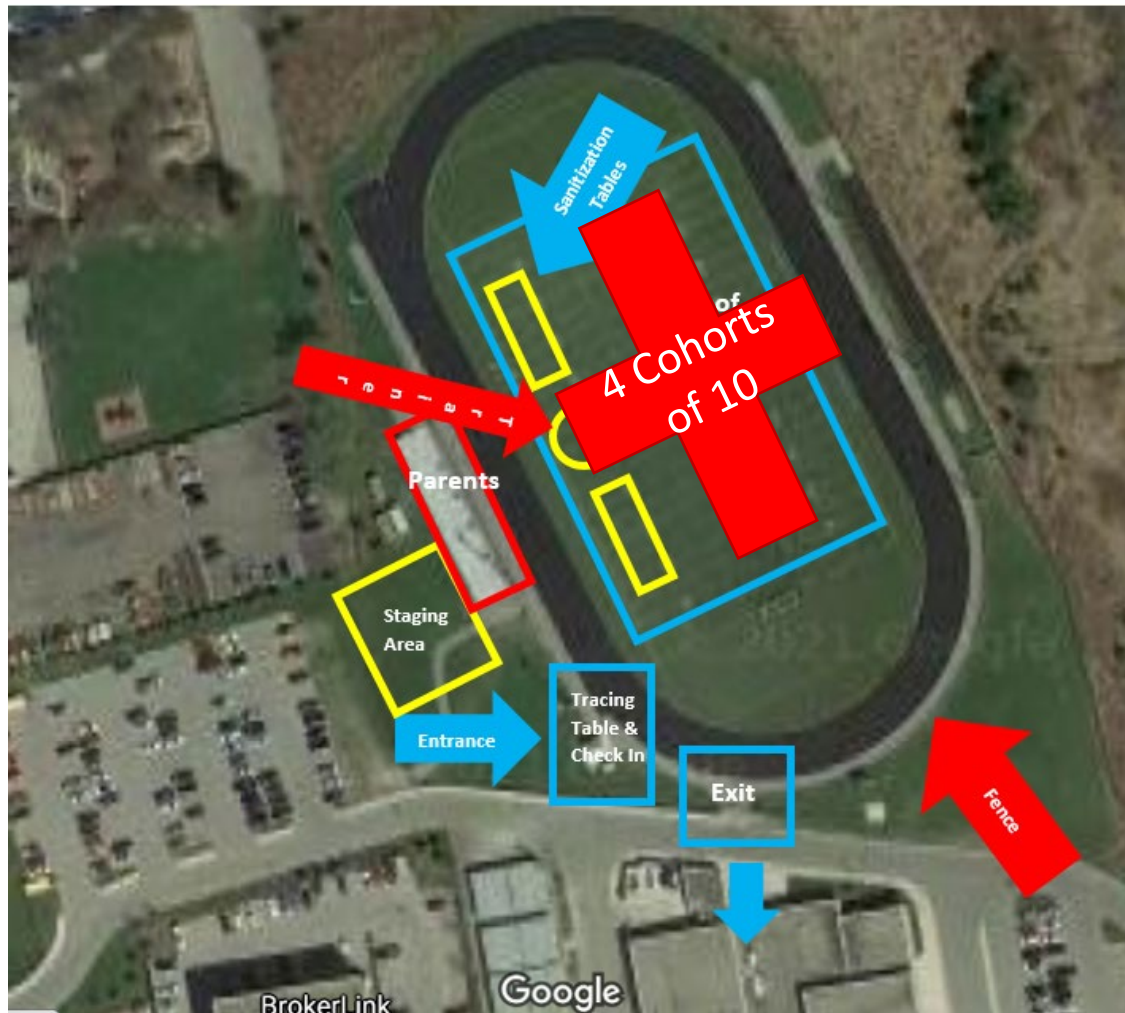
Group	Days	Times	Months	Field	Overflow
Tyke/Atom	M/W	6-7PM	June, July	St. Max	Newmk't High
Peewee	M/W	7-8PM	June, July	St. Max	Newmk't High
Bantam	M/W	8-9PM	June, July	St. Max	Newmk't High
JV	T/TR	7-8PM	June, July	Shepherd's Bush	Newmk't High
Varsity	T/TR	8-9PM	June, July	Shepherd's Bush	

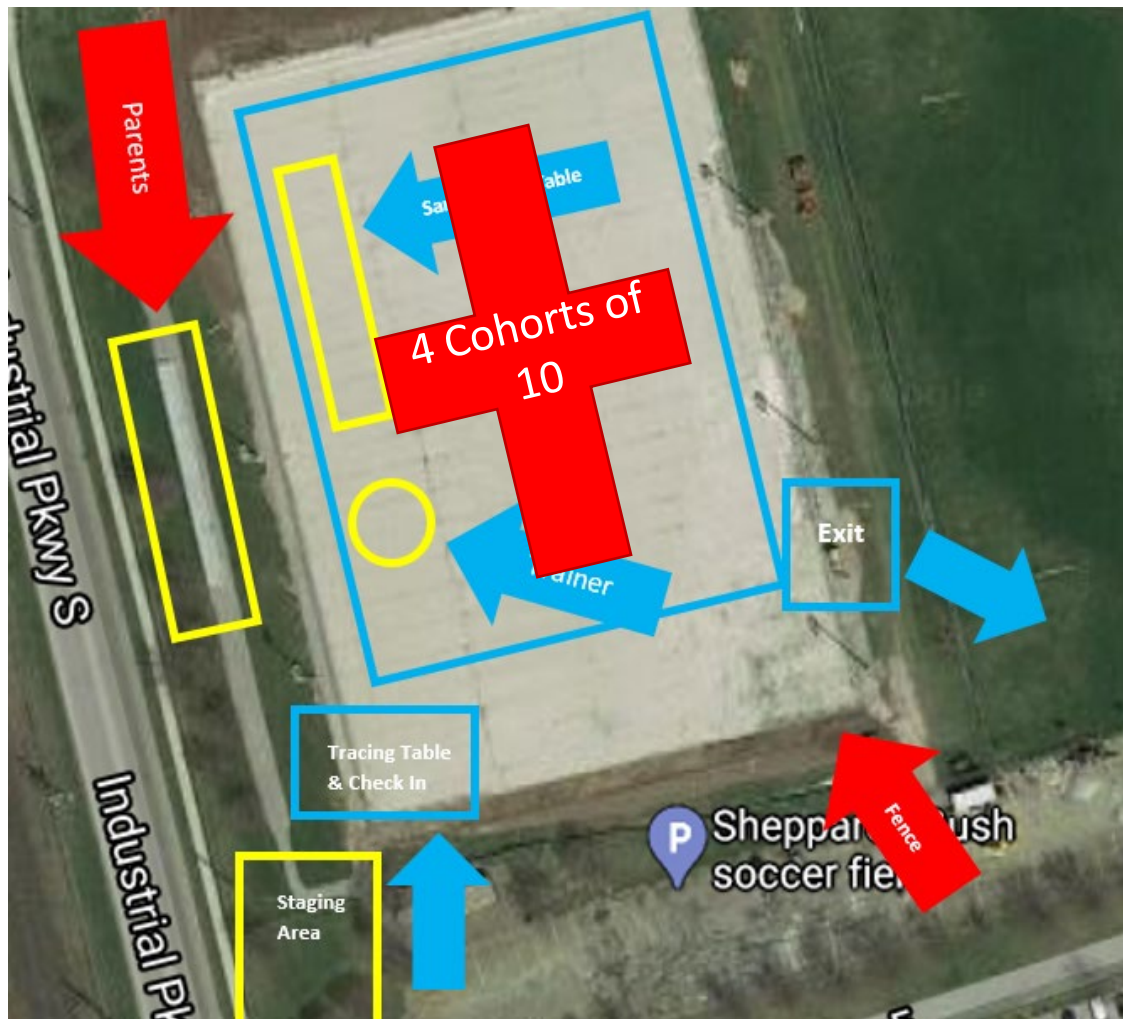
Assigned Entry Times

Role	Entry Time (Arrive at Field)	Enter Field	Exit Field
Tyke & Atom Athletes + Coaches	5:45PM	6PM	7PM
Peewee Athletes + Coaches	6:45PM	7PM	8PM
Bantam Athletes + Coaches	7:45PM	8PM	9PM
JV Athletes + Coaches	6:45PM	7PM	8PM
Varsity Athletes + Coaches	7:45	8PM	9PM

St. Max
Kolbe CHS

Field
Layout All
Cohorts





Shepherd's
Bush

Field
Layout All
Cohorts

Entering any Lions Field

Access to Lions fields are extremely limited. Only coaches, players and board members are permitted within the fence and in the waiting area, with the exception of parents who must enter the field after players/active cohorts.

Please refer to the Lions Field Layouts

- Players will arrive and be directed to a waiting area for their cohort. There are signs posted indicating where players should line up
- Once field entry protocols begin, late players will be told to return to their vehicles.
- Adherence to this protocol must be 100%, otherwise we will be unable to provide programming
- Players remain in their waiting area until they are called over for entry protocol.
- Remaining 2 M apart, each participant will enter the field through the gate, checking in at the Tracing Table.
- Players will be directed to take the field

Exiting Lions Field

Please refer to the Lions Homefield Layout

- Athletes will remain on their cohort field until called for exit protocol. Masks must be put on.
- Upon exiting the field, players must sanitize their hands
- Parents who are leaving the field will be directed to the exit before the cohort has left the field
- Parents are asked not to engage with athletes outside their bubble
- NO players are permitted to mingle with players outside their cohort, hence separate exits and entrances

Activity Structure

OFA Skills/Conditioning Parameters

- Personal water bottles only, clearly labeled
- No handshakes or high fives.
- No huddles allowed.
- Consider adding additional timeouts to allow for hand hygiene during each half.
- Teams should provide their own footballs.
- Provide additional footballs if possible, to allow for more frequent equipment switches and sanitize footballs as often as possible.
- All participants must maintain 2 m social distancing on sidelines and in play (including coaches).
- Coaches, managers and first aid responder/trainers must wear masks/face coverings.
- Discourage players from removing and re-inserting mouth guards. Mouth guards should be sanitized if they fall out.
- All participants must use hand sanitizer before and after a session.
- Disinfecting procedures for all personal & field equipment between Cohorts.
- Spectator limitations – no spectators permitted within the fence perimeter unless parents of >18 players, those must remain in stands.
- As a rule, all adult personnel on the sidelines that will possibly have close contact with the athletes (i.e. athletic therapists, equipment manager) should wear masks/face coverings.
- If gloves are worn by participants, they must be cleaned as regularly as hand sanitizing.

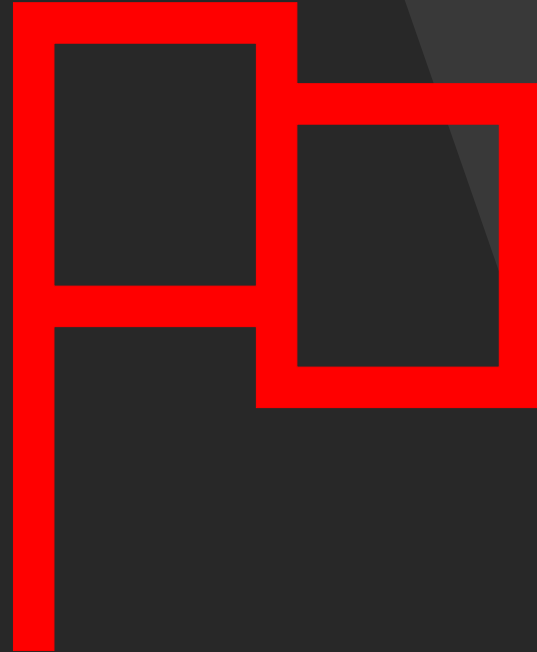
Junior Flag Structure – Tyke, Atom

Start date: Monday, June 28, 2021

End date: Thursday, July 29, 2021

Mondays/Wednesdays – 6-7PM

1. Two age groups – Tyke, Atom
2. Programming is 5 a side
3. Each group has 1 coach per ten players
4. Groups will practice in cohorts until Stage 2
5. 4 x cohorts of 10 per field



Junior Flag Structure – Pee wee, Bantam

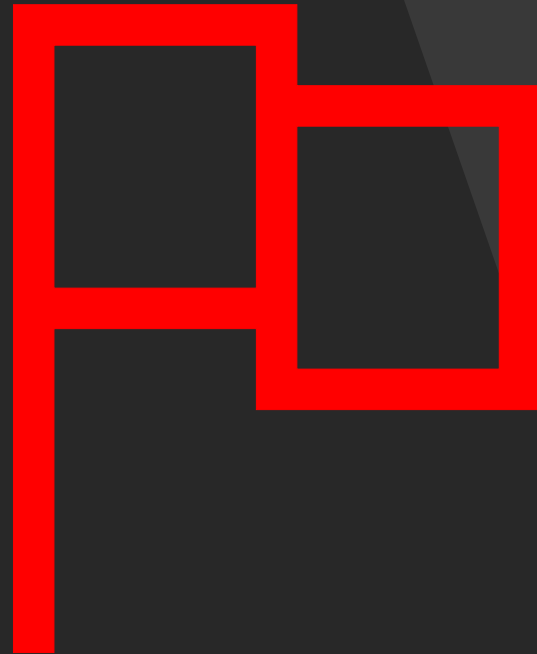
Start date: Monday, June 28, 2021

End date: Thursday, July 29, 2021

Pee wee – M/W 7-8PM

Bantam – M/W 8-9PM

1. Two age groups – Pee wee, Bantam
2. Programming is 7 a side
3. Each group has 1 coach per ten players
4. Groups will practice in cohorts until Stage 2
5. 4 x 10 cohorts per field



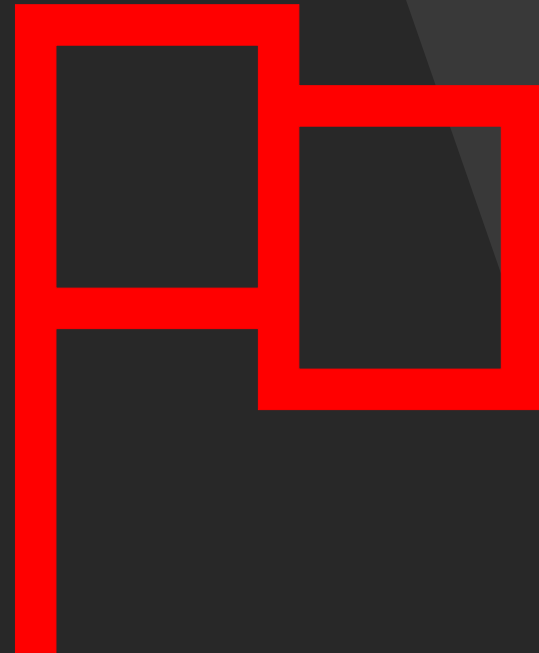
Senior Flag Structure – Junior Varsity

Start date: Tuesday, June 29, 2021

End date: Thursday, July 29, 2021

Tuesday/Thursdays 7-8PM

1. Junior Varsity only
2. Programming is 7 a side
3. Each group has 1 coach per ten players
4. Groups will practice in cohorts until Stage 2
5. 4 x 10 cohorts per field



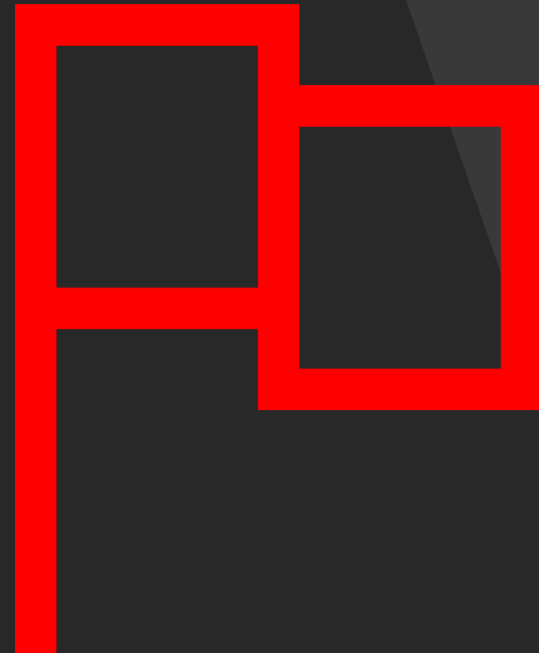
Senior Flag Structure – Varsity

Start date: Tuesday, June 28, 2021

End date: Thursday, July 29, 2021

Tuesday/Thursdays 8-9PM

1. Varsity only (three years)
2. Programming is 7 a side
3. Each group has 1 coach per ten players
4. Groups will practice in cohorts until Stage 2
5. 4 x 10 cohorts per field



PPE

- YRFA will not supply masks to players, volunteers or coaches
- YRFA will supply all hand sanitizer and sanitization spray for any equipment
- In **FC Level 2, Ontario Stage One**, masks are required at all times for volunteers on the field, and coaches. Those without masks will not be permitted access to the field.
- Spectators outside the field perimeter should wear masks, but must remain socially distanced. Spectators of players >18 must remain in the stands, and socially distance.
- The field will be set up with 2-3 sanitization stations (dependent on field)

Equipment

1

All equipment will be sanitized prior to and after each session. This includes balls and cones.

2

Sanitization spray bottles will be available at each team's sanitization table for equipment

3

Each team will receive their own equipment that will be stored at the field each practice

4

The Equipment Coordinator will issue equipment from the bin.

5

Field equipment will be provided by YRFA for non contact sessions and includes:

- Balls
- Hurdles
- Ladders

Registration & Equipment

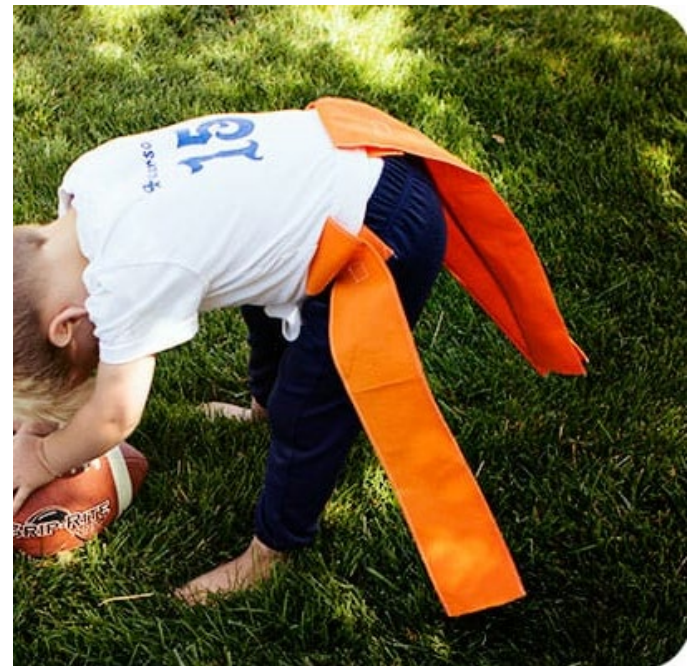
Registration

- All registration will be completed online and in advance. There will be no exchange of paperwork at the field.
- Method of payment is online.
- Participants are responsible for their OFA fees.
- This is a non contact program, thus registration is open to players from any area



Equipment - Athletes

- Social distancing guidelines are in place for arrival at the field – equipment will be issued to each team when they take their section of Lions homefield
- Mouth guards will be issued the first night of participation, and must be worn by the athlete during all sessions. Extra mouth guards will not be on hand.
- There is no loaner equipment available. Participation is dependent on athletes remembering their flags, belt and mouth guard.



Tracing Protocol

Tracing - YRFA

- Prior to each week's participation, parents/guardians are required to complete the online tracing questionnaire. Reference: <https://forms.gle/EKexV4fg1LEXDCcA>
- The Tracing Check In Table has binders for each age group, where this information will be checked off as players enter the field (attendance). There is a separate binder for staff, who have to complete the same questionnaire each week.
- Each Sunday evening, data from that form will be integrated with Registration System Data, to create a check in sheet, alphabetical by last name for each team that includes:
 - Online Questionnaire complete Y/N (if no, must complete prior to taking the field)
 - First Name
 - Last Name
 - Date

NB – The YRFA Registration System contains all contact information for both parents plus an emergency contact should this be required. There is no need for parents/guardians to complete this again.

Contact Tracing

- Contact tracing will be completed in a binder for each age group
- For each session, attendance taking is mandatory so that we know who was on the field when, and in what company
- Each player/coach is required to check in at the contact tracing table prior to session, each session
- Parents attending the field with their >18 player must also check in and have a completed waiver on file each week.
- The contact tracing table will be manned by a YRFA, masked board member. They will also act as entry control, to ensure that no parents/spectators enter the field
- All records will be retained in accordance with YRFA retention policies

Compliance – Embedded in Registration

- Parents/participants agree to compliance by way of the YRFA registration system. This reduces the amount of paper files required, and allows YRFA to easily pull data sets.
- Included now in the YRFA RAMP Registration System:

Ontario Football Alliance and its affiliated leagues, and clubs (collectively the Organization) require disclosure of exposure or illness in order to safeguard the health and safety of all participants and limit the further spread of COVID 19.

This declaration of compliance will be kept safely, and personal information will not be disclosed unless required by law or with your consent. An individual (or an individual's parent/guardian) who is unable to agree to the terms outlined here is not permitted to enter the Organization's facilities or participate in the Organization's activities, programs or services.

I, being the individual named in this registration or the individual's parent/guardian, by submitting this form, hereby acknowledge and agree to the terms outlined above.

Click – Yes (proceed), No (do not proceed)

Included in registration: athlete name, form completed by, email address, club.

Consent – Embedded in Registration

- Informed consent form has been integrated into the YRFA RAMP Registration System.
- This informed consent includes:

I (athlete name) understand that I am practicing or playing in an activity sponsored by the York Region Football Association.

We are currently permitting those athletes to participant in this activity. This waiver must be agreed to in this registration before any use of our facilities is made.

Individuals who have traveled outside Canada within the previous 14 days or who are sick or who have been in contact with someone who is suspected of having COVID 19 must not use the facilities or participate.

This access may be withdrawn at anytime based on Regional Health Authority recommendations.

By agreeing to this waiver, you are aware that you (or your child) will be using facilities at their own risk. You (or your athlete) will be required to sanitize their hands prior to beginning or at the end of any activity. You confirm that you (or your child) have not travelled outside Canada for the past 14 days and have not been in contact with anyone suspected of being ill.

I will sign in at the tracing desk prior to each session, and will sanitize my hands when directed to do so (upon arriving and exiting the facilities)

Emergency Action Plan

In the event of COVID disclosure

The confidential disclosure of exposure or infection will activate the YRFA COVID protocol

- Using the tracing binders for each practice/team, York Region Public Health will be notified, and will notify each family of disclosure that may have been exposed. This is defined as the cohort on field with the impacted player.
- Programming for that cohort will immediately cease
- Any coaches/volunteers on field will be notified (from that cohort)
- Following York Region Public Health guidelines, those with possible exposure must quarantine according to regional health guidelines, not participating in any YRFA activities during that quarantine period
- Any YRFA board member can activate the protocol with the agreement of two other board members
- At all times, YRFA confidentiality protocols must be adhered to

Emergency Action Plan

Football Canada Action Plan Tool

- Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An “outbreak” is two or more cases; a “case” is a single case of COVID-19.
- Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Determine who within the organization has the authority to modify, restrict, postpone or cancel activities.
- If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility right away.
- Implement your illness policy and advise individuals to:
 - Self-isolate
 - Monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
 - Use the COVID-19 self-assessment tool ([Appendix E](#)) to help determine if further assessment or testing for COVID-19 is needed.
 - Individuals can contact provincial health authorities for health advice
 - Individuals can learn more about how to manage their illness here: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html?topic=tilelink>
- In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your Illness Policy and your enhanced measures.
- If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.

York Region Lions EAP

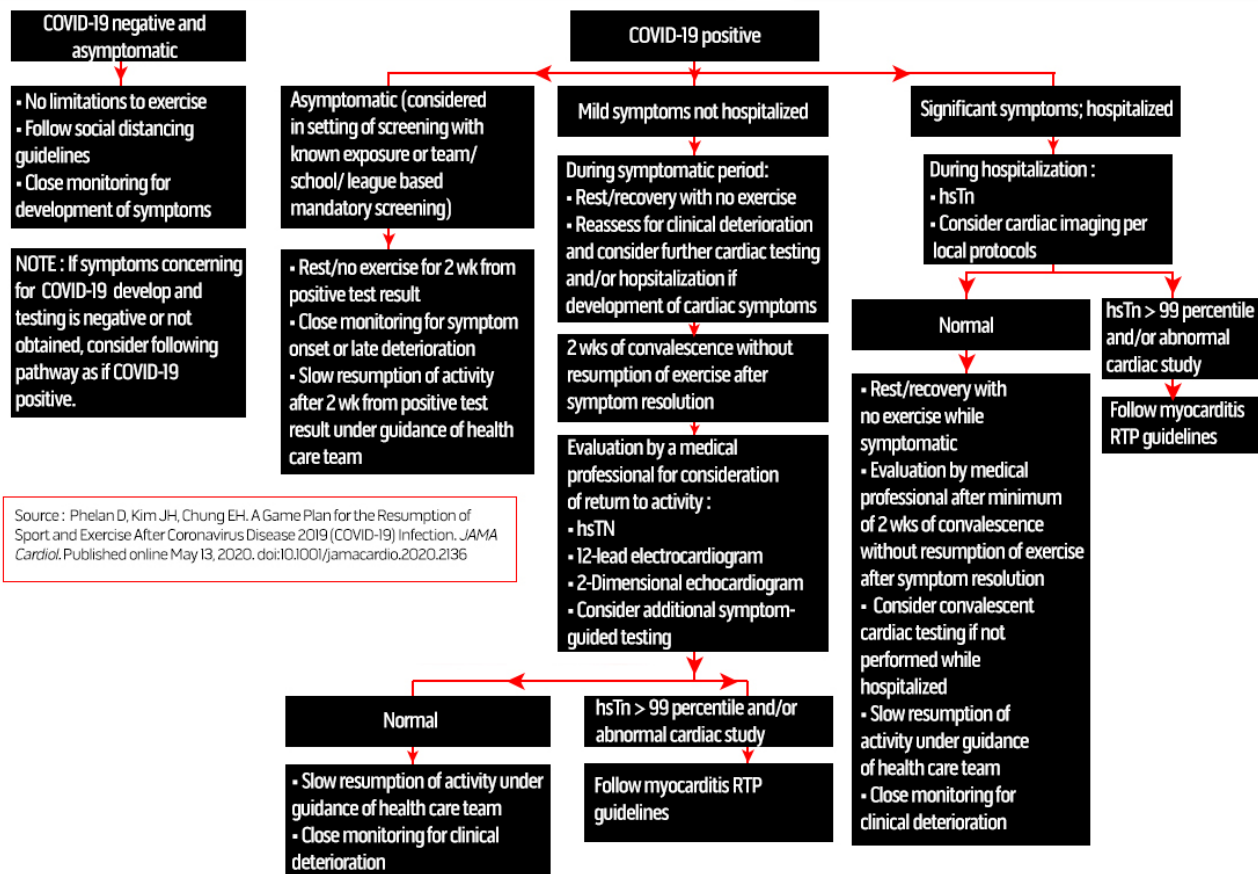
C19 Exposure

- Player, parent, coach, volunteer exposure included
- All cohort activities halt
- YRPH is notified by YRFA VP
- Cohort is advised, using instructions from YRPH, to isolate due to possible exposure. No personal details revealed.
- Cooperate with YRPH and share all tracing details and contact information for all those exposed
- Cohort is suspended for the duration of the quarantine
- Cohort is suspended until YRPH clearance
- YRPH will drive cohort's return to participation, not the production of a negative test

C19 Confirmed Case

- Player, parent, coach, volunteer exposure included
- All cohort activities halt
- YRPH is notified by YRFA VP
- Cohort is advised, using instructions from YRPH, to isolate due to confirmed case. No personal details revealed.
- Cooperate with YRPH and share all tracing details and contact information for all those exposed
- Cohort is suspended for the duration of the quarantine
- Cohort is suspended until YRPH clearance to resume for all those not recovering from case of Covid 19

Return to Participation



Source: Phelan D, Kim JH, Chung EH. A Game Plan for the Resumption of Sport and Exercise After Coronavirus Disease 2019 (COVID-19) Infection. *JAMA Cardiol*. Published online May 13, 2020. doi:10.1001/jamacardio.2020.2136

Resources – FC Level 2, Ontario Stage One

Team Sport Guidelines – FC Level 2, Ontario Stage One

- Prolonged or deliberate contact while playing sports is not permitted.
- Field limit of 40 players – 10 participants in separate cohorts to avoid contact
- Physical distancing must be maintained
- Team sports in which body contact between players is either an integral component of the sport or commonly occurs while engaged in the sport (e.g., wrestling, judo) are not yet permitted
- Amateur and recreational sports leagues may resume for distanced conditioning and skills development only.
- Leagues/Associations must contain no more than 40 participants total. If participants in a league exceed 40, the league may divide into smaller groups of no more than 40.
- Equipment must be cleaned and disinfected between user sets or at the end of a game.
- Spectators at all sporting events, including professional sports, will be subject to gathering limits and physical distancing measures, with assigned seating where possible.
- In all cases, individuals are required to continue to maintain physical distancing of at least two metres with people from outside their households or social circles. (With the exception of Team Sports).

Provincial Facilities Guidelines – FC Level 2, Ontario Stage One

- Physical distancing must be maintained
- Equipment must be cleaned and disinfected between user sets or at the end of a game.
- Outdoor social gatherings and organized public events for up to 10 people
- Outdoor dining for up to 4 people per table
- Essential retail capacity at 25%
- Non-essential retail capacity at 15%
- Religious services, rites and ceremonies indoors at 15% capacity and outdoors with capacity limited to permit physical distancing of 2 metres
- Outdoor sports training (no games or practices), fitness classes and personal training up to 10 people
- Day camps
- Overnight camping at campgrounds and campsites, including Ontario Parks and short-term rentals
- Outdoor horse racing and motor speedways without spectators
- Outdoor pools and wading pools

Pathway Requirements – FC Level 2, Ontario Stage One

- All sanctioned activities (flag competitions, skills/drills/conditioning events) must be registered with the Ontario Football Alliance for insurance purposes;
- All players, first aiders, volunteers and coaches must be registered with the Ontario Football Alliance;
- All coaches must have the proper courses and qualifications to be on the field;
- All member organizations, Presidents, coaches and players who do not follow the outlined parameters will be subject to discipline which may result in loss of membership status at all levels;
- All organizations must provide a very clear and concise written plan to the OFA on how they will meet the requirements within this document, Football Canada's Return to Play and the Ontario Ministry of Health's document for FC Level 2, Ontario Stage One Return to Play. This includes tracing documents, screening procedures and waivers and;
- Insurance purchased prior to the pandemic is addressed in the Participants Section

Board Contacts

Name	Position	Email
Jodi Tavares	President	info@yorkregionfootball.com
Michelle Trelford	Vice President	vicepresident@yorkregionfootball.com
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Warren Craney	Director, Coaching & Player Development	coaching@yorkregionfootball.com
Mike Fortier	Director, Equipment	equipment@yorkregionfootball.com
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