



# Return to Train:

Alert Level Three

# Overview



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- ▶ Newfoundland and Labrador Soccer Association's priority is to safeguard the health and well-being of the soccer community and wider public during the COVID-19 pandemic.
- ▶ The Federal Government of Canada and the Provincial Government of Newfoundland and Labrador have announced a roadmap to cautiously reintroduce soccer in a staged approach.
- ▶ **Level Four** of the Newfoundland and Labrador Government Alert Level Guide outlines that no indoor or outdoor formal organized individual or team community sport or training will be permitted. All soccer and futsal activity across the Province therefore remains suspended until June 8.

# Overview CONT



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- ▶ **Level Three commenced on June 8**, when non-contact activity is permitted for up to 20 people and clubs may resume outdoor training sessions only as per these Return to Training Guidelines.
- ▶ This document outlines **the minimum conditions** that must be met throughout Level Three for any return to training to occur to limit the spread of COVID-19 in line with Federal and Provincial government guidance. It is important to monitor the public health guidance from the Department of Health and Community Services as the situation can change quickly. Please check the Government of NL website, which is updated daily: [www.gov.nl.ca/covid-19/](http://www.gov.nl.ca/covid-19/)
- ▶ Clubs and Associations have the authority to develop stricter guidelines at their own discretion
- ▶ Failure to meet these conditions may void your insurance policies may be dealt with under the NLSA's Discipline Policy and critically, may delay the return to competition.
- ▶ Clubs must also complete the Canada Soccer Return to Soccer Assessment Tool

# HYGIENE PROTOCOLS



# Hygiene Protocols Clubs



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All clubs must, in conjunction with the Municipality / landowner that:

- ▶ Create a facility “touch-map” of the common high-traffic areas with an articulated cleaning and sanitizing strategy established to ensure high-traffic are regularly and thoroughly cleaned. A cleaning schedule and checklist should be put in place to ensure proper cleaning of all equipment
- ▶ Ensure all staff will be trained to observe COVID-19 safety protocols and have access to Proper PPE which includes gloves, masks (when required), and cleaning supplies
- ▶ Ensure activity can only take place if the organization has adequate supplies of hand sanitizer, disinfectant wipes and if specified, personal protective equipment

# Hygiene Protocols Clubs CONT



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- ▶ Hand sanitizer dispensers or personnel are provided in prominent places around the venue (including entry and exit points) and are regularly refilled. Soap dispensers in washrooms are regularly refilled
  - ▶ Hand sanitizer stations must be vandalism proof
- ▶ Garbage bins are provided (and regularly emptied) around the venue for discarding trash, tissues and personal protective equipment which may otherwise become a public hazard.
- ▶ Dressing rooms will remain inaccessible
- ▶ Toilet facilities are only available for emergency cases and must be regularly sanitized and monitored to ensure there are sufficient supplies.

# Hygiene Protocols Clubs CONT



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- ▶ All surfaces, equipment and objects (including around entry points) are wiped down and properly logged after each training session with appropriate anti-bacterial /disinfectant wipes or soap, particularly those frequently touched, in accordance with Government of NL guidelines: <https://www.gov.nl.ca/covid-19/files/factsheet-covid-19-environmental-cleaning-NL.pdf>
- ▶ This includes door handles, light switches, phones, remote controls, pitch entry points and any other high touch areas as well as all equipment including balls
  - ▶ Wherein possible gates to facilities are to remain open



# Hygiene Protocols Clubs CONT



- ▶ Prominent signage, as defined by the Department of Health and Community Services:
  - ▶ Located at entry and exit points and throughout the venue instructing people when not to attend
  - ▶ that not more than 1 person is permitted per toilet facility at any one time
  - ▶ emphasizes cough/sneeze etiquette
  - ▶ emphasizes frequent hand washing
- ▶ Spaces/facilities will be considered one place of gathering with no subdividing of space that could cause potential clusters.



# Hygiene Protocols Clubs CONT



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- ▶ All coaches, staff and volunteers will be required to complete COVID-19 information training session
- ▶ Provide information and training to staff on:
  - ▶ The symptoms of COVID-19, and that they must stay home if they are unwell or symptomatic
  - ▶ Preventive measures including frequent handwashing, cough and sneeze etiquette, and frequent cleaning and disinfection of high-touch surfaces
  - ▶ Proper sanitation of public/shared spaces
  - ▶ Provide staff with proper personal protective equipment and sanitation supplies

# Hygiene Protocols Clubs CONT



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- ▶ Provide staff with proper personal protective equipment and sanitation supplies
- ▶ Personal Protect Equipment requirements:
  - ▶ <https://www.gov.nl.ca/covid-19/files/Guidance-on-Personal-Protective-Equipment-PPE-for-Employers.pdf>
  - ▶ <https://www.gov.nl.ca/covid-19/resources/>
- ▶ Distribute information to your members : hygienic practices, social distancing, handwashing etc.
  - ▶ <https://www.paho.org/en/covid-19-communication-materials>

# Hygiene Protocols Individuals



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- ▶ All individuals attending training must:
  - ▶ Wash hands with hand sanitizer immediately before and after training and during scheduled breaks in training
  - ▶ Not spit at any time
  - ▶ Not share drink bottles and clearly label their own bottle with their full name
  - ▶ Take their training bib or any other items worn/used during training, home to wash individually
  - ▶ Carry hand sanitizer in order to enable good personal hygiene
  - ▶ Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze and place tissues directly in garbage bins

# Hygiene Protocols Individuals CONT



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- ▶ Avoid the use of public toilets, however, in case of emergency, ensure hands are washed thoroughly
- ▶ Not share pens or clip boards
- ▶ Avoid touching eyes, nose or mouth if your hands are not clean
- ▶ Shower at home before and after training
- ▶ Ensure not more than 1 person per toilet facility at any one time



# Prior to Training

ALERT LEVEL 3

# Prior to Training Clubs



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In advance of training, clubs must:

- ▶ Receive written permission to use the desired facilities
- ▶ Only use facilities that are agreed upon in advance of the season
- ▶ Ensure that all members and stakeholders receive COVID-19 protocols, waivers and declarations, while understanding the rules and guidelines established by the NLSA.
- ▶ Comply with any additional requirements imposed by the Municipality
- ▶ Ensure all facilities/buildings within the facility (including canteens) will be closed and not accessible during training, except for washroom facilities in emergency situations
  - ▶ Washrooms will be subject to strict controls, with record keeping by a designated authority on the list of washroom users. One person will be responsible for providing access to washrooms
- ▶ Ensure the venue meets all the conditions in this document

# Prior to Training Clubs CONT



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- ▶ Ensure all communications with members about the return to training include this document, highlighting the information when not to attend training
- ▶ All club officials, coaches and anyone coordinating the training sessions must have read and be familiar with these guidelines
- ▶ Design a plan for the separation of entry and exit points to/from facilities
- ▶ Ensure that any person who attends training who is known in the last 14 days to have (or had) symptoms, contact with a known/suspected case, or be at high risk, is refused entry
- ▶ Ensure that all players and coaches are appropriately registered with the NLSA
- ▶ **Implement the Canada Soccer Risk Assessment Tool when preparing to Return to Train**

# Prior to Training Clubs CONT



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- ▶ Establish a Strategic Operations Team surrounding COVID-19
  - ▶ Lead – Keep updated on Provincial Health Information and keep team updated
  - ▶ Communication – communicate all relevant COVID-19 information to all stakeholders
  - ▶ Coach/Official – communicate new protocols to all coaches/officials and keep them updated
  - ▶ Facility Lead – communicate with facility and municipalities to discuss protocols that can be put in place when renting their facility



# Prior to Training Clubs CONT



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- ▶ Develop an Emergency Action Plan (our use should an individual feel unwell while taking part in programming).
  - ▶ Distribute contact information to all participants of whom a participant should inform should they develop symptoms while attending training/games
  - ▶ Log sheet will contain: name, address, phone and email contact, date and time in and time out
  - ▶ Record Keeping – to track members time at the program in the vent that an individual develops COVID-19
    - ▶ The Record Keeper will be able to inform other participants if they need to self isolate and the tracking records will assist local health authorities with notification and contact tracing

# Prior to Training Clubs CONT



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- ▶ An Isolation area with a radius of at least 2 meters
- ▶ Procedure for the isolation of a participant with COVID-19 symptoms
- ▶ Procedure for sanitizing the isolation area and any other area visited by the “participant”

# Prior to Training Clubs CONT



## Emergency Action Response Flow Chart



# Prior to Training Individuals



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- ▶ Complete a routine daily symptom check prior to attending programming
- ▶ Participants will be verbally asked if they meet any of the aforementioned criteria before participating in a program. Only participants that do not meet the above criteria and have no symptoms according to their symptom check will be allowed to participate



# Prior to Training Individuals CONT



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- ▶ You must not attend training if in the past 14 days you:
  - ▶ Travelled anywhere outside Newfoundland and Labrador and returned to the Province
  - ▶ Have been unwell or had any flu-like symptoms;
    - ▶ Been assessed by the Department of Health for COVID-19 and are awaiting those results
    - ▶ Have been in contact with a known or suspected case of COVID-19;
  - ▶ Have had any respiratory symptom (even if mild); or



# Prior to Training Individuals CONT



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- ▶ Are at a high risk from a health perspective
  - ▶ including the elderly and those with pre-existing medical health conditions.
- ▶ Those with even mild symptoms are strongly encouraged to leave training and consult with a Public Health Official
  - ▶ Must inform coaching staff of the symptoms being experienced
- ▶ Have been advised to self isolate for any other reason by Public Health





# Attending Training

ALERT LEVEL 3

# Attending Training Clubs



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- ▶ When conducting training, the following conditions must be implemented:
  - ▶ Be familiar with measure being taken by the Provincial Government. Follow Public Health Guidance for all Alert Levels
  - ▶ Entry must be refused to any person who attends training who is known in the last 14 days to have (or had) symptoms, contact with a known/suspected case, or be at high risk
  - ▶ Staggered training start times to minimize risk of congregation



# Attending Training Clubs CONT



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- ▶ A gap of no less than 15 minutes in between scheduled training sessions to avoid congregation
- ▶ An accurate record of all attendees (including parents/guardians) for the purposes of contact tracing must be kept, including full name, phone number, date and time of attendance - to be completed only by the coach/manager
- ▶ If any player presents to training with COVID-like symptoms, they Emergency Action Plan must be implemented

# Attending Training Clubs CONT



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- ▶ When conducting training, the following conditions must be implemented:
  - ▶ In the event that an outdoor space is sufficiently large (ie, Minimum FIFA Standards for a full size soccer field), sport groups could consider having multiple groups of 20 participants engaged at the same time, as long as all other public health measures are in place and there is no intermingling of groups. Pylons may be utilized to define the group space.
  - ▶ Physical distancing of 2 meters must be maintained for activities <https://www.gov.nl.ca/covid-19/physical-distancing/>
  - ▶ No more than 1 person per 4m<sup>2</sup>

# Attending Training Clubs CONT



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- ▶ No heading of the ball can take place during training
- ▶ Activity must be non-contact ie. no tackling, no handshakes, high fives or similar
- ▶ Handling of equipment must be minimized ie. no throwin's
- ▶ In the event of a participant being injured all personnel should wear PPE before providing assistance

# Attending Training Clubs CONT



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- ▶ Sharing of equipment must be minimized
- ▶ Clubs are responsible for ensuring all equipment is properly sanitized between training sessions. This includes soccer balls if the club(s) assume responsibility of providing them.
- ▶ No use of shared equipment that touches the head or face or cannot be effectively cleaned i.e. soft materials or clothing
- ▶ Adherence to the hygiene protocols in this document
- ▶ Regular breaks are to be provided for the purpose of rehydrating and hand sanitizing
- ▶ No social activity is to occur once training has concluded
- ▶ Players must leave promptly in a staged approach
- ▶ Any access to equipment storage areas limited to one person
- ▶ All normal safety protocols apply

# Attending Training Individuals



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- ▶ When attending training, the following conditions must be observed:
  - ▶ You must not arrive more than 15 minutes prior to training commencing
  - ▶ You must not congregate at the entry point
  - ▶ You must arrive prepared to train –changing rooms will not be in use
  - ▶ You must bring your own drink bottles clearly labelled with your full name
  - ▶ No sharing of drink bottles is permitted
  - ▶ If reasonably practical, only one parent/guardian to take their child(ren) to training
  - ▶ Parents/guardians are encouraged to “drop and go” with respect to bringing their children to training sessions

# Attending Training Individuals CONT



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- ▶ You must follow the hygiene protocols in this document - regular breaks will be provided for the purpose of rehydrating and hand sanitizing
- ▶ Physical distancing of 2.0 meters must be maintained
- ▶ No more than 1 person per 4m<sup>2</sup>
- ▶ If you bring a ball to training you must ensure the ball is properly sanitized before and after training
- ▶ No heading of the ball can take place during training
- ▶ Activity must be non-contact ie. no tackling, no heading, no handshakes, high fives or similar
- ▶ Handling of equipment must be minimized e.g. no throw ins
- ▶ Sharing of equipment must be minimized. No use of shared equipment that touches the head or face or cannot be effectively cleaned i.e. soft materials or clothing

# Attending Training Individuals CONT



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- ▶ You must provide your details including full name, phone number, date and time of attendance for the purpose of contact tracing
- ▶ If training bibs are used, you will be allocated a bib and you must take it home and wash
- ▶ You must leave promptly in a staged approach

# Attending Training Referee Component



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- ▶ Fitness Testing (Beep Test)
  - ▶ A maximum of 7 people per session
    - ▶ One of whom is the facilitator
  - ▶ Arrive ready for the fitness testing as dressing rooms will not be available
  - ▶ 15 minutes between sessions
  - ▶ Do not share anything, including drink bottles, towels etc.
  - ▶ No spitting
  - ▶ Facilitator only person permitted to touch equipment necessary to complete fitness test

