



Return to Play Plan  
*Safe Soccer Programming*

July 2020

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## Introduction

VanU is certified by the Canadian Soccer Association as a National Youth Club License holder. This is the highest level of certification in the country for a youth soccer club. We are also certified by BC Soccer Club Charter recognized member. These certifications recognize VanU as adhering to the highest levels of child safety, administrative and financial practices, governance, coach education and technical programming.

On June 1, 2020 ViaSport released their Return to Sport guidelines. These guidelines provide direction to Provincial Sport Organizations (PSO's) and ultimately the clubs, such as ours, who fall under BC Soccer's governance. On June 2nd, BC Soccer announced their requirements for Return to Play. If clubs agree to meet them, they can re-start modified programming once they have completed a Canada Soccer Association Assessment Tool. VanU have completed the assessment tool.

We are excited to be able to get players back on the field in this Safe Soccer environment. While this is not a full return to normal play, we are excited to be able to get players back on the field and to safely engage socially and athletically, in the weeks to come. We will continue to communicate and work with our governing bodies to determine when we can progress to training and games with fewer restrictions.

In order to maximize safety and the soccer experience, VanU is closely following BC Soccer directives specific to return to play protocols. It is essential that all participants are diligent in following instructions and communicate the importance of this to their children.

We also understand that families may have different comfort with the risks associated with returning to play; ultimately individuals will need to assess our safe soccer program and make an informed decision that best suits their family's risk tolerance.

We want to acknowledge the leadership from the Provincial Health Office, ViaSport, Canada Soccer and BC Soccer for their ongoing efforts to make our province safe and facilitate the safe return of sport to our lives.

We also want to thank our families for their ongoing patience and support as we try and navigate these challenging times. We are not back to normal but there is a pathway to normal soccer and we are determined to get there safely.

## Resources guiding our safe Return to Play

VanU is committed to following Viasport and BC Soccer Return to Play protocols as laid out below.

Viasport Return to Sport Guidelines

<https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>

BC Soccer Return to Play Plan Phase 1 (approved by the CSA):

[https://bcsoccer.net/files/MemberService/ReturnToPlay/June\\_2\\_2020\\_Canada\\_Soccer\\_Approved\\_BC\\_Soccer\\_Return\\_to\\_Play\\_Plan\\_Phase\\_1.pdf](https://bcsoccer.net/files/MemberService/ReturnToPlay/June_2_2020_Canada_Soccer_Approved_BC_Soccer_Return_to_Play_Plan_Phase_1.pdf)

BC Soccer Return to Play Technical Sessions (samples)

[https://bcsoccer.net/files/MemberService/ReturnToPlay/June\\_2\\_2020\\_BC\\_Soccer\\_Return\\_to\\_Play\\_Phase\\_1\\_Technical\\_Resources\\_Canada\\_Soccer\\_Approved.pdf](https://bcsoccer.net/files/MemberService/ReturnToPlay/June_2_2020_BC_Soccer_Return_to_Play_Phase_1_Technical_Resources_Canada_Soccer_Approved.pdf)

## Safe Soccer - Phase 1

Here are some of the important protocols and plans that parents and players should be aware of

### *Enhanced Protocols*

- All participants will be asked to use hand sanitizers prior to entering the field of play and at the end of their session, as they leave the facility or field. Players are encouraged to bring their own but VanU will also have hand sanitizers at all field entry points.
- Anyone (participants and parents) attending safe soccer must review the symptoms check list daily. Anyone exhibiting any of the COVID-19 symptoms **SHALL NOT** attend and will need to report on our contact tracing form. We will also have signage at the fields, reminding everyone to check their symptoms, prior to participating.

### *Participants*

- As per BC Public Health Office rules on public gatherings, fields will be limited to 50 people for full-sized fields and pro-rated for smaller fields.
- In order to limit the number of spectators, we are asking that VanU Members only attend with one other person. Spectators are expected to manage social distancing in the designated areas, outside the field of play.

### *Modified Activities*

- All training plans and sessions will be designed to keep VanU Members in their own areas, and to not come into contact with other VanU Members. There will be no 1v1 activities, and no small or full-sized games.

### Competition

- No games are allowed during Phase 1. VIASPORT has indicated that small sided games may be allowed in the next phase.

### Equipment

Players are required to bring their own drinks. Each Player will have their personal equipment behind their specific training area. Personal items are not to be shared or mixed with those from other Players.

- Players are asked to wear either a white or dark shirt and bring the other colour shirt in their bag to eliminate the need for pinnies during sessions.
- Players should also bring a water bottle (ideally with their name clearly labelled on it)
- If the weather warrants players should also bring sunscreen, which is not to be shared.
- Players should wear appropriate footwear (cleats). Shin pads at this point are optional, as there will be no contact with other Players. Face masks are also considered optional.

Training equipment will consist of cones and soccer balls. These will be managed and sanitized daily by the club staff.

### Safe Soccer - Phase 2 and 3

No dates have been set for when we can move towards Phase 2 and 3. Clearly, the main determiner for this will be how well we are recovering from the pandemic. What will also likely be a factor is how well we have been adhering to Phase 1 rules.

### From ViaSport's Return to Sport Guidelines for BC

	Strictest Controls Prior to May 19, 2020	Transition Measures Approx. May 19th to Sept.	Progressively Loosen Future date TBC	New Normal Future date TBC
Restrictions in Place	<ul style="list-style-type: none"> <li>Maintain Physical Distance (2m)</li> <li>No non-essential travel</li> </ul>	<ul style="list-style-type: none"> <li>Maintain Physical Distance (2m)</li> <li>No non-essential travel</li> <li>No group gatherings over 50 people</li> </ul>	Refer to PHO and local health authorities	Refer to PHO and local health authorities
Enhanced Protocols	Increased hand hygiene	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> <li>Symptom Screening in place</li> </ul>	Increased hand hygiene	Increased hand hygiene
Facility	<ul style="list-style-type: none"> <li>Outdoor or within home</li> <li>Facilities and playgrounds closed</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor is safest</li> <li>Indoor facilities slowly re-opening</li> </ul>	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	<ul style="list-style-type: none"> <li>Small Groups</li> <li>No or limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>Groups sizes may increase</li> <li>Limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>Large groups allowed</li> <li>No restrictions on spectators</li> </ul>
Non-contact Activities	<ul style="list-style-type: none"> <li>Low risk outdoor activities can occur (biking, running, etc).</li> <li>Virtual activities</li> </ul>	<ul style="list-style-type: none"> <li>Fundamental movement skills</li> <li>Modified training activities, drills</li> </ul>	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	<ul style="list-style-type: none"> <li>Should not occur</li> <li>Contact sports should look for non-contact alternatives to training</li> </ul>	Introduction to pair or small group contact skills	No restrictions on activity type
Competition*	Should not occur	In club play or modified games may slowly be introduced	Interclub or regional game play may be considered	Provincial competitions and larger scale events may return
Equipment	No shared equipment	<ul style="list-style-type: none"> <li>Minimal shared equipment</li> <li>Disinfect any shared equipment before, during and after use</li> </ul>	<ul style="list-style-type: none"> <li>Some shared equipment</li> <li>Enhanced cleaning protocols in place</li> </ul>	Shared equipment

\*Introduction of competitive activities should be in alignment with Sport Specific guidelines

## People and procedures

People and Procedures	
<b>Welcome staff</b>	Assigned to each location. Coordinator will be off-field and will manage the arrival, departures of players and spectators around the field. Coordinator to provide verbal illness check to players/guardians before they can enter the field
<b>On field staff</b>	All VanU programming during this Phase until further notice will be led by staff coaches who have completed in-club training for modified soccer
<b>Technical Director</b>	Gus Karvelis - gus@vancouverunitedfc.com (for program questions)
<b>Operations Manager</b>	Loretta Abdi - loretta@vancouverunitedfc.com (for admin/registration issues)
<b>Executive Director</b>	Gregor Young - gregor@vancouverunitedfc.com (oversight & risk management)
<b>Field maps</b>	Fields will be divided into up to four sections.
<b>Spectators</b>	Welcome staff will help spectators maintain a safe distance from players and each other. We ask that spectators respect requests from welcome staff
<b>First Aid</b>	On-field staff will be provided with PPE (gloves, masks) should players require on-field attention. First aid kits will be kept on-field as well.
<b>PPE</b>	We recommend players bring their own hand sanitizer and keep it with them on the field in a bag with their water bottle. VanU Welcome Staff will have hand sanitizer available to players as they enter the field. Masks are optional and will not be provided by VanU.
<b>Equipment cleaning</b>	Balls will be cleaned after sessions; players have option to bring own ball but nature of sessions is that balls may be transferred between players
<b>Personal property</b>	Players must bring their own water and any other personal effects they need for their session. Each player will have a space for what they bring that will be separate from others
<b>Training groups</b>	Sessions will have a maximum of 50 people per session, including coaches. As these will be no-contact sessions we are able to mix ages and genders where it makes sense
<b>Session length</b>	All sessions for the immediate future will be one hour long except for summer camps which will be three hours long

## Participation Guidelines

Participation in VanU's Safe Soccer programs is completely voluntary. To ensure a safe return to soccer, we have established the following guidelines for participants:

- Parents must fill out the Return to Play Waiver, in the appendix below, on behalf of all family members. This must be signed and given to the Welcome Staff at the first session as the players enter the field.
- Parents are asked to review all return to play protocols and to sit down with their children and explain the information and importance of abiding by all protocols and rules. Staff will also work with VanU Members on this but it will be helpful if this is reinforced by all adults.
- All participants to follow the VanU Illness Policy (see Appendix B below)

## **Risk Management**

We are taking every recommended step to ensure the safety of all participants. In addition to information provide on our return to play page, here are additional measures in place to mitigate risk:

- Appointment of a Risk Management Officer. Gregor Young, the VanU FC Executive Director will serve in this role. He can be reached by email at [gregor@vancouverunitedfc.com](mailto:gregor@vancouverunitedfc.com). This role will:
  - Monitor advice and direction from health and sport authorities
  - Manage any contact tracing reports
  - Oversee all program implementation to ensure safe soccer compliance
- All sessions will be delivered by a staff coach who has been trained in safe soccer protocols

## **Facility Management**

Facilities are defined as all areas, from the parking lot, to the casual spectator areas, to the field.

Parking lots, sidewalks, and getting to/from the fields of play

- Similar to other parking lots, the expectation is that people:
  - Do not congregate
  - Maintain physical distancing at all times

Casual spectator areas will be around the fields of play. Our expectation is:

- A maximum of one spectator per family is allowed
- Physical distancing is maintained in the casual areas
- Masks are optional but recommended per the health authority's guidance
- Spectators are to stay on the side of the field where their child is participating and not move between or into other casual areas.

## **Scheduling**

As per the approved BC Soccer Return to Play program each full field will be divided into four training grids. Players will be instructed on which part of the field they will be using ahead of time as well as when and how to enter it and, if necessary, move between grids.

We will allow time for the coaching staff to re-set equipment and prepare for their next group before new groups enter a field.

Coordinating the arrival and departure of players is important so we can minimize the number of people at fields. We need members to adhere to the following schedule:

- Do not arrive more than 10 minutes prior to your scheduled session.
- Come to the field fully dressed with all personal equipment in a bag or back pack. There will be a dedicated space for each player's bag adjacent to where they are training.
- Arrive at the side of your field/grid 5 minutes prior to your scheduled start time while maintaining a 2m distance from other players. At this point the session head coach will assign you to a specific box in your field.
- Players who are late will need to wait outside of the field until a coach brings them on to where they need to be.
- At the conclusion of your session players will gather personal equipment and immediately leave the field of play. All participants are asked to leave the facility within 10 minutes of the conclusion of your scheduled session.
- Players will not be permitted to congregate after the conclusion of their session.

Your cooperation and compliance with the above protocol is very much appreciated and will help ensure that we avoid any bottlenecks of people and occurrences where social distancing becomes more challenging.

Your specific schedule will be communicated directly by email. If you have questions about your schedule or the location of your field of play, please email us prior to arriving so we can assist you.

### **Equipment Management & Cleaning**

Personal equipment (water/drinks and any apparel/footwear) will be the responsibility of each Player. We require that Player do not share personal equipment under any circumstances. Personal equipment is to be kept behind each Player's personal space and removed at the end of each session.

Training equipment used in the session will be managed by the club staff. All of this equipment will be sanitized daily.



## VanU Program Staff Roles

Staff roles	
<b>Welcome staff</b>	<b>Responsibilities</b>
	Point of contact for Player arrival and provide direction on entering the field
	Provides Illness Check off-field
	Manages departure of Players from outside of field
	Manages off-field Physical Distancing of Spectators
	Manages off-field PPE
	Off-field Hand sanitizer station
<b>Senior staff coach</b>	<b>Responsibilities</b>
	Clean & Distribute soccer equipment to group coaches
	Assist players getting to correct part of the field
	Manage any necessary movement between groups
	Handle all incidents involving First Aid
	Begins sessions and signals end of sessions
	Manage player on-field departure
<b>Staff coach</b>	<b>Responsibilities</b>
	Manages setup of their part of the field
	Assists if and when players move between areas of the field
	Coaches players through the session plan
	Assists in post-session equipment cleaning

### First Aid

As there will be no contact, we expect the risk of injury to be very low. Should a minor injury occur, here is our protocol for managing:

- The session head coach will communicate with the players to assess the injury verbally, at the minimum 2m physical distance
- Depending on the injury, the following may occur:
  - The Player will sit out until they feel better to re-join

- The Player will walk to their parent for attention
  - The Player will receive first aid treatment from staff
- All fields will have a first aid kit on site. If a staff member provides first aid support they will do so with a mask and gloves on at all times as physical distancing will no longer be possible.
- In the event of an unforeseen serious injury, 911 will be called.

## Illness Policy

In this policy, “VanU member” includes an employee, volunteer, participant or parent/spectator.

- Inform VanU’s Risk Management Officer immediately if you feel any symptoms of COVID-19 such as 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.
- Assessment
  - VanU Members must review and conduct the self-assessment prior to participating in any club activities.
  - Coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the activity.
- If a VanU Member is feeling sick with COVID-19 symptoms
  - They should remain at home and contact Health Link BC at 8-1-1.
  - If they feel sick and /or are showing symptoms while at work, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
  - No VanU Members may participate in a practice/activity if they are symptomatic.
- If a VanU Members tests positive for COVID-19
  - Complete VanU contact tracing form immediately.
  - The VanU Member will not be permitted to return to the facility or any activity until they are medically cleared of the COVID-19 virus.
  - Any VanU Members who are part of the same session with the infected VanU Member will also be removed from the facility/activity for at least 14 days to ensure the infection does not spread further.
- If a VanU Member has been tested and is waiting for the results of a COVID-19 Test
  - Complete VanU’s contact tracing form immediately.
  - As with the confirmed case, the VanU Member must be removed from the facility/activity.
- The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
- Other VanU Members who may have been exposed will be informed and removed from the facility/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
- If a VanU Member has come into contact with someone who is confirmed to have COVID-19
- Complete the VanU contact tracing form immediately.

- Once the contact is confirmed, the VanU Member will be removed from the facility/activity for at least 14 days or as otherwise directed by public health authorities. VanU Members who may have come into close contact with the VanU Member will also be removed from the facility/activity for at least 14 days.
- Quarantine or Self-Isolate if:
  - Any VanU Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
  - Any VanU Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
  - Any VanU Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
  - Any VanU Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.

## APPENDIX: Youth Participant Waiver

### WAIVER OF CLAIMS, RELEASE OF LIABILITY, ASSUMPTION OF RISKS, AND INDEMNITY AGREEMENT (the "Agreement")

#### WARNING: READ CAREFULLY! THIS AGREEMENT WILL AFFECT YOUR LEGAL RIGHTS

BY SIGNING THIS DOCUMENT YOU WILL WAIVE CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE. YOU WILL AGREE TO ASSUME RESPONSIBILITY FOR CERTAIN RISKS AND AGREE TO FULLY INDEMNIFY VANCOUVER UNITED FOOTBALL CLUB FOR INJURY, PROPERTY DAMAGE, ILLNESS AND DISEASE (INCLUDING COVID-19)

BY SIGNING THIS DOCUMENT YOU WILL ACKNOWLEDGE AND AGREE THAT TRANSMISSION OF COMMUNICABLE DISEASE (INCLUDING COVID-19) IS AN INHERENT RISK ASSOCIATED WITH YOUR CHILD'S PARTICIPATION IN SOCCER ACTIVITIES

I understand that this Agreement is a binding legal agreement. Any clarification or questions or concerns must be raised before signing.

I understand that this Agreement is made for the benefit of Vancouver United FC (the "**Organization**") and its directors, officers, agents, representatives, employees, volunteers, members, participants, spectators, independent contractors, subcontractors, sponsors, successors and assigns (collectively, the "**Releasees**").

I understand that the Organization will not permit the undersigned Participant to participate in any soccer activities organized, offered, or sanctioned by the Organization (the "**Activities**") unless and until this Agreement is signed by the Participant's Parent/Guardian. In consideration of permitting the Participant to participate in the Activities, I acknowledge and agree to the following terms:

**1. ACKNOWLEDGMENT AND ASSUMPTION OF RISKS:** I understand that there are many risks associated with the minor Participant's participation in the Activities (the "**Risks**"). **I UNDERSTAND THAT COVID-19 IS A SIGNIFICANT HEALTH RISK AND CARRIES A HIGH RISK OF TRANSMISSION THROUGH PHYSICAL OR SHARED CONTACT.** I acknowledge that the Risks include, but are not limited to, serious personal injury, death, property damage, illness and disease (i.e. communicable diseases such as COVID-19, MRSA, and influenza). I further acknowledge that I am in the best position to assess the impact that a communicable disease may have on the Participant or on others with whom the Participant may transmit such disease. Examples of the Risks include, but are not limited to personal injury, death, property damage, or illness resulting from:

- ❖ **HEALTH:** food and beverages, overexertion, dehydration, fatigue, traumatic injury, infections, rashes, and transmission of communicable diseases (including COVID-19, MRSA and influenza), bacteria, parasites or other organisms or mutations thereof.
- ❖ **CONDUCT:** the Participant's conduct and conduct of other persons, including any physical altercation between persons.
- ❖ **PREMISES:** defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions on the field of play or other surfaces; extreme weather conditions; and travel to and from premises.
- ❖ **EQUIPMENT:** mechanical failure of the equipment; negligent design or manufacture of the equipment; insufficient cleaning of the equipment; the provision of or the failure by the Releasees to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment within the Participant's ability.

**I FREELY ACCEPT AND FULLY ASSUME RESPONSIBILITIES FOR THE RISKS.**  
The minor Participant is being registered and participating in the Activities voluntarily and willingly.

\_\_\_\_\_  
Signature of parent/guardian