



## North Shore Thirty Something Women's Soccer

### Return to Play Plan

July 2020

### Objective

The NSTSWSL objective is to get players on the field and playing soccer in an environment that will adhere to the guidelines identified by BC's Public Health Authority and BC Soccer. The plan is to promote our league philosophy of fun, fitness and friendship, while being safe with physical distancing.

### When and Where

Fen Burdett and Confederation turf fields have been booked every Sunday from July 12 – August 30, with the exception of August 16<sup>th</sup>, where Fen Burdett is already in use by another organization and we will move to William Griffin. Training time on all fields is 10am – 11am.

### Emergency Preparedness and Response Plans

1. Players who are unwell and having symptoms that may relate to COVID-19, or have members of their same household that are not well with symptoms that may relate to COVID-19, are asked not to attend training sessions.
2. Players who have attended a training session and have symptoms present after the training, must contact the league president at [president@thirtysomethingsoccer.com](mailto:president@thirtysomethingsoccer.com). Players who do become ill, should consult with their medical professional, and if you are asked to get tested and test positive, need to communicate any positive results to the league president. Information will be shared with other players who attended the same training but the identity of the player testing positive will not be disclosed.
3. Players are requested to bring their own hand sanitizer and to clean their hands prior to starting training and at the end of training.
4. Players are asked to bring their own soccer ball for the training. We will have a limited number of spare soccer balls available to those that don't have one or access to one.
5. Players are to bring their own water bottles, towels and any other personal equipment they require for the training sessions. Personal equipment is not to be shared at any time and should be placed at a distance from other players to maintain the 2m spacing.
6. Players are asked to bring a separate white shirt and black shirt, so that pinnies would not be required.
7. The league does not plan to complete temperature checks or screen players on arrival to the training fields. We are trusting players to be considerate of others to keep everyone safe.

8. All players and coaches involved in the training sessions need to be familiar with hand hygiene practices, coughing etiquette, and physical distancing requirements to keep all members safe.
9. Should a player get injured during the training sessions, that requires emergency medical personnel, 911 is to be called to handle the emergency. Review our medical response plan in Attachment A.

## Mitigation Measures

1. The league requests that players do not bring family or friends to training sessions to limit the group size (keeping to the 50 maximum per field) and possible exposure.
2. To the best of our ability, we will keep the same players together in their team groupings from training session to training session.
3. Players will be required to sign-up for each of the training sessions to ensure that we maintain no more than 50 players/coaches on a field at a time. Sign-ups will be electronic.
4. Drills involving hands touching the ball will not part of the training, such as throw ins. However, if players wanting to participate as a goalie, they can wear goalie gloves to touch the ball. Goalie gloves **MUST NOT BE SHARED.**

## Training Sessions

1. The trainings sessions will be run by two coaches at each field, with drills that will adhere to physical distancing rules.
2. Small 2 vs. 2 or 3 vs. 3 scrimmages will occur later in the 8 weeks.
3. Each field will be divided in to quarters, with each grouping keeping within their quarter for the drills.
4. Each quarter field will hold no more than 12 players.

**NOTE: It is recognized that a ball may leave the “zone” in which a player or players are participating in and that everyone will need to continue to be mindful to keep the 2m distance as stray balls will need to be retrieved.**

## Training Cancellations?

1. All training sessions will proceed each week regardless of weather.
2. Should a COVID-19 outbreak occur at one or both of the fields, the league will determine whether the training will be cancelled or postponed. All members of the league will be notified regardless of whether they had participated or will participate in the training sessions or not.

## Insurance

All players are required to sign and return the Adult Participant Waiver as part of the BC Soccer insurance prior to participating in the training sessions. If it has not been returned, your spot at the training session will be cancelled and the next person on the list will be given the spot.

# ATTACHMENT A

## **MEDICAL RESPONSE PLAN**

Due to COVID, there may be a need to modify standard protocols for first aid treatment to reduce the potential for transmission.

**Include:** Physical distancing (2 meters), hand hygiene and disinfection

### **ASSESS THE SITUATION:**

#### **SELF TREATMENT WITH DIRECTION**

Can the player provide self-treatment, do they have a minor injury?

- Provide any required direction and first aid supplies
- Stay 2 meters apart
- Place any required first aid supplies on a surface 2 meters from the patient, directs the patient to pick up first aid supplies and directs the patient on how to apply, if required.

#### **TREATMENT WITH INTERVENTION**

If the patient cannot self-treat and is a serious injury

- Ensure 911 has been called
- Anyone supporting the player should don gloves and a mask
- Conduct a scene assessment
- Conduct a primary survey
- Conduct critical intervention, if required
- Monitor until EMS arrives

After treatment sanitize all equipment, remove and wash any PPE that is not disposable. Use hand sanitizer to sanitize your hands. Disposable PPE must be placed in a sealable bag and place in the trash.