



ABBOTSFORD FALCONS FOOTBALL ASSOCIATION



PO BOX 8000, UNIT 635, ABBOTSFORD BC, V2S 6H1

www.abbotsfordfalcons.org / abbotsfordfalcons@outlook.com

Abbotsford Falcons Football Return to Sport Guidelines for Coaches, Volunteers & Players Effective, July 1st, 2020

The health and safety of players, coaches, trainers, officials, volunteers', parents, administrators, and families remains the number one priority of the Abbotsford Falcons, and our members.

This is meant to be an overview of the guidelines for Return to Sport and included specific protocols to be followed as it relates to AFFA activities and COVID-19. Please review the BCPFA Return to Sport Guidelines as well as via Sport Guidelines for a complete set of guidelines that must be followed over and above all. These are posted on our website for your reference.

We are currently in Phase 2 of our return to sport guidelines. ** Violations may result in having our permits revoked or our return to sport approvals revoked. This document will be updated as Provincial guidelines change.

Clubhouse

We will not be using the clubhouse during Phase 2, however when we move to Phase 3 we will be handing out equipment from the clubhouse in which you will be updated at that time as to how we will manage the clubhouse. A strict schedule will be assigned to each team.

Coaching Staff

- Equipment for practice pickup will need to be scheduled with staff
- All volunteer staff will be provided reusable masks
- Coaches must practice physical distancing where possible. Where physical distancing is not possible PPE must be worn (first aid attendants)
- Coaches must ensure equipment is sanitized before, during and after practice
- Coaches must setup their practices to allow for physical distancing between participants (use cones, etc.)
- Attendance taking is mandatory for all activities. Attendance must be recorded
- Everyone (coaching staff, players and volunteers) will be temperature checked prior to the activity and must have a Daily Assessment Form filled out prior to the activity in order to participate. These checks must be recorded. Anyone running a high temp will be sent home. Anyone (coaching staff, players and volunteers) that is feeling ill during the activity, must go home. Refer to the BCPFA Illness Policy (attached) for your reference.
- Equipment/uniform issue will be scheduled by team only after Phase 3 dates have been announced.
 - This schedule must be adhered to
 - Anyone missing their scheduled day/time will absolutely need to wait until all teams are dressed. No exceptions
 - 1 coaching staff & 1 administrative staff will be in the clubhouse for paperwork
 - Players must line up outside (maintaining physical distancing) until called upon
 - Players must wash and sanitize their uniforms and equipment between each event



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- No High Fives or Hugs
- No Sharing Water Bottles
- No Huddles
- Ice is to be used for injury only
- Players mouth guards should remain in at all times (once we move to Phase 3, mouthguards will not be required while in Phase 2). If you have to remove it, wash your hands
- Football Gloves should be worn by all players
- No spectators at practice

Players

- Players must gear up/get changed in the parking lot. Equipment must remain on after practice/games until the player reaches the parking lot
- All volunteers/players and coaches will be temperature checked prior to practice/games. Anyone running a high temperature will be sent home. Refer to the BCPFA Illness policy for your reference.
- Parents must wait until the player is cleared before they leave
- Any player exhibiting signs of illness during practice/game will be sent home. Parents must be available to pick up if requested by the team staff
- No Hi Fives or Hugs
- No Sharing Water Bottles
- No Huddles
- Ice is to be used for injury only
- Mouth guards should remain in at all times (once we move to Phase 3, mouthguards will not be required while in Phase 2). If you have to remove it, wash your hands
- Football Gloves should be worn by all football players

Parents

- 1 parent per player to drop off and stay to watch
- All volunteers/players and coaches will be temperature checked prior to practice/games. Any volunteers/players running a high temperature will be sent home. Parents must wait for the all clear from the Manager before leaving the field. Refer to the BCPFA Illness Policy for reference
- All parents must provide a phone number to your team manager in which you will answer during practice if your child's coach/manager needs to get in contact with you during practice
- Each child must have a Daily Assessment form filled out and brought to the start of every practice. These forms will be provided to you. If this form is not filled out at the start of each practice, your player will not be permitted to the practice field

Illness Policy

The following policy must be strictly adhered to.

In this policy, “team member” includes an employee, volunteer, participant, parent or spectator – basically anyone associated with the club or league.

1. Inform an individual in a position of authority (coach, team manager, program coordinator) 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.
2. Assessment
 - a. Team members must review the self-assessment signage located throughout the facility before their practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
 - b. Managers/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 workday/practice/activity.
 - c. If Team Members are unsure please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool.
3. If a Team Member is feeling sick with COVID-19 symptoms
 - a. They should remain at home and contact Health Link BC at 8-1-1.
 - b. If they feel sick and /or are showing symptoms while at the training session, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
 - c. No Team Member may participate in a practice/activity if they are symptomatic.
4. If a Team Member tests positive for COVID-19
 - a. The Team Member will not be permitted to return to the practice/facility until they are free of the COVID-19 virus.
 - b. Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
 - c. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.

5. If a Team Member has been tested and is waiting for the results of a COVID-19 Test
 - a. As with the confirmed case, the Team Member must be removed from the practice/facility.
 - b. 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.
 - c. Other Team Members who may have been exposed will be informed and removed from the practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
 - d. The practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

6. If a Team Member has come in to contact with someone who is confirmed to have COVID-19
 - a. Team Members must advise their manager/coach if they reasonably believe they have been exposed to COVID-19.
 - b. Once the contact is confirmed, the Team Member will be removed from the practice/activity for at least 14 days or as otherwise directed by public health authorities. Other Team Members who may have come into close contact with the Team Member will also be removed from training activity for at least 14 days.
 - c. The activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

7. Quarantine or Self-Isolate if:
 - a. Any Team 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.
 - b. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - c. Any Team 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.
 - d. Any Team 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.

Outbreak Plan

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.

This situation must be reported to the BCPFA immediately (executivedirector@bcpfa.com).

Steps:

1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Assign an individual within the organization has the authority to suspend or cancel activities.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the activity place, implement enhanced cleaning measures to reduce risk of transmission as well as notify the facility right away.

Implement the *Illness Policy* and advise individuals to:

- self-isolate
- monitor their symptoms daily, report respiratory illness and not to return to activity for at least 14 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 at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
 - Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - Individuals can learn more about how to manage their illness here:
<http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>
- 3. 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.
- 4. If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.

Start Up Phase 2 – Training & Development Phase (current phase)

- If a team has 2 or more confirmed cases of COVID-19, that team will suspend operations for a 14 day period.
- If two teams have 2 or more confirmed cases of COVID-19, the club will suspend operations for a 14 day period.

Start Up Phase 3 – Competition Allowable Phase (anticipated September 2020)

- If a team has 2 or more confirmed cases of COVID-19, that team will suspend operations for a 14 day period.
- If two teams have 2 or more confirmed cases of COVID-19 within the same division, the division will suspend operations for a 14 day period.
- If two teams have 2 or more confirmed cases of COVID-19 within different divisions, the league will suspend operations for a 14 day period and will be subject to review/approval by the PSO prior to re-commencing activities.



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RETURN TO SPORT ~ PARTICIPATION AGREEMENT

All Participants of The Abbotsford Falcons Football Association, agree to abide by the following points when entering Club Facilities, practice fields and/or participating in club activities under the COVID-19 Response plan and Return to Sport Protocol:

- I agree to symptom screening checks, and will let my club and/or coach know if I have experienced any of the symptoms in the last 14 days
- I agree to stay home if feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting the field(s), with soap and/or sanitizer.
- I agree to sanitize the equipment I use throughout my practice with approved cleaning products (shared personal equipment).
- I agree to continue to follow social distancing protocols of staying at least 2 metres away from others.
- I agree to not share any personal equipment during practice times.
- I agree to abide by all of my Clubs COVID-19 Policies and Guidelines, including all BCPFA and AFFA Return to play guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the club for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my club membership temporarily.

I acknowledge that there are risks associated with entering club fields and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Participant Name: _____

Signature: _____

Signature of Parent or Guardian: _____

Date: _____

Level: _____



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DAILY HEALTH ASSESSMENT

*** must be filled out prior to entering the practice field along with temperature reading upon entering the field*

Date: _____

Name of Child: _____

Team Level (circle one): Atom PeeWee Junior Bantam

DAILY HEALTH ASSESSMENT ~ PLAYER

Does your player have any of the following symptoms?	NO	YES, comments
Fever (above 37.5C)		
Cough		
Sneezing		
Sore Throat		
Difficulty breathing		
Disorientation		
Fatigue		
Congestion		
Chills		
Vomiting		
Have you travelled outside BC in the last 14 days		
PARENT/GUARDIAN INITIALS		

If any of these signs and symptoms are present, please call Healthlink BC at 8-1-1 or visit a health care professional.