

A group of young soccer players in light blue jerseys and dark shorts are celebrating on a grassy field. They are huddled together, with some players jumping and others hugging. The background shows a chain-link fence and some trees.

INTERNATIONAL FC RETURN TO PLAY WEBINAR

PHASE 1 (Indoors)

Updated: 10/14/2020



REMINDER

The Return to Play process is very fluid and as a result, no one can completely control, safe guard or produce a management plan that can address every scenario or nuance during these unprecedented times.

*Therefore, we must be **flexible**, **supportive** of one another and **communicate** as much as possible, so we can ultimately protect the health and safety of our participants.*

Updates since last webinar

Recent Changes:

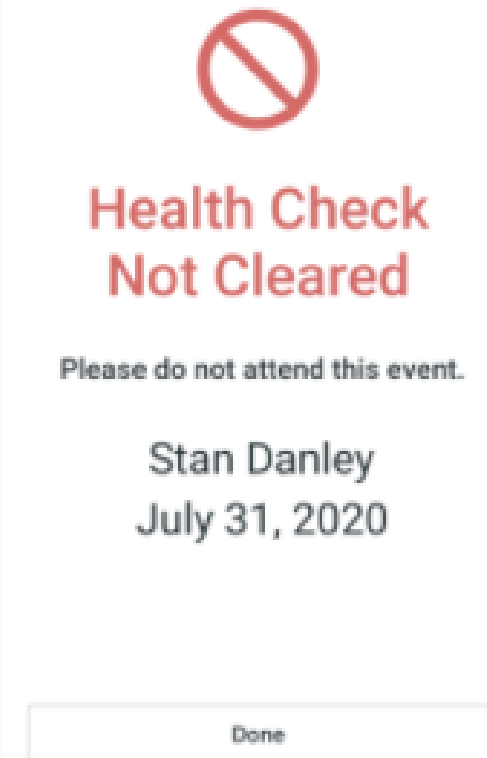
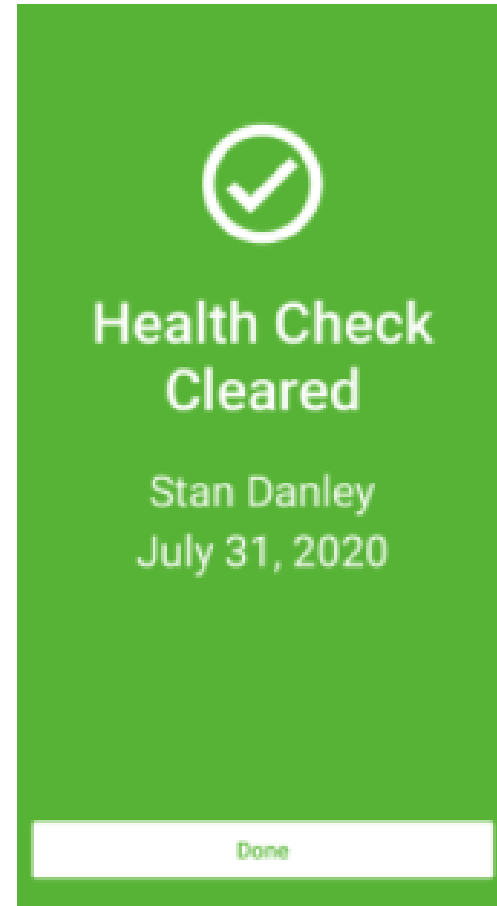
- TeamSnap health checks
- Screening for players/staff
- Decision guide based on screening changes
- Isolation time periods
- VS2 indoor protocols

Other Items:

- VS2 field layout
- Indoor training schedules
- Prevention Measure Reminder
- Questions


Step 1: TeamSnap Health Checks

- TeamSnap's health check is a questionnaire that opens 8 hours before an event and asks members 4 questions recommended by the CDC for COVID-19 symptom screening. This feature is available to all Academy teams during the COVID-19 pandemic.
- This feature provides a way for team members to complete a screening in their mobile app before attending scheduled team events and easily pull up the green clearance screen to show coaches and field marshals when they arrive to a game or practice.
- Team administrators can see completed health check statuses so they know who is cleared to attend, and can export and share the data as a CSV file with York Region Public Health.







Step 2: Screening Process for Players

- Tiered screening based on two groups of symptoms.
- Do not need a doctor's note to return, but may need a test, or assessment to return to play.
- Children who have existing health condition identified by a health care provider that gives them the symptoms should not answer YES, unless the symptom is **new, different or getting worse**.
- If you answer YES to any of the 5 questions, please notify your coach, team manager, and or club administrator immediately.


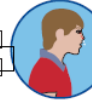



**RETURN TO PLAY SYMPTOM CHECKLIST**
Player daily self-screening questionnaire.

1. Does your child have any of the following new or worsening symptoms?*

Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>	
	Fever > 37.8°C		Cough		Difficulty breathing		Loss of taste or smell

If "YES": Stay home, self-isolate & get tested or contact your child's health care provider.

2. Does your child have any of the following new or worsening symptoms?*

Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>	
	Sore throat, painful swallowing		Stuffy/runny nose		Headache		Nausea, vomiting, diarrhea		Feeling unwell, muscle aches, feeling tired

If "YES" to 1 symptom:

- Stay home for 24 hours from when symptom started.
- If improving in 24 hours, can return to soccer. No test needed.
- If not improving, or getting worse, self-isolate & get tested.

If "YES" to 2 or more symptoms:

- Stay home, self-isolate & get tested or contact your child's health care provider.

3. Has your child travelled outside of Canada in the past 14 days? ☐ Yes ☐ No

4. Has your child been identified as a close contact of someone with COVID-19? ☐ Yes ☐ No

5. Has your child been instructed to stay home and self-isolate? ☐ Yes ☐ No

If you answered "YES" to questions 3, 4 or 5:

- Your child must stay home, self-isolate & follow the advice of public health.

*Children who have an existing health condition identified by a health care provider that gives them the symptoms should not answer YES, unless the symptom is **new, different or getting worse**. Look for changes from your child's normal symptoms.

Source: Toronto Public Health, <https://www.toronto.ca/home/covid-19/covid-19-how-you-can-help/covid-19-spread-the-word/>

Step 3: C-19 Decision Tool for Players

COVID-19 Decision Tool for Players

Updated on October 4, 2020

Screening is now divided into two groups of symptoms:

1. Symptoms



Fever >37.8°C



Cough



Difficulty breathing



Loss of taste or smell

2. Symptoms



Sore throat, painful swallowing



Stuffy/runny nose



Headache



Nausea, vomiting, diarrhea



Feeling unwell, muscle aches, tired

Daily Self-Screening for Players

Every player must complete a daily self-screening questionnaire before going to play. Players with chronic symptoms due to a medically diagnosed condition other than COVID-19, should look for **new, different or worsening** symptoms.

In most scenarios, players may be excluded from soccer activities:

- (A) If the player has been in close contact with a person who has COVID-19, the player will need to self-isolate for 14 days, even if they don't have symptoms. If the player has symptoms, their household members will need to stay home and self-isolate until COVID-19 is ruled out.
- (B) If the player has travelled outside of Canada they must self-isolate for 14 days. Their household members do not need to self-isolate if they have not travelled, if they don't have symptoms of COVID-19, and if they are not a close contact of a positive case.

Players without symptoms

If a player does not have symptoms of COVID-19, he/she may attend soccer, if they are not a close contact (A) or have travelled outside of Canada (B).

Players with symptoms

1. If a player has any new or worsening symptoms of [fever, cough, difficulty breathing or loss of taste/smell]: The player must stay home, self-isolate, and get tested or contact their health care provider. The player's household members will have to self-monitor for symptoms. They may go to school or work if they don't have symptoms, and the player is not a close contact of someone with COVID-19 (A).
2. If a player has ONE of the following symptoms of [sore throat, stuffy/runny nose, headache, nausea/vomiting/diarrhea, muscle ache/fatigue]: The player must stay home for 24 hours. If the symptom is improving, they can return to soccer 24 hours later. Testing is not needed. If the symptom is not improving after 24 hours or is getting worse, the player should stay home, self-isolate and get tested or contact their health care provider.
3. If a player has TWO of the following symptoms of [sore throat, stuffy/runny nose, headache, nausea/vomiting/diarrhea, muscle ache/fatigue]: The player must stay home, self-isolate for 10 days, and get tested or contact their health care provider.

Players with a Laboratory Confirmed Positive COVID-19 Test

- Players they must stay home and self-isolate for 10 days from the day the symptoms first appear. They may return to soccer after 10 days if they do not have a fever (without use of medication), and their symptoms have been improving for at least 24 hours.
- Players without symptoms must stay home and self-isolate for 10 days, from the day the test was done.
- Family members of the player who test positive should self-isolate and follow public health advice.

Players with Negative Test

Players can go back to soccer if their symptoms have been improving for 24 hours, and if they are not a close contact of someone with COVID-19 (A) or have travelled outside of Canada (B).

Players who are not tested – Alternative diagnosis

- Players with an alternative diagnosis from a health care provider that is **not** related to COVID-19 can go back to soccer once their symptoms have been improving for 24 hours. Family members without symptoms, should self-monitor, and can go back to school or work.

Players who are not tested for COVID-19

- If a student is not tested and has any new or worsening symptoms not related to an existing medical condition:
 - **ONE of the following symptoms:** fever, cough, difficulty breathing or loss of taste/smell.
 - **ONE of the following symptoms that does not improve in 24 hours:** sore throat, stuffy/runny nose, headache, nausea/ vomiting/diarrhea, muscle ache/fatigue.
 - **TWO of the following symptoms:** sore throat, stuffy/runny nose, headache, nausea/ vomiting/diarrhea, muscle ache/fatigue].
- The player must self-isolate for **10 days** from the date their symptom(s) first appear. They may return to soccer after 10 days if they do not have a fever (without taking medication), and their symptoms are improving for 24 hours.

Players who are close contacts of someone with COVID-19

- Players in close contact with a person with COVID-19 must stay home and self-isolate for **14 days** from their last date of exposure.

Back to Soccer Confirmation Form

- Parents can complete a [Back to Soccer Confirmation Form](#) to provide to the club to confirm the child is safe to return to sport.









Screening Process for Staff

- Different from athletes
- Same as previous
- If one or more symptom, stay home and get tested

RETURN TO WORK SYMPTOM CHECKLIST Staff daily self-screening questionnaire.

Name: _____ Date: _____ Time: _____

1.) Do you have any of the following new or worsening symptoms or signs?*

Yes <input type="checkbox"/> No <input type="checkbox"/>  Fever or chills	Yes <input type="checkbox"/> No <input type="checkbox"/>  Cough	Yes <input type="checkbox"/> No <input type="checkbox"/>  Difficulty breathing or shortness of breath	Yes <input type="checkbox"/> No <input type="checkbox"/>  Sore throat, trouble swallowing
Yes <input type="checkbox"/> No <input type="checkbox"/>  Runny/stuffy nose	Yes <input type="checkbox"/> No <input type="checkbox"/>  Decrease or loss of taste or smell	Yes <input type="checkbox"/> No <input type="checkbox"/>  Nausea, vomiting, diarrhea	Yes <input type="checkbox"/> No <input type="checkbox"/>  Not feeling well, extreme tiredness, sore muscles

2.) Have you had close contact with a confirmed or probable case of COVID-19 without wearing appropriate PPE? Yes ☐ No ☐

3.) Have you travelled outside of Canada in the past 14 days? Yes ☐ No ☐

* If you have an existing health condition that gives you the symptoms you should not answer YES, unless the symptom is new, different or getting worse. Look for changes from your normal symptoms.

If you answered YES to any of these questions, go home & self-isolate. Call Telehealth or your health care provider, to find out if you need a test.

If you answered NO to all of these questions, you have passed and can go to work/attend your activity.

The following questions are used to screen for COVID-19 before entry into a workplace (business or organization) as per Ontario Regulation 364/20. They can also be used for other activities.

Self-isolation Time Periods

Incubation period: 14 days

- if you were a close contact you must self-isolate for 14 days as that is how long it can take to develop symptoms.

Infectious period: 10 days

- If you have tested positive for COVID-19 you need to self-isolate for 10 days.
- If you were hospitalized or have a weak immune system, you may need to self-isolate for a longer period of time.
- Individuals who are symptomatic but who do not get tested or receive an alternate diagnosis from HCP-must self-isolate for 10 days from onset of symptoms

Close contact cases:

- Must self-isolate for 14 days from last date of exposure

VSII Indoor Protocols (Key Changes)



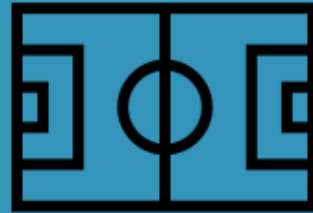
Face Masks/Coverings

- Indoor Mandate
- Players may remove mask during training



Health Check

- TeamSnap Health Checks
- Temperature Screening
- Hand Sanitizing



Facility Management

- 10 participants per field
- No access to change rooms
- Enter 5 minutes to session



Spectators

- No spectators permitted indoors
- 1 parent/child allowed in Grassroots ages U5-9 (restrictions may apply*)

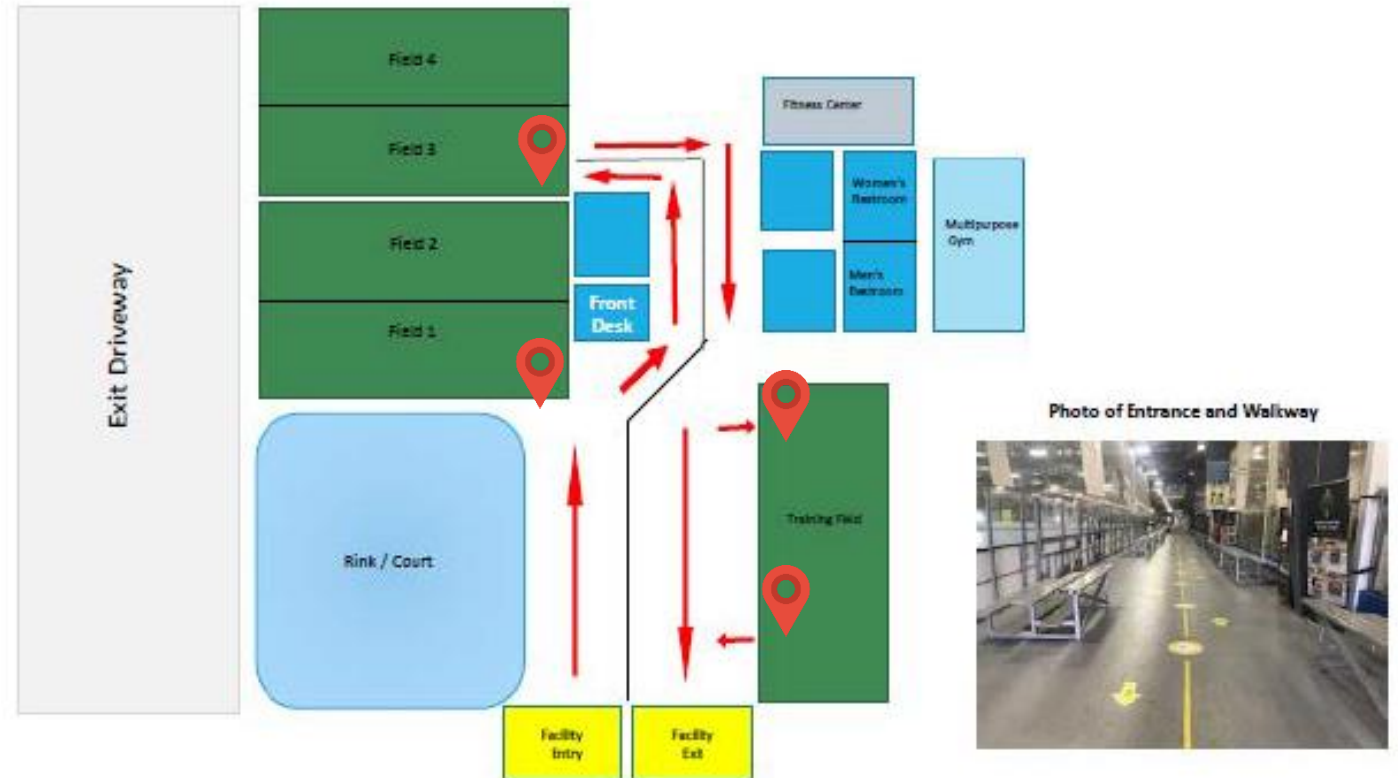


Facility

- Field Entry & Exit Points
- Drop off & Pick Up Point (to be accompanied by staff/parent)

SAMPLE VS2 FIELD LAYOUT

1. Maximizing variety and level of content in activities.
2. Manage time and space to effectively deliver development objectives.
3. Embrace team dynamics.
4. Ensure safety measures at all time.



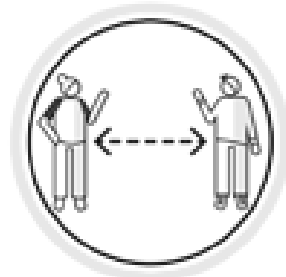
Indoor Training Schedules

- **IFC Grassroots programming begins, October 29th.**
 - **NO Talent Orientation and Assessment Day (TOAD)**
 - **Training Program resumes Thursday, October 29th**
 - **Festival Program resumes Sunday, November 1st**
- **IFC Academy programming begins, November 16th with HYBRID schedule:**
 1. **If weather permits INDOOR/OUTDOOR schedule**
 - **U8-12 Indoors***
 - **U13+ Outdoors***
 2. **If weather does not permit OUTDOOR schedule**
 - **U8 to U21 Indoors***

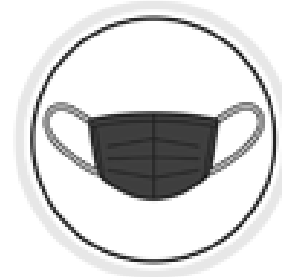
*Note: Schedule subject to change based on hybrid schedule implementation and Phase 1 or 2 field capacity restrictions.

Prevention Measures

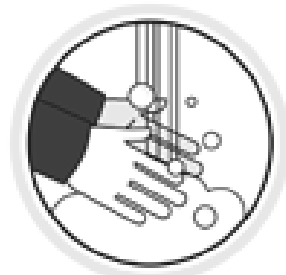
- Important reminder to all staff, players and visitors to practice Public Health COVID-19 prevention measures
- Reinforce with all participants who visit other cohorts throughout the day



Maintain physical distancing of at least 6 feet



Wear a face covering



Wash frequently



Stay home if you have symptoms

QUESTIONS?

A BIG thanks to all of you!
For keeping our program safe.

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