INTERNATIONAL FC

RETURN TO PLAY PLAN

In conjunction with Ontario Soccer and Canada Soccer, International Football Club ('IFC') has developed this plan for safely easing back into the sport of soccer. The plan uses a multi-phase approach that respects current Provincial protocols such as physical distancing, disinfecting and use of personal protective equipment that will permit the practice of various soccer activities in a progressive, flexible plan that will evolve as our Province changes COVID-19 management requirements.

Please note that these precautions are temporary, and Ontario Soccer will determine the timeline based on the provincial health authority guidelines. Timelines between phases may vary based on recommendations from the varying levels of governments.

Contact Us for any Questions Regarding this Return to Play Plan

info@intlfc.com

INTERNATIONAL FC 2009 ACADEMY

REVISED

1:40 pm, Nov 10, 2020

IFC SOCCER
RETURN TO PLAY PLAN

PRE-ACTIVITY ORIENTATION

- ✓ Review the steps outlined in the Canada Soccer Return to Soccer Guidelines
- ✓ Review provincial health authorities recommendations
- ✓ Review the Ontario Soccer Return to Play Guide
- ✓ Review any other procedures established by IFC Soccer
- ✓ Complete two waiver forms

WAIVER

- ✓ One time waiver forms
- ✓ Must be completed by player and/or parent before participation
- ✓ Declaration of Compliance and Consent Form provided by OS
- ✓ To be collected by the Team Manager or Program Coordinator
- ✓ Participants must be registered in OSCAR before taking part in any scheduled activity

SYMPTOM REPORTING

- ✓ Any staff/player/parent/coach who is exhibiting symptoms of illness should stay home, immediately inform your Coach or Club representative, get tested
- ✓ If tested positive, inform Emergency Response Plan Lead, Frank Iaizzo and the Club must begin contact tracing

RETURN TO PLAY GUIDE/PLAN

- ✓ Principles outlined in this plan apply equally to recreational, competitive and high performance level soccer.
- ✓ Decisions regarding the timing of this Return to Play Guide three phase process will be determined by Ontario Soccer and the Province of Ontario directives around public health and safety.
- ✓ If provincial health authorities determine that restrictions are to be reinstated, Ontario Soccer will inform all members
- ✓ Ontario Soccer, in conjunction with the provincial health authorities, will determine which phase is appropriate at that time

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RETURN TO PLAY PLAN

1

PHASE ONE – NON-CONTACT RETURN

Soccer **training** may resume if the occupancy and activity levels allow people to maintain a physical distance of at least two meters.

- All precautionary measures are still in effect
- Public gathering numbers are restricted to provincial guidelines which include parents and guardians at the location; indoor training is permitted
- Distancing between different groups who are training simultaneously, near one another must be at least 2 meters; increasing the distance is actively encouraged
- No opposition games where players will come into contact with each other
- Structure activities to maximize physical distancing
- Each player brings their own ball (if possible)
- Equipment that is shared (team balls, cones, nets, etc.) must only be handled (using hands) by the owner of the equipment (i.e., in most cases, a coach)
- No heading and no hand contact with the ball
- Recommended that players only contact the ball below the waist (avoid chest if possible)
- Recommended that bibs/pinnies are not to be used; each player can bring two of their own jerseys (light & dark)
    - See Coach Recommendations for Phases 1 & 2
- No spectators are allowed at training except where having appropriately screened (EPIC) adults is required
- All participants should come dressed, ready to participate
- Benches should be removed from this phase

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PHASE TWO – RETURN TO TRAIN & MODIFIED GAMES

Soccer **training and modified games** may resume (outdoors and indoors) with group sizes limited to provincial guidelines and including limited contact throughout. Competition between Clubs/ Academies permitted for Inter-Squad play and/or within the same Region.

- All precautionary measures are still in effect
- Modified game formats include 1v1 to 7v7 for U10 and under; 1v1 to 9v9 for U11 and U12 and 1v1 to 11v11 game formats for U13 and over. See Match Officiating section (Phase 2 Modified Games -Rule Adjustments) of the OS Guide for modified rules pertaining to modified games if/when Match Officials are being utilized.
- Academy can participate in modified exhibition games, tournaments and leagues under the following conditions:
    - **For Outdoor and Indoor Soccer:** Multiple teams, from different Clubs/ Academies within the same district (indoors) and/or region (outdoors) can form groupings (bubbles) of no more than 50 players to participate in a league or sanctioned competition as per the current government order.
    - Teams must observe a minimum of 14 days of "Team Isolation" before playing games within a different team "bubble" or against a new team outside the "bubble".
    - During the "Team Isolation" period, only activities within the team can take place (i.e. training, inter-squad games.)
    - The total number of spectators permitted to be at the facility at any one time must be limited to the number that can maintain a physical distance of at least two meters from every other person in the facility, and in any event cannot exceed:
        - 50 spectators for indoor soccer activities
        - 100 spectators, for outdoor soccer activities
    - Field Marshal will be appointed to ensure compliance with social distancing rules and safety protocols.
- Limit to one accompanying parent/guardian or other adult for each athlete under the age of 18

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PHASE THREE – RESUMPTION OF COMPETITION

Soccer **games/competition** may resume (outdoors only) in all format types. Training may be increased to full, regular training provided general public health guidelines are followed.

- All precautionary measures are still in effect
- Games should be scheduled to consider reducing traffic between groups arriving and departing
- Recommended that game lengths be reduced in order to avoid fatigue, burnout and potential injury if there is game congestion in scheduling
- In leagues where there are substitution restrictions, recommended to allow for unlimited substitutions throughout the match to avoid fatigue and injury
- Substitutes are required to observe physical distancing when on the bench/ sideline (at least 2 meters) based on provincial health guidelines

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PRECAUTIONS FOR PHASES 1 – 3

- All players, coaches, and volunteers must complete TeamSnap Health Check before attending training/game.
- Activities may be outdoors/indoors, with limited access to clubhouse or bathroom facilities.
- Travel is not authorized to events/competition outside of Ontario
    - Phase 1 & 2 – stay within own district (indoors)/region (outdoors)
    - Phase 3 – travel only within Ontario
- All activities are required to have, at minimum, hand sanitizer readily available (provided by coach/club/each player)
- Hands must be washed or sanitized before and after each activity as monitored by a designated adult (coach, parent, volunteer)
- Coaches and players will be allowed and encouraged to wear mask/coverings during training.
- Wearing a face mask/covering while inside an indoor facility is mandatory. Those not wearing a mask/covering inside the facility will be asked to leave the premises, except for:
    - children under five years of age
    - individuals with medical conditions rendering them unable to safely wear a mask
    - anyone who has trouble breathing
    - anyone who is unable to remove the mask without help
- All participants are required to have their own labeled water bottle and should be kept at least 2 meters from other participants belongings
- The owner of the equipment (balls, cones, nets, etc.) must wipe down and sanitize all equipment before and after each training practice or game
- All players are to ensure their playing/training kits are washed immediately after each use
- No loitering in the parking lot before or after training or games for all participants
- If parents are allowed to be at a field, they must observe physical distancing and face mask/covering regulations/guidelines
- Parents should consider staying on site (parking lot or in car) in case of emergency
- Timelines between RTP phases will be based on provincial guidelines to facilitate monitoring of any possible COVID-19 transmission within a practice group. Contact health authorities if an athlete, coach, or referee has contracted COVID-19 and support the authorities in contact tracing.
- All injuries should be dealt with by a designated coach who should be wearing a mask and gloves, or the parent/guardian if possible

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PHASE ONE & TWO RECOMMENDATIONS
GRASSROOTS/ACADEMY/FACILITY

- Consider allowing two or more siblings to potentially participate in a particular training group.
- To reduce the overlap of groups arriving and leaving, it is recommended to add 15-minute buffer times between practices.
- Provide information to coaches and parents about each facility. For example, which field access points will be used for entrance and exit of the field to reduce bottlenecks and facilitate physical distancing. Implement cleaning protocols as well as pick-up/drop-off and spectator procedures.
- Adhere to facility restrictions or maximum capacities for facilities. Prioritize small game formats where possible (Phase 2).
- Develop protocols for thunder/lightning ("When thunder roars, go indoors".) The indoor venues available may not be suitable given existing physical distancing and max capacity restrictions. Parents should remain in the car to offer safety from inclement weather. Practices should be canceled when the forecast calls for a chance of thunder/lightning.
- Provide safe spacing for participants personal belongings which respects physical distancing.
- To ensure safety indoors, upon finishing training/games, a coach/trainer/field marshal will accompany all players towards the exit where they will be picked up.

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PHASE ONE & TWO RECOMMENDATIONS

COACH

- Coaches hold an online pre-activity orientation with players and parents regarding safety protocols– i.e., social distancing, modified training, pick up and drop off, hand washing, cough suppression, no spitting or nose clearing, etc., prior to commence your first training.
- Regarding equipment cleaning, do not go home and then clean - contaminated items may travel into coaches' home environment. This should be done publicly. Only Coaches/Staff should handle equipment.
- Wear face masks/coverings.
- Coaches should specify in advance which shirt (light or dark) they'd like each athlete to wear to eliminate the need for athletes to change in public at fields
- At the Active Start (U4-6) and Fundamental (U7-9) stages, it is encouraged to use family members of players to support on-field delivery as physical distancing would not apply to people from the same household (i.e., child, parent, & ball).

Activity Recommendations:

- Structure activities to maximize physical distancing
- Age Appropriate recommendations may need to be taken when designing activities, for example, Active Start and Fundamentals players may need a parent/sibling or volunteer staff to participate with them. This will allow for coaches to have support managing the group of players.
- Design activities so athletes may stay within their existing small groups to reduce amount of contact with different people.
- No heading/hand contact with ball (feet only).
- Use cones and other equipment to ensure appropriate spacing is in place to support distancing.
- Regular sanitization breaks combined with water breaks.

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PHASE ONE & TWO RECOMMENDATIONS
PARENT/GUARDIAN

- Ensure child is healthy and no sign of COVID-19 symptoms.
- Spectators are not permitted during indoor training. However, we will allow 1 parent/child to attend in Active Start (U4-6) and Fundamental (U7-9) ages, subject to field capacity.
- At home, ensure all the player's equipment is washed separately from the other household items.
- Consistently follow good hygiene and public health measures, including frequent hand washing and physical (social) distancing.
- Drop and pick up player while maintaining desired rules and regulations around pick-up/drop-off and being a spectator, if allowed in games.

PHASE ONE & TWO RECOMMENDATIONS
PLAYER

- Before entering the field for training/games, all players must complete TeamSnap Health Check 8 hours prior to participating.
- Face masks/coverings are mandatory when entering exiting the indoor facility.
- To protect others on your team/community, you should:
    1. stay at home if you are ill
    2. maintain a 2-metre physical distance from others
        a. when physical distancing cannot be maintained, consider wearing a non-medical mask or homemade face covering
    3. avoid touching your face, mouth, nose or eyes
- Ziploc bag containing: (clearly labeled)
    - Labeled water bottle - where mouth spout is covered by lid and not to open air. Do not share water bottles.
    - Two (2) masks – in case one gets dirty/compromised
    - Tissues for any allergies or to blow nose for non-illness related circumstances
    - Hand sanitizer and wipes
- Players are responsible to bring personal player equipment to the field in order to practice and should be sanitized at the field; includes goalkeeper gloves.
- Soccer organizations can loan balls to players if they do not have one.
- If you experience any of the symptoms, please follow recommendations and contact your medical health provider.
- Do not carpool unless with immediate family members.
- Always follow the instructions from coaches and respect physical distancing.
- Arrive no more than 5-10 minutes prior to activity commencing.
- Do not congregate at the facility entry / exit point.
- Arrive prepared to train – changing rooms will not be in use.
- Follow the hygiene protocols in this document.
- All "non-essential" contacts should be avoided (handshakes, high 5's, etc.).

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PHASE THREE RECOMMENDATIONS

MATCH OFFICIAL - See all Recommendations and Guidelines for Match Officials

- It is recommended that all Match Officials utilize the "Self-Check" on Ontario COVID-19 Self-Assessment App
- Match Officials can officiate games within their region only.
- Referees do not need to be involved in Phases 1, but they will be involved in structured games in Phase 2 and/or 3.
- Referees are to come dressed to the game, so they have no need for changing rooms.
- Referees should not share any gear (watches, flags, pens, cards).

Discipline Adjustments:

- Automatic cautions for any players who are involved in face-to-face (but non-mass confrontation) interactions. Shoving, jostling, and fighting for space will result in a straight Yellow Card for Unsportsmanlike Behavior.
- Serious physical altercations will result in an automatic red card.
- Mass confrontations will result in automatic dismissals for all involved.
- There will be ZERO tolerance for spitting on or around the field of play. This will result in an automatic dismissal from the game. Spitting does not have to be directed at anyone for the dismissal.

Laws of the Game Adjustments:

- To reduce body fluid transfer onto ball surface, heading of the ball has been removed for this phase.
- Throw-ins are not permitted. The ball must be kicked into play. All other requirements of Throw-In Law will still be applied.
- The drop ball requirement has been removed to reduce handling of the ball and has been converted to an indirect free kick.
- No goal celebrations are permitted which incorporates physical touching.

Safety Process Adjustments:

- The Thunder and Lightning Policy will be adjusted to read that if the game is stopped for severe weather, then the game is over in order to avoid gathering of participants in confined areas, and will not be rescheduled due to availability of fields/officials etc.
- With modified games, a field marshal should be appointed to ensure compliance with social distancing rules and safety protocols. The field marshal should be a recognized authority within the soccer organization. This is not the role of Match Officials.
- When a player is injured, Match Officials may only observe and refer assistance to the applicable team bench. There is to be no Match Official contact with the player. Only team medical personnel, following proper health and safety protocols may assist the injured player.
- There will be no handshakes or high 5's between players, match officials, coaches before, during or after the game.
- Match Officials have the right to abandon any game where the required COVID-19 protocols are not being followed. In these cases, it must be reported on a Special Incident Report to the appropriate authorities.

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RETURN TO PLAY PLAN

Considering Age Groups and Phase-in Restrictions (Indoors)			
Age Groups	**Phase 1**	**Phase 2**	**Phase 3**
U4 **U5** **U6**	-Training group limit: 10 people -Field participant limit: 25 people -Coach-to-player ratio 1:5 -No contact & opposition -No match -Focus on Individual player -Minimum space required 4m² -Parents to participate with their children in individual drills -Overly conservative when spacing out areas to maintain physical distancing	-Training group limit: 25 people -Field participant limit: 50 people -Coach-to-player ratio 1:5/1:8 -Closer contact & opposition -Grassroots Festivals are permitted -SSG formats from 1v1 to 3v3 -Parents to participate with their children in individual drills -Overly conservative when spacing out areas to maintain physical distancing	Return to Play to normal play under the recommendations of health authorities.
U7 **U8** **U9** **U10** **U11** **U12**	-Training group limit: 10 people -Field participant limit: 25 people -Coach-to-player ratio 1:5/1:8 - **(U7-12)** -No contact & opposition -No match -Focus on Individual player -Minimum space required 4m² -Conservative when spacing out areas to maintain physical distancing	-Training group limit: 25 people -Field participant limit: 50 people -Coach-to-player ratio 1:5/1:8 -Closer contact & opposition -Grassroots Festivals are permitted -SSG formats from 1v1 to 9v9 -Inter-squad / Intra-squad games are permitted -League, Exhibition or Tournament games permitted -Conservative when spacing out areas to maintain physical distancing	
U13 **U14** **U15** **U16** **U17** **U21**	-Training group limit: 10 people -Field participant limit: 25 people -Coach-to-player ratio 1:10 -No contact & opposition -No match -Minimum space required 4m² -Players should understand what social distancing is, and be able to respect the physical distancing requirements in place	-Training group limit: 25 people -Field participant limit: 50 people -Coach-to-player ratio 1:10 -Closer contact & opposition -SSG formats from 1v1 to 9v9 -Inter-squad / Intra-squad games are permitted -League, Exhibition or Tournament 11v11games are permitted -Players should understand what social distancing is, and be able to respect the physical distancing requirements in place	

RETURN TO PLAY
TECHNICAL RESOURCES

SAMPLE TRAINING ACTIVITIES

PLAYER MANAGEMENT & SESSION OVERVIEW

- Training Activities are designed to support Grassroots and Academy in delivering soccer programs while adhering to the protocols and recommendations in place
- Session Duration: 60 to 90 minutes
    - Rest & Transitions: 5 to 10 minutes
- Indicate which player(s) are allocated to each training group/zone
- Use cones that delineate physical distancing parameters
- Use of curtain to separate fields of play

ACADEMY TRAINING GROUND

Vaughan Sportsplex II - FIELD MAP

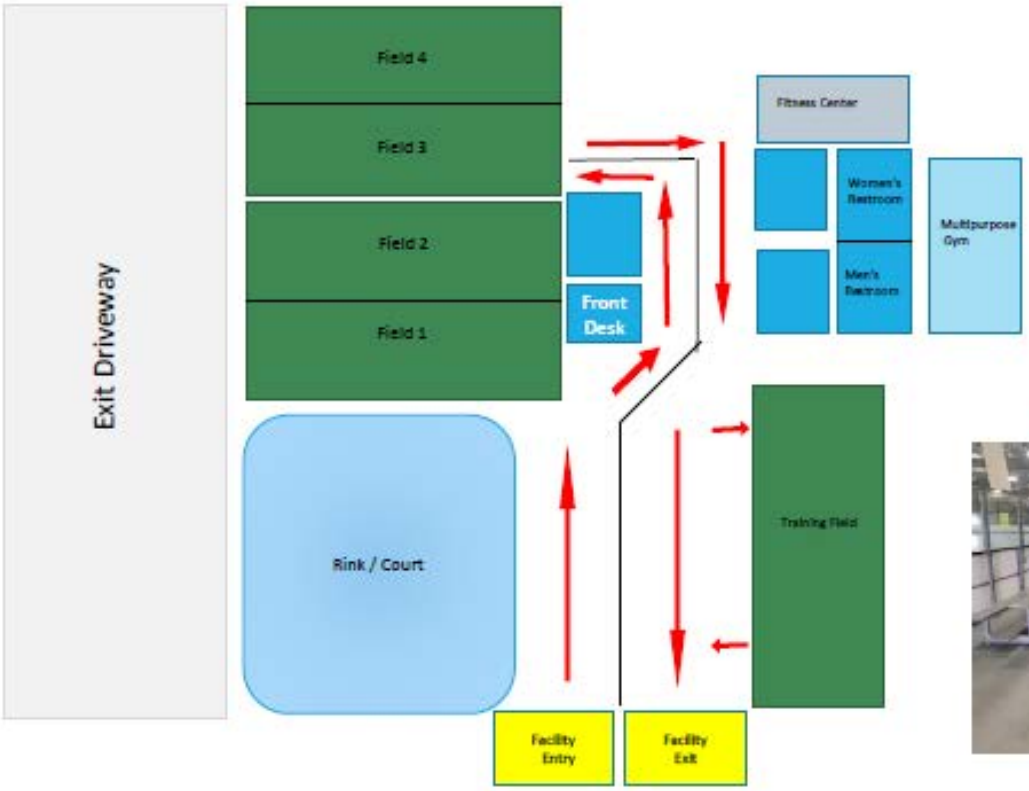

Photo of Entrance and Walkway

RETURN TO PLAY SYMPTOM CHECKLIST

Player daily self-screening questionnaire.

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

Yes ☐ No ☐

Fever > 37.8°C

Yes ☐ No ☐

Cough

Yes ☐ No ☐

Difficulty breathing

Yes ☐ No ☐

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 ☐ No ☐

Sore throat, painful swallowing

Yes ☐ No ☐

Stuffy/runny nose

Yes ☐ No ☐

Headache

Yes ☐ No ☐

Nausea, vomiting, diarrhea

Yes ☐ No ☐

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/

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 ☐ No ☐

Fever or chills

Yes ☐ No ☐

Cough

Yes ☐ No ☐

Difficulty breathing or shortness of breath

Yes ☐ No ☐

Sore throat, trouble swallowing

Yes ☐ No ☐

Runny/stuffy nose

Yes ☐ No ☐

Decrease or loss of taste or smell

Yes ☐ No ☐

Nausea, vomiting, diarrhea

Yes ☐ No ☐

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 question, 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.

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

RETURN TO PLAY
PHASE CHECKLIST

All precautionary measures are in effect through all stages

PHASES	1	2	3
Public gathering numbers are restricted to provincial guidelines	✓	✓	✓
Distancing between different groups who are training simultaneously, near one another must be at least 2 metres; increasing the distance is actively encouraged	✓	✓	
No opposition games where players will come into contact with each other	✓		
Structure activities to maximize physical distancing	✓	✓	
Each player brings their own ball (if possible)	✓	✓	
Equipment that is shared (team balls, cones, nets, etc.) must only be handled by the owner of the equipment. (ie., in most cases, a coach)	✓	✓	
No heading and no hand contact with the ball (except for GKs wearing gloves in Phase 2)	✓	✓	

RETURN TO PLAY
PHASE CHECKLIST

All precautionary measures are in effect through all stages

PHASES	1	2	3
Recommended bibs/pinnies are not to be used; each player can bring two of their own jerseys (light & dark)	✓	✓	
No spectators are allowed at indoor training facilities. Limited spectators may be permitted during indoor games.	✓	✓	
Any Club owned/operated Clubhouse used for the purpose of administration should follow provincial health guidelines as they relate to occupancy and safety concerns	✓	✓	✓
All participants should come dressed; ready to participate	✓	✓	
Prolonged physical contact (ie. team/group meetings/discussions/ embraces, etc.) should be actively discouraged	✓	✓	✓
Benches should be removed	✓	✓	
Scheduled league competition may resume			✓

RETURN TO PLAY
FAQs

HOW LONG WILL EACH PHASE LAST? The Return to Play plan is a timely tool for ôhowô reintroduction of soccer activity will occur in a cautious and progressive manner, to optimize participant and community safety. Decisions regarding the timing of this Return to Play Guide three (3) phase process will be determined by Ontario Soccer and the Province of Ontario directives around public health and safety.

WHEN CAN IFC GRASSROOTS FESTIVALS RESUME?

Grassroots Festivals would be able to return in Phase 2 with the introduction of Small Game Formats from 1v1 to 7v7 or Inter-squad and Intra-squad modified games (within the Club/Academy). See Match Officiating section (Phase 2 Laws of the Game Adjustments)

ONCE COMPETITION RESUMES, HOW LONG WILL THE ACADEMY OUTDOOR SEASON BE?

The length of the outdoor competition season will be decided by the District Associations. Exhibitions, Tournaments/Festivals and League participation will further depend on amended Phase 2 restrictions, field availability and cohort groupings set out by the Ontario Soccer Return to Play Guidelines based on provincial health authority recommendations.

WHEN CAN TOURNAMENTS AND LEAGUES RESUME?

Tournaments and Leagues would be allowed to resume in Phase 2 of the Ontario Soccer Return to Play Guidelines, but would be dependent on provincial health authority recommendations.

WHEN CAN TRAVEL TO COMPETITIONS OUTSIDE OF ONTARIO RESUME?

Travel outside of Ontario for competition will be dependent on recommendations from the provincial health authorities. We currently have no timeline as to when this will be allowed.

ARE TRIAL PLAYERS ABLE TO PARTICIPATE IN RETURN TO PLAY PHASES?

Trial activities can be executed during Phase 2 within each Region only. The following must be adhered to:

- Players must be all registered in OSCAR
- Players must show proof of registration for outdoor 2020
- A Contact Tracing Log must be completed for each session
- Players must complete the Declaration of Compliance, Informed Consent and Assumption of Risk Agreement.