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COVID-19 (Coronavirus) Safety Plan

Guiding Principles to Keep in Mind

There are several actions youth sports organizations can take to help lower the risk of COVID-19 exposure and reduce the spread during competition and practice. The more people a child or coach interacts with, the closer the physical interaction, the more sharing of equipment there is by multiple players, and the longer that interaction, the higher the risk of COVID-19 spread. Therefore, risk of COVID-19 spread can be different, depending on the type of activity. The risk of COVID-19 spread increases in youth sports settings as follows:

- **Lowest Risk:** Performing skill-building drills or conditioning at home, alone or with family members.
- **Increasing Risk:** Team-based practice.
- **More Risk:** Within-team competition.
- **Even More Risk:** Full competition between teams from the same local geographic area.
- **Highest Risk:** Full competition between teams from different geographic areas.


Chilliwack FC Assessing Risk Plan:

The way sports are played, and the way equipment is shared can influence the spread of COVID-19 among players. When you are assessing the risk of spread, we shall consider:

- **Physical closeness of players, and the length of time that players are close to each other or to staff.** Soccer may at times require frequent closeness between players may make it more difficult to maintain social distancing, compared to sports where players are not close to each other
 - For example, players and coaches may:
 - focus on individual skill building versus competition;
 - limit the time players spend close to others by playing full contact only in game-time situations;

Coaches can also modify practices so players work on individual skills, rather than on competition. Coaches may also put players into small groups (cohorts) that remain together and work through stations, rather than switching groups or mixing groups.

- **Amount of necessary touching of shared equipment and gear** (Minimize equipment sharing, and clean and disinfect shared equipment between use by different people to reduce the risk of COVID-19 spread.
- **Ability to engage in social distancing while not actively engaged in play (e.g., during practice, on the sideline).** During times when players are not actively participating in practice or competition, attention should be given to maintaining social distancing by increasing space between players on the sideline, dugout, or bench. Additionally, coaches can encourage athletes to use downtime for individual skill-building work or cardiovascular conditioning, rather than staying clustered together.


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- **Age of the player.** Older youth might be better able to follow directions for social distancing and take other protective actions like not sharing water bottles. If feasible, a coach, parent, or other caregiver can assist with making sure that athletes maintain proper social distancing. For younger athletes, youth sports programs may ask parents or other household members to monitor their children and make sure that they follow social distancing and take other protective actions (e.g., younger children could sit with parents or caregivers, instead of in a dugout or group area).
- **Players at higher risk of developing serious disease.** Parents and coaches should assess level of risk based on individual players on the team who may be at higher risk for severe illness, such as children who may have asthma, diabetes, or other health problems.
- **Nonessential visitors, spectators, volunteers.** Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations.
- **Travel outside of the local community.** Traveling outside of the local community may increase the chances of exposing players, coaches, and fans to COVID-19, or unknowingly spreading it to others. Guiding principles shall not to have travel included where possible.

Promoting Behaviours that Reduce Spread:

Several strategies to encourage behaviors that reduce the spread of COVID-19.

- **Staying Home when Appropriate**
 - Educate staff and player families about when they should stay home and when they can return to activity
 - Actively encourage sick staff, families, and players to stay home. Develop policies that encourage sick employees to stay at home without fear of reprisal, and ensure staff, Board Executive and volunteers aware of these policies.
 - Individuals, including coaches, players, and families, should stay home if they have tested positive for or are showing COVID-19 symptoms.
 - Individuals, including coaches, players, and families, who have recently had a close contact with a person with COVID-19 should also stay home and monitor their health.
- **Hand Hygiene and Respiratory Etiquette**
 - Teach and reinforce handwashing with soap and water for at least 20 seconds
 - If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used (for staff and older children who can safely use hand sanitizer).
 - Do not allow spitting and encourage everyone to cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds.
 - If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used.
- **Masks**
 - Teach and reinforce the use of masks. Masks are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease). Masks may be challenging for players (especially

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younger players) to wear while playing sports. Masks should be worn by coaches, youth sports staff, officials, parents, and spectators as much as possible.

- Wearing masks is most important when physical distancing is difficult.
- People wearing masks should be reminded to not touch the mask and to wash their hands frequently. Information should be provided to all participants on the proper use, removal, and washing of masks.
 - Note: Masks should **not** be placed on:
 - Babies and children younger than 2 years old;
 - Anyone who has trouble breathing or is unconscious;
 - Anyone who is incapacitated or otherwise unable to remove the mask without assistance.

- **Adequate Supplies**

- If hand washing facilities are available, support healthy hygiene by providing supplies including soap, paper towels, tissues, and no-touch/foot pedal trash cans. If hand washing facilities are not available, provide hand sanitizer with at least 60% alcohol (for coaches, staff and older players who can safely use hand sanitizer).

- **Signs and Messages**

- Post signs in highly visible locations (e.g., at entrances and exits, and in restrooms) that promote everyday protective measures and describe how to stop the spread of germs such as by properly washing hands and properly wearing a mask image.
- Include COVID-19 prevention messages on all Chilliwack FC social media accounts

Maintaining Healthy Environments


Chilliwack FC may consider implementing several strategies to maintain healthy environments.

- **Cleaning and Disinfection**


- Clean and disinfect frequently touched surfaces
- Develop a schedule for increased, routine cleaning and disinfection.
- Ensure safe and correct use and storage of disinfectants, including storing products securely away from children.
- Identify an adult staff member or volunteer to ensure proper cleaning and disinfection of objects and equipment, particularly for any shared equipment or frequently touched surfaces.
- Use gloves when removing garbage bags or handling and disposing of trash. Wash hands after removing gloves.

- **Shared Objects**

- Discourage sharing of items that are difficult to clean, sanitize, or disinfect. Do not let players share towels, clothing, or other items they use to wipe their faces or hands.
- Make sure there are adequate supplies of shared items to minimize sharing of equipment to the extent possible; otherwise, limit use of supplies and equipment to one group of players at a time and clean and disinfect between use.

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- Keep each player's belongings separated from others' and in individually labeled containers, bags, or areas.
- If food is offered at any event, have pre-packaged boxes or bags for each attendee instead of a buffet style. Avoid sharing food and utensils. Offer hand sanitizer or encourage hand washing.
- **Water Systems**
 - To minimize the risk of diseases associated with water, take steps to ensure that all water systems and features (e.g., drinking fountains, decorative fountains) are safe to use after a prolonged facility shutdown. Drinking fountains should be cleaned and disinfected but encourage staff and players to bring their own water to minimize touching water fountains.
- **Modified Layouts and Social (Physical) Distancing**
 - Identify adult staff members or volunteers to help maintain social distancing among youth, coaches, referees, and spectators (if provincial and local directives allow for spectators).
 - Space players at least 6 feet apart on the field while participating in the sport (e.g., during warmup, skill building activities, simulation drills)
 - Discourage unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.
 - Create distance between players when explaining drills or the rules of the game.
 - If keeping physical distance is difficult with players in competition or group practice, consider relying on individual skill work and drills.
 - Encourage players to wait in their cars with guardians until just before the beginning of a practice, warm-up, or game, instead of forming a group.
 - Limit the use of carpools or van pools. When riding in an automobile to a sports event, encourage players to ride to the sports event with persons living in their same household.
 - If practices or competition facilities must be shared, consider increasing the amount of time between practices and competitions to allow for one group to leave before another group enters the facility. If possible, allow time for cleaning and/or disinfecting.
- **Physical Barriers and Guides**
 - Provide physical guides, such as signs and tape on floors or playing fields, to make sure that coaches and players remain at least 6 feet apart.
- **Communal Spaces**
 - Close shared spaces such as locker rooms, if possible; otherwise, stagger use and clean and disinfect between use.
 - Limit the number of players sitting in confined player seating areas by allowing players to spread out into spectator areas if more space is available (e.g., if spectators are not allowed).
- **Identifying Small Groups and Keeping them Together (Cohorting)**
 - Keep players together in small groups with dedicated coaches or staff, and make sure that each group of players and coach avoid mixing with other groups as much as possible. Teams might consider having the same group of players stay with the same coach or having the same group of players rotate among coaches.

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- Consider staging within-team scrimmages instead of playing games with other teams to minimize exposure among players and teams.
- **Gatherings, Spectators, and Travel**
 - Avoid group events, such as games, competitions, or social gatherings, where spacing of at least 6 feet between people cannot be maintained.
 - Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations as much as possible – especially with individuals not from the local geographic area.
 - Avoid activities and events such as off-site competitions or excursions.