

Howe Sound Men's Soccer League (HSMSL)
Return to Play Plan – Phase 2

September 2020

Contents

Objective	3
Important Points of Note	3
Training / Practices	3
Games	3
Goalies	4
Cohorts	5
Emergency Preparedness, Mitigation Measures, and Response Plans	5
Training Cancellations	Error! Bookmark not defined.
Game Cancellations	6
Insurance	Error! Bookmark not defined.
Miscellaneous	6
APPENDIX A	7
APPENDIX B	8

Objective

The HSMSL objective is to transition to game play in an environment that will adhere to the guidelines identified by BC's Public Health Authority, ViaSport and BC Soccer. The plan is to promote our league philosophy of fun, fitness and friendship, while being safe during the pandemic.

Important Points of Note

The approval from BC Soccer has been received to move to BC Soccer's Return to Play - Phase 2 as of Sept. 7th, 2020.

Important points of note are:

1. Game play is now allowed
2. Contact is now allowed
3. No throw-ins are allowed – kick-ins only (see specific rule guidance below)
4. No heading
5. No spitting / nose clearing
6. Cohorts of 4 teams are required under the Return to Play – Phase 2 guidelines
7. Flexibility will be key this season as we do our best to keep everyone safe while adhering to the guidelines.

Training / Practices

Training will be scheduled as per field availability.

1. Team cohorts will practice together
2. Training/practice session are only available to players registered in the League
3. Coaches will be provided for training
4. Every player must bring their own;
 - a. Ball
 - b. Hand sanitizer (to be used before and after each league activity)
 - c. Water bottle
 - d. Personal equipment – including a pinnie or alternate shirt colour for scrimmaging
 - e. Anyone playing in goal **MUST HAVE** their own goalie gloves (see Goalie section)
5. If teams want to run their own practices, they must book and pay for their own field

Games

Games will be scheduled as per field availability.

Rule Modifications

1. **No Throw-Ins** – BC Soccer has only indicated throw-ins will now be kick-ins to avoid touching the game ball. No specifics around this rule have been provided, however, our league will be implementing a pass type kick. We are trying to avoid high lofted kicks that could unintentionally hit someone's face and cause injury or transfer respiratory droplets to the ball. The kicks will be indirect "free kicks" from the sidelines.

2. **No Heading and Chesting** suggested – while it may be unavoidable to head or chest the ball, the intention is to minimize the amount of touches in the head area to avoid transfer of respiratory droplets to the ball. Referees will not be penalizing players if they head or chest the ball.
3. **No Spitting or Nose Clearing** – while the majority of our players do not partake in this habit, it still must be mentioned. There is a penalty assessed to players who are caught doing this for 15% of the game time. Therefore, in our 90 minutes games, that is equal to 13.5 minutes on the bench. Another player may substitute for the player coming off.
4. **Physical Distancing on the Sidelines** – players and team personnel must adhere to the 6 feet physical distancing requirements.
5. **Game Cohorts** – there will be 2 cohorts of a maximum 4 teams. Cohorts can be changed after a two-week break between the change.
6. **Game Balls** – each team will be provided with a new game ball. Any game ball or practice balls used during the course of the warm-up or game, must be disinfected on conclusion of the game or sit outside for 4 or more days.
7. **Referees** – we will do our best to assign specific referees to each cohort, but there may be occasion when a referee from a different cohort will need to be assigned.
8. **Team lists** - Team representatives are to show referees their team list for verification of registration either on their phones or via a printed version. Captains should not provide their phones to the referees for the review to minimize contact.
9. **Goal Kicks / Free-Kicks** – a reminder that the ball should not be picked up and handled by players other than the goal keepers who are wearing gloves. Goal keepers can place the ball for goal kicks with their gloved hands, even if they are not the ones taking the kick. Other free kicks should be placed in position using your feet.

Game Consideration: Games will continue to be 11 a-side. However, teams that are short of player numbers are to communicate with the other team prior to game day to indicate the shortage to make a decision whether the game should proceed, either with a revised number of players per side, or sharing players to equal the numbers for each side.

Early communication will allow players subbing for the opposing team to bring a shirt colour similar to the opponent's colour (uniforms should not be shared).

Subbing for Other Teams

Players are only able to sub on other teams within their cohorts

Team managers looking for subs can only request players from within their cohort of teams.

Players who do sub for another team, must bring a coloured t-shirt or jersey of the team they are playing for. It is recommended not to loan out spare jerseys. If it is the only option, teams will have to determine the best protocol for washing the jersey before use by someone else.

Goalies

Goalie gloves CANNOT be shared as they do not fare well when sanitized. Therefore, individuals playing in goal need to have their own pair of goalie gloves. Teams that do not have a dedicated goalie, or goalies, will need to invest in several pairs of goalie gloves.

Cohorts

The divisions will be broken in to two cohorts of a maximum 4 teams each by the HSMSL Executive.

Cohorts can change with 2 weeks notice.

Emergency Preparedness, Mitigation Measures, and Response Plans

Players who are unwell and have 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 or games. It is suggested that even if you have cold or flu like symptoms that you err on the side of caution and refrain from attending league practices or games.

Players who have attended a league training session or game and have COVID-19 symptoms present after the session, should consult with their local health authority. If you are asked to get tested and test positive, you need to communicate any positive results to the HSMSL Executive via email at info@howesoundsoccer.com. Information will be shared with other players who attended the same training or game but the identity of the player testing positive will not be disclosed.

ViaSport has advised BC Soccer that if an outbreak occurs, our league needs to follow our outbreak plan (Appendix B) and report the incident to our local health authority who will instruct us on next steps and any action required (i.e. postponement, cancellation, etc.)

Players are requested to bring their own hand sanitizer and use it before and after each training session and game.

Players are asked to bring their own soccer ball for the training. Each team will be required to bring a game ball for each game. After the game you must disinfect your game ball. There are several instructions, products, and methods you can find on the internet.

Players are to bring their own water bottles, towels and any other personal equipment they require for the training and games. 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.

For training sessions players are asked to bring both a light shirt and dark shirt, so that pinnies will not be required. For games, players are to have their own uniform and additional jerseys should not be shared.

The league does not plan to complete temperature checks or screen players on arrival to the training and game fields. We are trusting players to be considerate of others to keep everyone safe.

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.

Should a player get injured during the training sessions and requires emergency medical personnel, 911 is to be called to handle the emergency. Review our medical response plan in Attachment A.

The league requests that players do not bring family or friends to training or games to limit the group size (4 team cohort or 50 player maximum per field) and possible exposure.

Team cohorts will play games and train together to minimize the exposure between teams and players.

Team captains should manage player participation in games and training, so that should an exposure result, we can contact the players involved. Such as through the use of TeamSnap or similar applications.

Drills involving hands touching the ball will not be part of the training, such as throw ins. Please also be considerate in not picking up or touching anyone else's ball.

Players participating in goalie activities in the training must wear goalie gloves to touch/handle the ball. Goalie gloves **MUST NOT BE SHARED** between players.

Game Cancellations

Game cancellations due to weather will be sent out via league email, once the municipalities have provided the notice.

Game cancellations due to a COVID-19 positive case will be announced by the league and shared with the appropriate teams via league email.

Miscellaneous

Players can wear a mask during practice or games; however, it is not mandatory.

BC Soccer FAQ that will affect players, who play in additional soccer activities outside of our league

Question - How do players participating in out-of-club programming, such as with an academy, affect my team's cohort?

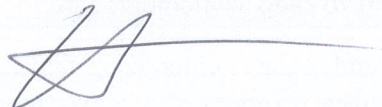
Answer - All members and Affiliated Clubs must follow "BC Soccer's Return to Play Phase 2 Plan – Recommendations and Guidelines" and we understand this will impact players that participate in programming offered by more than one member/affiliated club such as supplemental training. Participants must keep to the one cohort that they choose/sign up to be part of. If supplemental training occurs outside of the cohort, this must be done under Phase 1 Return to Play Term (distance training/no contact guidelines) in order to ensure the participant/player is not in two cohorts.

Any questions regarding the Return to Play Plan – Phase 2 for the HSMSL can email the league president at info@howesoundsoccer.com

Reviewed and approved by HSMSL Executive

Signed by Kim Stanley, HSMSL Vice President

Signature:



Date:

Sept. 29, 2020

APPENDIX 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, direct 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

- Call 911
- Anyone supporting the player should don gloves and a mask (***each team to ensure this is in your first aid kit, along with a sealable plastic bag***)
- 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 plastic bag and placed in the trash.

APPENDIX B

OUTBREAK PLAN

It is important for teams, and players to communicate any COVID-19 relates concerns to the league. We will centralize communication through the league executive and disperse information to those with a need to know. This may be all registered players, teams or individuals.

Expected Steps

1. As outlined above, players who present symptoms that may be related to COVID-19 are to consult their medical professional.
2. After consultation, the player is asked to be tested and if that player tests positive, they are to notify the league executive through email at info@howesoundsoccer.com.
3. If that player tests negative but is still unwell, we strongly encourage players to avoid training sessions and games, until such time as they are well. Best to err on the side of caution.
4. The executive will notify the local health authority of the positive case that has been identified and work through their protocols to determine the course of action for the player, team, cohort, or league.
5. It is understood that the local health authority will make the best decision according to their experience and knowledge to guide the league in our next steps.
6. The president will advise the necessary players and/or teams of the action to be taken.

Note – as mentioned above Team captains should manage player participation at games and training, so that should an exposure result, we can contact the players involved. Such as through the use of TeamSnap or similar applications.