



KANATA DRAGONS ATHLETIC CLUB

RETURN TO PLAY POLICY

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A. COVID-19 – Club Emergency Response Plan

COVID-19 Emergency Response Plan

Plan Overview

This plan is organized into three sections, which outline the key roles and responsibilities of the Kanata Dragons Athletic Club in each of three pandemic phases: Preparation phase, Positive test phase, Post-Positive phase.

Preparation Phase

This is the critical phase for COVID-19 pandemic preparedness. Planning efforts focus on education of the volunteers, staff, coaches, parents, players, and match officials about a Return to Play plans and protocols consist with governmental health and safety directives. Please note that the Return to Play Protocols comply with the Province of Ontario emergency orders and health authority directives. Consequently, this Plan is subject to modification as new orders and directives are issued. In addition, coordination with facilities are included here.

| Preparation Activity | Responsibility | Completed |
|--|----------------|-----------|
| Determine emergency response plan (ERP) lead person for the Club | | |
| Create COVID-19 ERP or add to existing ERP and include a section on pandemic influenza | | |
| Complete soccer risk assessment online | | |
| Incorporate Return to Play protocols into current operational plans | | |
| Educate all Club leaders of ERP | | |
| Create communication plan flow-chart if a positive test for Covid-19 in the Club | | |
| Verify Province of Ontario and local municipal government permissions for return to play implementation following return to play protocols of implementation | | |



Positive Test Phase

Confirmation of a positive test within the Club will declare when it's time to activate this phase of the Emergency Response Plan. During this phase, the key goal will be to prevent further infections within the Club. This phase remains active until the infected party is isolated, under the control of professional health authorities, and there is no further threat to the health and safety of the Club's participants.

| Positive Test Phase Activity | Responsibility | Completed |
|--|----------------|-----------|
| <p>Communication System: Consistent with Federal and Provincial privacy regulations, acts, laws, etc. coaches, staff, officials, and families of players should self-report to the ERP Lead (noted in phase 1) if they have symptoms of COVID-19 OR a positive test for COVID-19 is recorded, OR were exposed to someone with COVID-19 within the last 14 days. Note: See ERP Communications Flow Chart at end of this section</p> | | |
| <p>Advise Sick Individuals to stay home: Sick coaches, staff members, officials or players should not return until they are well enough based on Public Health Agency of Canada and Provincial Health Authority guidelines</p> | | |
| <p>Isolate and/or Transport those who are sick at Club Activities: Make sure that coaches, staff, officials, players, and families know that sick individuals should not attend a Club activity, and that they should notify officials if they (staff) or their child (families) become sick with COVID-19 symptoms, test positive for COVID-19 or have been exposed to someone with COVID-19 symptoms or a confirmed <u>or</u> suspected case.</p> <p>Coaches, staff, officials, and players with COVID-19 symptoms (i.e., fever, cough, shortness of breath) at any club activity must be immediately separated and isolated. Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, contact their Family Physician, and follow Health Agency guidance for caring for oneself and others who are sick.</p> <p>Individuals who have had close contact with a person who has symptoms should be separated and sent home as well. If symptoms develop, individuals and families should follow Health Agency guidelines for caring for oneself and others who are sick.</p> | | |



| | | |
|---|--|--|
| <p>Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility. This includes having parents within a safe, socially distanced but easily accessible waiting area. If you are calling an ambulance or bringing someone to the hospital please alert the operator that the person may have COVID- 19.</p> | | |
| <p>Clean and Disinfect Areas: Close off areas used by a sick person and do not use these areas until after cleaning and thorough disinfecting (for outdoor areas, this includes surfaces or shared objects in the area). Ensure safe and correct use and storage of cleaning and disinfection products, including storing them securely away from children.</p> | | |
| <p>Notify Local Health Officials and Close Contacts: In accordance with Federal and Provincial privacy and confidentiality laws and regulations, the Kanata Dragons Athletic Club should notify local health officials, Provincial Associations, club staff, officials, and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with applicable laws and regulations.</p> <p>Kanata Dragons AC should work with local health officials to develop a reporting system (e.g., letter) to notify health officials and close contacts (logs and/or contract tracing information) of cases of COVID-19.</p> <p>The Provincial Health agencies and their Contact Tracing procedures will be responsible for advising those who have had close contact with a person diagnosed with COVID-19 and determine whether someone should stay home and self-monitor for symptoms. Members of the Club should continue to self-monitor for symptoms.</p> | | |



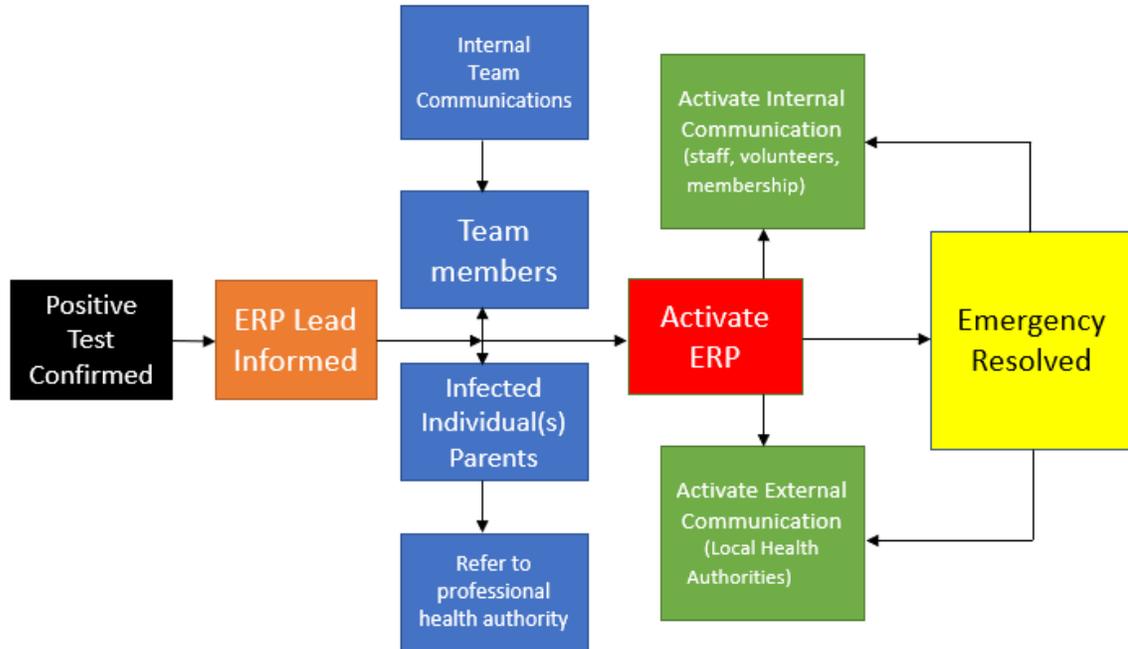
Post-Positive Phase

This phase begins when the Provincial Health Officer declares that the COVID-19 pandemic is over. The primary focus of work at this time is to restore normal services, deactivate pandemic response activities, review the impact, and use the lessons learned to guide future emergency response planning.

| Post-Positive Phase Actions and Communications | Responsibility | Completed |
|---|-----------------------|------------------|
| Confirm Provincial Health Officer has declared that the COVID-19 pandemic is over | | |
| Send official written notice to membership that the pandemic is officially over, the province's state of emergency order has been lifted and the Club can resume its full operations. Note: During this phase there may be specific sport protocols to follow from governmental actors or the provincial health authorities (ie implementation of infection control policies and procedures). | | |
| Conduct a full review of Club COVID-19 Return to Play Implementation Plan as well as COVID-19 Emergency Response Plan. Include a list of recommendations for improvements. | | |
| Update Club Emergency Response Plan for future use and have approved. | | |



**COVID-19 Emergency Response Plan (ERP)
Communications Flow Chart**



B. Return to Play Protocols

RETURN TO PLAY PROTOCOL FOR PROVIDING A SAFE AND CLEAN ENVIRONMENT: FIELD

The following health and safety guidelines relate to providing clean and sanitized facilities to allow a safe Return to Play. This guideline has been developed using recommendations from Provincial Government health authorities.

Additional public resource documents can be retrieved from:

[Public Health Ontario – Novel Coronavirus Public Resources](#)

or

[COVID-91 Ontario](#)

Reducing Transmission

Office spaces, clubhouses, rental facilities and training and competition areas should adhere to



the following guidelines to minimize the risk of transmission of COVID-19:

- ii. Recognizing and Assess – this virus is transmitted via droplets during close, unprotected contact with an infected person, or by touching an infected surface and then making contact with the eyes, nose or mouth. Screening of all individuals should also take place at a minimum weekly, or as directed by local authorities.

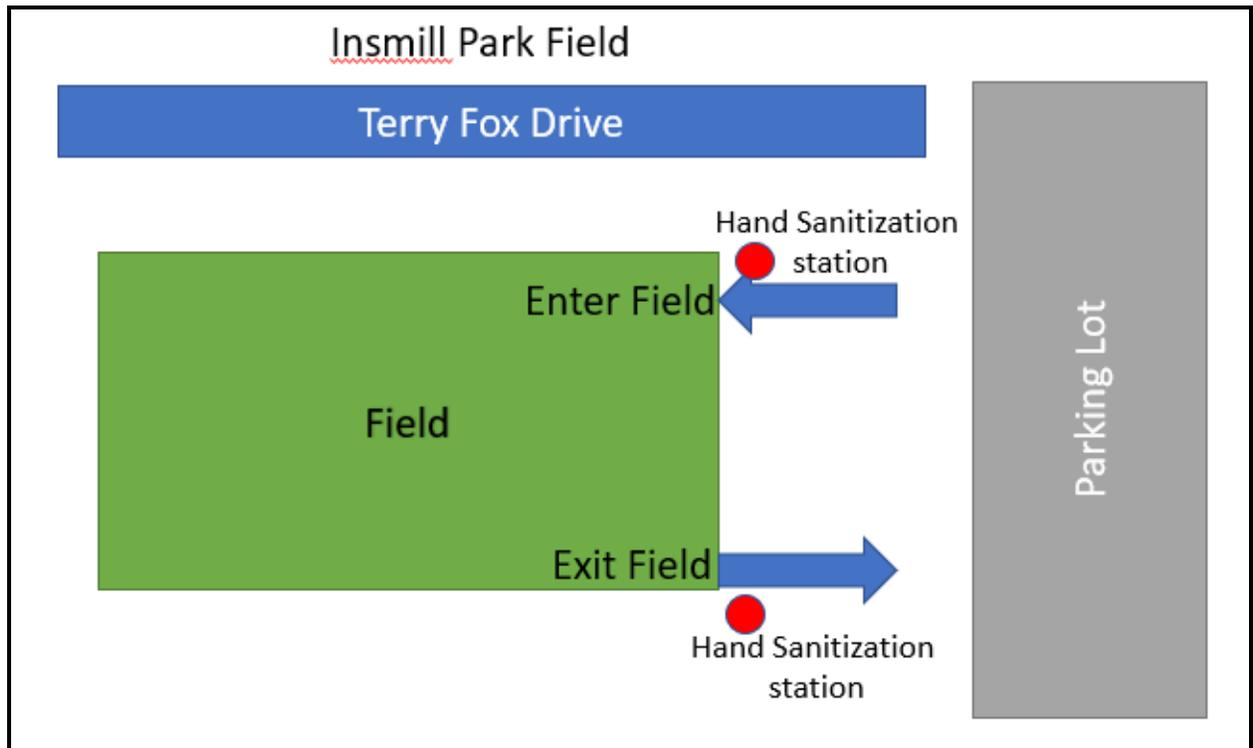
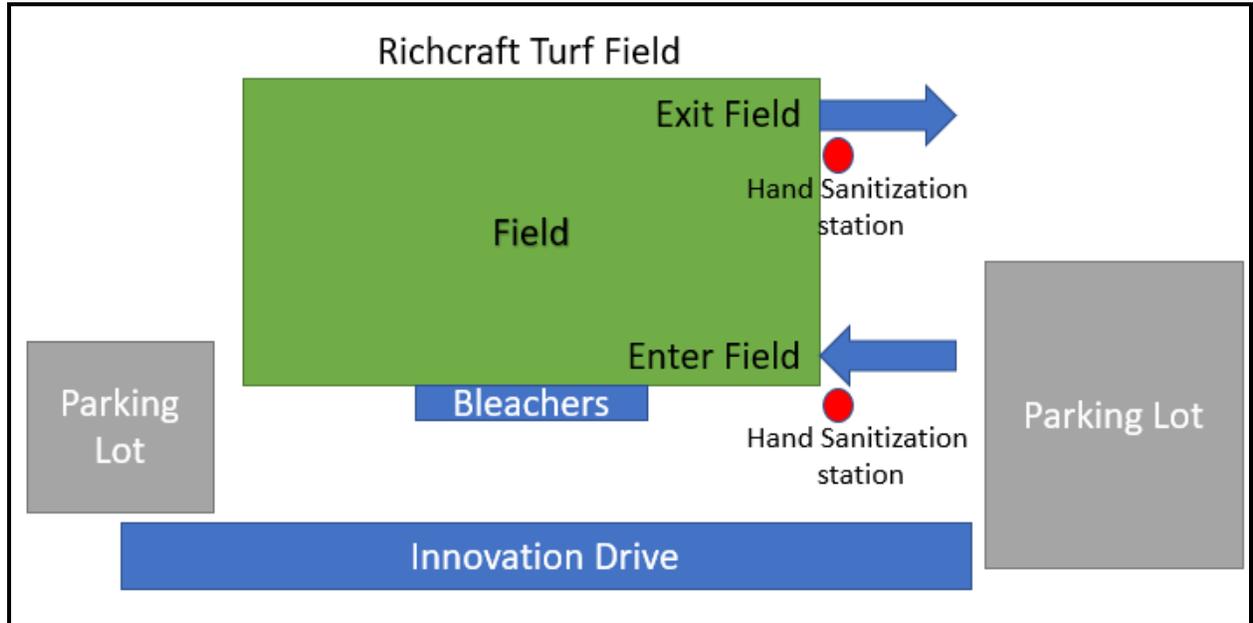
- iii. Any employee/player/parent/coach who is exhibiting (potential) symptoms of illness or COVID-19 should stay home. COVID-19 can cause a range of symptoms including, but not limited to, sore throat, fever and shortness of breath. If you or someone you have been in contact with at work or home, or at soccer-related activities begins to exhibit any of these symptoms, it is **imperative** to inform your Coach and Kanata Dragons Athletic Club representative immediately. In addition, you should:
 - Self-isolate
 - Complete the online self-assessment tool available via this link - [Ontario COVID-19 Self Assessment App](#)
 - Contact your primary healthcare provider

Establish Controls

In order to reduce the possibility of transmission, it is important to establish controls which need to be followed by all parties responsible for a safe Return to Play.

Field/Clubhouse

- Ensure alcohol-based hand sanitizer, cleaning solution, and disposable towels are present and readily accessible before, during, and after each session.
- Prior to entry and at the end of each session, all individuals must properly sanitize hands.
- A definite entrance and exit must be clearly established at all fields and clubhouses.



- Control entry and exit to ensure physical distancing is observed.
- Parents for Under 3, Under 4/5 are requested to assist their child on the field of



play.

- Parents for all other age groups should not be allowed onto the field of play and should be directed to an approved viewing location. **It is important to ensure NO gatherings of large groups while the activity is taking place. Please respect social and physical distancing guidelines as set in place by governmental public health authorities. Areas will be marked off with cones.**
- Ensure a method of accurately tracking players/parents/coach's attendance at each session to assist in contact tracing.
- Screening for symptoms of players/parents/coaches is to take place before each session. If symptoms are present ensure the following steps are followed:
 - o Move the individual to an isolated area (with parents/guardian as necessary)
 - o Ensure that the field or facility is vacated and sanitized.
 - o Contact Telehealth Ontario at 1-866-797-0000 and advise of the situation.
- Define areas on the field, where space is possible, for individual storage of personal items:
 - o Ensure spacing of two (2) metres (6 feet) is observed.
 - o Players shall bring and use personally marked water bottles. No sharing of water bottles will be permitted.
 - o Personal items should be placed on a hard surface location, which can be easily cleaned and sanitized frequently, away from spectators (i.e., sidewalk, individual plastic bins, or plastic covered tabletop.
 - o All items brought to the field must be in easily distinguishable player bags and all items removed at the end of session. Any items left on the field will be disposed of promptly and safely.
 - o Facility change rooms will be closed until government orders are lifted, except in cases where washroom facilities do not exist elsewhere and need to be accessible.
 - o Communicate with the field provider (private or municipal) to ensure cleaning and acceptable use guidelines have been developed, and that all protocols established are being adhered to. Copies of protocols should be requested and/or publicly posted.
 - o Commonly touched surfaces should be cleaned using appropriate sanitizing solution at the beginning and end of each session. Those surfaces include, but are not limited to:



- Door handles
- Gate entrances
- Sport Equipment (soccer balls, training supplies, etc.)
- Player equipment storage locations, and
- Bleachers or spectator seating
- No sharing of personal items such as water bottles, goalie gloves, shin guards, jerseys, towels, etc. will be permitted
- Food of any type will not be consumed at the field/facility.

RETURN TO PLAY PROTOCOL FOR COACHES

Our priority is to ensure a safe environment and facilitate safe sport.

- Club will hold an online pre-activity orientation with players and parents regarding safety protocols such as social distancing, modified training, pick-up and drop-off, hand washing, cough suppression, spitting and nose clearing prohibitions, etc. prior to the first training session.
- Coaches should wipe down personal and field equipment using disinfecting swabs or towels, before and immediately after each session. (It is not sufficient to go home and then clean as contaminated items may travel into the home environment).
- Only Coaches/Staff should handle equipment.
- Coaches should wear facemasks.
- Activities should be structured to maximize physical distancing.

Age appropriate considerations may need to be taken when designing activities.

- For example, Under 3 to Under 6/7 players may need a sibling or parent to participate with them. This will allow for coaches to have support in managing the group of players and social distancing will not be required between siblings of guardians from the same household.
- Activities should be designed so athletes may stay within their existing small groups to reduce unnecessary contact with different people.
- Regular sanitization breaks combined with water breaks.
- The use of cones and other equipment shall be used to ensure appropriate spacing is in place to support distancing.



RETURN TO PLAY PROTOCOL FOR PLAYERS AND PARENTS

Players

- It is recommended that all players utilize the “Self-Check” on [Ontario COVID-19 Self-Assessment App](#)
- 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 25 minutes prior to activity commencing.
- Do not congregate at the facility entry point.
- Arrive prepared to have fun as changing rooms will not be available.
- Bring your own water bottle, clearly labelled with the name of your child.
- Do not share water bottles.
- Follow the hygiene protocols in this document.
- Only use your own equipment.

Parents

- Follow the [hygiene protocols](#) in this document.
- Avoid congregating at facility entry points.
- Remind players to arrive to the session dressed.
- Only one parent/guardian should attend soccer activities.
- No more than 1 person per 4m².
- Ensure to check-in with a KDAC coach for completion of attendance at the soccer activity.
- At home, ensure all the player’s equipment is washed separately from other household items.
- Ensure that your child is healthy and has no sign of COVID-19 symptoms. Routinely check for COVID-19 symptoms.
- Snacks are discouraged. If permitted, ensure they are consumed and/or disposed of on-site and not taken home following activities



C. Liability Waivers

VOLUNTARY ASSUMPTION OF RISK AND LIABILITY AGREEMENT PARTICIPANT UNDER 18

KANATA DRAGONS ATHLETIC CLUB

INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

WARNING! By signing this document, you will assume certain risk and responsibilities.

Please read carefully!

Participant's Name: _____

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a Participant in activities, programs, classes, services provided and events sponsored or organized by the **KANATA DRAGONS ATHLETIC CLUB** ("Kanata Dragons"), including but not limited to: games, tournaments, practices, training, (collectively the "Activities"), the undersigned being the Participant and Participant's Parent/Guardian (collectively the "Parties") acknowledges and agrees to the following terms outlined in this agreement:
2. I am the Parent/Guardian of the Participant and have full legal responsibility for the decisions of the Participant.

Description of Risks

3. The Parties understand and acknowledge that:
 - a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life;
 - b) Kanata Dragons has a difficult task to ensure safety and it is not infallible. Kanata Dragons may be unaware of the Participant's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction; and
 - c) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Kanata Dragons Athletic Club has put in place reasonable preventative measures to reduce the spread of COVID-19; however, the Kanata Dragons Athletic Club cannot



guarantee that the Participant will not become infected with COVID-19. Further, attending the Activities could increase your risk of contracting COVID-19.

4. The Participant is participating voluntarily in the Activities. The Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to:

- a) Contracting COVID-19 or any other contagious disease;
- b) Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
- c) Exerting and stretching various muscle groups;
- d) The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- e) Spinal cord injuries which may render the Participant permanently paralyzed;
- f) Serious injury to bones, joints, ligaments, muscles, tendons and other aspects of the Participant's body or to the Participant's general health and well-being;
- g) Abrasions, sprains, strains, fractures, or dislocations;
- h) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma;
- i) Physical contact with other participants, spectators, equipment, and hazards;
- j) Failure to act safely or within the Participant's ability or within designated areas;
- k) Grass, turf, and other surfaces including bacterial infections and rashes;
- l) Collisions with fences, poles, stands, and soccer equipment;
- m) Negligence of other persons, including other spectators, participants, or employees; and
- n) Weather conditions.

5. In consideration of the Kanata Dragons Athletic Club allowing the Participant to participate in the Activities, the Parties agree:

- a) That the Participant's mental and physical health is appropriate to participate in the Activities;
- b) To comply with the rules and regulations for participation in the Activities;
- c) To comply with the rules of the facility or equipment;
- d) That if the Participant observes an unusual significant hazard or risk, the Participant will remove themselves from participation and bring such to the attention of a Kanata Dragons Athletic Club representative immediately;
- e) That it is their sole responsibility to assess whether any Activities are too difficult for the Participant. By the Participant commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity;
- f) That they are responsible for the choice of the Participant's protective equipment and the secure fitting of the protective equipment;
- g) That COVID-19 is contagious and the Participant may be exposed to or infected by



COVID-19 resulting in personal injury, illness, permanent disability or death and voluntarily agree to assume all of the foregoing risk.

- 6. In consideration of the Kanata Dragons allowing the Participant to participate, the Parties agree:
 - a) That the Parties are not relying on any oral or written statements made by the Kanata Dragons Athletic Club or their agents, whether in brochure or advertisement or in individual conversations, to agree to be involved in the Activities; and

General

- 7. The Parties agree that if they file a lawsuit against Kanata Dragons, they agree to do so solely in the province of Ontario, Canada and they further agree that the substantive law of Ontario will apply without regard to conflict of law rules.
- 8. The Parties expressly agree that this Agreement is intended to be as broad and inclusive as is permitted by law and that if any of its provisions are held to be invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgement

- 9. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

Participant and parent signature are required below.

Name of Participant (print)

Date of Birth

_____ _____
Name of Parent or Guardian (print) Signature of Parent or Guardian

Date



**VOLUNTARY ASSUMPTION OF RISK AND LIABILITY WAIVER
KANATA DRAGONS ATHLETIC CLUB**

In consideration of being allowed to participate in any way, and at any time, in an event or activity, including sporting events, by Kanata Dragons, or its related groups, the undersigned:

- 1) Acknowledges, appreciates, agrees, and fully understands that although particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist.
- 2) Acknowledges, appreciates, agrees, and fully understands that the significant risk of injury, contraction of COVID-19 or virus infection, including the potential for permanent paralysis and death, and severe social and economic losses which might result not only from their own action, inactions or negligence, but the actions, inactions or negligence of others from the activities, the rules of play, or the condition of the premises or of any equipment used involved in this program. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.
- 3) Agrees that prior to participating, I will inspect the facilities and equipment to be used, and if I believe anything is unsafe, will immediately advise the event organizers of such condition(s) and refuse to participate.
- 4) Agrees to comply with the stated and customary terms and conditions for participation.
- 5) I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, WAIVE, INDEMNIFY, DISCHARGE, COVENANT, AND HOLD HARMLESS, the Kanata Dragons Athletic Club, its organizers, directors, commissioners, referees, officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, related groups and affiliated organizations, and owners and lessors of facilities used to conduct the event ("Releases"), from any and all liability with respect to any and all claims, demands, losses or damages on account of disability or injury, including death or damage to property, caused or alleged to be caused, in whole or in part, by the negligence of Kanata Dragons or its related "releases" enumerated above or otherwise, to the fullest extent permitted by law.
- 6) Whenever possible each provision, term and covenant of this Agreement will be interpreted in a manner to be effective and valid but if any provision, term or covenant of this Agreement is held to be prohibited or invalid by a court of competent jurisdiction, then such provision, term or covenant will be ineffective only to the extent of such prohibition or invalidity, without invalidating or affecting in any manner whatsoever the remainder of such provision, term or covenant or the remaining provisions, terms or covenants of this Agreement.



7) In the event of any dispute between the parties which arises under this Agreement, such dispute shall be settled by arbitration. A list of arbitrators shall be presented to the Claimant and Respondent from which one will be chosen using the applicable rules. The hearing shall be conducted in the City of Ottawa, Ontario, unless both parties' consent to a different location. The decision of the arbitrator shall be final and binding upon all Parties. The prevailing party shall be awarded all of the filing fees and related administrative costs. Administrative and other costs of enforcing an arbitration award, including the costs of subpoenas, depositions, transcripts and the like, witness fees, payment of reasonable attorney's fees, and similar costs related to collecting an arbitrator's award, will be added to, and become a part of, the amount due pursuant to this Agreement. Any questions involving contract interpretation shall use the laws of Ontario. An arbitrator's decision may be entered in any jurisdiction in which the party has assets in order to collect any amounts due hereunder.

8) Assumes all the foregoing risks and accepts personal responsibility for the damages following such injury, permanent disability or death. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others and assume full responsibility for my participation. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

 FIRST NAME LAST NAME DATE OF BIRTH AGE

X _____
 PARTICIPANT'S SIGNATURE DATE OF SIGNATURE



D. COVID-19 Monitoring Documents

COVID-19 SYMPTOMS CHECKLIST: STAFF/ COACHES/ PLAYERS

| Do you have any of the below symptoms? | | | |
|---|---|-----|----|
| 1 | a. Fever (greater than 38.0 C)? | YES | NO |
| | b. Cough? | YES | NO |
| | c. Shortness of breath / difficulty breathing? | YES | NO |
| | d. Sore throat? | YES | NO |
| | e. Runny nose? | YES | NO |
| 2 | Has anyone in your household experienced any of the above symptoms in the last 14 days? | YES | NO |
| 3 | Have you, or anyone in your household travelled outside of Canada in the last 14 days? | YES | NO |
| 4 | Have you, or anyone in your household been in contact in the last 14 days with someone who is being investigated as a suspected case of COVID-19? | YES | NO |
| 5 | Are you currently being investigated as a suspected case of COVID-19? | YES | NO |
| 6 | Have you tested positive for COVID-19 within the last 10 days? | YES | NO |

If an individual answers “YES” to any of the above questions, they are not permitted to participate in any in-person soccer activity for a minimum of 14 days.



CONTRACT TRACING LOG FOR KANATA DRAGONS ATHLETIC CLUB

Team Name: _____ **Club/Academy:** _____

All players, coaches, volunteers, and parents/guardians who drop off their children must be included in this log. The log can be electronic or completed on site by a responsible adult.

The information collected on this document is being collected to assist in the management of the COVID-19 pandemic. This information will be kept in a safe and secure location and will be provided to Ontario Health Services upon request for contract tracing purposes.

The Kanata Dragons Athletic Club will not use this information for any other purposes and will destroy this record after six weeks. Under Privacy Regulations you have a right to access and correct any information we hold about you.

| Date | Full Name | Address | E-mail | Phone | Time-in | Time-out |
|------|-----------|---------|--------|-------|---------|----------|
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