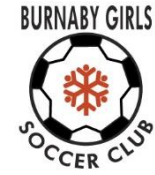


BURNABY GIRLS SOCCER CLUB

RETURN TO PLAY PLAN



RETURN TO SPORT

Burnaby Girls Soccer Club is providing this Return to Play Safety Plan that outlines all of our policies and procedures as we begin to resume soccer activity.

Sport and physical activity play an important role in the physical, psychological and emotional well-being of citizens in BC. For this and other economic and social reasons we are all eager to resume sport activities. However, the health and safety of all participants and citizens for BC must remain the number one priority.

This document serves as a starting point for us to return to soccer activity for our participants, parents, volunteers and staff.

On June 1st ViaSport released their Return to Sport Guidelines which provides direction to Provincial Sport Organizations on resuming activities. B.C. Soccer announced their guidelines on June 3rd and Clubs that meet those guidelines are permitted to begin modified activity after June 12.

These are these documents and guidelines that form the basis of the Burnaby Girls Soccer Club Return to Play Plan.

- [ViaSport Return to Sport Guidelines](#)
- [BC Soccer Return to Play Plan](#)
- [BC Soccer Return to Play Guidelines for Participants](#)

As we enter Phase 1 of BC Soccer's gradual and phased-in return to playing soccer we will continue to follow the guidance from BC health authorities. Each municipality also has different restrictions and limitations and we are also working with the City of Burnaby to ensure we are providing a safe environment for participants.

COVID-19

COVID-19 is transmitted via liquid droplets when a person coughs or sneezes but also potentially when they are talking in very close proximity to another person. The virus in these droplets then can enter the body of another person when that person breathes in the droplets or when the droplets touch the eyes, nose or throat of that person.

This requires you to be in close contact – less than the so-called physical distancing of three to six feet. This is referred to as 'droplet' transmission and is believed to be the primary way COVID-19 is transmitted.

COVID-19 can also be transmitted through droplets in the environment if someone touches a contaminated area then touches their face without cleaning their hands. The virus does not enter the body through skin, it enters through the eyes, nose or mouth when the person touches their face.

Unfortunately, human beings touch their faces very often throughout the day, much more than they realize. This is why regular handwashing and cleaning of high-touch surfaces is so important.

SYMPTOMS

The symptoms of COVID-19 are similar to other respiratory illnesses, including the flu and the common cold. These symptoms include fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

For further reference the BC Centre for Disease Control website details information about Covid-19.

[BC Centre for Disease Control – Covid-19 Information](#)

RETURN TO PLAY PLAN – PHASE 1

Below is ViaSport chart outlining return phases.

	Strictest Controls Prior to May 19, 2020	Transition Measures Approx. May 19th to Sept	Progressively Loosen Future date TBC	New Normal Future date TBC
Restrictions in Place	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel 	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel No group gatherings over 50 people 	Refer to PHO and local health authorities	Refer to PHO and local health authorities
Enhanced Protocols	Increased hand hygiene	<ul style="list-style-type: none"> Increased hand hygiene Symptom Screening in place 	Increased hand hygiene	Increased hand hygiene
Facility	<ul style="list-style-type: none"> Outdoor or within home Facilities and playgrounds closed 	<ul style="list-style-type: none"> Outdoor is safest Indoor facilities slowly re-opening 	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	<ul style="list-style-type: none"> Small Groups No or limited spectators 	<ul style="list-style-type: none"> Groups sizes may increase Limited spectators 	<ul style="list-style-type: none"> Large groups allowed No restrictions on spectators
Non-contact Activities	<ul style="list-style-type: none"> Low risk outdoor activities can occur (biking, running, etc). Virtual activities 	<ul style="list-style-type: none"> Fundamental movement skills Modified training activities, drills 	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	<ul style="list-style-type: none"> Should not occur Contact sports should look for non-contact alternatives to training 	Introduction to pair or small group contact skills	No restrictions on activity type
Competition*	Should not occur	In club play or modified games may slowly be introduced	Interclub or regional game play may be considered	Provincial competitions and larger scale events may return
Equipment	No shared equipment	<ul style="list-style-type: none"> Minimal shared equipment Disinfect any shared equipment before, during and after use 	<ul style="list-style-type: none"> Some shared equipment Enhanced cleaning protocols in place 	Shared equipment

*Introduction of competitive activities should be in alignment with Sport Specific guidelines

PARTICIPANT GUIDELINES

While we remain in the “Transition Phase” Burnaby Girls Soccer Club will be offering program options to members. These programs will be run by BGSC staff to ensure we comply with all directives in this initial phase.

All participants will be required to register for a program and follow the following directions:

- [Return to Play Waiver](#) – Parents must complete on behalf of their player prior to participation.
- [Participant Agreement](#) – All participants (players, parents, staff and volunteers) must complete this prior to program participation.
- [Illness Policy](#) – All participants must read and follow this policy. All participants must complete a self-assessment prior to attending a program.
- Parents are asked to sit down and explain all procedures to their players prior to attending a session.
- Programs will all take place at Burnaby Central High School turf field.
- All Covid-19 procedures will be coordinated by BGSC Club Manager: Lynne Schweitzer. This will include:
 - Monitor guidelines from provincial and city health and sport authorities
 - Manage contact tracing procedures
 - Oversee program design to ensure all guidelines are followed
- Programs start times will be staggered to facilitate social distancing. All players should not arrive more than 15 minutes prior to their session and leave the facility immediately following the session.
- Players are asked to bring minimum amount of gear with them. All players’ bags will be left in designated bag placement area.
- Water bottles should be clearly marked with player’s name.
- One spectator per player maximum and spectators are expected to adhere to social distance guidelines of 2 m.

SAFETY PROCEDURES

Arrival at Field

- BGSC Coordinator will manage arrival at facility and ensure all participants have self-assessed prior to the session.
- On-field coordinator will manage equipment set-up and direct player arrival once on field.
- Session start and end times will be staggered to allow for distancing to be maintained before and after each session.
- Hand sanitizer, gloves and face masks will be supplied on site for participants who wish to use. Players will be encouraged to bring their own hand sanitizer and use it before and after each session.
- After each session all appropriate equipment will be cleaned by on-field coordinator.
- Washrooms will be available on site as directed and managed by City staff.

SMALL GROUP TRAINING

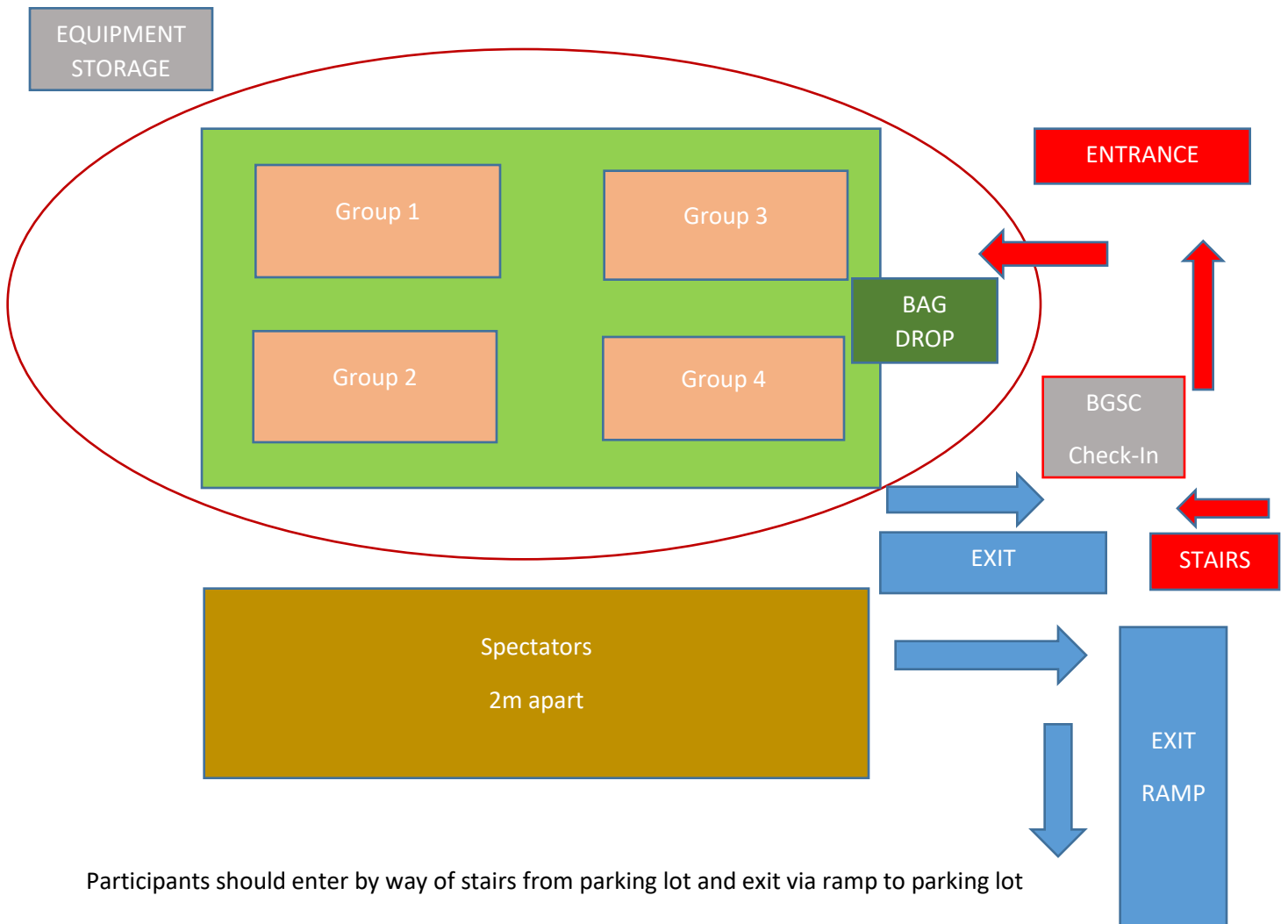
To maintain physical distancing as much as possible player groups will be positioned in four locations on a full 11v11 field.

Each group would stay in their zone and players will not be able to move unless they are leaving the field.

Once the session is completed, each group would leave separately or by different exits depending on the field.

[BC Soccer Return to Play Sample Sessions](#)

BURNABY CENTRAL TURF FIELD MAP



Participants should enter by way of stairs from parking lot and exit via ramp to parking lot