



FOOTBALL

RETURN TO FOOTBALL

VERSION 2.0

JULY 21 2020



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DISCLAIMER



The Ontario Football Alliance has prepared this document based on the latest information available to date. The document will be updated as the situation evolves and more information becomes available.

This document is meant to provide information and guidance as to best practices based on current information. Each organization is however responsible for assessing the risks in its particular environment and establishing the appropriate safety procedures to minimize those risks, while following the advice and instructions of public health and government authorities.

Additionally, it is an individual's responsibility for assessing his or her personal risks in consultation with medical professionals and for the outcome of his or her decisions and actions.

It is important to note that this is not a legal document and is to be used as a guide only. It is not a substitute for actual legislation or orders of the local, provincial health guidelines. In the event of an ambiguity or conflict between the guidelines in this document and the Public Health Act, regulations or orders thereunder, the Act, regulations and orders prevail. Each association should comply with the requirements of the provincial and local government and health officials in terms of public gatherings and sporting events when determining when it is safe to return to activities.

Ontario Football Alliance understands and takes seriously the health concerns surrounding the COVID-19 Pandemic. We respect the role of Ontario's Department of Health and each municipal health department in making the tough decisions to keep individuals safe, especially participants in sport and football.

This is an unprecedented time as we look to a return to our new normal as a result of the pandemic. Ontario Football Alliance (OFA) and its Board of Directors, League Officials, Officials and all other stakeholders want to ensure we are taking the necessary precautions to keep both our participants and the general community safe by following all provincial health guidelines.

We also realize that the football community has a desire to return to football as quickly as possible under the provincial guidelines. We must ensure we are proceeding thoughtfully as a community by continuing to have meaningful dialogue with our health departments, government officials and sport bodies. Ontario Football Alliance is in constant communication with our national sports organization-Football Canada, and our insurance provider, as we lobby Sport Ontario and our Ontario Ministry of Health to seek clarification on a return to all activities including contact football.

On Friday July 17, 2020 the Provincial Government began the process of moving certain regions to Stage 3 of the provincial reopening process. Stage 3 provides sports new opportunities to start returning to regular activities but still maintains several restrictions. For regions remaining in Stage 2 all participants must adhere to Ontario Football Alliances Return to Football Version 1.0. Regions moving into Stage 3 can now increase the number of participants involved in activities to 50 which includes the athletes, officials, coaches and first aid responders/trainers. In addition to increasing the number of participants we are now allowed to introduce non-contact activities and games in the form of Flag Football.

Currently in accordance with the provincial health guidelines provided contact football is a prohibited activity. We are working tirelessly to engage with the provincial government to find a path back to contact football. The provincial government has provided us with a means to work with them to implement a plan they feel aligns with health guidelines moving forward. We will continually update the Ontario Football community as things progress.

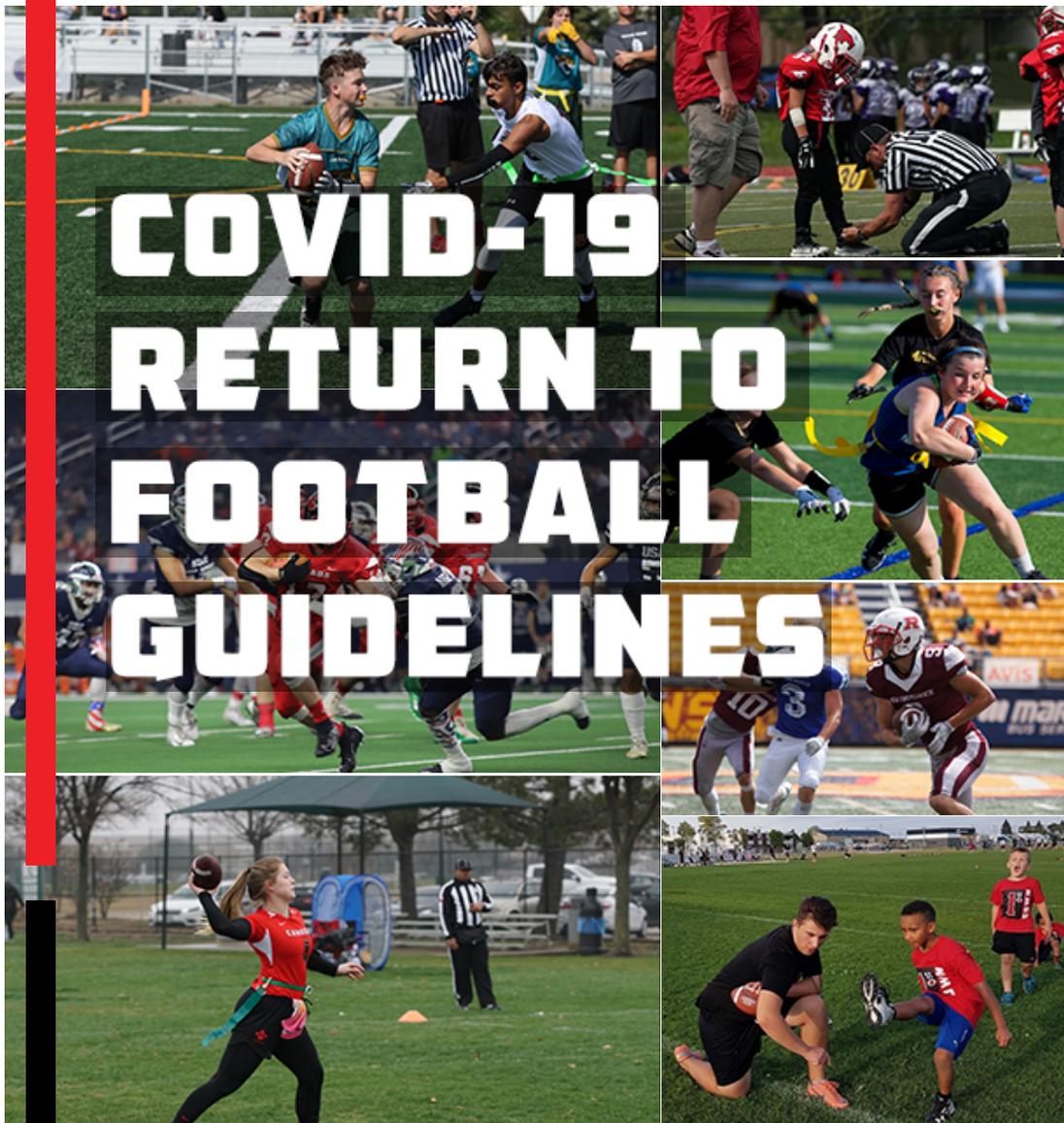
This document was created through consultation with other Football Provincial Sports Organizations across Canada, Football Canada and the Ontario Government. Sport is important to people's health, fitness, and mental well being and we are proud to present our plan to offer the next phase of football to Ontario again.

FOOTBALL CANADA RETURN TO PLAY



On June 6, 2020 Ontario Football transitioned from Level 1 return to play in the Football Canada Return to Play Guidelines to Level 2 which included the transition to Physical Training and Skill Development. As of July 22, 2020 football in Ontario will be moving to Level 3 which introduces non-contact competitive activities and games. (See [Pathways](#) for more detailed information on programming options)

For Football Canada's Return to Football Guide [click here](#).



ONTARIO REOPENING STAGE 3 AND FOOTBALL IN ONTARIO

TEAM SPORT GUIDELINES IN STAGE 3

- Prolonged or deliberate contact while playing sports is not permitted.
- Physical distancing must be maintained, except if playing a team sport or as needed for personal training.
- Team sports in which body contact between players is either an integral component of the sport or commonly occurs while engaged in the sport (e.g., wrestling, judo) are not yet permitted, unless the approach can be modified to prevent prolonged or deliberate physical contact.
- Amateur and recreational sports leagues may resume so long as they do not allow prolonged or deliberate physical contact between players or if they have modifications to avoid physical contact between players.
- Leagues/Associations must contain no more than 50 participants total. If participants in a league exceed 50, the league may divide into smaller groups of no more than 50. Players are not yet permitted to play against players outside of their league or group.
- Equipment must be cleaned and disinfected between user sets or at the end of a game.
- Spectators at all sporting events, including professional sports, will be subject to gathering limits and physical distancing measures, with assigned seating where possible.
- Indoor gathering limits will increase to a maximum of 50 people.
- Outdoor gathering limits will increase to a maximum of 100 people.
- In all cases, individuals are required to continue to maintain physical distancing of at least two metres with people from outside their households or social circles. (With the exception of Team Sports)

PROVINCIAL FACILITIES FOR SPORT AND RECREATIONAL FITNESS GUIDELINES

- Examples of facilities for sports and recreational fitness activities include gyms, fitness studios, and community centres.
- Physical distancing must be maintained, except if playing a team sport or as needed for personal training.
- The total number of people permitted in areas containing weights or exercise machines is limited to the number of people that can maintain physical distancing of at least two metres, which cannot exceed the indoor gathering limit of 50 people.
- The total number of people permitted in classes or organized activities at any one time is limited to the number of people that can maintain physical distance of at least two metres, and cannot exceed the indoor gathering limit of 50 people or the outdoor limit of 100.
- Assigned spaces are strongly recommended for organized fitness classes (e.g., by marking circles on the floor to designate where each person should exercise).
- Gathering limits do not apply in all other areas (e.g., pools, tennis courts and rinks).
- Equipment must be cleaned and disinfected between user sets or at the end of a game.
- Any washrooms, locker rooms, change rooms, showers or similar amenities made available to the public must be cleaned and disinfected frequently.

REGIONS MOVING TO STAGE 3 IN ONTARIO

Please be aware that this is a fluid document and that the stages of your own municipality may change. You must be aware of your area's current stage at all times. We strongly recommend that you contact your local public health unit and municipality for specific questions regarding your area's guidelines and regulations. The public health guidelines must be adhered to at all times and take precedence over this document.

REGIONS REMAINING IN STAGE 2	REGIONS MOVING TO STAGE 3
<ul style="list-style-type: none">• Toronto Public Health• Windsor-Essex County Health Unit• Peel Public Health	<ul style="list-style-type: none">• Algoma Public Health• Brant County Health Unit• Chatham-Kent Public Health• Eastern Ontario Health Unit• Grey Bruce Health Unit• Haliburton, Kawartha, Pine Ridge District Health Unit• Hastings Prince Edward Public Health• Huron Perth Public Health• Kingston, Frontenac and Lennox & Addington Public Health• Leeds Grenville & Lanark District Health Unit• Middlesex-London Health Unit• North Bay Parry Sound District Health Unit• Northwestern Health Unit• Ottawa Public Health• Peterborough Public Health• Porcupine Health Unit• Public Health Sudbury & Districts• Region of Waterloo Public Health and Emergency Services• Renfrew County and District Health Unit• Simcoe-Muskoka District Health Unit• Southwestern Public Health• Thunder Bay District Health Unit• Timiskaming Health Unit• Wellington-Dufferin-Guelph Public Health• Durham Region Health Department• Haldimand-Norfolk Health Unit• Halton Region Public Health• Hamilton Public Health Services• Lambton Public Health• Niagara Region Public Health• York Region Public Health

To find the current status of your region, follow the attached link:

<https://www.ontario.ca/page/reopening-ontario>

HYGIENE GUIDELINES



As Ontario works towards recovery, acting responsibly and respectfully towards each other will help keep family, friends, colleagues and neighbours safe.¹

	Maintaining physical distancing of at least two metres from people outside of your household or social circle		Wearing a face covering in indoor and outdoor public spaces where physical distancing is a challenge
	Washing your hands frequently with soap and water		Using an alcohol-based hand sanitizer if soap and water are not available
	Practising good hygiene (covering a cough and sneeze and avoiding touching your face)		Cleaning frequently touched surfaces more often
	Limiting indoor gatherings to a maximum of 50 people, or less, to maintain physical distancing		Limiting outdoor gatherings to a maximum of 100 people, or less, to maintain physical distancing
	Staying at home and away from others if you are feeling ill or have symptoms of COVID-19		Downloading the COVID Alert app, when launched, to be notified if you have been in contact with anyone with COVID-19
	Working from home or remotely as much as possible		Minimizing travel and self-isolating for 14 days after all international travel
	Protecting the most vulnerable by following public health advice		Getting tested if you are worried you have or have been in contact with someone who has COVID-19

¹ Government of Ontario. "A Framework for Reopening our Province." <https://files.ontario.ca/mof-framework-for-reopening-our-province-en-2020-04-27.pdf>

RETURN TO FOOTBALL PATHWAYS: STAGE 3



PATHWAYS

In consultation with provincial health guidelines and our National Sport Organization Football Canada we have developed three pathways in Ontario's Stage 3 for "Return to Football" to assist the football community. Each association must provide a detailed plan to the Ontario Football Alliance laying out their desired pathway along with a process to implement that pathway based on both local/provincial health and Ontario Football guidelines.

Pathway 1- Physical Training and Skill Development (Regions still in Stage 2)

Pathway 2 - Non-Contact Activities and Games – Flag Football (Stage 3)

Pathway 3 - Team Practice: Stay and Train – Touch and Tackle (Stage 3)

PATHWAY ACTIVATION REQUIREMENTS

- 1) All sanctioned activities (flag competitions, skills/drills/conditioning events) must be registered with the Ontario Football Alliance for insurance purposes;
- 2) All players, first aiders, volunteers and coaches must be registered with the Ontario Football Alliance (registered through Goalline);
- 3) All coaches must have the proper courses and qualifications to be on the field;
- 4) All member organizations, Presidents, coaches and players who do not follow the outlined parameters will be subject to discipline which may result in loss of membership status at all levels; and
- 5) All organizations must provide a very clear and concise written plan to the OFA on how they will meet the requirements within this document, Football Canada's Return to Play and the Ontario Ministry of Health's document for Stage 3 Return to Play. This includes tracing documents, screening procedures and waivers.

RETURN TO FOOTBALL PATHWAYS: STAGE 3



PATHWAY 1: PHYSICAL TRAINING AND SKILL DEVELOPMENT

(For those Regions still in Stage 2)

FOCUS: Individual skill development that promotes social distancing and can scale based on the number requirements for participation. Program Options as listed in Football Canada Return to Play and the OFA Return to Play Version 1.0

PARAMETERS

- Groups of 10 or less
- Controlled social distancing
- Maintain physical distance of 2 m at all times
- Non-essential travel
- No or limited spectators
- No exchange of equipment (no footballs)
- Available field or facility access
- No contact activities allowed
- No competition
- All participants must maintain 2 m social distancing on side lines

NOTE: Contact your local public health services for specifics regarding face covering requirements.

Examples: Football Canada's First Down Program, CFL Futures, outdoor skill and physical training

Note: Pathway 1 is applicable to regions that have moved into stage 3. Group limits for stage 3 regions as stated in the where are we now section.

NOTE: Pathway 1 is applicable to regions that have moved into Stage 3. Group limits for Stage 3 regions as stated in the where are we now section.

RETURN TO FOOTBALL PATHWAYS: STAGE 3



PATHWAY 2: NON-CONTACT ACTIVITIES AND GAMES: FLAG FOOTBALL

(For those Regions now in Phase 3)

FOCUS: On competition in Pods - **FLAG ONLY**

PARAMETERS

- Consider electronic or handheld whistles for officials.
- Official must stay with their Pods
- Personal water bottles only
- No handshakes or high fives
- No huddles allowed
- Consider adding additional timeouts to allow for hand hygiene during each half.
- Teams should provide their own footballs
- All players must have their own personal flag belt and flags. They should be taken home and to the fields by the individual and never kept in a team bag.
- Provide additional footballs if possible, to allow for more frequent equipment switches and sanitize footballs as often as possible
- All participants must maintain 2 m social distancing on side lines (including coaches)
- Coaches, managers and first aid responder/trainers must wear masks/face coverings.
- Discourage players from removing and re-inserting mouthguards. Mouthguards should be sanitized if they fall out.
- All participants must use hand sanitizer before and after a game or training session.
- Disinfecting procedures for all personal & field equipment between Pods and Cohorts.
- Spectator limitations – 2 meter social distancing at all times. Clubs/associations must ask parents to leave the area if they do not abide by this rule.
- Equipment handouts - refer to Appendix A4 for equipment distribution in Return to Football Version 1.0 http://ontariofootball.ca/files/return_to_football_appendix_1_1.pdf
- As a rule, all adult personnel on the sidelines that will possibly have close contact with the athletes (i.e. athletic therapists, equipment manager) should wear masks/face coverings.
- If gloves are worn by participants they must be cleaned as regularly as hand sanitizing

NOTE: Contact your local public health services for specifics regarding face covering requirements.

GAME MODIFICATIONS

- 5 a side (5-10 players plus 2 coaches) minimum of 5, Limit of 2 coaches & staff per team (7-12 participants)
- 7 a side (7-14 players and 2 coaches) minimum of 7, Limit of 2 coaches & staff per team.
- Athletic therapist/first aider are assigned to one Pod.
- Officials are assigned to one Cohort
- Flag pull and drop
 - Make an amendment to the unsportsmanlike penalty to not hand back the flag at the point of the pull.

RETURN TO FOOTBALL PATHWAYS: STAGE 3



PATHWAY 3: TEAM PRACTICE: STAY AND TRAIN – TOUCH AND TACKLE

(For those Regions now in Phase 3)

FOCUS: Drills, skills and conditioning is allowed. Full non-contact practice may occur - Tackle football and any drills involving contact (blocking, tackling, jamming/pressing, snapping) are not permitted.

NON-CONTACT PRACTICE LESS THAN 50 PARTICIPANTS

ALLOWED ACTIVITIES

- Safe contact drills on air
- Conditioning drills
- Indy drills with no contact or equipment (except balls, cones and ladders)
- Wide receivers vs defensive backs absolutely no contact
- Pass skeleton, no contact
- Team on air
- Inside run on air
- Install on air
- EDD every day drills

PARAMETERS

- No player equipment (helmet, shoulder pads, pants with shoulder pads, arm pads, knee pads)
- No blocking sled activities
- No games allowed (touch, flag)
- Only equipment permitted are cones, ladders and footballs
- A player must join only one club
- Players participating must stay only within their club/association and their Cohorts
- All participants must maintain 2 m social distancing on side lines
- All coaches, managers and first aider/trainer must maintain 2 m social distancing all times
- Cohorts exist within the club/association (a player from one club/association cannot joining another club/association on a different night)
- Limits must not exceed 100 participants (spectators included) but all participants and spectators must maintain 2 m social distancing at all times.
- Personal water bottles only
- No handshakes or high fives
- All participants must use hand sanitizer before and after a training session
- All training sessions must have two coaches (Rule of Two)
- Disinfecting procedures for all personal & field equipment at the start and end of the event
- As a rule, all adult personnel on the sidelines that will possibly have close contact with the athletes (i.e. athletic therapists, equipment manager) should wear masks/face coverings.
- If gloves are worn by participants they must be cleaned as regularly as proper hand hygiene
- Players must come dressed to facilities and not use any change rooms.
- Athletic therapist/first responder assigned to only one Cohort.
- No other football equipment may be used.

NOTE: Contact your local public health services for specifics regarding face covering requirements.

PARTICIPANTS:

The role of the participant is to ensure adherence to the parameters of this document. To abide by the screening procedures listed within the OFA Return to Football documents, Football Canada's document and the Region's Health Department requirements.

If a participant sees that there are more than 50 participants for a flag game or 100 participants for skill/drills/conditioning he/she must not allow the activity to proceed by notifying a club representative.

- All practices/games must have two coaches (Rule of Two)
- Participants must come dressed to facilities and not use any change rooms.

ATHLETES:

- Be aware of and complying with all hygiene guidelines
- Complete COVID-19 assessment prior to each session
- Provide your association or league with notice if you have a positive test for COVID-19

COACHES:

- The role of the coach is to help athletes understand and learn the process.
- One coach per team or Cohort should be responsible for all equipment. Equipment that coaches cannot use at this time are shields, butter bags/step-over bags, blocking bags, sleds, chutes, skipping ropes (unless individually purchased), blocking bags.
- Ensuring the participants understand the process and rules of this document
- To communicate to participants the process of attending the facility and exiting as set out by the organization's plan.

OFFICIALS:

- Please refer to Football Canada Return to Football Official Guidelines: <https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:823e9a54-da98-4e87-a029-dbfd3ff7fadd#pageNum=1>

ASSOCIATIONS/CLUBS:

- Associations should designate one individual that is 18+ as their Safe Sport Officer responsible for the administration and operations of their Return to Football plan
- Associations will provide to the OFA their declaration as to which pathway they will be following and a clear, concise and detailed plan which includes:
 - Number of Pods/Cohorts
 - Player Roster with OFA number for each Pod/Cohort
 - Coach Roster with OFA number and NCCP number for each pod/cohort
 - Participant waivers, Self-Assessment sheets, Tracing Sheets
- Any player found to have a positive test for COVID-19 and has been exposed to the other participants on that team, would cause the team/club to immediately shutdown.
- Clubs will ensure that prior to a coach or athlete's participation they have provided proof of OFA registration.

- Organizations must send out the plan for entering and exiting the facility prior to the participants arrival.
- Clubs will provide to the OFA participate lists prior to the start of the activity
- Clubs will ensure a diagram detailing player drop off and pick up to ensure no cross interactions between pods and cohorts.
- Clubs are still responsible to ensure that the facilities and infrastructure set up is communicated to parents/guardians and any missing signage is produced and displayed.
- Centers wanting to have competitions between clubs ie. combines cannot host other players. They can run the event within their cohort and record the information and share and compare online.
- Spectator limitations – 2 meter social distancing at all times. Clubs must ask parents to leave the area if they do not abide by this rule.
- All clubs must submit their process and plan and their plan must be approved by the OFA prior to any activities taking place.
- Clubs must not advertise that they are anticipating tackle football until they have received clearance from the OFA.

Member clubs will be sanctioned for not complying with the requirements of this document

The OFA is working with the Ontario Government, Sport Ontario and other agencies to create a plan to get on working towards the process of returning to contact, however the Provincial health guidelines do not allow any contact at this time. The OFA will continue to lobby provincial health and Sport Ontario for continued clarification on the “Return to Play” phases and contact football. Football Canada has indicated that an equipment management document is currently being developed and more information will be presented when available.

LEAGUES:

- Leagues should designate one individual that is 18+ as their Safe Sport Officer responsible for the administration and operations of their Return to Football plan.
- The leagues must ensure that clubs are adhering to the standards as set out in this document, Football Canada and Public Health.
- Leagues should have in place an auditing system to ensure compliance for all aspects of Return to Football.
- The leagues will assist the OFA with audits.

PROVINCIAL FOOTBALL ORGANIZATION

- To maintain and ensure that all participants and clubs/associations are registered and insured with the OFA.
- Ensure clubs/associations have submitted their proposed Return to Football pathway(s). The OFA will then notify the club if their proposal is approved or if additional requirements are needed.
- The OFA will audit and sanction member clubs that do not follow the safety expectations listed..
- Provide support to all organizations throughout the Return to Football process.

SPECTATORS

- Spectators at all sporting events, will be subject to gathering limits and physical distancing measures, with assigned seating where possible.
- Spectators will adhere to the Ontario Football Alliance and Football Canada's Codes of Conduct
- It is recommended that spectators should be minimized in attending practices or games and that clubs designate and assign seats where possible.

APPENDIX A - DEFINITIONS



PARTICIPANT – A player, coach, referee, first aider, manager.

PLAYERS – Players are admitted as registered participants once they have been properly registered with the OFA and their fees have been paid.

COACH – Coaches are registered participants with the OFA and have met the minimum coaching requirements as listed in this document.

TEAM – In this document, a team is a set of participants as defined by the pathway the member club has chosen based on its phase of Return to Play.

Example:

Pathway 1 - Team is a group of ten individuals or less that form a social circle

Pathway 2 - Flag composes of Pods - groups of up to 50 people and may have several teams based on the pathways parameters.

Pathway 3 - Skills, drills and conditioning - Cohort - a group of up to 100 including spectators who can maintain social distancing of 2 m at all times

SOCIAL CIRCLE – is a group of up to ten of the same people who can interact with one another without physical distancing, regardless of what stage of reopening their region is in. Social or public gathering may include different social circles but are subject to gathering limits and physical distancing of at least 2 m.

MEMBERSHIP CATEGORIES – The OFA has four (4) categories of membership:

- a) League Members
- b) Association Members
- c) Registered Participants 4
- d) House League Members

QUALIFICATION FOR MEMBERSHIP – Any properly organized association of amateur football, who promotes the betterment of football in Ontario, who has registered as a member of OFA, and meets the following criteria:

- a) Able to fulfill the responsibilities of membership and pay any and all necessary fees or dues.
- b) Agrees and abides by OFA's Constitution, bylaws, policies, procedures and rules and regulations.

ASSOCIATION – No organization will be admitted as a Member of OFA unless:

- a) The candidate member has made an application for membership in a manner prescribed by OFA which is complete and provides a detailed description of the organization, its structure/ mandate/ programs as well as a complete list of its registered members;
- b) The candidate member has been approved by majority vote of the Board or by any committee or individual delegated this authority by the Board;
- c) If, at the time of applying for membership the candidate member is currently a Member, the candidate member is a Member in good standing;
- d) If the candidate member was at any time previously a Member, the candidate member was a Member in good standing at the time of ceasing to be a Member; and
- e) The candidate member has paid dues as prescribed by the Board.

APPENDIX A - DEFINITIONS



CLUB – is a member in good standing that has paid all of its fees to the OFA

GOOD STANDING – A Member will be in good standing provided that the Member:

- a) Has not ceased to be a Member;
- b) Has not been suspended or expelled from membership, or had other membership restrictions or sanctions imposed;
- c) Has completed and remitted all documents as required by OFA;
- d) Has complied with the Constitution, Bylaws, Policies and rules of OFA;
- e) Is not subject to a disciplinary investigation or action by OFA, or if subject to disciplinary action previously,
- f) has fulfilled all terms and conditions of such disciplinary action to the satisfaction of the Board; and
- g) Has paid all required membership dues.
- h) Will not participate in unsanctioned leagues or events.

A sanctioned member of Ontario Football that is in good standing. An organization that is a member of a sanctioned league; OPFL, OFL, and NCAFA. Any organization that has a tackle team must register their flag team, players, coaches, volunteers and refs and skills/training/development programs and those players, coaches, volunteers with the OFA.

All organizations are responsible (not the facility or municipality) to ensure that they set up signs and communicate drop off times and pick up times. All organizations must ensure strict social distancing of the parents and guardians. Under no circumstances is there to be any interactions between pods and cohorts on the field and off the field including pick up by parents. All organizations must ensure they meet local health and municipality regulations.

SANCTIONS – Penalties for Clubs, Presidents, Coaches, Athletes that do not comply with the requirements set out by the OFA which may include but not limited to;

- Failing to register with the OFA, conduct of the participant, not having the proper coaching qualification, or any other transgression contrary to the OFA, Football Canada Codes of Conduct of Athletes, Parents and Coaches or the NCCP Code of Ethics. Sanctions may include loss of membership, removal from league play, fines, suspension and any other remedy determined by the OFA.
 - https://coach.ca/sites/default/files/2020-03/NCCP_Code_of_Ethics_2020_EN.pdf

COACHING REQUIREMENTS –

Coaches for Return to Play Pathways 1-3 must have:

- Making Headway in Football, and Community Sport U 14 trained status as per 2020 requirements (75% of staff plus Head Coach)

LEAGUE – A club/association level group of standardized age categories that will only participate in organized training/conditioning at any one time and is limited to the number of people that can maintain physical distancing of at least two metres, and cannot exceed the indoor gathering limit of 50 people or the outdoor limit of 100. The COHORT may only use a football(s), ladders and cones for the purposes of running

drills.

POD/SPECIFIC TEAM – At this time, a club/association level group that must contain no more than 50 people. This includes players, minimum of two coaches, a first aider, and officials. If the participant(s) POD exceeds 50 players, the POD must be divided into smaller groups not to exceed 50 persons. Games are played within pods. Min of 8 and max of 50

Players, officials, coaches and first aiders must only be in contact with others within their POD as per the Ministry guidelines

COHORT – At this time, a club/association level group of standardized age categories that will only participate in organized training/conditioning at any one time and is limited to the number of people that can maintain physical distancing of at least two metres, and cannot exceed the indoor gathering limit of 50 people or the outdoor limit of 100. The COHORT may only use a football(s), ladders and cones for the purposes of running drills.

The COHORT cannot use any form of equipment including pads, helmets, pants with pads, hitting pads, shields, tackling dummies, (any form of football related equipment) and may not play Flag football.

The POD(s) and COHORT(s) will be solely responsible to follow their local public health and municipality regulations: including any recreational facility guidelines and Social distancing policies including spectators.

NON-CONTACT ACTIVITIES/GAMES:

- Flag football players must have their own individual belt and flags. 5 a side (5-10 players plus 2 coaches) 7 a side (7-14 players and 2 coaches)
- Facility – Indoor or outdoor field

APPENDIX B - ATTENDANCE TRACKER



Player Attendance Check in (attendance tracker)
Must be complete before each event by Parent/Guardian

Name: _____

E-mail address: _____

Contact Phone: _____

Date of Event: _____

Start of Event: _____

Type of Event: _____

Age Group: _____

Coaches Name: _____

Location: _____

Club: _____

APPENDIX C - DECLARATION OF COMPLIANCE



Ontario Football Alliance

Declaration of Compliance – Covid 19

ALL INDIVIDUALS ENTERING THE FACILITY AND/OR PARTICIPATING IN SANCTIONED ACTIVITIES MUST COMPLY WITH THIS DECLARATION

Ontario Football Alliance and its affiliated leagues, and clubs (collectively the “Organization”) require the disclosure of exposure or illness in order to safeguard the health and safety of all participants and limit the further spread of COVID-19.

This Declaration of Compliance will be kept safely, and personal information will not be disclosed unless as required by law or with your consent. An individual (or the individual’s parent/guardian, if the individual is younger than 18 years old) who is unable to agree to the terms outlined in this document is not permitted to enter the Organization’s facilities or participate in the Organization’s activities, programs, or services.

I, being the individual named below and the individual’s parent/guardian (if the individual is younger than 18 years old), by submitting this form, hereby acknowledge and agree to the terms outlined in this document.

Participants Name: _____
Parent/Guardian’s Full Name: _____
E-mail address: _____
Club: _____

COVID-19 RISK INFORMED CONSENT

To be complete by the athlete with a parent, if the athlete is under 18 years of age to be completed by the first aider/athletic therapist

1. Did you have close contact with anyone with acute respiratory illness or travelled outside of Canada in the past 14 days?

yes no

2. Do you have a confirmed case of COVID-19 or have had close contact with a confirmed case of COVID-19 without wearing appropriate PPE?

yes no

3. Do you have any of the following symptoms?

- New onset of cough
- Worsening chronic cough
- Shortness of breath
- Difficulty breathing
- Sore throat
- Difficulty Swallowing
- Decrease of loss of sense of taste or smell
- Chills
- Headaches
- Unexplained fatigue/malaise/muscle aches (myalgias)
- Nausea/vomiting, diarrhea, abdominal pain
- Pink eye (conjunctivitis)
- Runny nose/nasal congestion without other known cause

If you answered “yes” to any of these questions, you should:

- not attend the practice/game
- self-isolate for at least 14 days;
- complete the Ontario Government’s self-assessment; and
- contact your family physician, local medical officer of health or Telehealth Ontario.

I _____ (Athlete) understand that I am practicing or playing in an activity sponsored by the _____ (club/association).

We are currently permitting those athletes to participate in this activity. This waiver form must be signed and returned to _____(club/association) with an acknowledgement from _____(club/association) before any use of the facilities is made.

APPENDIX E - INFORMED CONSENT



Individuals who have travelled outside of Canada within the previous 14 days or who are sick or who have been in contact with someone who is suspected of having Covid-19 must not use the facilities or participate.

This access may be withdrawn at any time based on health agency recommendations.

WAIVER OF LIABILITY

I, _____ give permission for my child to participate in the _____
(event) at _____ sports facilities on _____ (date).

I am aware that my child will be using the facilities at his/her own risk and I will ensure that my child and I will use hand sanitizer upon arrival and departure. I confirm that my child has not travelled outside of Canada for the past 14 days and has not been in contact with anyone who is suspected of having COVID-19.

I will sign in upon my arrival with the First Aider/Athletic Therapist before each event. If I am a minor, my parent/guardian will be acknowledging on my behalf.

SIGNED: _____

DATED: _____

PARENT/GUARDIAN NAME: _____

APPENDIX F - STAFF ATTENDANCE CHECK IN (ATTENDANCE TRACKER)



Must be complete before each event
Staff are coaches, managers, athletic trainers, refs and all volunteers.

Name: _____

E-mail address: _____

Contact Phone: _____

Date of Event: _____

Start of Event: _____

Type of Event: _____

Age Group: _____

Coaches Name: _____

Location: _____

Club: _____

APPENDIX G - EMERGENCY ACTION PLAN (EAP)



EMERGENCY ACTION PLAN (EAP)

Please review and utilize the Emergency Action Plan from Football Canada on Page 28

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:5d78e63c-2cbf-4d1b-b81b-e298f2449fea#pageNum=29>

OTHER RESOURCES

Other COVID-19 Return to Football resources can be found in Ontario Football Return to Football Appendix 1.1:

http://ontariofootball.ca/files/return_to_football_appendix_1_1.pdf



FOOTBALL