



Return to Play Protocols

1. Return to Play

- a) The following protocols are to be implemented to facilitate the return of outdoor non-contact skills training camps. The protocols are split into the four following groups:
- Administrative
 - Camp Day Operations
 - Players/Parents
 - Club/Team Staff

2. Administrative Protocols

- a) Players exhibiting symptoms of COVID-19, or if they have been in contact with someone that is confirmed to have COVID-19, or if you have travelled outside of Western Canada or Northwest Ontario in the last 14 days will not be permitted to participate.
- b) The Club will utilize online resources to stay connected to the football community and communicate clear guidelines for returning to play with all stakeholders.
- c) The use of the Clubhouse for any activity by team staff or participants is not permitted.
- d) Washrooms will be available for use by players and team staff only and will be out of bounds for use by parents and the general public. Washrooms will be cleaned frequently but not after every use. Cleaning procedures to include but not be limited to:
- Wiping down of all surfaces – e.g. sinks, cistern, wc seat etc. with disinfectant wipes
 - Wiping down of items touched frequently – e.g. faucets, flush lever, door handles etc. with disinfectant wipes
 - Cleaning of toilet pan with chlorine bleach solution
 - Emptying of trash cans
- e) The canteen will not be open.
- f) Health and safety signs of the type attached at the end of this document will be on display at the field.
- g) A maximum of 10 players and up to 3 coaches will be permitted in each drill station at one time to promote physical distancing. If numbers dictate, multiple sessions will be held with times staggered suitably to allow players to leave the field area before the next group of players arrive.
- h) Players will enter the field area along the east touch line, keeping to the west side of the trees delineating the baseball diamond from Raiders Field only. Hand sanitizing stations will be set up at the entry point to the field. Players will be tested for signs of a fever at the entry point.
- i) At the end of each session, players will leave the field area immediately along the west touch line only.
- j) Each drill station is to be at least 15 yards from an adjacent station. Boundaries shall be marked off with cones. Team Staff will use the field markings for guidance.



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- k) Each player must be registered for the skills camp prior to attending. Parents/players are required to review and acknowledge that they have read and reviewed an Assumption of Risk and Waiver of Liability similar to the one attached at the end of this document.
- l) Rosters/attendance will be taken by coaches at each drill station and forwarded by the club by the end of the following day to be kept by the Club for such time as deemed reasonable in case contact tracing is necessary.
- m) The Club will comply with all Manitoba Health guidelines and stipulations should a participant test positive.
- n) Participants with medical conditions that produce a persistent cough are encouraged to contact the Club through the club website to discuss safe participation.
- o) All coaches and team staff must be registered for the skills camp prior to attending and will be required to review and acknowledge that they have read and reviewed an Assumption of Risk and Waiver of Liability similar to the one attached at the end of this document.
- p) All players, team staff and club staff will complete a self-screening questionnaire, prior to entering the field area.

3. Camp Day Operations

- a) Rosters will be limited to 10 players plus 3 coaching staff to assist with physical distancing.
- b) Team staff will clean any equipment at their drill station prior to the next rotation entering. This includes but is not limited to sanitizing footballs, tackle backs, tackle dummies, kicking tees, etc.
- c) One drill station will remain vacant at all times to prevent congestion during rotation. During rotation, players will not enter a drill station until the previous group has vacated the station.
- d) Huddles are not permitted when drills are being explained. Players will adopt a "play circle" ensuring that they adhere to physical distancing rules.
- e) Once players have completed a drill, they will return to their ready position by a route prescribed by the coaches. Players will stay out of the path of players completing the drill.
- f) High fives, handshakes, and close contact celebrations are not permitted. A warning will be given for the offence. A second offence will result in the player being ejected from the field area for the remainder of the session.
- g) Spitting at the field will not be tolerated and will result in the player being ejected from the field area for the remainder of the session.
- h) Players and team staff may choose to wear a MASK while playing.
- i) Mouthguards are not required for skills camp. If a player chooses to wear a mouth guard, it must remain in their mouth for the duration of the session and they must sanitize their hands each time they handle their mouth guard before returning to play.
- j) Pets are NOT allowed at games or practices. Service animals are allowed.
- k) For this level of return to play, spectators are not permitted to enter the field area. Special cases for younger players may be considered by the Club as long as gatherings do not exceed 50 people. Team staff may use social media or other means to share the camp experience with parents.



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- l) Players may only arrive at the field 15 minutes prior to the session start time and must leave the field area immediately after the completion of the session.
- m) Football gloves are not permitted. Players must sanitize their hands at each drill station prior to beginning the drill rotation and after they touch their face.
- n) Players must bring their own water bottle clearly marked with their name. Sharing water bottles is prohibited. Water bottles left behind at the end of the session will be disposed of by the Club.

Players/Parents

- a) Players exhibiting symptoms of COVID-19, or if they have been in contact with someone that is confirmed to have COVID-19, or if you have travelled outside of Western Canada or Northwest Ontario in the last 14 days will not be permitted to participate.
- b) Carpooling with people outside your household is NOT recommended.
- c) Parents may not congregate at the field during camp sessions until Manitoba Health advises that larger gatherings are safe. Discussions with other parents/team staff can take place virtually.
- d) Parents are required to drop players off at the east carpark within AD Penner park, where players will enter the field area along the east touch line. Parents are required to pick up their player from the west car park within AD Penner park.

Club/Team Staff

- a) Club/Team exhibiting symptoms of COVID-19, or if they have been in contact with someone that is confirmed to have COVID-19, or if you have travelled outside of Western Canada or Northwest Ontario in the last 14 days will not be permitted to participate.
- b) Club/Team staff will enter the field area along the east touch, keeping to the west side of the trees delineating the baseball diamond from Raiders Field only. Hand sanitizing stations will be set up at the entry point to the field. Club/Team staff will be tested for signs of a fever at the entry point.
- c) Team Staff will arrive at the field 20 minutes prior to the commencement of the first session to organize drills and layout field areas.
- d) Club Staff will arrive 30 minutes prior to the commencement of the first session to set up sanitizing stations, entry points, signage, etc.
- e) Masks are recommended for team staff at all practices and games.
- f) Team staff will clean any equipment at their drill station prior to the next rotation entering. This includes but is not limited to sanitizing footballs, tackle backs, tackle dummies, kicking tees, etc.



COVID-19 NOVEL CORONAVIRUS



Do not enter if you should be self-isolating as a result of possible exposure to COVID-19 within the last 14 days due to:



- Contact with someone that is suspected or confirmed to have COVID-19
- Return from international travel, or from Ontario (east of Terrace Bay), Quebec or the Atlantic provinces (travel restrictions are subject to change; up-to-date information is available at: <https://www.gov.mb.ca/covid19/soe.html>)



Do not enter if you have a new onset of any of the following symptoms:

- Fever/chills
- Cough
- Loss of taste or smell
- Sore throat/hoarse voice
- Shortness of breath
- Vomiting or diarrhea for more than 24 hours
- Poor feeding if an infant



Do not enter if you have a new onset of two or more of the following symptoms:

- Runny nose
- Muscle aches
- Fatigue
- Conjunctivitis
- Headache
- Nausea or loss of appetite
- Skin rash of unknown origin



If any of the above apply, please:

- limit your contact with others
- immediately self-isolate at home
- call Health Links-Info Santé for information about testing and self-isolation – **204-788-8200** or toll-free **1-888-315-9257**.