

## GREATER VANCOUVER UNITED SPORTS CLUB

### RETURN TO PLAY

#### PHASE 2



#### RETURN TO SPORT GUIDELINES FOR B.C. (from VIASPORT)

<https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>

#### INTRODUCTION

On May 14, 2020 Canada Soccer publicly announced the National Return to Soccer Guidelines, which includes Canada Soccer approving the Provincial Member Association Return to Play Plans. These guidelines provide direction to Provincial Sport Organizations (PSO's) and ultimately the clubs, such as Vancouver United Sports Club, who fall under Canada Soccer/BC Soccer's/SFDSA governance. At this time, BC Soccer announces their requirements and, if met, clubs can resume *modified practice and skills-based activities* on fields as early as June 15<sup>th</sup>.

Below are the five steps Canada Soccer has determined for the lifting of the suspension and gradually returning to play.

1. The easing of stay-at-home orders from the Federal public health authority;
2. The easing of restrictions on public gatherings from the respective Provincial public health authority;
3. The easing of restrictions for field and facility usage by the respective Municipal public health authority;
4. Canada Soccer has received the Return to Soccer Plan from the Provincial or Territorial Member Association, which has been provided to the applicable Provincial or Territorial government department and/or public health authority, and where applicable, has received confirmation from the Province or Territory that it approves of the Plan;
5. Canada Soccer has received the Return to Soccer Assessment Tool from the member organization and has provided any comments or feedback to the member organization or its Provincial or Territorial Member, if any.

As restrictions start to ease the board members have discussed and approved to move forward to start their modified soccer practices on June 15 under City of Surrey/SFDSA/BC Soccer BC Health/Canada Soccer/Canada Health guidelines. Our technical team will make sure to follow every step to ensure the safety of our players and coaches. To keep everyone safe it is important that all participants follow the guidelines.

#### COVID-19 AND TRANSMISSION

Human coronaviruses cause infections of the nose, throat and lungs. They are most commonly spread from an infected person through:

- respiratory droplets generated when you cough or sneeze
- close, prolonged personal contact, such as touching or shaking hands
- touching something with the virus on it, then touching your mouth, nose or eyes before washing your hands

Please make sure that your family has followed the correct procedure of 14 days quarantine (self-isolation) - If any of your family members have traveled out of the province/country.

Please stay home to ensure the safety of yourselves and others in the community - If proper measures for COVID-19 are not taken

## **GVUSC BOARD MEETING**

Meeting: GVUSC BC SOCCER RETURN TO PLAY - PHASE 2 APPROVAL

Date: August 28, 2020

Time: 11:00 AM

Location: 13462 81 avenue, Surrey, BC

Google meet: [meet.google.com](https://meet.google.com)



BC Soccer - Return to Play - Phase 2 - Ki

Attendance: Gurvinder Mahil, Onkar Shahi, Jhalman Sidhu, Balwinder Purewal, Narinder Mann, Tony Sandhu, Pritpal Mahil,

1. Onkar Shahi (President) was the Chair at the meeting and called to order the meeting.
2. Approval of BC Soccer return to play Phase 2. Gurvinder Mahil read and summarized BC Soccer Return to Play Phase 2 Memo which he received from Ryan McQuillan (BC Soccer). Onkar Shahi Asked to Tony Sandhu to add and give more information. Tony Sandhu said that Gurvinder Mahil has shared most of the information and added that we have to deliver this information to all our coaches, team managers and players. All 7 board members unanimously supported the motion and approved the BC Soccer Return to Play Phase 2.
3. Onkar Shahi forwarded the motion about the game day protocol and asked Gurvinder Mahil (Technical Director) to share the information. Gurvinder Mahil read the Greater Vancouver United Sports Club Game day protocol:
  - i. Field marshal guide at the game to enter and exit the field.
  - ii. Two copies of team roster at the home or away game.
  - iii. Get a copy of opponent team roster with their coach contact information.
  - iv. Warmup at safe place.
  - v. Team coach and team manager are allowed at the team bench. Coach can stand and move at the coaching technical area. Manager has to sit with social distance.
  - vi. Substitute players sit at the team bench with the social distance.

- vii. Parents are not allowed inside the field but they can watch the game outside the field and stay with social distance.
- viii. Parents are not allowed to stand behind the team bench.
- ix. Modification to replace throw-ins with kick-ins
- x. No handshakes before and after the game.
- xi. Avoid touching the ball and spitting at the field.
- xii. Social distance sign and sanitizer must be at the field entrance.

4. Onkar Shahi adjourned the meeting at 1:00 PM.

### **SYMPTOMS OF COVID-19**

Those who are infected with COVID-19 may have little to no symptoms. You may not know you have symptoms of COVID-19 because they are similar to a cold or flu.

Symptoms have included:

- cough
- fever
- difficulty breathing
- pneumonia in both lungs

In severe cases, infection can lead to death.

Symptoms may take up to 14 days to appear after exposure to COVID-19. This is the longest known incubation period for this disease.

Recent evidence indicates that the virus can be transmitted to others from someone who is infected but not showing symptoms. This includes people who:

- have not yet developed symptoms (pre-symptomatic)
- never develop symptoms (asymptomatic)

### **SAFE SOCCER – PHASE 1**

Greater Vancouver United Sports Club will follow BC Soccer/Canada Soccer/BC Health/Canada Health guidelines:

[BC Soccer Return to Play Plan – Phase 1 - working timelines, recommendations and guidelines for all members and affiliated clubs.](#)

## BC SPORT ACTIVITY CHART

This chart outlines the types of activities that can be considered as we transition through the various return phases.

	Strictest Controls (Prior to May 19, 2020)	Transition Measures (approx. May 19 <sup>th</sup> to Sept)	Progressively Loosen (Future date TBC)	New Normal (Future date TBC)
Restrictions in Place	Maintain Physical Distance (2m) No non-essential travel	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	Increased hand hygiene Symptom Screening in place	Increased hand hygiene	Increased hand hygiene
Facility	Outdoor or within home Facilities and playgrounds closed	Outdoor is safest Indoor facilities slowly re-opening	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	Small Groups No or limited spectators	Groups sizes may increase Limited spectators	Large groups allowed No restrictions on spectators
Non-contact Activities	Low risk outdoor activities can occur (biking, running, etc). Virtual activities	Fundamental movement skills Modified training activities, drills	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	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	Minimal shared equipment Disinfect any shared equipment before, during and after use	Some shared equipment Enhanced cleaning protocols in place	Shared equipment

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

### PRACTICE PLAN

[BC Soccer Return to Play Plan – Phase 1 - sample sessions designed to work within the recommendations and guidelines, and we encourage our members and affiliated clubs to use, tailor as appropriate, and share with each other to support soccer activity for your organizations.](#)

### PARTICIPATION GUIDELINES

[BC Soccer Return to Play Plan – Phase 1 - timelines, recommendations and guidelines for participants.](#)

### RISK MANAGEMENT

The technical director, Gurvinder Mahil, of VUSC will make sure to forward all of the information to the technical staff/players/parents and follow City of Surrey/SFDSA/BC Soccer/BC Health/Canada Soccer/Canada Health guidelines. All practice sessions will be run by certified club coaches. Coaches will conduct routine checks on the players to ensure that they are not showing any symptoms, before and after practices.

### FACILITY MANAGEMENT

Social Distancing: at all times on the field, participants will maintain a 2 meter difference from one another.

Hygiene: all coaches will be required to keep hand sanitizer with them. All players and coaches will sanitize their hands and equipment before and after practice.

Practice Sessions: there will be a gap of 15 minutes between the first and second session. Players will be advised to arrive at the field 5 minutes prior to practice. At the end of practice, players and coaches must leave the field immediately. The field will be divided into 4 sections. Each section will allow 10 players and 2 coaches.

## **SAFE SOCCER – PHASE 2**

[https://bcsoccer.net/files/AboutUs/Communications/2020/2020Aug\\_memo\\_return\\_to\\_play\\_Update\\_phase2\\_Aug24.pdf](https://bcsoccer.net/files/AboutUs/Communications/2020/2020Aug_memo_return_to_play_Update_phase2_Aug24.pdf)

## **EQUIPMENT AND CLEANING PROTOCOLS**

Each player is responsible to bring their own water bottle and not share with anyone else.

Equipment will be provided by club coaches and sanitized before and after practices.

All equipment is to NOT be handled by the players at any given time.

## **FIRST AID**

Coaches will carry first aid kits and safety tools. Any coach administering first aid will wear gloves and a mask.

Minor Injuries:

- Coach advises player's with a 2m distance on how to treat themselves (i.e. Cleaning wound, using ice pack)
- If a player is unable to treat themselves, coaches will take proper safety measurements to keep themselves and the player safe from any transmission of bacteria/viruses.

Severe Injuries:

- 911 will be called

## **FALL 2020/21**

The club will play fall 2020/21 league season under the guidelines of City of Surrey/SFDSA/BC Soccer/BC Health/Canada Soccer/Canada Health. We are following and monitoring the BC Soccer memo and the Return to Sport guidelines for B.C. from VIASPORT as they are being updated on a regular basis.

## **COMPLETION OF RETURN TO PLAY ASSESSMENT**

## **Return to Play Assessment / Évaluation de retour au jeu**

Risk Assessment Level / Niveau d'évaluation des risques

### **Low/Faible**

Dear Vancouver United Sports Club

Thank you for completing Canada Soccer's Return to Soccer Assessment Tool. Based on the information provided as of the date of this correspondence, we are pleased to advise that your risk is assessed as LOW. When the Provincial and/or Municipal Public Health Authorities provide permission for sports activities to resume you may determine, together with BC Soccer, when you wish to renew your club's activities in accordance with your plan. You are reminded that should your club decide to return to train when restrictions are lifted, either fully or in part, it is the club's responsibility to ensure that the local conditions for a safe return to the pitch are met and that any impositions set by the local Public Health Authorities are factored into the process moving forward. Further, depending on the timeline between this assessment and when local restrictions are eased, the Club is responsible for continuing to update its mitigation plan as new information is provided by the local authorities.

In addition, Member Association Technical Directors and/or the Canada Soccer Development Department would be happy to discuss with your technical staff alternative training drills that respect social distancing and similar restricted sessions should you wish to take advantage of that opportunity.

Good luck in your return to soccer and stay safe.

Peter Montopoli  
General Secretary  
Canada Soccer

**COMPLETION CITY OF SURREY CHECKLIST**

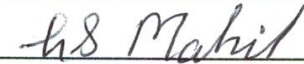
Organization Name: VANCOUVER UNITED SPORTS CLUB

Sport Played: SOCCER

Contact Person: GURVINDER MAHIL

Title within Organization: TECHNICAL DIRECTOR

Contact Number: 604-723-5560

Signature: 

Date Signed: JULY 2, 2020

<b>CHECKLIST FOR SPORT ACTIVITIES RESUMING JULY 4th</b>	
<b>PARTICIPANTS</b>	<i>Activities are community focused - taking place within the home sport community or clubs where participants are members.</i>
	<input checked="" type="checkbox"/> In-club activities only
<b>TRAINING &amp; PRACTISES</b>	<i>Modified training &amp; practise sessions may occur where: (please check to confirm that the required criteria below is included in your Return to Sport plan):</i>
	<input checked="" type="checkbox"/> Full physical distancing (2m) is maintained between participants
	<input checked="" type="checkbox"/> A maximum of 50 participants per field (this includes staff, volunteers, players)
	<input checked="" type="checkbox"/> No spectators
	<input checked="" type="checkbox"/> No close contact and/or contact activities permitted
	<input checked="" type="checkbox"/> Minimal sharing of equipment
	<input checked="" type="checkbox"/> No cross-regional or broader travel for participants
<b>MODIFIED GAMES</b>	<i>Modified games may occur where:</i>
	<input checked="" type="checkbox"/> Full physical distancing (2m) is maintained between participants
	<input checked="" type="checkbox"/> A maximum of 50 participants per field (this includes staff, volunteers, players)
	<input checked="" type="checkbox"/> No spectators
	<input checked="" type="checkbox"/> No close-contact and/or contact activities permitted
	<input checked="" type="checkbox"/> <u>Minimal</u> shared equipment may occur
	<input checked="" type="checkbox"/> In-club play only
<input checked="" type="checkbox"/> No cross-regional or broader travel for participants	

INSURANCE	✓	If you have a PSO - have they sanctioned your planned activities to resume as of July 4th?
	✓	If you have a NSO - have they sanctioned your planned activities to resume as of July 4th?
	Yes	Do you have valid insurance?
RETURN TO SPORT PLAN	Yes	Will you be following the approved 'Return to Sport' plan from your PSO?
	Yes	Will you be following the approved 'Return to Sport' plan from your PSO, customized for your organization?
	Yes	If you do <b>not</b> have a PSO, will you be following a sport specific 'Return to Sport' plan from viaSport?
		If you do <b>not</b> have a PSO, have you developed a 'Return to Sport' plan based on viaSport's guidelines? <i>We have</i>

## DEFINITIONS

RETURN TO SPORT PLAN	<b>Return to Sport</b> refers to the process of developing and implementing guidelines for sport organizations to operate safely in BC during this pandemic. Return to Sport Plans will be unique to each sport and must follow Provincial Health Office orders and recommendations. One set of guidelines will be created for each sport by the Provincial Sport Organization, and all club and PSO sanctioned activities should follow this set of guidelines.
VIASPORT	<b>viaSport</b> is a not-for-profit organization created with the support of the Provincial Government in 2011 to lead the province's sport sector. At the request of the Province of B.C., viaSport has led the creation of a set of guidelines on how to resume sport while operating safely during this pandemic.
PHYSICAL DISTANCING	According to the Provincial Health Officer, <b>physical distancing</b> requires keeping two (2) metres (or at least two arms lengths) of space between individuals. It also includes staying at home when you're sick, even if symptoms are mild.
PSO	<b>Provincial Sport Organizations (PSO'S)</b> are not-for profit organizations that are recognized by their National Sport Organization as the governing body for their sport in the province.
NSO	<b>National Sport Organizations (NSO'S)</b> are the national governing bodies for their sport in Canada.
PHO	The <b>Provincial Health Officer (PHO)</b> is the senior public health official for B.C., and is responsible for monitoring and reporting on the health of the population of B.C. This office works with the B.C. Centre for Disease Control and provides independent advice to the ministers and public officials on public health issues. The current PHO is Dr. Bonnie Henry.

## RETURN TO PLAY WAIVER

<https://forms.gle/YBZJXb7tsshMcYx7>

## SCHEDULE

<https://vancouverunitedsportsclub.com/wp-content/uploads/2020/09/PracticeSchedulesFall2021.xlsx>



