



Power Soccer Return to Sport Guidelines

SportAbility

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Introduction

In response to the COVID-19 pandemic, viaSport BC, the governing body of the BC Sport Sector, has advised: “every organization must have an explicit plan for the measures they will implement and maintain over the coming 12 to 18 months. These plans must be in compliance with orders and guidance from the PHO, and must be made available to the public either by posting on the wall of the organization’s facility or on its website”. ([viaSport BC Return to Sport Guidelines \(pg 3\)](#)). As the Disability Sport Organization (DSO) for Power Soccer in BC, SportAbility has put together Return to Sport Guidelines for Power Soccer Programs. The purpose of this document is to provide guidance to our members for a gradual, safe return to sport process. Please note, the intent of these guidelines is to implement safe practices in order to reduce the risk of coming into contact with COVID-19 while participating in your sport program. Following these guidelines does not guarantee immunity from COVID-19 while in attendance at your program session.

The Power Soccer Return to Sport Guidelines have been created from the guiding principles provided by [viaSport Return to Sport Guidelines](#) and the [BC Soccer: Return to Soccer Guidelines](#). It is important to note these supporting guidelines are based on what we know to implement as best practices for the general population to return to soccer. However, we also know individuals living with a disability, those with underlying medical conditions, and older adults could be more susceptible to the health risks associated with COVID-19. It is advised that all participants assess their personal health risk, that of those they are close to, and the risk mitigation measures before returning to play. The [COVID-19 and people with disabilities in Canada](#) page offers information specific for persons with disabilities. Additional COVID-19 resources can be found in the [resource](#) section of this document.

All safety measures and protocols must be followed in order for athletes, companions, sport assistants, coaches, volunteers, and program leads to be able to attend practice sessions.

General Overview and Recommendations

We ask that all participants (athletes, companions, coaches, volunteers, and program leads) attending programs follow the guidelines outlined in this document, and follow any protocols in place at their training facilities. It is important to note that each facility may have slightly different protocols in place.

With these guidelines available, each program can present this document to facility bookings if requested to show the program expectations and alignment with facility protocol. There is no specific date set for return to play as this will be dependent on facility access, communication between the facility and program leads, and program readiness. Athletes returning to sport is not mandatory, and will depend on each individual athlete’s personal comfort level and health status. If you are not yet fully comfortable with an in-person return to sport, please contact SportAbility or your respective club lead to see if we can help with any accommodations and alternate plans to assist you. We will do our best to support you and make alternate arrangements with those who are not yet suited to attend in-person sessions. Please also contact your program lead or the SportAbility office if there is something we can assist with to make your return to sport process more comfortable.

When programs do return to sport, all programs shall start in the “Transition Measures” phase to allow for a gradual re-entry to sport programming. Any updates regarding Return to Sport plans and procedures will be communicated to our athletes and program leaders directly by email, and will be posted on our website’s [Return to Sport](#) page. To stay up to date with information related to COVID-19, please visit the [Federal](#), [Provincial](#), and [Regional](#) resource links.

Return to Sport Phases

At the time of completion of this plan, we are in Phase 2, the Transition Measures Phase of viaSport’s Return to Sport Plan. This includes a specific focus on local training and skill development within your programs. When programs do return to sport, we recommend to start programming in the Phase 2 guidelines to allow for a gradual re-entry to sport programming.

Here is the definition of the Transition Measures Phase provided by viaSport:

- Low risk activities can occur with the following public health recommendations in place:
 - Ability to maintain physical distancing at a minimum of 2m
 - Prohibition of gatherings of 50 people or more
 - Minimal sharing of equipment, reducing touch points (equipment, facilities, etc.)
 - Focus is on skill development, not competition
 - Community focused - Community focused sport activities take place within the home sport community or clubs where participants are members. This means avoiding cross-regional, inter-provincial or cross-country travel for sport.

	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

Source: viaSport Return to Sport Guidelines—Appendix A: Sport Activity Chart

Safe Training Environment

Health Safety Officer

A Health Safety Officer must be appointed for each program. It is the responsibility of the program lead to ensure a Health Safety Officer is appointed before programming can resume. The Health Safety Officer certifies at each session that all in attendance adhere to the general and sport specific before, during, and after guidelines in this document and oversee program safety measures outlined in this document.

First Aid

- When administering First Aid during the COVID-19 pandemic, please follow information on this [information sheet from Work Safe BC](#), which provides information to employers and occupational first aid attendants on safely treating patients. It provides additional precautions to first aid attendants on following the public health directives—including physical distancing, hand hygiene, and sanitization—while treating a patient. In this resource, you can also review these protocols used in three first aid scenarios, as well as link to further COVID-19 health and safety resources.
- Each program is required to have a safety person(s) in attendance at each session. It is recommended this person(s) have standard first aid.
- Each program is required to have a first aid kit readily available at each session. The first aid kit shall include standard materials as well as PPE supplies such as medical gloves, face masks, and protective eyewear for the safety person to use in the occurrence first aid is needed. A face mask or shield should also be applied for the person receiving first aid if possible.
- Each program should have an [Emergency Action Plan](#) in place. It is recommended coaches and the safety person(s) complete [NCCP Emergency Action Plan E Module](#).

Mental Health Support

During this pandemic, people may understandably be experiencing challenges affecting their mental health. For information about mental health resources specific to COVID-19 support, we encourage you to visit the [Mental Health and COVID-19](#) page on the Health Link BC website and the [Mental well-being during COVID-19](#) page on the BCCDC website. Resources are available for British Columbians of all ages. If there is something we at SportAbility can do to support your mental health in returning to sport, please reach out to us by email.

Someone shows symptoms, now what?

Program Leads or Health Safety Officers must take attendance and keep a record of all participants in case of an outbreak ([see Section on Outbreaks for further details](#)). If a participant is symptomatic with cold, influenza-like or [COVID-19 symptoms](#), the following steps should be taken:

1. Athletes must inform an individual in a position of authority (coach, team manager, program coordinator) immediately if, you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, loss of appetite, nausea or diarrhea. [See BCCDC website for a full list of symptoms](#).
2. Assessment
 - a. Individuals must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
 - b. If Individuals are unsure please have them use the [BC COVID-19 self-assessment tool](#).
 - c. Managers/coaches may visually monitor individuals to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.
3. If an individual is feeling sick with COVID-19 symptoms
 - a. They should remain at home and contact Health Link BC at 8-1-1.
 - b. If they feel sick and /or are showing symptoms while within the sport environment, they should be sent home immediately and contact 8-1-1 for further guidance.
 - c. No individual may participate in a practice/activity if they are symptomatic.
4. If recommended by a healthcare professional or the Self-Assessment Tool, the participant should go for COVID-19 testing and self-quarantine until they receive the results

Someone tests positive, now what?

If a participant tests positive for COVID-19, the following steps should be taken:

1. Follow the direction of health officials (as outlined in the [Illness Policy](#))
2. Immediately notify Program Lead and SportAbility staff

What you need to know for training

24 Hours Before Session

- Only registered participants (including athletes, companions, coaches, volunteers, and program leads) may attend the session. No drop in is allowed at this point.
- Program leads have been provided with registration forms and a process that they will communicate with all the program members. Due to program size limitations, each session may operate on a first-come, first-serve basis or a rotational schedule. This is up to the discretion of the program lead.
- Everyone in attendance (athletes, companions, volunteers, coaches, and program leads) must complete and submit their registration and wellness questionnaire within 24 hours prior to attending the program session. The daily attestation form (provided by club leads) must be completed by each person attending the session. Additionally, all participating members must complete a waiver (provided by club leads) for the 2020/2021 season.

Day of Session

- To Bring:
 - Personal hand sanitizer
 - Non-medical or cloth mask, face covering, or face shield
 - Own or assigned equipment
 - Personal water bottle labeled with your name. Water bottles should be washed after each session and filled at home. Fill stations will likely not be available at the facility.
- Familiarize yourself with facility protocols.
 - Find your program information here. Some links may lead to the source you need to contact for information while others will lead directly to facility protocols:
 - Chilliwack - contact us
 - [Kelowna](#)
 - [Nanaimo](#)
 - [Surrey](#)
 - [Vancouver](#)
- Athletes: Please only have a companion or sport assistant accompany you at your session if needed.
 - Only your companion can assist you with equipment, transferring, and sanitation.
 - No coaches, volunteers, or others in attendance should assist another participant at this time.
- Athletes are to bring their own equipment, or pre-arrange with the program lead to have a set of program equipment designated for their use. No equipment sharing during the session.
 - If possible, It is recommended that assigned program equipment travels to and from the facility with the designated user to reduce the risk of the equipment coming into contact with others in the facility.
 - Loaned or shared sport equipment must be sanitized and isolated for at least 72hrs between users.
- It is recommended that participants (athletes, companions, volunteers, coaches, and program leads) from different residences do not travel to practice in the same personal vehicle at this time unless they are from the same social circle. If participants from different residences must travel

together, it is recommended that everyone wear a mask while in the vehicle and practice proper hand hygiene when loading and unloading the vehicle.

- Participants (athletes, companions, volunteers, coaches, and program leads) who use public transit to attend the program are advised to follow physical distancing protocol, maintain proper hand hygiene, and wear a mask during their travels.

Before Entering the Facility

- Program participants (athletes, companions, volunteers, coaches, and program leads) are to arrive no earlier than the time allotted by the facility protocol. If this is not outlined in the facility protocol, a general recommendation is to arrive no earlier than 15 minutes from your practice start time.
- Equipment and mobility devices must be sanitized prior to entering the facility (eg. guard, wheelchair joystick, handles etc.).
 - [BC CDC Cleaning and Disinfectants for Public Settings Graph](#)
 - [BC CDC Cleaning and Disinfecting](#)
 - [Health Canada: Hard-surface disinfectants and hand sanitizers \(COVID-19\)](#)
- Athletes shall come prepared in their Power Soccer attire. Everyone (athletes, companions, volunteers, coaches, and program leads) is to limit the amount of personal items brought to the program.
- Everyone in attendance (athletes, companions, volunteers, coaches, and program leads) must thoroughly wash or sanitize their hands immediately before practice.
 - [Handwashing poster](#)
- We highly recommend that a non-medical face mask, cloth face mask, or face shields be worn by everyone (athletes, companions, sport assistants, volunteers, coaches, and program leads) before entering the facility, during the program, and can be removed once outside of the facility when the session is over. Wearing a mask is particularly important when in shared spaces such as hallways and locker rooms. Face masks or shields are an effective way to reduce the risk of you spreading COVID-19 to others when physical distancing is difficult to maintain. A ziplock bag or personal bag is suggested to store your mask when not in use.
 - [Masks: Risk Prevention Information](#)
- ***Everyone at the session (athletes, companions, volunteers, coaches, and program leads) is expected to be vigilant in maintaining physical distancing from others, maintain proper hand hygiene, follow sanitation protocols, and avoid touching their face while in the facility.***

During Your Session

- Everyone (athletes, companions, volunteers, coaches, and program leads) shall have a designated space to keep their personal belongings while practicing. This space and belongings in this space shall not cross over with someone else's space.
- Everyone (athletes, companions, volunteers, coaches, and program leads) must maintain safe physical distancing of 2m at all times. This includes all activities before, during, and after your session.
- No shared equipment during the session.
- Face masks or shields can be removed when physical distancing can be maintained (eg. when a player is in their designated playing area).
 - Coaches and volunteers particularly should be highly aware of their distancing measure while instructing or assisting.

- Avoid physical contact with others such as handshakes, high fives, fist bumps etc.
- Minimize locker room use as much as possible. Avoid entering and existing the locker room and gymnasium as much as possible to reduce touch points and maintain physical distancing with others.
- Make sure you are re-sanitizing or washing your hands when coming into contact with shared program equipment or high touch points. Reduce contact with high touch point areas such as facility doors.
- Avoid touching your face at all times. Hand sanitation or washing should be applied before and after touching your face.
- Program Leads or Coaches: designate one or two people to set up the gym for the sessions (eg. tape, cones, goalpost, balls etc.) to avoid multiple people touching the same items and crowding each other. Set up equipment should be sanitized before and after the session.
- Athletes: If your companion does not need to be in the gym during practice to assist you, they are to watch practice from outside of the gym (ie. viewing area) or leave the facility until practice is over. No spectators in the gym.
- Health Safety Officer: If possible, have a designated entrance door and a designated exit door to help maintain physical distancing. Entering and exiting in a single file is recommended. Leave doors open where possible to limit the use of touchpoints.
- Health Safety Officer or Program Lead: Designate one or two people for ball retrieval.
 - Ball retrievers should gather the ball and put the ball back into play with their feet when possible otherwise, using their hands.
 - It is important for the ball retrievers to maintain proper hand hygiene, physical distancing with others, and avoid touching their face.
- Health Safety Officer: Garbage cans should be placed in the gym for proper disposal of tissue used to wipe the face or blow the nose. Hands should be washed or sanitized after disposing of the tissue.

After Your Session

- Program Leads or Coaches: The same appointed people who set up practice shall clean up and handle the program practice equipment to avoid multiple people touching the same items and crowding each other.
 - Program practice equipment must be sanitized before being put away.
 - Shared program equipment should be stored in a safe space at the facility or travel with the program lead or coach to and from practice.
- Athletes and companions: Sanitize ALL your equipment and mobility devices (eg. guard, wheelchair joystick, handles etc.).
 - [BC CDC Cleaning and Disinfectants for Public Settings Graph](#)
 - [BC CDC Cleaning and Disinfecting](#)
- Athletes: If possible, no equipment should be left at the facility. It is recommended that assigned program equipment travels to and from the gym with the designated user to reduce the risk of the equipment coming into contact with others in the facility.
- Everyone (athletes, companions, volunteers, coaches, and program leads) shall wash their hands thoroughly with warm water and disinfectant soap or with hand sanitizer.
 - [Handwashing poster](#)
- At the end of the session, everyone (athletes, companions, volunteers, coaches, and program leads) is to leave the facility within the time allotted in the facility protocols. If this is not outlined in

the facility protocols, we recommend exiting the facility within 15 minutes after your session. No congregating.

- It is recommended to change out of and wash the clothes you have been wearing once returning home.

Training and Drills

Training and drills should focus on Phase 2 parameters of the viaSport guidelines: skill development and small group activities that are designed to ensure physical distancing is maintained. [SportAbility's Power Soccer Coaching Resource](#) is a great tool for skill development ideas. Some drills outlined in the resource guide may need to be adjusted to respect the Phase 2 guidelines. Additionally, BC Soccer has a [Return to Play Phase 1 Technical Resources - Sample Sessions](#) resource for some physically distant practice planning ideas. Program coaches are encouraged to develop a progressive practice plan for each session to keep participants engaged with skill development and age appropriate drills while respecting the current phase parameters. Coaches are not required to solely use drills from the resources. Creative ideas are encouraged for the relevance and enjoyment of the program members.



Appendix

- [SportAbility Illness Policy](#)

Resources

Sport	BCRPA Guidelines BC Soccer: Return to Play Phase 1 Technical Resources - Sample Sessions BC Soccer: Return to Soccer Guidelines Facility Protocols: Chilliwack - contact us Kelowna Nanaimo Surrey Vancouver Key Messages for Returning To Sport - viaSport SportAbility's: Power Soccer Coaching Resource SportAbility's Return To Sport Page viaSport Guidelines
Government	BC Restart Plan Federal COVID-19 information Provincial COVID-19 information Provincial Health Officer Orders Regional health authorities: Fraser Health Interior Health Island Health Northern Health Vancouver Coastal Health
Vulnerable Populations	BC CDC People with Disabilities BC CDC resource for people living with chronic illness Canada Public Health resource for people with disabilities COVID-19 and people with disabilities in Canada
Health and Safety	BC CDC: Mental well-being during COVID-19 Health Link BC: Mental Health and COVID-19 Hockey Canada Safety Person (HCSP) Redcross: First aid protocols for an unresponsive person during Covid-19 SportMed BC: Emergency Action Plan information NCCP: Emergency Action Plan E Module Work Safe BC: OFAA Protocols During Covid-19 Pandemic
Sanitation	BC CDC Cleaning and Disinfecting

	BC CDC Cleaning and Disinfectants for Public Settings Graph BC CDC Handwashing poster Health Canada: Hard-surface disinfectants and hand sanitizers (COVID-19)
Additional COVID-19 Resources	BC CDC How to Isolate BC CDC Masks - Risk Prevention Information BC CDC if your are sick BC CDC Self-Assessment Tool BC CDC Testing information

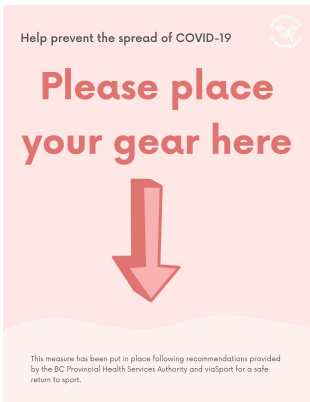






Signage

We recommend that programs and facilities refer to and make use of the below printable signage from the BC CDC. We would also suggest using tape to mark 2m interval spacing reminders along main walkways and corridors.

- [Physical Distancing poster](#)
- [Handwashing poster](#)
- [Do not enter if you are sick poster](#)

We have also created several [additional materials](#) specifically for use during practice.

<p>Markers for gear placement: Please ensure that these are placed along the walls of the gym with a minimum 2m between each sign</p>	
<p>Extra sanitation supplies: For any additional wipes, sanitizers, etc.</p>	

<p>Please stay behind this line: For use in high traffic areas, ex. Sanitation station, equipment room, etc. To be accompanied by a tape marker 2m away</p>	
<p>Absolutely no sharing equipment</p>	
<p>Chair placement: For athletes on a Boccia court, but can be used for others as needed</p>	

Athletes must familiarize themselves with our [Key Points for Athletes](#) document prior to attending practice. We recommend having an easily accessible copy of this document (either on your mobile device or printed) to refer back to before, during, and after sessions. All safety measures and protocols must be followed in order for athletes, companions, sport assistants, coaches, volunteers, and program leads to be able to attend practice sessions.