



# CMSA COVID-19 INDOOR SEASON GUIDELINES

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### INTRODUCTION

The COVID-19 outbreak is an ongoing and ever-changing situation. Calgary Minor Soccer Association (CMSA) encourages all clubs, team officials, referees and parents to monitor all public information and mandates from Alberta Health Services, the Government of Alberta and Alberta Soccer Association (ASA).

CMSA's COVID-19 Indoor Guidelines is intended to guide clubs, team officials, referees and parents on the best practices and requirements to return to soccer safely in Calgary.

As the COVID-19 pandemic continues to develop, the information in this document is subject to change. The information contained in this document represents guidelines and protocols for CMSA's return to soccer.

### KEY AREAS OF FOCUS

- Health Measures
- League Logistics
- Game Day Protocol

### HEALTH MEASURES

Guideline	Description
Participant Hygiene	<ul style="list-style-type: none"><li>• Hand hygiene should occur before and after each game, practice, or activity.</li><li>• Goal keepers' hands should be cleaned before and after using gloves.<ul style="list-style-type: none"><li>○ Gloves should be cleaned after each use.</li></ul></li><li>• Participants should refrain from touching their face (eyes, nose, mouth) during activity.</li><li>• Participants should practice respiratory etiquette:<ul style="list-style-type: none"><li>○ Spitting and clearing nasal passages during activity is prohibited and will warrant a RED card to be shown to any player or team official. This includes goal keepers spitting into their gloves.</li><li>○ Yelling or shouting at players or team officials will be a minimum YELLOW card, and at the referee's discretion, may be a RED card.</li></ul></li></ul>



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	<ul style="list-style-type: none"> <li>• Limit team celebrations that bring participants closer than 2 metres (high fives, chest bumps, handshakes, etc.).</li> <li>• Water bottles should be labelled with the name of each participant and should not be shared.</li> </ul>
<p><b>Daily Screening and Monitoring</b></p>	<ul style="list-style-type: none"> <li>• Participants (players, parents, team officials and referees) should regularly monitor themselves for symptoms.</li> <li>• Symptomatic individuals are prohibited from participating in or spectating any soccer activities.</li> <li>• Verbal health checks for symptoms must be completed prior to every session, including team officials, trainers, managers and players to ensure they are not experiencing COVID-19 symptoms.             <ul style="list-style-type: none"> <li>○ See <a href="#">ASA COVID-19 Symptoms Checklist</a> (Page 16).</li> </ul> </li> </ul>
<p><b>Stay Home if Sick</b></p>	<ul style="list-style-type: none"> <li>• If a player, team official, referee or spectator becomes ill with <a href="#">symptoms</a> prior to attending a soccer activity they must stay home and not attend soccer until:             <ul style="list-style-type: none"> <li>○ Ten (10) calendar days has passed since the onset of the symptoms;</li> <li>○ Symptoms resolve (whichever is longer).</li> </ul> </li> <li>• A symptomatic individual will need to contact 8-1-1 for guidance or complete the <a href="#">AHS Self-Assessment</a> to determine if testing is required.</li> <li>• If an individual has been tested for COVID-19, visit the <a href="#">Advice for People Tested for COVID-19</a> for instructions on when you can return to soccer/activities.</li> </ul>
<p><b>Illness at Soccer</b></p>	<ul style="list-style-type: none"> <li>• Upon completion of the verbal health check, if an individual is found to be displaying symptoms related to COVID-19 (fever, cough, shortness of breath, runny nose, sore throat), they must be sent home <b>immediately</b>.</li> <li>• An individual displaying symptoms is <b>not</b> permitted to return to soccer for 10 days from the last day they experienced symptoms <b>or</b> unless they receive a recent negative COVID-19 test result.</li> <li>• Parents/guardians must designate an emergency contact for player pick-up in the case that their child is exhibiting symptoms and needs to be picked-up from soccer.             <ul style="list-style-type: none"> <li>○ <b>Coaches and managers are required to have an emergency contact list for all players.</b> A contact tracing log template is available through ASA’s Return to Soccer Plan – <a href="#">Phase 2 – Return to Modified Games</a> (page 15).</li> </ul> </li> <li>• For individuals who have symptoms but tested negative for COVID-19:</li> </ul>



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	<ul style="list-style-type: none"> <li>○ If you <b>tested negative and have known exposure</b> to COVID-19, you are legally required to isolate for 14 days.</li> <li>○ If you <b>tested negative and have no known exposure</b> to the virus, you are not legally required to isolate. However, it is important to stay home until your symptoms resolve so that you do not infect others.</li> </ul>
<b>Confirmed COVID-19 Cases</b>	<ul style="list-style-type: none"> <li>● Any <b>confirmed cases of COVID-19</b> within your cohort or team must be reported immediately to Alberta Health Services, your club and the CMSA Risk Management Committee (RMC) at <a href="mailto:rmc@calgaryminorsoccer.com">rmc@calgaryminorsoccer.com</a></li> <li>● Individuals who have <b>tested positive</b> for COVID-19 must follow the <a href="#">AHS Isolation Requirements</a>.             <ul style="list-style-type: none"> <li>○ You are legally required to isolate for a minimum of 10 days if you have tested positive for COVID-19.</li> <li>○ Isolation period is for 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.</li> </ul> </li> </ul>
<b>First Aid</b>	<ul style="list-style-type: none"> <li>● It is recommended that a family member or relative tends to an injured player if possible.</li> <li>● If not possible, the attending person must wear medical gloves and a mask when a 2-metre distance cannot be maintained.             <ul style="list-style-type: none"> <li>○ Teams are responsible for providing their own medical gloves and masks.</li> </ul> </li> </ul>
<b>Masks</b>	<ul style="list-style-type: none"> <li>● As per the <a href="#">City of Calgary COVID-19 Face Coverings Bylaw</a>:             <ul style="list-style-type: none"> <li>○ The bylaw mandates that face coverings be worn in public indoor spaces and City of Calgary facilities.</li> <li>○ Exceptions to the bylaw can be found on <a href="http://calgary.ca">calgary.ca</a>.</li> </ul> </li> <li>● Players must <b>not</b> wear masks during soccer activities but may do so before or after play.</li> <li>● Coaches and managers who are not a part of a cohort group of 50, but are on a roster, must wear masks and maintain 2 metres of distance from the team/participants.</li> </ul>
<b>Rapid Response Plan</b>	<ul style="list-style-type: none"> <li>● All CMSA COVID-19 concerns should be directed to the CMSA Risk Management Committee (RMC):             <ul style="list-style-type: none"> <li>○ CMSA RMC Contact: Jennifer Rowett, <a href="mailto:rmc@calgaryminorsoccer.com">rmc@calgaryminorsoccer.com</a>.</li> </ul> </li> <li>● Team officials and/or club officials should report to the CMSA RMC:             <ul style="list-style-type: none"> <li>○ If a participant of their team/club has tested positive for COVID-19.</li> <li>○ If a participant of their team/club has been exposed to or has had contact with a known case of COVID-19.</li> </ul> </li> </ul>



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	<ul style="list-style-type: none"> <li>○ If a participant of their team/club has been sent home due to COVID-19 concerns.</li> <li>○ If the game/practice/activity is cancelled due to COVID-19 concerns.</li> </ul>
<b>Contact Tracing</b>	<ul style="list-style-type: none"> <li>● Team rosters registered through CMSA will be used for contact tracing purposes.</li> <li>● Clubs are to ensure each rostered player has a complete profile with all correct personal information and contact information filled out.</li> <li>● Coaches and managers are required to have an emergency contact list for all players. A contact tracing log template is available through ASA's Return to Soccer Plan – <a href="#">Phase 2 – Return to Modified Games</a> (page 15).</li> </ul>

## LEAGUE LOGISTICS

Guideline	Description
<b>Physical Distancing</b>	<ul style="list-style-type: none"> <li>● Participants and spectators <b>must</b> maintain 2 metres of distance from others in all lobbies, change rooms, and common areas.</li> <li>● Individuals from the same household, cohort family, or sport cohort do not need to maintain 2 metres of distance when on the field of play.</li> <li>● Participants and spectators are to follow all signage, posted on walls/floors, to maintain a 2-metre distance between others.</li> <li>● Participants in sport cohorts should practice 2 metres of physical distancing when not on the field of play (on the bench, in change rooms, etc.).</li> </ul>
<b>Facilities and Flow</b>	<ul style="list-style-type: none"> <li>● Each facility will have signage indicating the direction of travel into and out of the facility to ensure appropriate distancing between individuals.</li> <li>● Facilities will have their own protocols for drop off and pick up, participants are to adhere to each individual facilities regulations and protocols.</li> <li>● Loitering before and after training or games is not permitted indoors at any soccer facility lobby or common area.</li> <li>● Spectators and participants are expected to vacate the premises immediately following a game or training session.</li> </ul>
<b>Spectators</b>	<ul style="list-style-type: none"> <li>● Spectators must always wear masks inside the soccer facilities.               <ul style="list-style-type: none"> <li>○ Except for those individuals exempt from wearing masks due to health or other reasons as outlined by the <a href="#">City of Calgary COVID-19 Face Covering Bylaw</a>.</li> </ul> </li> </ul>



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	<ul style="list-style-type: none"> <li>• Spectators (excluding parents and guardians where necessary for player support) are not permitted to enter participant spaces (ie. fields).</li> <li>• Physical distancing of 2 metres must be maintained by spectators at all times, unless from the same household or cohort.</li> <li>• During Stage 2, with 2 metres of distance maintained between members of separate households, the following spectator capacity restrictions apply:             <ul style="list-style-type: none"> <li>○ A maximum of 100 spectators are permitted for indoor events/settings.</li> </ul> </li> <li>• Spectators are not to enter the facility until five (5) minutes prior to the game start time or until the facility has allowed entrance following previous games.</li> <li>• Spectators are to leave the facility immediately following the games.</li> <li>• Loitering before and after training or games is not permitted indoors at any soccer facility lobby or common area.</li> </ul>
<p><b>Cohorts</b></p>	<ul style="list-style-type: none"> <li>• A COVID-19 cohort – also known as bubbles, circles, or safe squads – are small groups of the same people who can interact regularly without staying 2 metres apart. A sport cohort can have a maximum of 50 players, team officials, and referees.</li> <li>• <b>Players may only participate in one sport cohort.</b></li> <li>• Physical distancing for members of the same sport cohort should be practiced at all times outside of game play (ie. on the bench, sidelines, during warm up, cool down, before and after game activities).</li> <li>• Club-to-club play for all registered age groups and tiers will be placed in cohorts (50 participants max. including team officials) by CMSA.</li> <li>• Rosters: Maximum 15 players and two (2) team officials on each roster.             <ul style="list-style-type: none"> <li>○ One rostered team official must be designated to each registered team and will not be permitted on any additional roster. This official will be included in the cohort count of 50.</li> <li>○ The second team official will be permitted to be on more than one roster and will not be included in the cohort count of 50. This official must maintain 2 metres of distance from the rest of the team and will be required to wear a mask at all times.</li> </ul> </li> </ul>



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<p>Equipment (As per the <a href="#">ASA Return to Soccer Plan</a>)</p>	<ul style="list-style-type: none"> <li>• If possible, equipment should be assigned to a single team and not shared between teams.</li> <li>• Any equipment that is shared and/or handled by hand, head, or chest should be clean and sanitized both before and after every session.</li> <li>• Recommend that sanitization stations be made available at ingress and egress to ensure individuals sanitize personal equipment (balls, shoes, gloves) before and after sessions.</li> <li>• A single individual should be assigned responsibility for the management and cleaning of all provided equipment.</li> <li>• Participants who bring their own equipment should be instructed to disinfect their items prior to and after sessions; equipment such as goalkeeper gloves should be visibly clean prior to play.</li> <li>• Sanitize: Clean and disinfect equipment prior to and after every session. <b>Game balls must be cleaned prior to and after every game.</b></li> </ul>
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## GAME DAY PROTOCOL

Guideline	Description
<p>Game Day Managers</p>	<ul style="list-style-type: none"> <li>• Each team will need to appoint a Game Day Manager to assist with ensuring all health and safety guidelines are being followed at each game. The team manager or field marshal can be assigned as a Game Day Manager, but this individual must be over the age of 18. Teams can assign a new Game Day Manager at each game, but it is recommended that the same person act as the Game Day Manager for every game.</li> <li>• Game Day Manager responsibilities include:               <ul style="list-style-type: none"> <li>○ Mandatory health check of your own coaches and players <b>prior</b> to the start of each game.</li> <li>○ Sanitizing the game balls (<b>home team only</b>).</li> <li>○ Reading of the <a href="#">Alberta Soccer Game-Day Script</a> to their own team prior to the game starting.</li> <li>○ Providing their own hand sanitizer (containing at least 60 per cent alcohol), cleaning supplies and personal protective equipment.</li> </ul> </li> </ul>
<p>ASA Pre-Soccer Activity Screening Guidelines</p>	<ul style="list-style-type: none"> <li>• Under the <a href="#">Alberta Soccer Association’s Return to Modified Games Guidelines (Phase 2)</a>, the following checklists, that apply to each participant, must be completed <b>daily</b> prior to participating in soccer activities:               <ul style="list-style-type: none"> <li>○ Player Checklist (Page 17).</li> </ul> </li> </ul>



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	<ul style="list-style-type: none"><li>○ Staff/Coach/Volunteer Checklist (Page 18).</li><li>○ Parent/Guardian Checklist (Page 19).</li><li>○ Referee Checklist (Page 20).</li><li>○ Team and Referee Feedback (Page 33).</li><li>○ Referee and Game Day Manager Scripts (Page 34).</li></ul>
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This document was compiled using guidelines from the Government of Alberta Guidance for Relaunch and Alberta Soccer Association Return to Soccer Plan.

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