



# CALGARY FOOTHILLS SOCCER CLUB COVID FACILITY GUIDELINES

Calgary Foothills Soccer club will adhere to all guidelines and protocols put in place by the Government of Alberta, Alberta Health authorities, City of Calgary and Alberta Soccer Association. We will continue to work with provincial health authorities and city officials, as well as Alberta Soccer Association to ensure training and play is safe for all.

Please note, all guidance and regulations can be found on the Foothills Soccer Club website, [www.gfoothills.ca](http://www.gfoothills.ca).

## Introduction

The global COVID-19 pandemic is an emergency situation unlike any other. The risk of infection has increased stress and anxiety, while at the same time, necessary public health restrictions and physical distancing guidelines have limited access to supports people would otherwise turn to. In this context, recreation is an essential component of supporting individual and community wellbeing and quality of life.

As restrictions are lifted and people begin to return to sport, physical activity and recreation, recreation and facility operators are expected to make modifications to their operations and settings to reduce the risk of transmission of COVID-19. **The procedures in this document are aligned with City of Calgary and Alberta Health Services guidelines.**

## Relaunch Goals

- Provide sport and recreation within evolving public health restrictions to support individual, family and community wellbeing.
- Positively impact the recovery and restoration of City services through the provision of sport and recreation opportunities.

## Principles

To the greatest extent possible, operators and sub-rental groups must follow the procedures in this document. Recognizing that Foothills facility staff and operators will be reopening within the specific circumstances of their facility or program, the following principles should guide decision making as we relaunch operations during COVID-19:

- The safety and wellbeing of staff and customers is the most important consideration.
- Relaunch procedures include measures that reduce the risk of transmission of COVID-19 and comply with current Chief Medical Officer of Health Orders and Guidelines.



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- Each facility and space are unique and relaunch procedures will vary based on the characteristics of the facility and use; amenities; and services. No single measure or action is effective in every situation. Multiple actions are to be implemented whenever possible.
- Relaunch plans should be able to scale up or down depending on the evolving situation. As public health guidelines change, these procedures will be updated.
- Public health requirements may create additional challenges or barriers to access, for example staff wearing masks creates challenges for customers who are hearing impaired. Wherever possible, these challenges will be identified and mitigation measures put in place.
- Calgary Foothills Soccer Club and Foothills Fieldhouse will work together with our sub-rental groups to mitigate the risk of transmission of COVID-19. Calgary Foothills Soccer Club and Foothills Fieldhouse will identify requirements for permit holders, and it is the responsibility of the permit holder to ensure their participants understand and follow all CMOH relevant Orders and Relaunch Guidelines as well as protocols for the facility they are accessing.

The safety of our players and soccer community is our primary concern.

## **Stay Home and Away from Others**

### **If your Showing Symptoms:**

- If you're showing symptoms or feeling unwell
- Fever
- Cough (new cough or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Runny nose
- Sore throat

**If you have any of these other symptoms, stay home and minimize your contact with others until your symptoms resolve:**



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- Chills
- Painful swallowing
- Stuffy nose
- Headache
- Muscle or joint aches
- Feeling unwell, fatigue or severe exhaustion
- Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)
- Loss of sense of smell or taste
- Conjunctivitis, commonly known as pink eye
- If you have travelled outside of Canada in the past 14 days
- If you are a close contact of someone who has tested positive or are waiting for test results for COVID-19

## **Sub-Rental Groups and Outside User Groups**

- Make sure all participants understand the COVID-19 guidelines
- Follow your provincial and national sport governing bodies' guidelines related to COVID-19
- Limit the number of contacts between different participants by playing within set cohorts (e.g. mini-leagues or bubbles with a fixed number of participants)
- Tell participants they must bring their own water
- Collect participant contact information to support contact tracing if necessary
- Help coaches and instructors reinforce messages about physical distancing (2 metres or 6 feet apart if possible) and limiting physical contact; no close contact huddles, no handshakes or high fives
- Manage your teams to spend as little time as possible in the facilities (including change rooms)
- Frequently clean and disinfect any equipment handled by hand (e.g. soccer balls, footballs, frisbee, etc)



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## Player arrival:

Entrances and exits will be clearly defined for players to enter and exit the fields. Entrances and Exits will be separate to avoid overflow and congestion. Loitering before and after training or games is not permitted. Spectators and participants are expected to vacate the premises immediately following a game or training session. Players are asked to arrive 30 mins prior to their scheduled start time fully prepared to participate in their activity. Appropriate signage will be visible around the Fieldhouse and all patrons are expected to obey all signage to ensure we keep a safe environment.

## Fieldhouse Cleaning:

### AHS Guidelines

- *Develop and implement procedures for increasing the frequency of cleaning and disinfecting of high traffic areas, common areas, public washrooms and showering facilities.*
- *Frequently clean and disinfect high-touch/shared surfaces such as:*
  - *Doorknobs, light switches, toilet handles, faucets and taps, elevator buttons, railings and player benches.*
  - *Phones, computers, remote controls, keyboards, desktops, conference room equipment, cash registers, touch screens, debit/credit machines, surface counters, customer service counters, menus.*
  - *Equipment handles, hand tools, machinery control panels, seat belt buckles, joysticks, steering wheels and controls on powered mobile equipment.*
  - *Items that are loaned, rented, or made freely available for use by multiple individuals, such as shopping carts and baskets, wheelchairs, and pushcarts.*
- *Limit hours of operations to allow for frequent cleaning.*
- *If possible, establish a procedure for attendees to report poor sanitary conditions, or if cleaning or disinfecting is required.*
- *Ensure disposable towels and spray cleaners, or disposable wipes, are available to workers, volunteers and (as necessary) patrons to regularly clean commonly used surfaces.*



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- *Cleaning refers to the removal of visible soil. Cleaning is not intended to kill germs but is highly effective at removing them from a surface. Disinfecting refers to using a chemical to kill germs on a surface. Disinfecting is only effective after surfaces have been cleaned of dirt and oils.*
- - *Use a “wipe-twice” method to clean and disinfect. Wipe surfaces with a cleaning agent to remove soil and wipe again with a disinfectant.*
- *Regular household cleaning and disinfecting products are effective against COVID-19 when used according to the directions on the label.*
- - *Preferably, use a product labeled as a disinfectant that has a Drug Identification Number (DIN)/ is Health Canada approved.*

## **Foothills Protocol:**

Foothills has implemented a contract to have the complete Foothills Fieldhouse cleaned and disinfected daily. In addition, the entire Fieldhouse will be disinfected on a bi-weekly basis using an electrostatic disinfection cleaning chemical. Electrostatic spray surface cleaning is the process of spraying an electrostatically charged mist onto surfaces and objects. ... After the spray is applied, the sanitizing agent works to disinfect the covered surfaces. For this reason, electrostatic spray is an excellent solution for germ and contaminant ridden areas. Foothills will also be purchasing a disinfecting machine for in house use for any additional or emergency cleaning that is necessary.

## **Signage:**

Appropriate signage will be displayed around the Foothills Fieldhouse to support awareness and help prevent the spread of COVID-19. We ask that all patrons follow the guidelines and signage to keep our environment safe.

## **Daily Screening, Monitoring and Response Plan**

### **AHS Guidelines.**

- *Consider implementing active screening of attendees (where applicable) for COVID-19 symptoms,*
- *Operators may choose to use Alberta Health Daily Checklist.*
- *The Alberta Health Services COVID-19 Self-Assessment tool can be used by attendees.*



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- *Any attendee exhibiting any symptoms cannot enter the facility or participate in outdoor activities operated by the facility.*
- *A rapid response plan sets out a fast-action plan for operators when an attendee shows symptoms or tests positive for COVID-19.*
- *Operators should develop a plan that includes appropriate policies and procedures based on the type of attendees specific to their services and settings.*

## **Foothills Protocol**

Foothills players, coaches and managers will continue with the online screening process already in place, each player will need to complete the screening process questionnaire each day of training/games. Participants should regularly monitor themselves for symptoms. Symptomatic individuals are prohibited from participating in or spectating any soccer activities. If an individual is found to be displaying symptoms related to COVID-19 (fever, cough, shortness of breath, runny nose, sore throat), they will be sent home immediately. Outside user groups or sub-rental groups should have a process in place for contact tracing.

An individual displaying symptoms is not permitted to return to soccer for 10 days from the last day they experienced symptoms or unless they receive a recent negative COVID-19 test result.

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. Coaches and managers will have an emergency contact list for all players. As part of the screening process Foothills will have contact tracing available.

Any confirmed cases of COVID-19 within your cohort or team must be reported immediately to Alberta Health Services, Calgary Foothills Soccer Club and the CMSA Risk Management Committee (RMC) at [rmc@calgaryminorsoccer.com](mailto:rmc@calgaryminorsoccer.com).

Members of the AHS will work with Calgary Foothills Soccer Club and Calgary Minor Soccer Association to contact the appropriate individuals who were in close contact with a confirmed positive case of COVID-19.

- Individuals who have tested positive for COVID-19 must follow the AHS Isolation Requirements.
- You are legally required to isolate for a minimum of 10 days if you have tested positive for COVID-19.



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- Isolation period is for 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

## Masks

### AHS Guidelines

- *Organizers and attendees should keep up to date with masking requirements set at the local level.*
- *Participants can wear masks when they are not engaging in intense physical activity.*
- *Masks should not be worn during intense physical activity.*
- *Masks and face shields cannot be assured to stay in place.*
- *There is some evidence to suggest that wearing a mask during high intensity activity could have negative health effects.*

## Foothills Protocol

Participants MUST wear mask when they are not engaging in intense physical activity. Players, coaches, managers and referee MUST wear masks when arriving and exiting the Foothills Fieldhouse (Macron Performance Center). Foothills will implement CMSA rules around mask for all games. All participants are required to supply their own mask. All spectators must always wear masks when inside the Foothills Fieldhouse.

## Spectator Viewing

### AHS Guidelines

- *Spectators should be kept out of participant spaces (e.g., fields of play, courts, ice surfaces).*
- *With 2 metres of distance maintained between members of different households (with the exception of core/household cohorts), the following capacity restrictions apply:*
- *A maximum of 200 spectators is permitted for outdoor*
- *seated/audience events/settings.*
- *A maximum of 100 spectators is permitted for indoor events/settings.*
- *Cheering and yelling is strongly discouraged as it presents a high risk of spreading droplets.*



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- *It is strongly recommended that spectators wear masks.*

## **Foothills Soccer Protocol**

Foothills Soccer Club will follow the guidelines and protocols as recommended by the Alberta Health Services and Alberta Government. Foothills will adjust this accordingly once the move to stage 3 is implemented. Currently, All guidance is subject to change as the Covid-19 protocols are updated on a regular basis. The number of spectators will be subject to change based on the guidelines from City of Calgary and Alberta Health Services. **Spectators WIL NOT BE PERMITTED entrance into the Foothills Fieldhouse (Macron Performance Center) for CMSA scheduled or sanctioned games. Foothills will have the authority to not permit any spectators, if they feel its in the best interest in the safety of their members, and when they expect the spectators to be above 100. Foothills will work with all governing soccer bodies regarding guidelines around spectators, and these guidelines will be reviewed at the CMSA winter break.**

**FOOTHILLS SOCCER CLUB IS WORKING WITH CMSA TO LIVESTREAM ALL CMSA GAMES AT THE FOOTHILLS FIELDHOUSE (MACRON PERFORMANCE CENTER). EACH FIELD WILL HAVE THEIR OWN LINK. THIS IS A FREE SERVICE FOR PARENTS AND SPECTATORS TO ACCESS TO WATCH THEIR CHILD PLAY.**

## **Personal Protective Equipment**

All Foothills Soccer staff and volunteers will be outfitted with appropriate protective equipment. All players and visitors must supply their own mask, we will have sanitizer available for each area once it is open in accordance with guidance.



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## Change Rooms:

### AHS Guidelines

- *Encourage participants to arrive at the facility ready to participate in their activity without needing to use a change room if possible.*
- *Set capacity limits for locker rooms and adjust lockers to support physical distancing.*
- *Clean and disinfect surfaces, sinks and toilets regularly.*
- *Remove self-serve and common-use items such as hair dryers, cotton swabs and disposable razors.*

### Foothills Protocol

Change rooms/locker rooms will be CLOSED during stage 2 and subject to change as the Covid-19 protocols are updated, restrictions removed and/or stage 3 is announced. ALL participants are asked to arrive and enter through the appropriate door, each door will be mapped out for each group. Participants will be asked to go directly to their designated bench/bleachers area in the viewing area for their pre-game preparation. Participants will be asked to leave the fieldhouse directly after their CMSA game through the appropriate exits

Players will be required remove their outdoor footwear prior to entering the turf off the Foothills Fieldhouse, we ask that players put their outdoor footwear in their soccer bag and store the personal belongings at their designated training space.

Change rooms are closed during stage 2; this is subject to change as the Covid-19 protocols are updated, restrictions removed, and/or stage 3 is announced. Players will be asked to go directly to their designated field and asked to prepare in the designated bench area.

## Gym/Weight Room

### AHS Guidelines

- *Space weight machines at least 2 metres apart.*
- *Consider spacing aerobic fitness equipment between 2-3 metres apart, as high exertion is common when using these machines (e.g., treadmills, rowing machines, stationary bikes).*



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- *Designate adequate space for the use of certain equipment (e.g., stretching areas, kettle bell areas) and for movement (e.g., heavy rope, tire flipping zone) to ensure physical distancing is maintained.*
- *Consider using markers on the floor to define designated areas and manage the flow of participants.*
- *If equipment cannot be moved, and positioning will result in participants being within a 2 metre distance, consider blocking off every other piece of equipment or erecting barriers such as acrylic panels between equipment.*
- *Where spotting is necessary for heavy weight lifting, participants may form small cohorts to limit direct contact with others. Spotters should consider wearing a non-medical mask.*

## **Foothills Protocol**

- Participants should be encouraged to bring their own equipment.
- Any shared equipment must be cleaned and sanitized at an increased frequency, and between each use.
- Foothills Fieldhouse staff or cleaning operators should clean and disinfect between each use.
- Hands should be cleaned before and after using sporting gloves.
- Sanitizer and Disinfectant will be provided for each piece of equipment
- Sporting gloves should be cleaned after each use.
- Space weight machines will be least 2 metres apart.
- Aerobic fitness equipment will be spaced 2-3 metres apart, as high exertion is common when using these machines (e.g., treadmills, rowing machines, stationary bikes).
- Calgary Foothills Soccer Club have invested in an Electrostatic Sprayer so that each club has its own dedicated device.
- We have procured a one-step hospital grade disinfectant and contact sanitizer that will be used for frequent touchpoint cleaning throughout our gym
- Our Foothills Soccer Club and Foothills Fieldhouse staff will adopt a “constantly cleaning” mind-set, ensuring special attention is always given to high-touch surfaces.
- ALL USERS and Sub-rental users will be required to wipe down their equipment BEFORE and AFTER each use. To make this convenient, additional spray bottles and new Certainty™ Disinfectant Wipes stations will be strategically placed throughout Clubs.
- Additional hand sanitizer has been made available, including the installation of hand sanitizer stations at strategic locations throughout the gym and facility.



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## **Equipment:**

### **AHS Guidelines**

- *Participants should be encouraged to bring their own equipment.*
- *Any shared equipment should be cleaned and sanitized at an increased frequency, and between each use.*
- *Where equipment is rented, operators should clean and disinfect between each use.*
- *Hands should be cleaned before and after using sporting gloves.*
- *Sporting gloves should be cleaned after each use.*
- *Discontinue use of equipment that is in disrepair, as these items cannot be effectively sanitized.*

### **Foothills Soccer Club Protocol:**

Foothills will have hand sanitization and equipment disinfectant stations located at each allocated training venue. It is highly recommended that ALL participants use the hand sanitization stations before and after training. We also encourage players to bring their own hand sanitizer to limited the amount of traffic around these stations.

Training equipment will be disinfected before and after training by the team coaches. ALL team coaches will be provided hand sanitizer spray and disinfectant spray to use at their on field sessions. Gloves and Masks will be provided as well and to be worn when any member of the team is dealing with an injured player or providing treatment.