



GTA GRIZZLIES' RESPONSE PLAN

COVID-19



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GTA GRIZZLIES' RESPONSE PLAN

INTRODUCTION

This guidebook aims to set forth the policies and procedures we will follow to ensure the health and safety of our staff and players as we resume our program.

As the situation evolves, so may the policies that guide our operations through this transition. Any changes to our policies and procedures will be communicated to everyone as required.

Our priority is your safety, and we will continue to monitor for any updates and communicate as necessary.

If you have any questions regarding the information found in this document, please contact management at [*gtagrizzlies@gmail.com*](mailto:gtagrizzlies@gmail.com).



COVID-19 ATHLETE PROTOCOL

Reducing the risk of transmission of COVID-19 among athletes, coaches, staff, volunteers and the general public is our top priority. The following protocols will be used while participating in our football programs.

SCREENING MEASURES

- Team functions (including scaled back practices, workout, throw-arounds, etc.) will be limited to the amount of people as outlined by provincial standards and OFA/CJFL Guidelines.
- Coaches and athletes are not permitted to attend if they are sick, even if symptoms resemble a mild cold. Symptoms to look for include:
 - Fever
 - Cough
 - Shortness of Breath
 - Sore Throat
 - Runny Nose
 - Nasal Congestion
 - Headache
 - General feeling of being unwell
- Coaches, staff and athletes will complete a COVID-19 questionnaire upon arriving at the facility. Any coach or athlete who does not complete the questionnaire will not be able to participate that day.
- Staff or athletes at risk for severe illness from COVID-19 are recommended to review their specific health concerns with their physician.
- Every coach and athlete will receive a thermal temperature check when arriving at the facility. Any coach or athlete with a temperature 38° C (100.4° F) will be asked to go home for the day. Temperature will be checked with a contactless thermometer.
- Up-to-date records will be kept and tracked on the Player Questionnaire



EXHIBITING SIGNS OF COVID-19

- If an athlete is flagged, that Athlete is not permitted to attend programming. The designated Safe Sport Officer will be in contact with the athlete and their family for follow-up.
- If an athlete is being screened at the practice field and answers “yes” to one of the screening questions they will be asked to leave, and the Safe Sport Officer will be in contact with the athlete and the family for follow-up.
- If an athlete develops symptoms while at the program, the athlete should be isolated away from others and health authorities will be notified and appropriate testing will be arranged immediately. Gloves and mask will be provided to ill individual until they are able to go home.
- While caring for the athlete, coaches or staff shall wear appropriate PPE.
- If a coach develops an illness while at the field, they should immediately remove themselves from any contact with others, notify the designated Safe Sport Officer and go home.

ARRIVAL PROCEDURES

- Staggered arrival times will be established to ensure physical distancing and allow time for temperature checks/player questionnaires and attendance tracking
- Athletes will only be permitted to arrive at their scheduled time. Athletes will not be permitted to be arrive early to “hang around”
- At any given time, the number of athletes at the facility will not exceed the maximum recommended number of people
- Athletes need to arrive at facility ready to participate as change rooms will not be available.



FACILITY PROTOCOL

- Athletes must line up outside the field entrance according to physical distancing standards.
- When approval is given to enter the field, each athlete will use the sanitizing station provided to sanitize their hands.
- Athletes must practice physical distancing at all times in, outside and around the facility.
- Athletes will be required to bring their own water bottle to the facility and take it home each night to be sanitized. Sharing of water bottles is strictly prohibited.
- Athletes will be required to wear clean shirts/shorts to every practice. If using a team practice jersey, the jersey must be left after each practice for washing.
- If gloves are worn by athletes, they must be cleaned as regularly as hand sanitizing.
- During equipment fitting, all equipment (shoulder pads & helmets) will be disinfected before fitting the next player.

PROGRAMMING

- All programming will ensure physical distancing measures are in place.
- Program planning must ensure that participation does not violate a public health order. This includes the use of shared equipment, physical distancing, and cleaning procedures.
- No contact drills will be conducted until guidelines or clearance by health authorities have changed.

VISITORS & SPECTATORS

- Parents, guardians and visitors are asked to minimize their attendance at practices and will not be permitted in close proximity to the field.
- All visitors/spectators will be required to sign-in on arrival with name, phone number and/or email, date and venue location to facilitate contact tracing if necessary.



SAFETY GEAR

COACHES & STAFF

- All coaches and staff (equipment manager, athletic therapist) must wear a mask. All coaches and staff have the option to wear either CAP Shield Safety shields as shown in Figure 1 or regular safety shields shown in Figure 2 when not wearing ball caps.



FIGURE 1



FIGURE 2

PLAYERS

- Players who are not substituting or preparing to enter the field of play and are not wearing their helmets will be required to wear a mask. Players are discouraged from removing and re inserting mouth guards. Mouth guards should be sanitized if they fall out. If players wear gloves, they must be cleaned as regularly as proper hand hygiene.



DECLARATION OF COMPLIANCE

PARTICIPANT'S NAME: _____

This Declaration of Compliance will be kept safely, and personal information will not be disclosed unless as required by law or with your consent.

A Participant (or the Participant's parent/ guardian, if the Participant is under the age of majority) who is unable to agree to the terms outlined in this document is not permitted to participate in the Organization's activities, programs, or services at this time.

I, the undersigned being the Participant and the Participant's Parent/ Guardian (if the Participant is under the age of majority), hereby acknowledge and agree to the terms outlined in this document:

1. The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19 and requires all participants or their parent/guardian, when applicable) to adhere to the compliance standards described in this document.
2. The Participant has not been diagnosed with COVID-19, OR if the Participant was diagnosed with COVID-19, the Participant was cleared as noncontagious by provincial or local public health authorities more than 14 days prior to the date this Declaration of Compliance was signed.
3. The Participant has not been exposed to a person with a confirmed or suspected case of COVID-19; OR if the Participant was exposed to a person with a confirmed or suspected case of COVID-19, the date of exposure was more than 14 days prior to the date this Declaration of Compliance was signed.
4. The Participant is participating voluntarily and understands and assumes the risks associated with COVID-19. The Participant (or the Participant's parent/ guardian, on behalf of the Participant (when applicable)) agrees to assume those risks, including but not limited to exposure and being infected.
5. The Participant has not, nor has anyone in the Participant's household, experienced cold or flu-like symptoms in the last 14 days (including fever, cough, sore throat, shortness of breath, respiratory illness, difficulty breathing).
6. If the Participant experiences, or if anyone in the Participant's household experiences, any cold or flu-like symptoms after submitting this Declaration of Compliance, the Participant will immediately isolate and not attend any of the Organization's activities, programs or services until at least 14 days have passed since those symptoms were last experienced.



7. The Participant has not, nor has any member of the Participant's household, travelled to or had a lay-over in any country outside Canada, or in any Province outside of Ontario, in the past 14 days. If the Participant travels, or if anyone in the Participant's household travels, outside the Province of Ontario after submitting this Declaration of Compliance, the Participant will not attend any of the Organization's activities, programs or services until at least 14 days have passed since the date of return.
8. The Participant is following recommended guidelines, including but not limited to, practicing physical distancing, trying to maintain separation of six feet from others, frequent handwashing, and otherwise limiting exposure to COVID-19.
9. The Participant will follow the safety, physical distancing and hygiene protocols of the Organization.
10. This document will remain in effect until the Organization, per the direction of the provincial government and provincial health officials, determines that the acknowledgements in this Declaration of Compliance are no longer required.
11. The Organization may remove the Participant from participation in the activities, programs or services of the Organization at any time and for any reason if the Organization believes, in its sole discretion, that the Participant is no longer in compliance with any of the compliance standards described in this document.

Name of Participant

Signature of Participant

Name of Parent/Guardian

Signature of Parent/Guardian

Date: _____



FIRST NAME: _____ LAST NAME: _____

DAILY COVID-19 ASSESSMENT

| | | | | | | | |
|-----------------------|--|--|--|--|--|--|--|
| DATE | | | | | | | |
| TEMPERATURE | | | | | | | |
| COUGH | | | | | | | |
| SHORTNESS OF BREATH | | | | | | | |
| SORE THROAT | | | | | | | |
| LOSS OF TASTE / SMELL | | | | | | | |
| CHILLS | | | | | | | |
| HEADACHES | | | | | | | |
| NAUSEA | | | | | | | |
| DIARRHEA | | | | | | | |
| VOMITING | | | | | | | |

1. Have you had close contact with anyone with acute respiratory illness or travelled outside of Canada in the past 14 days?

YES NO

2. Do you have a confirmed case of COVID-19 or have had close contact with a confirmed case of COVID-19 without wearing appropriate PPE?

YES NO

3. Have you been tested for COVID-19 and are waiting to receive test results?

YES NO

If you answered 'YES' to any of these questions, you should:

- Not attend the practice / game
- Self-isolate for 14 days
- Complete the Ontario Government's self-assessment; and
- Contact your family physician, local medical officer of health or Telehealth Ontario