



## **Lambeth Youth Soccer - Return to Play Guidelines**

**v 1.0**

### **Content Disclaimer**

The information in this document is not intended or recommended to be a substitute for professional/medical advice, diagnosis, or treatment. All content, including text, graphics, images and information, are provided for general informational purposes only. The understanding of, and circumstances around COVID-19 are uncertain and continually changing. As such Lambeth Youth Soccer makes no representation and assumes no responsibility for the accuracy or completeness of this information. Lambeth Youth Soccer does not represent, warrant or endorse the completeness or timeliness of any of the information, content, views, opinions, or recommendations contained in the information provided. This information is accepted on the condition that errors or omissions shall not be made the basis for any claim, demand or cause for action.

We strongly encourage you to seek advice from medical professionals and/or public health officials if you have specific questions about your return to training and/or play in reference to COVID-19. It is the responsibility of the reader to perform proper due diligence before acting upon any of the information provided. In no event, Lambeth Youth Soccer will be liable for any direct, indirect, incidental, punitive or consequential damages of any kind whatsoever with respect to these materials. The objective for all of us with this Return to Play plan, is the health and safety of our participants.

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## Introduction

This document represents Lambeth Youth Soccer Return to Play Guidelines for the 2021 Spring/Summer Season during the COVID-19 Pandemic. It follows very closely Ontario Soccer's Return to Play Guide which was produced collectively with specialists in sport and exercise medicine, infectious disease, and public health. Our top priority remains the health and safety of our players and coaches, their families, and our communities. Lambeth Youth Soccer is planning to operate our 2021 Spring/Summer Season under the Covid-19 City Zones labelled Orange, Yellow, or Green. Should London move into a Red or Gray zone, we will suspend all soccer activity.

Lambeth Youth Soccer will ensure the information included on this document is widely available to our members. All Club officials, coaches, and anyone coordinating the training sessions must have read and be familiar with these guidelines. Lambeth Youth Soccer Executive members and/or Coaches should communicate all hygiene measures included in this protocol in advance to all players, and parents/guardians.

A full refund will be given if the season is not able to start because of Provincial Health regulation restrictions due to COVID-19. A pro-rated refund will be given if the season is not able to be completed because of Provincial health regulation restrictions due to COVID-19. No refund will be given due to any COVID-19 restrictions if the season is 80% or more completed.

## Hygiene and Safety Protocols

Hygiene and facility protocols will be very important to the health and safety of our players, parents, and coaches. These protocols will include but are not limited to the following measures:

- Lambeth Youth Soccer will follow guidelines and limit gatherings based on restrictions imposed by the Government of Ontario which may include closing the season early due to changes in City of London COVID-19 status.
- All participants are to adhere to restrictions or maximum capacities for fields.
- Lambeth Youth Soccer will provide the volunteers with any protective items required by the health authorities. The club will also provide the necessary sanitization equipment to the coaching volunteers.

### Prior to Arrival

- It is recommended that all participants (parent, player, coach, team official, referee) utilize the “Self-Check” on [Ontario COVID-19 Self-Assessment App](#)
- If you experience any of the symptoms, STAY HOME and please follow recommendations and contact your medical health provider.
- Do not carpool unless with immediate family members
- Please do not arrive at the field more than 15 minutes before your scheduled training time.

### Upon Entering the Field/Training Space

- Hand sanitizer will be available at all times with each team. Everyone entering the field will be required to use it.
- Masks are highly recommended by everyone upon entry and exit to/from the field.
- Masks will be optional on the field during training for players.
- Single parent/guardian spectators, coaches, and team officials are required to wear a mask at all times.
- Attendance will be documented by a team official for Contact Logs/Tracing and should be completed prior to every training session
- All equipment will be sanitized before the start of each training session.
- Only Coaches/Staff should handle equipment.
- There will be zero tolerance for spitting
- Clearly label your own water bottle. Do not share bottles.

- Due to the short activity times, snacks are discouraged, if you decide to bring any, ensure they are consumed and/or disposed of on site and not taken home.
- All “non-essential” contacts should be avoided (handshakes, high 5’s, etc.).
- Only use your own equipment. Do not share shin-pads, cleats, goalkeeper gloves, etc.
- Carry hand sanitizer in order to enable good personal hygiene.
- Cover your mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze.
- Avoid touching eyes, nose or mouth.
- Avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly.
- Maintain physical distance from other people while at the field and parking spaces

#### Upon Exiting the Field/Training Space

- There will be staggered activity times between different groups to create at least a 15-minute buffer between sessions and to avoid an overlap of players on the field.
- Wash/sanitize your hands at the end of training.
- Any individual equipment used should be taken home and washed separately from others in the household (e.g., uniform).
- Leave the playing area quickly once your training session has ended, while keeping your physical distance from others.
- Make sure to bring all your personal belongings with you, everything left on the field will be disposed of.

### Age/Division Considerations

Understanding that players of different ages and stages have different abilities and understanding of how to maintain safety protocols, Ontario Soccer has provided guidelines around age group appropriate guidelines to help ensure a safe and fun environment for our players. Lambeth Youth Soccer will be following these guidelines outlined below.

#### U3

- All Hygiene and Safety Protocols in this document apply
- 1 Player + 1 Parent/Guardian/Sibling.
- Children at this age may struggle to maintain social distancing and complete technical based activities.
- Masks will be optional on the field during training for players.
- Masks for parents/guardian on the field are required to wear a mask
- Using a parent or sibling will aid the coaches to deliver different activities as the child will have a parent/guardian/sibling to help manage them and some of the logistics to ensure social distancing is maintained.
- Be overly conservative when spacing out areas to maintain social distancing.
- Rosters for this division will include 8-10 players and 8-10 parent/guardian/sibling per child
- Training will consist of skills and drills that can be conducted in a socially distanced format

#### U4

- All Hygiene and Safety Protocols in this document apply
- Only one parent/guardian per player allowed to enter the field
- Parent/Guardian are not permitted on the playing field to assist during training
- Masks will be optional on the field during training for players.
- Enhanced training includes now closer group interactions where sharing or competing for the ball activities will take place
- Rosters for this division will include 10 players and one coach per team
- Training will consist of skills and drills in a socially distanced format, and scrimmage for the second half of the training which will be restricted to a pod of four teams that will share assigned field space and scrimmage for the entirety of the scheduled season to a maximum of 50 participants

## U6

- All Hygiene and Safety Protocols in this document apply
- Only one parent/guardian per player allowed to enter the field
- Masks will be optional on the field during training for players.
- In this phase, large gatherings of parents during activities must be avoided. Social/physical distancing measures must be respected.
- Enhanced training includes now closer group interactions where sharing or competing for the ball activities will take place
- Rosters for this division will include 12 players and one coach per team
- Training will consist of skills and drills in a socially distanced format.
- Games will be restricted to a pod of four teams that will share assigned field space and conduct matches for the entirety of the scheduled season to a maximum of 50 participants.

## U8

- All Hygiene and Safety Protocols in this document apply
- Only one parent/guardian per player allowed to enter the field
- Masks will be optional on the field during training for players.
- In this phase, large gatherings of parents during activities must be avoided. Social/physical distancing measures must be respected.
- Enhanced training includes now closer group interactions where sharing or competing for the ball activities will take place
- Rosters for this division will include 12 players and one coach per team
- Training will consist of skills and drills in a socially distanced format.
- Games will be restricted to a pod of four teams that will share assigned field space and conduct matches for the entirety of the scheduled season to a maximum of 50 participants.

## U10

- All Hygiene and Safety Protocols in this document apply
- Only one parent/guardian per player allowed to enter the field
- Masks will be optional on the field during training for players.
- In this phase, large gatherings of parents during activities must be avoided. Social/physical distancing measures must be respected.
- Enhanced training includes now closer group interactions where sharing or competing for the ball activities will take place
- Rosters for this division will include 12 players and one coach per team
- Training will consist of skills and drills in a socially distanced format.

- ❑ Games will be restricted to a pod of four teams that will share assigned field space and conduct matches for the entirety of the scheduled season to a maximum of 50 participants.



## Summary

In summary, the "Return to Play Guidelines" included in this document outline expectations and responsibilities of the parent/guardian, players, coaches, officials, and The Lambeth Youth Soccer Organization. This includes recommendations and guidelines directed at Ontario Soccer affiliated Clubs and Ontario Registered Academies participating in sanctioned soccer activities.

This season will look and feel different from past seasons, but we feel it is important to continue a modified version of our spring/summer program to allow our players an opportunity to play the game this summer, have some fun with their friends and get some fresh air and exercise. We believe that we have put together a responsible and safe program adhering to The Ontario Government restrictions, our City of London guidelines, and recommendations from the London Middlesex Health Unit . We know the program may not be perfect, and will have some challenges along the way, but we always welcome feedback and suggestions on how we can make it better.

Lastly, we know the choice to participate in soccer rests with the individual participant and/or their guardian. This is a very personal decision and must be made based on the trust and comfort you have in our organization and the recommended safety protocols that have been set in place and followed.

We would like to thank Ontario Soccer for all its work in crafting the Return to Play Guidelines that we used to create our Individual Club Return to Play protocols. We would also like to thank all our members for your support, patience and understanding during this challenging time. Lambeth Youth Soccer is a volunteer run organization and wanted to take this opportunity to thank our volunteers for their continued support. Without volunteers the season would not be possible, we are grateful to our soccer community.

Appendices

**LAMBETH YOUTH SOCCER  
INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT  
(To be executed by Participants under the age of majority)**

**WARNING! This is a copy of the waiver you signed off on at the time of registration for your child(ren). By proceeding with registration, you will assume certain risk and responsibilities. Please read carefully!**

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a Participant in activities, programs, classes, services provided and events sponsored or organized by Lambeth Youth Soccer/Western Counties Soccer Association and its affiliated districts, leagues, clubs and teams (collectively the "Organization") and the sport of soccer, including but not limited to: games, tournaments, practices, training, personal training, dry land training, use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientational or instructional sessions or lessons, aerobic and anaerobic conditioning programs (collectively the "Activities"), the undersigned being the Participant and Participant's Parent/Guardian (collectively the "Parties") acknowledges and agrees to the following terms outlined in this agreement:
  
2. I am the Parent/Guardian of the Participant and have full legal responsibility for the decisions of the Participant.

**Description of Risks**

3. The Parties understand and acknowledge that:
  - a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life;
  - b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming.
  - c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of the Participant's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction; and
  - d) 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; however, the Organization cannot guarantee that the Participant will not become infected with COVID-19. Further, attending the Activities could increase your risk of contracting COVID-19.

4. The Participant is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to:
- a) Contracting COVID-19 or any other contagious disease;
  - b) Executing strenuous and demanding physical techniques;
  - c) Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
  - d) Exerting and stretching various muscle groups;
  - e) The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
  - f) Spinal cord injuries which may render the Participant permanently paralyzed;
  - g) Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the Participant's body or to the Participant's general health and well-being;
  - h) Abrasions, sprains, strains, fractures, or dislocations;
  - i) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma;
  - j) Physical contact with other participants, spectators, equipment, and hazards;
  - k) Not wearing appropriate safety or protective equipment, such a helmet;
  - l) Failure to act safely or within the Participant's ability or within designated areas;
  - m) Grass, turf, and other surfaces including bacterial infections and rashes;
  - n) Collisions with fences, poles, stands, and soccer equipment;
  - o) Negligence of other persons, including other spectators, participants, or employees;
  - p) Weather conditions; and
  - q) Travel to and from competitive events and associated non-competitive events which are an integral part of the Activities

***We have read and agree to be bound by paragraphs 1 and 4***

## **Terms**

5. In consideration of the Organization allowing the Participant to participate in the Activities, the Parties agree:
- a) That the Participant's mental and physical condition is appropriate to participate in the Activities;
  - b) That when the Participant practices or train in his or her own space, the Parties are responsible for the Participant's surroundings and the location and equipment that is selected for the Participant;
  - c) To comply with the rules and regulations for participation in the Activities;
  - d) To comply with the rules of the facility or equipment;
  - e) That if the Participant observes an unusual significant hazard or risk, the Participant will remove themselves from participation and bring such to the attention of an Organization representative immediately;
  - f) The risks associated with the Activities are increased when the Participant is impaired and the Participant agrees not to participate if impaired in any way;

- g) That it is their sole responsibility to assess whether any Activities are too difficult for the Participant. By the Participant commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity;
  - h) That they are responsible for the choice of the Participant's protective equipment and the secure fitting of the protective equipment;
  - i) That COVID-19 is contagious in nature and the Participant may be exposed to or infected by COVID-19 and such exposure may result in personal injury, illness, permanent disability or death and voluntarily agree to assume all of the foregoing risks.
6. In consideration of the Organization allowing the Participant to participate, the Parties agree:
- a) That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in brochure or advertisement or in individual conversations, to agree to be involved in the Activities; and
  - b) That the Organization is not responsible or liable for any damage to the Participant's vehicle, property, or equipment that may occur as a result of the Activities.

***We have read and agree to be bound by paragraphs 5-6***

#### **General**

7. The Parties agree that in the event that they file a lawsuit against the Organization, they agree to do so solely in the province of Ontario, Canada and they further agree that the substantive law of Ontario will apply without regard to conflict of law rules.
8. The Parties expressly agree that this Agreement is intended to be as broad and inclusive as is permitted by law and that if any of its provisions are held to be invalid, the balance shall, notwithstanding, continue in full legal force and effect.

#### **Acknowledgement**

9. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

## **DECLARATION OF COMPLIANCE – COVID-19**

### **WARNING !**

#### **ALL INDIVIDUALS ATTENDING OR PARTICIPATING MUST COMPLY WITH THIS DECLARATION**

Ontario Soccer and its affiliated districts, leagues, clubs and teams (collectively the “Organization”) require the disclosure of exposure or illness in order to safeguard the health and safety of all participants and limit the further outbreak of COVID-19. This Declaration of Compliance will be kept safely, and personal information will not be disclosed unless as required by law or with your consent.

An individual (or the individual’s parent/guardian, if the individual is younger than 18 years old) who is unable to agree to the terms outlined in this document is not permitted to enter the Organization’s facilities or participate in the Organization’s activities, programs, or services.

I, the undersigned being the individual named above and the individual’s parent/guardian (if the individual is younger than 18 years old), 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 individuals (or their parent/guardian, when applicable) to adhere to the compliance standards described in this document.
- 2) The individual has not been diagnosed with COVID-19 OR If the individual was diagnosed with COVID-19, the individual was cleared as non contagious by provincial or local public health authorities.
- 3) The individual has not been exposed to a person with a confirmed or suspected case of COVID-19 OR If the individual 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 individual is attending or participating voluntarily and understands the risks associated with COVID-19. The individual (or the individual’s parent/guardian, on behalf of the individual (when applicable)) agrees to assume those risks, including but not limited to exposure and being infected.

5) The individual has not, nor has anyone in the individual's household, experienced any signs or symptoms of COVID-19 in the last 14 days (including fever, new or worsening cough, fatigue, chills and body aches, respiratory illness, difficulty breathing, nausea, vomiting or diarrhea, pink eye, or loss of taste or smell).

6) If the individual experiences, or if anyone in the individual's household experiences, any signs or symptoms of COVID-19 after submitting this Declaration of Compliance, the individual will immediately isolate, notify the Organization, and not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since those symptoms were last experienced.

7) The individual has not, nor has any member of the individual's household, travelled to or had a lay-over in any country outside Canada in the past 14 days. If the individual travels, or if anyone in the individual's household travels, outside Canada after submitting this Declaration of Compliance, the individual will not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since the date of return.

8) The individual is following recommended guidelines, including but not limited to practicing physical distancing, trying to maintain separation of six feet from others, adhering to recognized hygiene best practices, and otherwise limiting exposure to COVID-19.

9) The individual 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 and local public health authorities, determines that the acknowledgements in this Declaration of Compliance are no longer required.

11) The Organization may remove the individual from the facility or 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 individual is no longer in compliance with any of the standards described in this document.

## **QUICK REFERENCE GUIDE: PLAYERS**

### **Before coming to practice**

- All players/guardians will need to use the COVID-19 Health Assessment App prior to each session.
- If you experience any of the symptoms, please follow recommendations and contact your medical health provider.
- Do not carpool unless with immediate family members.

### **Arriving at the Fields**

- Always follow the instructions from coaches and respect physical distancing. Arrive no more than 15 minutes prior to activity commencing.
- Do not congregate at the facility entry point.
- Arrive prepared to train
- Bring your own water bottles clearly labelled with your name.
- Do not share water bottles.
- Follow the hygiene protocols in this document.
- Only use your own equipment.

### **After practice**

- Wash/sanitize your hands at the completion of training.
- Leave the playing area quickly once your training session has ended.
- All “non-essential” contacts should be avoided (handshakes, high 5’s, etc.). Don’t leave anything behind

## **QUICK REFERENCE GUIDE: COACHES**

### **Before coming to practice**

- Do the Covid 19 self-assessment questionnaire Bring a mask and hand sanitizer
- Bring cones/balls to practice
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### **Arriving at the Fields**

- Set up the field squares using cones provided by technical staff
- Take attendance and email this on the day of gathering to [erinfleischer@hotmail.com](mailto:erinfleischer@hotmail.com) This is needed for contact tracing in case there is a positive case
- If dividing the team into groups, try to keep the same player in the same group at all times.
- Only Coaches/Staff should handle equipment
- Regular sanitization breaks combined with water breaks.

### **After practice**

- Make sure players hand sanitize
- Clean equipment with cleaning supplies provided by club, do not bring “unsanitized” equipment into your car
- Clean the cones and balls
- Make sure to hand sanitize after cleaning the equipment



## **QUICK REFERENCE GUIDE: PARENTS**

### **Before coming to practice**

- Do the Covid-19 self-assessment questionnaire for yourself and your child
- Remind players to arrive to training dressed and ready
- Bring a clearly labelled water bottle
- Bring a mask and hand sanitizer
- Bring your own chair if preferred as bleachers may be off limits.
- Snacks should be discouraged, however if allowed, ensure they are consumed and/or disposed of on site and not taken home.

### **Arriving at the Fields**

- Please arrive no earlier than 10 minutes before practice.
- Maximum of one parent/guardian attending soccer activities.
- Wear a mask if you do enter the park
- Proceed to the field, maintain physical distance from other people

### **After practice**

- Make sure players hand sanitize.