

Appendix 1

What is COVID-19 and Infection Prevention?

COVID-19

[Coronaviruses](#) are a large family of viruses. Some cause illness in people and others cause illness in animals. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

COVID-19 is a new disease that has not been previously identified in humans. Rarely, animal coronaviruses can infect people, and more rarely, these can then spread from person to person through close contact.

There have been two other specific coronaviruses that have spread from animals to humans and which have caused severe illness in humans. These are the:

1. [Severe acute respiratory syndrome coronavirus \(SARS CoV\)](#)
2. [Middle East respiratory syndrome coronavirus \(MERS CoV\)](#)

Those who are infected with COVID-19 may have little to no symptoms. You may not know you have symptoms of COVID-19 because they are similar to a cold or flu.

Symptoms have included:

- cough,
- fever,
- difficulty breathing, and
- pneumonia in both lungs.

In severe cases, infection can lead to death. Symptoms may take up to 14 days to appear after exposure to COVID-19. This is the longest known incubation period for this disease.

Recent evidence indicates that the virus can be transmitted to others from someone who is infected but not showing symptoms. This includes people who:

- have not yet developed symptoms (pre-symptomatic) and
- never develop symptoms (asymptomatic)

While experts know that these kinds of transmissions are happening among those in close contact or in close physical settings, it is not known to what extent. This means it is extremely important to follow the proven [preventative measures](#).



Preventative Measures

Canadians should continue to think ahead about the actions they can take to stay healthy and prevent the spread of COVID-19 in Canada. This includes **staying at home** as much as possible and [being prepared](#) in case you or a family member becomes ill. Everyone should be practising **physical (social) distancing**. Even if you do not have symptoms of COVID-19, you could become infected by others.

As we continue to see transmission of the virus within different communities, we know that everyone must take precautions, even those who have not travelled outside of Canada.

In an effort to prevent the spread of COVID-19 within communities and across the country, all Canadians are advised to:

- Stay at home, unless you have to go to work. Talk to your employer about working at home if possible.
- Avoid all non-essential trips in your community.
- Do not gather in groups. Respect Government of Ontario directives.
- Limit contact with people at higher risk, such as older adults and those in poor health.
- Go outside to exercise but stay close to home.
- If you leave your home, always keep a distance of at least three (3) meters from others. Household contacts (people you live with) do not need to distance from each other unless they are sick.

2019 Novel Coronavirus (COVID-19)

What you need to know to help you and your family stay healthy



Wash your hands with soap and water thoroughly and often.



Cough and sneeze into your sleeve or a tissue. Dispose of tissue immediately and wash your hands.

Keep surfaces clean and disinfected.

Stay home when you are sick.



You can go outside if you:

- Have not been diagnosed with COVID-19.
- Do not have symptoms of COVID-19.
- Have not travelled outside of Canada in the past 14 days.
- Are not in quarantine (self-isolating).

If you have symptoms, call Telehealth Ontario at:
1-866-797-0000
TTY: 1-866-797-0007
Or contact your public health unit.

For more information,
visit [Ontario.ca/coronavirus](https://ontario.ca/coronavirus)

Ontario

If you go out for a walk, do not congregate and always practise physical (social) distancing by keeping at least three (3) metres apart from others at all times.

Physical (social) distancing

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. [Physical \(social\) distancing](#) is proven to be one of the most effective ways to reduce the spread of illness during an outbreak.



This means making changes in your everyday routines to minimize close contact with others, including:

- Avoiding crowded places and non-essential gatherings.
- Avoiding common greetings, such as handshakes.
- Limiting contact with people at higher risk like older adults and those in poor health.
- Keeping a distance of at least three (3) meters from others.

Hygiene

Proper hygiene can help reduce the risk of infection or spreading infection to others:

- Wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food. Use alcohol-based [hand sanitizer](#) if soap and water are not available.
- When coughing or sneezing, cough or sneeze into a tissue or the bend of your arm, not your hand. Dispose of any tissues you have used as soon as possible in a lined wastebasket and wash your hands afterwards. Avoid touching your eyes, nose, or mouth with unwashed hands.

Coronavirus Disease 2019 (COVID-19)

How to wash your hands



How to use hand sanitizer



Cleaning

Coronaviruses are one of the easiest types of viruses to kill with the appropriate disinfectant product when used according to the label directions. Health Canada has published a [list of hard surface disinfectants](#) that are likely to be effective for use against COVID-19.

Although they do not claim to kill COVID-19, cleaners can play a role in limiting the transfer of microorganisms. Health Canada recommends cleaning high-touch hard surfaces often, using either regular household cleaners or diluted bleach according to the label directions. This bleach solution should be prepared according to the instructions on the label or in a ratio of 250 mL (1 cup) of water per 5 mL (1 teaspoon) of bleach. Directions are based on bleach that is 5% sodium hypochlorite, to give a 0.1% sodium hypochlorite solution. Never mix bleach with other chemical products and use it in a well-ventilated area. [Special precautions](#) must be used when cleaning with bleach to avoid serious incidents.

These surfaces include:

- Toilets,
- Phones,
- Electronics,
- Door handles,
- Tables and chairs, and
- Remotes.

Refer to the [guidance on cleaning and disinfecting public spaces](#) for more information.

Wearing masks or face coverings

Medical masks, including surgical, medical procedure face masks and respirators (like N95 masks), must be kept for health care workers and others providing direct care to COVID-19 patients.

Wearing a non-medical mask or face covering while out in public is **recommended** for periods of time when it is not possible to consistently maintain a three (3) metre physical distance from others, particularly in crowded public settings, such as training and competition facilities.

Public health officials will make recommendations based on a number of factors, including the rates of infection and/or transmission in the community. Recommendations may vary from community to community.

If you do choose to wear facial covering, refer to [guidelines on wearing non-medical masks, how to make your own](#) and the [Special Advisory Committee](#) recommendations on the [use of non-medical cloth masks or face coverings in community settings](#).

Masks alone will not prevent the spread of COVID-19. You must consistently and strictly adhere to [good hygiene](#) and [public health measures](#), including frequent [hand washing](#) and [physical \(social\) distancing](#).



Resources used:

<https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/health-care-resources>

<https://www.canada.ca/en/public-health.html>



Appendix 2

Technical Resources – Sample Training Sessions for Step 1 Individualized Training

These Sample Sessions are designed to support Clubs and Academies on delivering soccer programs while adhering to the protocols and recommendations in place.

The resources provide a modified soccer experience with examples of session activities and plans that could be implemented as a basic structure to ensure sessions are physically active and conducted in a safe and fun environment. These sessions create an environment whereby Players will experience controlling, juggling, and passing the ball either individually or with a partner.

All activities delivered must adhere to the distancing measures and recommendations, along with any gathering restrictions issued by the Ontario Government and the guidelines set on this document.

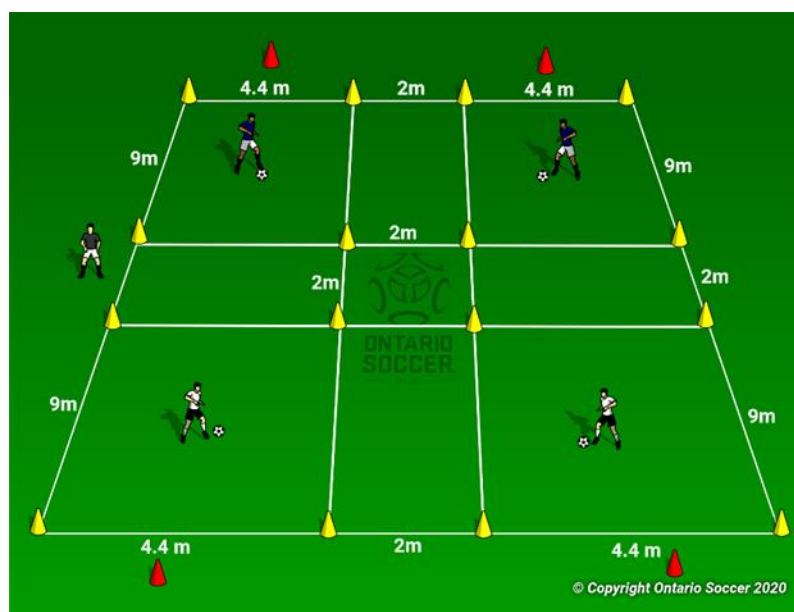
Important: Do not lose sight of the human element of sport. Sport is about people and connections whether you are a coach or leader. No one has all the answers, no one gets everything right and the projects we are involved with have always involved multiple minds and different perspectives. Please keep what is best for young people at the centre of any decision-making process and consider the bigger picture of the true value of sport and what it provides to society in terms of wellbeing, connections, leadership, and teamwork, physical and mental health. We need to work harder together to change the measures of success in youth sport.

Set-up

- Player to Coach Ratio: 4:1
- 3 meters distancing in place between each player
- Within a marked zone, each player has 4.4m x 9m to play - Yellow cones
- Free zone around the field for coaches to move
- Player equipment area next to each of their zones - Red Cones

Overview

- Duration: 60 minutes
- Activity: 55 minutes
- Rest & Transitions: 5 minutes
- Activities can be used in sequence or mixed
- Activities can be repeated if needed
- Activities can be modified to suit the needs of the players
- Activities are basic examples that abide by the physical distancing guidelines



| Duration | Activity | Example |
|------------|-----------|--|
| 5 minutes | Warm Up | Ball Control |
| 15 minutes | Passing | <ol style="list-style-type: none"> 1. One & Two Touch 2. Ball Swap 3. Through the gates 4. Soccer Tennis |
| 15 minutes | Dribble | <ol style="list-style-type: none"> 1. Small Touches 2. Skills |
| 15 minutes | Game | <ol style="list-style-type: none"> 1. Keep Ball to Targets 2. Keep Ball to Goals |
| 5 minutes | Cool Down | Ball Control |

Overall Recommendations

Before:

- Consider sending a session plan to parents and players prior to the session.
- Highlight which zone is allocated to which player.
- Ensure parents are aware of the Return to Play recommendations and guidelines.
- Have a designated bag for your equipment and a designated location on the field to place your own equipment.
- Have enough cones and balls available for your session.
- Follow all the procedures for any equipment cleaning process.
- Consider all factors when designing your session plan (i.e. explanations, activity durations and transitions for water breaks).
- Consider that transitions may take a little longer than normal when managing players and session set up.
- Clearly identify areas for players to arrive and to place their belongings while considering distancing requirements.
- Check with your club to confirm the amount of space available for your session.
- Prepare a session plan that includes the amount of players confirmed for your practice.
- Ensure that you have the right equipment (i.e. amount of cones and pumped up balls).



During

- Encourage the players to enjoy playing soccer in the current format.
- Do not be overly concerned about players lacking technical ability, especially during the initial phases of Return to Play.
- Keep distancing measures in place between players and coaching staff.
- Reset cones that delineate the physical distancing parameters whenever they are moved out of place.
- Ask and remind players to avoid touching the equipment.
- Be adaptive.
- Respect the timeline you anticipated in your session so parents can plan.
- Make use of your time by following your session plan guidelines.
- Do not stay too long on one activity to prevent boredom.
- Respect physical distancing at all times.
- Consider designating the Assistant Coach to help you manage the spacing throughout the session.
- To clearly emphasize the boundaries add more cones if required.

After

- Validate the effort your players demonstrated during the session.
- Ask the players if they have any suggestions for session activities next time.
- Ensure that each player goes home with his or her designated household contact.
- Ensure that all equipment is taken from the playing field in a safe manner.
- Consider cleaning and disinfecting all equipment after the practice is over.
- Reflect on how the equipment was managed and distributed to improve this for the next session.
- Make sure you pick up all equipment and belongings before leaving the field.
- While respecting physical distancing, take some time to connect with your players after the practice and validate their efforts.
- Consider following up with a positive email to the players and parents encouraging them about the next practice session.
- Make sure you pick up all equipment before leaving the field.
- Do not leave any personal belongings on the field of play or team bench.
- Reflect on how the spacing worked out in the session, involve your players, the staff, and ask the parents for their feedback.

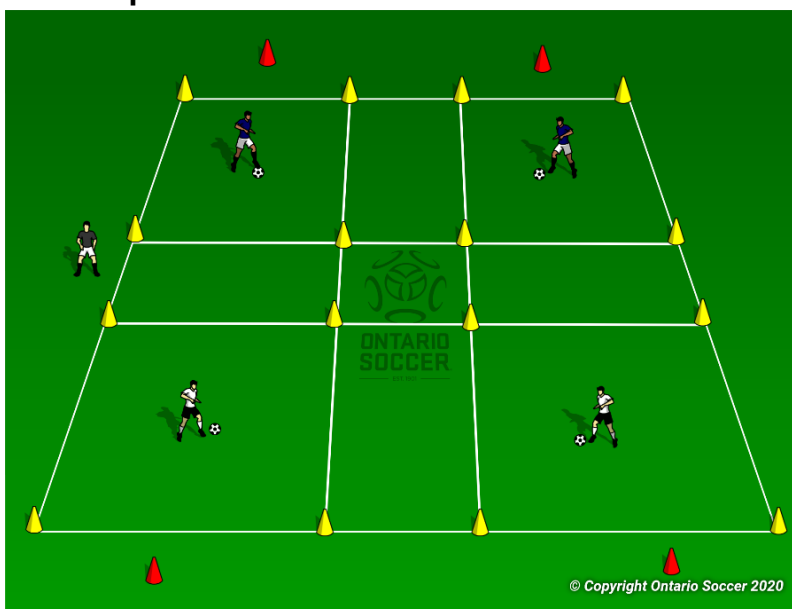


Set-up

In their designated zone, players can use all parts of their foot, including the bottom, top, inside and outside as well as both feet. Players can take small touches of the ball in a variety of ways. This can be on the ground or juggling the ball in the air. Ensure players are not using their hands to pick the ball up.

Recommendations

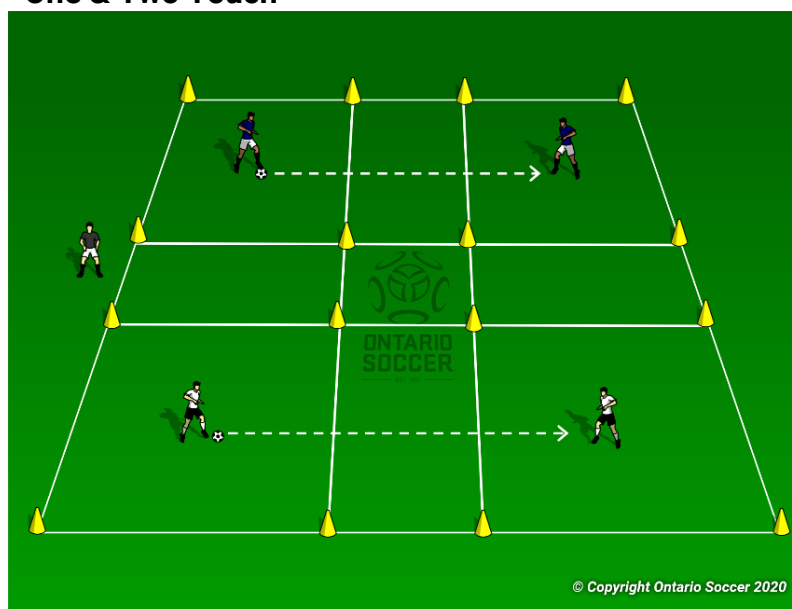
Give players a challenge or task, for example a move to perform or the number of times they can juggle the ball. Let the players demonstrate their best skill or trick. Increase the tempo to have the players ready for the next activity.

Warm-Up**Passing - One & Two Touch****Set-up**

In their designated zone, players can pass the ball to a teammate as shown. Encourage players use all parts of their foot as well as trying different passing techniques.

Recommendations

Give players a challenge or task in their team. For example, depending on age and stage, targets for a number of successful passes completed. Add cones for players to control the ball around or move to within their own zone prior to passing.



Passing - Through the Gate

Set-up

In their designated zone, have the players stand a certain distance away from the coned gates. Players must pass the ball through the gates to score a point.

Recommendations

Give players a challenge or task, for example, keep score within a certain time and rotate the players to experience a different opponent. Vary the distance to the gates to make it harder or easier. Vary the size of the gates to make it harder or easier. Remove the gates and players must chip or loft the ball into the other player's zone.



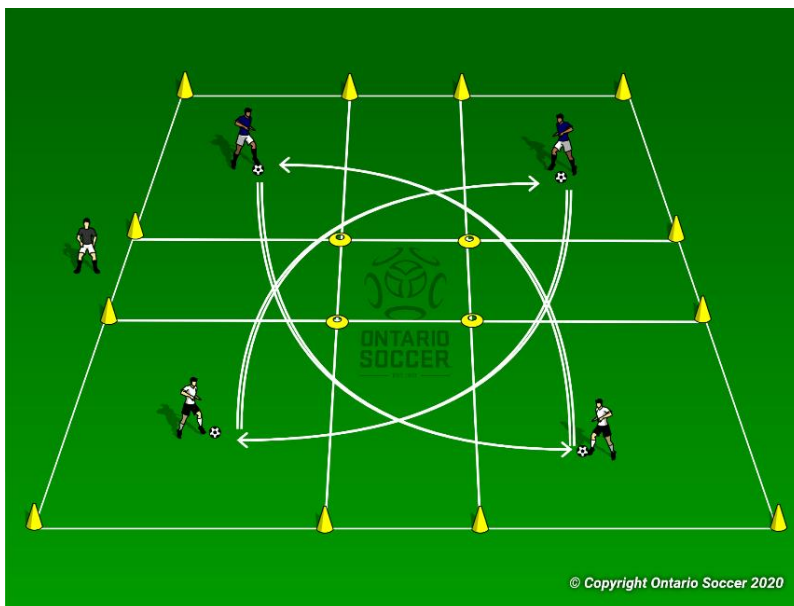
Passing - Ball Swap

Set-up

In their designated zone, each player has one ball and need to connect with another player by passing to each other and 'swapping balls'. Once they have completed one pass, players can find another player to swap balls.

Recommendations

Encourage players to try different types and distances of passes. Encourage players to work together and communicate with each other.



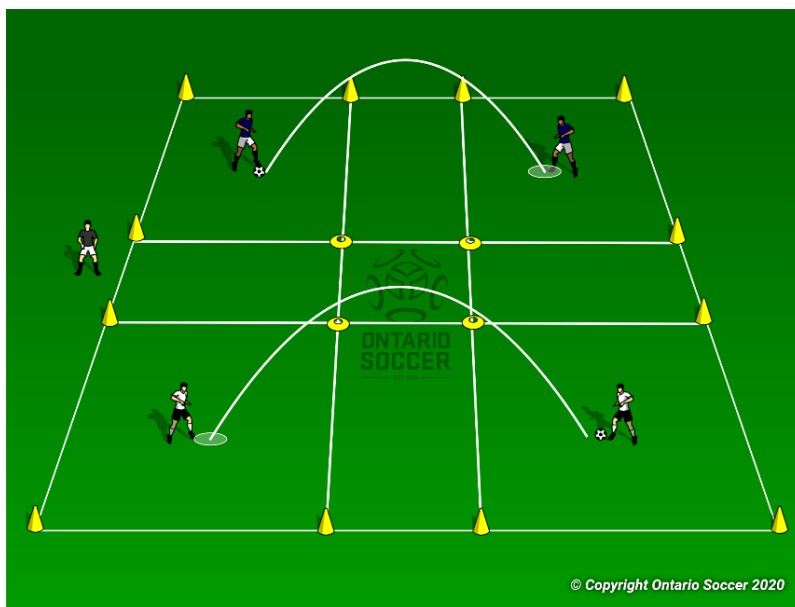
Passing - Soccer Tennis

Set-up

In their designated zone, players must play in two's and pass the ball to their teammate, keeping the ball in the air. Players can use a variety of ways to keep the ball in the air by using their feet and thigh. Ensure players are not using their hands to pick the ball up.

Recommendations

Give players a challenge or task, for example, the players score a point if their teammate lets the ball bounce once or twice depending on the ability of the players. Keep score within a certain time and rotate the players to experience a different opponent.



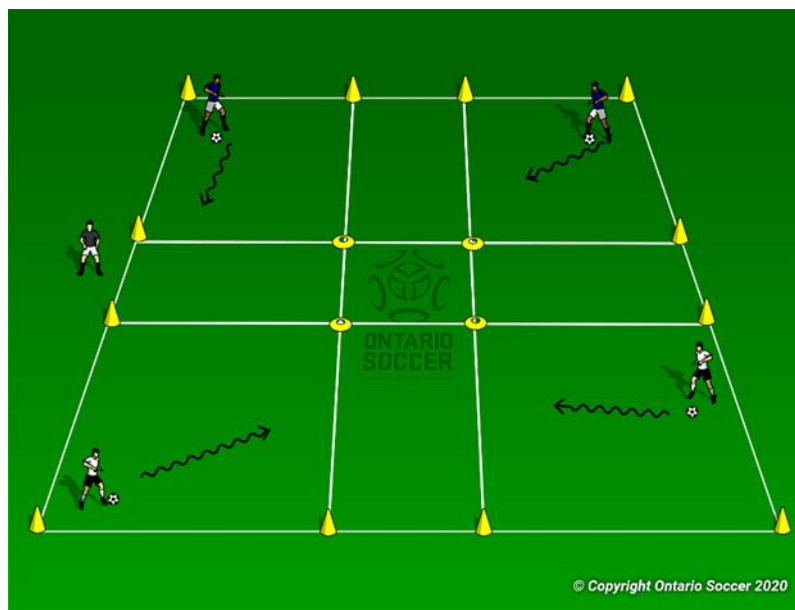
Dribble - Small Touches

Set-up

In their designated zone, the player can use all parts of their foot including, inside, outside, top and bottom as well as both feet by taking small touches at various speeds and distances.

Recommendations

Let the players demonstrate their best skill or trick. Depending on age and stage, challenge players to try something new.



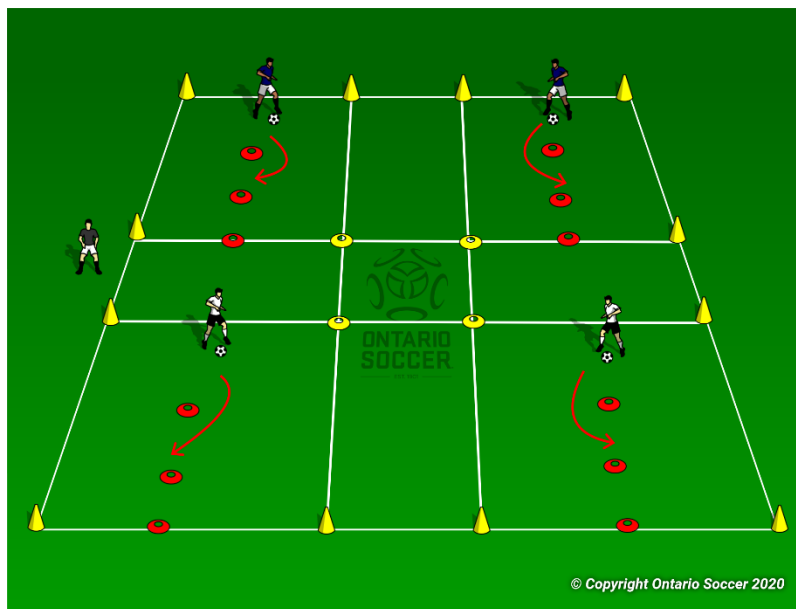
Dribble - Skills

Set-Up

In their designated zone, the player can use all parts of their foot including, inside, outside, top and bottom as well as both feet by taking small touches towards the cone and beating the cone (defender) with a trick or skill.

Recommendations

Let the players demonstrate their best skill as well as task the players to invent a new skill to beat the cone (defender).



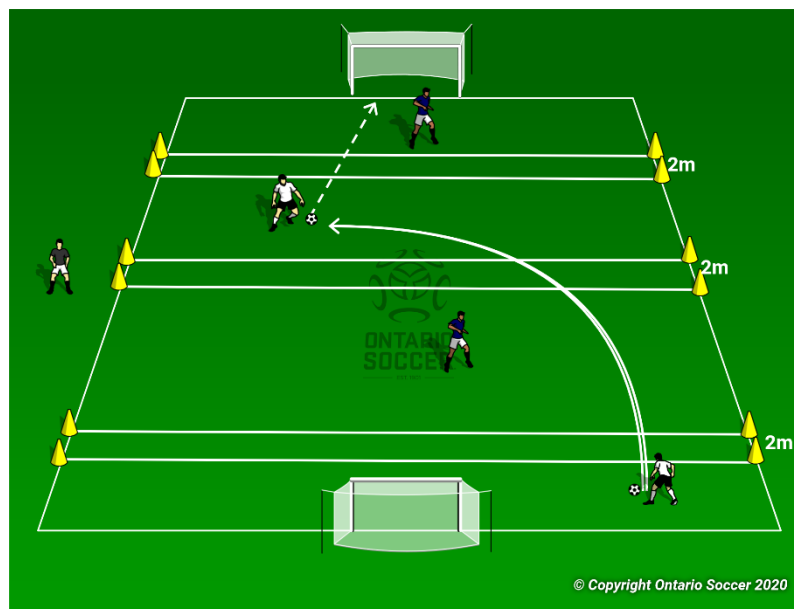
Game – Keep Ball to Goal – Phase 1

Set-Up

Create a 2v2 game while establishing clear zones to prevent contact. Staying in their designated zones players must keep the ball by passing it through an opponent's zone and ending with a shot on goal. Staying in their designated zone, the opponent must try to intercept/block the pass/shot to stop their opponent from scoring.

Recommendations

Vary the size of the zones depending on age and stage of players. Rotate the players so they experience being in the end zones as well as the middle zones. Always remember to maintain and prioritize the distancing requirements of three (3) metres between players.



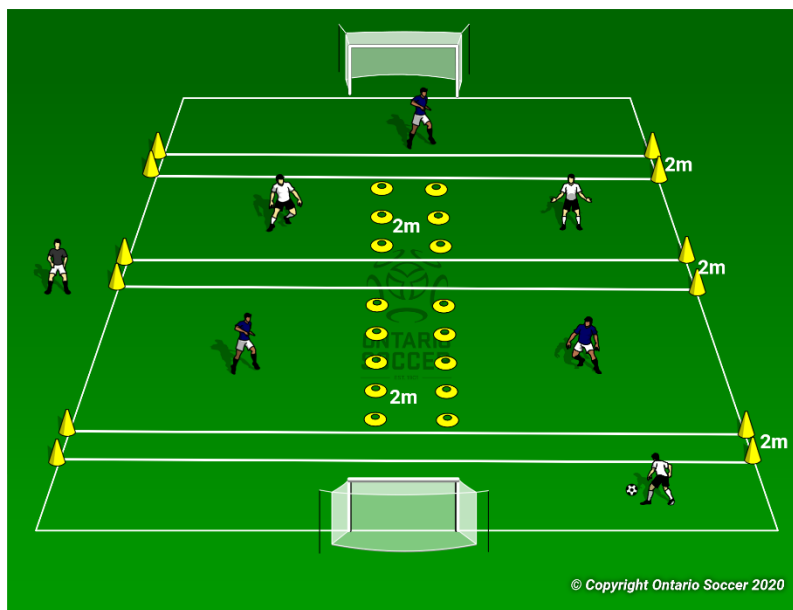
Game – Keep Ball to Goal (3v3) – Phase 2

Set-Up

Create a 3v3 game while establishing clear zones to prevent contact. Staying in their designated zones player must keep the ball by passing it through an opponent's zone and ending with a shot on goal. Staying in their designated zone, the opponent must try to intercept/block the pass/shot to stop their opponent from scoring.

Recommendations

Vary the size of the zones depending on age and stage of players. Rotate the players so they experience being in the end zones as well as the middle zones. Always remember to maintain and prioritize the distancing requirements of three (3) metres between players.



Cool Down

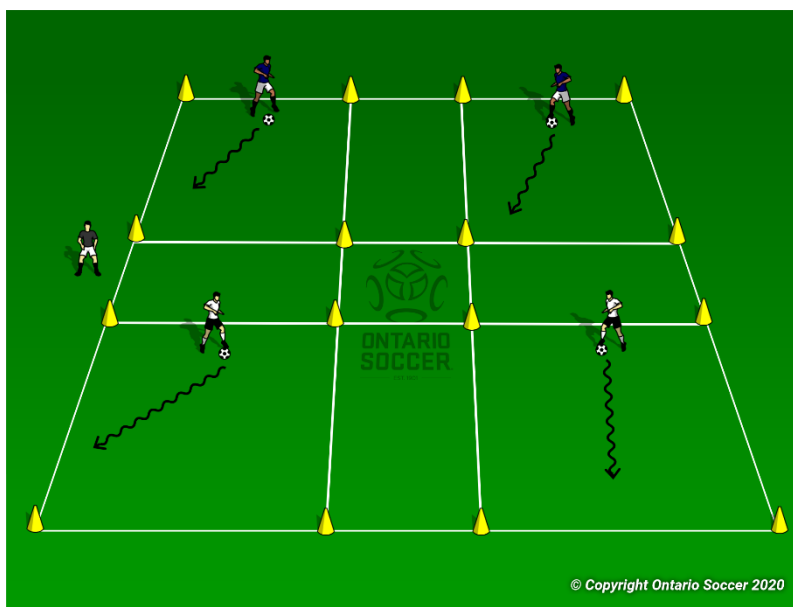
Ball Control

Set-up

In their designated zone, players can use all parts of their foot, including the bottom, top, inside and outside as well as both feet. Players can take small touches of the ball in a variety of ways. This can be on the ground or juggling the ball in the air. Ensure players are not using their hands to pick the ball up.

Recommendations

Give players a challenge or task, for example a move to perform or the number of times they can juggle the ball. Let the players demonstrate their best skill or trick. Decrease the tempo as the session ends.



CONTACT TRACING LOG FOR ORGANIZATION

Team Name: _____ Club/Academy: _____

All players, coaches, volunteers and parents/guardians who drop off their children must be included in this log. The log can be electronic or completed on site by a responsible adult.

The information collected on this document is being collected to assist in the management of the COVID 19 pandemic. This information will be kept in a safe and secure location and will be provided to Ontario Health Services on request if it is required for contact tracing purposes.

The Above team and Club/Academy will not use this information for any other purpose and will destroy this record after six weeks.

Under Privacy Regulations you have a right to access and correct any information we hold about you.

| Date | Full Name | Address | Email | Phone | Time in | Time out |
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