



QUINTE SKYHAWKS
RETURN TO PLAY
COVID-19

7 ON 7
FLAG FOOTBALL
& FALL TRAINING

———— **FALL 2020** ————



QUINTE SKYHAWKS RETURN TO PLAY

Skyhawks Organization along with our parent organization No Limits has prepared a return to play for our fall football programming. The purpose is to identify the specific control measures that we are taking in order to mitigate the risk of virus transmission while participating this fall.

SCREENING MEASURES

- 1) All field day activities will be in compliance with the measures set out by the Provincial Government, Football Canada and our municipal by-law office
- 2) All coaches, volunteers, athletes will complete a COVID-19 questionnaire upon arrival. Anyone who does not complete the questionnaire will not be allowed to participate that day.
- 3) All coaches, volunteers, athletes will be asked to receive a thermal temperature check upon arrival each time at the field. If temperature exceeds 38 degrees celsius they will be asked to go home for the day.
- 4) We ask that if you feeling under the weather, even if that resembles a mild cold, we ask that you would stay home, this includes coaches and volunteers.

EXHIBITING SIGNS OF COVID-19

- 1) If a athlete is flagged, that athlete is not permitted to attend programming. A staff member will be in contact with the athlete and their family for follow-up.
- 2) If the athlete being screened answers “yes” to one of the the screening questions they will be asked to leave and a staff member will be in contact with the family in follow-up.
- 3) If an athlete develops symptoms while at the program, the athlete will be isolated away from others and a parent will be informed to come and pick up their child immediately.
- 4) If a coach, staff member or volunteer develops an illness while at the field, they should immediately notify said person in charge and remove themselves from any contact with others and go home.

*** Please do not bring any personal training equipment to the field, which includes footballs***



FIELD OF PLAY PROTOCOLS

- 1) Athletes must practice physical distancing at all times. 100% avoidance will be near impossible but will continue to encourage especially with our younger athletes.
- 2) Athletes will require to bring their own water bottle. Sharing is strictly prohibited.
- 3) Coaches will be wearing cap shields while coaching and athletes will not be required to wear masks.
- 4) Athletes will be provided what group he/she will be apart of on the first night. This group will not change during the training times. Groups will stay together and will not participate with other groups. Only the coach will be able to move from group to group. (Groups will change once 7on7 teams have been created)
- 5) Each group will be given equipment to use and under no circumstance will it be allowed to be shared with other groups.
- 6) All equipment will be sanitized before and after each training time.

ARRIVAL PROCEDURES

- 1) All coaches, athletes & volunteers arrive no earlier then 10 mins before each football session. Athletes will not be permitted to arrive early to "hang out".
- 2) Please enter through the middle gate from the parking lot, cones will be setup to ensure physical distancing is followed.
- 3) Questionnaire will be completed and temperature check will be taken.
- 4) Once approval has been given, they will then proceed to the sanitizing station to sanitize their hands.
- 5) Athletes will be then told what group he/she will be in and will follow the directions on the field to their group.
- 6) Waiver must be signed by parent or athlete if over 18.

FAMILIES & SPECTATOR PROTOCOLS

- 1) Physical distancing must be practiced at all times. We ask that families be mindful of this and use best practices.
- 2) We ask that only one parent be in attendance at each football session. With the maximum allowed outside being 100 people, we need to ensure we stay within the Phase 3 limits.



7on7 GAME DAY PROTOCOLS

- 1) Arrival procedures for 7on7 games will be the same as our training times.
- 2) Game day schedule will have 30 - 45 min break between games to ensure we stay within Phase 3 capacity limits.
- 2) Each athlete will find their team and stay with them through the course of the game.
- 3) Athletes must practice physical distancing when not in play. Markers will be setup on the sidelines at each players bench.
- 4) Referees will continually wipe footballs down through the course of each game. Flags will be sanitized after each game.
- 5) Huddle - Calling plays is central to football, Coaches will provide signals for their team as to help limit the team from huddling after every play.
- 6) Will be no shaking of hands after the game. Just 3 cheers for the other team participating.
- 7) Flags will be sanitized after each game.



Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, provincial, and local governments and federal and provincial health agencies recommend social distancing and have, in many locations, prohibited the congregation of large gatherings.

The No Limits Youth Organization and Skyhawks Football has put in place preventative measures to help reduce the spread of COVID-19; however, the Organization **CANNOT GUARANTEE** that you or your child(ren) will not become infected with COVID-19. Further, attending our programs may increase your risk and your child(ren)'s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending the program/classes and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the Organization may result from the actions, omissions, or negligence of myself and others, including, but not limited to, the Organization employees, volunteers, director and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance at the Organization or participation in Organization programming ("Claims"). On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless the Organization, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the Organization, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Organization program.

Parent/Guardian: _____

Athlete's Name: _____

Signature of Parent/Guardian: _____ **Date:** _____

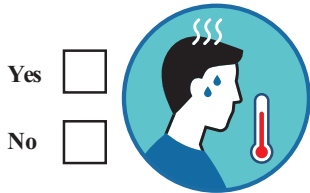


COVID-19 SCREENING QUESTIONS

NAME _____

DATE _____ TIME _____

Do you have any of the following:



Fever/Chills



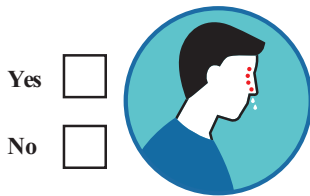
Cough



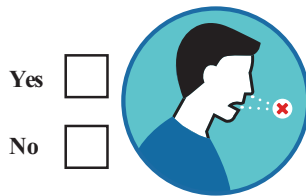
Difficulty breathing



Sore throat, trouble swallowing



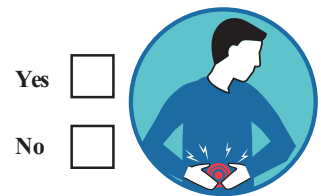
Runny nose/Pink Eye



Loss of taste or smell



Not feeling well/Fatigue



Nausea, vomiting, diarrhea

Yes Have you been in close contact with someone who is sick or has confirmed COVID-19 in the past 14 days?
No

Yes Have you tested positive for COVID-19 in the past 14 days?
No

Yes Have you returned from travel outside Canada in the past 14 days?
No

Yes Have you been asked to self-isolate (stay at home) by a doctor or health care provider in the past 14 days?
No

If you answered YES to any of these questions, go home & self-isolate right away and consider getting tested. Please call Belleville Assessment Centre 613.961.5544

