



VSC RETURN TO PLAY: TRAINING GUIDE

MARCH 1ST , 2021

Follow these steps in managing the COVID-19 pandemic in your soccer organization



1

Identify your local [Public Health Unit](#)



2

Identify which [Color Zone](#) your Local PHU is in



3

Review the Ontario Soccer [Return to Play Guide](#)



4

Contact your [local PHU](#) to learn of any additional measures applicable to your area



5

Update your own Return to Play Guide



6

Share information with your membership

Ontario Soccer's Return to Play



Ontario Soccer's Return to Play Guide (RTP) has been adjusted to better reflect the new government framework within our Soccer RTP **three-phase** approach:



Reference Guide (Zones) - OVERVIEW

	Grey	Red	Orange	Yellow	Green
Completion of Canada Soccer Return to Soccer Assessment Tool	Yes	Yes	Yes	Yes	Yes
Organization's own RTP Guide/Plan in alignment to Ontario Soccer's RTP Guide	Yes	Yes	Yes	Yes	Yes
Age and Stage Considerations	Yes	Yes	Yes	Yes	Yes
Safety Field Marshal	Yes	Yes	Yes	Yes	Yes
Physical Distancing for Participants	Yes	Yes	No	No	No
Equipment disinfecting after each game/practice	Yes	Yes	Yes	Yes	Yes
Change rooms	No	No	Yes	Yes	Yes
Indoor Activities Permitted	No	Yes	Yes	Yes	Yes
Outdoor Activities Permitted	No	Yes	Yes	Yes	Yes
Games or Scrimmages	No	No	Yes	Yes	Yes
Maximum "Competitive Bubble"	N/A	N/A	50 players	50 players	50 players
Team Isolation Period before changing bubbles	N/A	N/A	14 days	14 days	14 days
Travel to other zones <i>Unless otherwise stated by local Public Health Unit</i>	No	No	Yes	Yes	Yes
Trials/Tryouts/Open Evaluations	No	No	Yes	Yes	Yes
Maximum number of Participants (Players, coaches, match officials) <i>Unless otherwise stated by local Public Health Unit</i>	No indoor or outdoor activities	10 Indoor 25 Outdoor	50 Indoor 100 Outdoor	50 Indoor 100 Outdoor	50 Indoor 100 Outdoor
Maximum number of Spectators <i>Unless otherwise stated by local Public Health Unit</i>	No spectators	No spectators, except for ONE parent per participant under the age of 18	No spectators, except for ONE parent per participant under the age of 18	50 Indoor 100 Outdoor	50 Indoor 100 Outdoor

Overview

The time has come that our athletes can finally get back on the field. However, we must do so with caution. Training must be done in phased approach to ensure the safety and well being of our players and community. Physical distancing remains the most important requirement in this phased approach. Below are the return to play phases as established by Ontario Soccer. Ontario Soccer will determine timelines for each Phase in alignment with the Province of Ontario provincial health authorities involving government orders, restrictions and guidelines.

Phase 1



Phase 2



Phase 3

Return to Training (modified training)

Conditions: All Phase 1 Return to Train conditions are met

Restrictions: No contact, no league, exhibition, festival or tournament games

York Region Public health Zone: Red

Return to Training and Games (enhanced training & Return to games)

Conditions: All Phase 2 Return to Train conditions are met. Exhibition games, tournaments/festivals and leagues can be organized under conditions.

York Region Public Health Zone: Orange, Yellow, Green

Return to Soccer (regular competition, games and training)

Conditions: Social distancing restrictions have been lifted
Restrictions: None

Participation



At VSC, we believe that the health and safety of our member is our main priority. Through the guidelines set forth by public health authorities and Ontario Soccer, VSC had taken precautionary measure to keep our players and members safer as we move through the phases.

Players, Parents and coaches understand that participation in any training activity at this time is done through their own will. If someone does not feel comfortable, then they should not participate.

Vulnerable persons, such as older adults, individuals with underlying medical conditions, and/or are at risk due to a compromised immune system must not participate.



Return to Play Phase 1

Phase 1: Return to Training (modified training)

Conditions: All Phase 1 Return to Train conditions are met

Restrictions: No league, exhibition, festival or tournament games

York Region Public Health Unit Zone: Red

- Social Distancing Measures are still in place - Introduction of Small Group Activities respecting physical distancing measures of 2M (6 ft.).
- Soccer organization to complete 'Canada Soccer Return to Soccer Assessment Tool'
- Ensure alignment with Ontario Soccer's Return to Play Guide & Provincial Government guidelines prior to resuming soccer.
- Please see the Canada Soccer's "Age & Stage Considerations – Phase 1" document included in this section.
- Aim to keep players in small groups respecting physical distancing measures of 2M (6 ft.) so that they work with similar players. Constantly mixing players can increase the number of players interacting with an asymptomatic COVID-19 carrier.
- No games during this phase.
- Any soccer activity must comply with the social distancing measures and recommendations, along with any gathering restrictions issued by the provincial government health authorities, including the arrival and departure of players (except for family members or persons residing in the same household).
- Await confirmation from Ontario Soccer before moving to next phase.



Return to Play Phase 2

Phase 2: Return to Training and Modified Games (enhanced training & modified games)

Conditions: All Phase 2 Return to Train conditions are met. Exhibition games, tournaments/festivals and leagues can be organized under conditions.

Restrictions: Exhibition games and Modified league play may take place

York Region Public Health Unit Zone: Orange, Yellow, Green

- Social distancing measures are relaxed further to allow for closer player interactions in training.
- Enhanced training includes now closer group interactions where sharing or competing for the ball activities can now take place, i.e., 1v1, 2v2, 3v3.
- Introduction of Small Game Formats. (1v1 to 11v11)
- Soccer Organization to complete – ‘Canada Soccer Return to Soccer Assessment Tool’.
- Ensure alignment with Ontario Soccer & Provincial Government guidelines prior to resuming soccer.
- Modified game formats of 1v1 to 11v11 and games between clubs are permitted. See Match Officiating section (Phase 2 Laws of the Game Adjustments) for modified rules for modified games if/where Match Officials are being utilized.

Return to Play Phase 2 continued



- It is highly recommended if modified games are taking place that a field marshal be appointed to ensure compliance with social distancing rules and safety protocols. The field marshal should be a recognized authority within the soccer organization. This is not the role of Match Officials.
- Any soccer activity must comply with the social distancing measures and recommendations, along with any gathering restrictions issued by the provincial government health authorities, including the arrival and departure of players (except for family members or persons residing in the same household).
- In this phase, avoid large gatherings of parents during activities. Respect social/physical distancing measures, monitor and follow government public health authority allowances on size of group gatherings.
- To accommodate Return to Soccer (Phase 3), training sessions should start at least two (2) weeks before next phase.
- Await confirmation from Ontario Soccer and Public Health before moving to next phase.

Return to Play Phase 3



Phase 3: Return to Soccer (regular competition, games and training)

Conditions: Social distancing restrictions have been lifted

Restrictions: None

- All Game Formats are permitted. (1v1 – 11v11 format)
- Ensure alignment with Ontario Soccer and the Provincial Government guidelines prior to resuming Return to Soccer, if applicable at this time.

Return to Play Age Groups and Stage Considerations (Phase 1)



Active Start U6 and younger	FUNdamentals U7 U9	Learn 2 Train (U10-U12)	Soccer 4 Life and High Performance (U13+)
<ul style="list-style-type: none"> ▪ 1 Player + 1 Parent/Guardian/Sibling ▪ Children at this age may struggle to maintain social distancing and complete technical based activities. ▪ 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. 	<ul style="list-style-type: none"> ▪ 1 Player + 1 Parent/Guardian/Sibling ▪ Children at this age often need interaction with someone to remain engaged and complete technical based activities. ▪ Players may not have yet developed focus to find isolated practices with a ball enjoyable. Therefore, utilizing a parent/guardian/sibling to partake in the practice will provide a more fulfilling experience as it will increase the number of different activities the athlete can experience. As someone from their own household does ▪ not need to maintain social distancing from the player. This will help create opportunities to plan activities that include a partner or opposition. ▪ Be overly conservative when spacing out areas to maintain social distancing. 	<ul style="list-style-type: none"> ▪ Athletes at the L2T stage should be engaged in the progression of activities during the different phases. ▪ Engaging them about their strengths and weaknesses within different activities will assist the coaches in giving the players individualized tasks. ▪ The individualized consideration will help keep the players engaged and focused. ▪ Creating fun challenges that include social outcomes will provide an enjoyable and exciting practice to participate in. ▪ Be conservative when spacing out areas to maintain social distancing 	<ul style="list-style-type: none"> ▪ Athletes at the S4L stage should be engaged in the progression of activities during the different phases. ▪ Engaging them about their strengths and weaknesses within different activities will assist the coaches in giving the players individualized tasks. ▪ The individualized consideration will help keep the players engaged and focused. ▪ Creating fun challenges that include social outcomes will provide an enjoyable and exciting practice to participate in. ▪ Players should understand what social distancing is, and be able to respect the social distancing requirements in place.

VSC Operational Plan COVID-19



Registration	All participants must be registered for outdoor soccer as per the established process set forth by VSC, York Region Soccer Association and Ontario Soccer. VSC had exclusively moved their registration online using Power Up Sports.
Waivers	All participants (or parents/guardians if under the age of 18 years of age) must sign the informed consent – assumption of risk waiver plus provide a declaration of compliance prior to participating in any sanctioned soccer activity. Participants must be aware and acknowledge that their participation is voluntary and that understand the risks involved.
Scheduling and Management	All sessions to be scheduled to allow sufficient time between sessions to avoid any overlap of players or congestion during pick-up/drop-off. Participants are not to arrive earlier than 10 minutes before their session and must depart immediately after their session. The club will properly map out entry and exit points for players and staff to avoid congestion at each training facility. The club will properly map out drop off and pick up points for players.
Parents/Guardians	Parents/Guardians must drop off and pick-up their child at the established entrances and exits. For safety reason parents may be asked to remain nearby or designated areas. Designated areas must comply with social distancing guidelines. No spectators allowed inside the training ground. Only carpool with individuals from the same household
Training facility and VSC Clubhouse	VSC must work with the city of Vaughan to ensure the infrastructure is adequately adapted to the requirements of the governing bodies rules in each Phase of Return to Training and Return to Play. Clubhouse is to remain close to the public until further notice. All fields are to be clearly marked out prior to each session

VSC Operational Plan COVID-19



Food and Water	No sharing of water or communal water coolers. Each player must bring their own water. Snacks should be discouraged.
PPE equipment for staff	VSC to provide staff/coaches with any protective equipment items required by the health authorities and ensure that each member of your staff washes and/or sanitize their hands regularly.
Hygiene	<p>Sanitation stations set up at the entry and exits points and on the pitch to provide the ability for participants to sanitize their hands, before, during or after training. Participants are require to also bring their own hand sanitizer.</p> <p>No spitting, clearing of nasal passages, handshakes, high fives, fist pumps allowed</p> <p>Staff/players to use proper etiquette when coughing or sneezing. If using a tissue, staff/player must dispose of the tissue and sanitize their hands.</p>
Health Check and medical clearance	<p>Daily requirement for all for all staff, coaches and players is to provide confirmation as per our “COVID-19 symptoms checklist” to ensure that are not experiencing any symptoms related to COVID-19. Ongoing health checks and COVID-19 screenings have become the new normal for many sports organizations as a key safety measure suggested by local governments and health regulators.</p> <p>For Vaughan Soccer Club 2021 Season, ALL MEMBERS MUST use the ‘Check-In’ Now app created by our service provider, Power Up Sports. This feature will allow parents/guardians to easily use a screening tool that can be self administered by participants prior to each group activity/session – Link .</p> <p>Temperature checks to be taken by field marshal for both players and coaches prior to training.</p>
Contact Tracing	<p>Contact tracing logs are developed through the online player check-in with Power UP connect App. A field marshal is placed at each venue to ensure that every player has properly checked in prior to their event.</p> <p>Records will be maintained in a log for up to 6 weeks.</p>

VSC Operational Plan COVID-19



Field Marshall	VSC will appoint a field marshal at each training location. They are responsible for checking players in, temperature checks, maintaining contact tracing logs and ensuring that players and coaches are complying with the guidelines set forth by the club.
Social Distancing	All training activities must comply with the current social distancing guidelines issued by Ontario health Services. Currently individuals must maintain a distance of 2 meters from other, unless they are from the same household. Ensure the drop off and pick-up protocols are properly marked out. Social distancing markers may be placed at each facility entrance. Signs in place at each facility to remind people of social distancing guidelines.
Training groups	Must comply with current gathering restrictions issued by Ontario health Services. Training groups in Phase 1 are predetermined beforehand and are to remain the same for each training session. Indoor Training: Each training group is assigned their own Field prior to the session.
First Aid	Proper protective equipment (mask, gloves) to be worn, when attending to an injured player. First aid kits to be made available at each training location.
Equipment	Equipment used during the training sessions must be cleaned and sanitized before and after training. Equipment sanitation stations to be set up at each training quadrant. Gloves must be worn when sanitizing equipment. Each coach will be responsible for the managing and cleaning of all equipment within their quadrant. The club will provide all balls for players, which is to be stored on sight.

VSC Operational Plan COVID-19



Communication and Education	<p>All coaching staff must be educated and understand all the rules and regulations require to carry out the training session. An online tutorial must be had prior to returning to training. Attendance is mandatory. Must understand how to conduct their session safely.</p> <p>Players and Parents must be fully versed of the rules and regulation for training in both Phase 1 and Phase 2. An online tutorial must be had prior to returning to training.</p> <p>Signs to be posted at training facilities to remind players, staff and parents of VSC training guidelines.</p>
Participation	<p>Players, Parents and coaches understand that participation in any training activity is done through their own will. If someone does not feel comfortable, then they should not participate.</p> <p>Vulnerable persons, such as older adults, individuals with underlying medical conditions, and/or are at risk due to a compromised immune system must not participate.</p>
Sanitation Protocol	<p>VSC will provide cleaning recommendations for office space, field, and field equipment.</p>
Emergency Response Plan	<p>VSC to develop communication protocols for rapid response when issues are identified through screening, and self-reporting of symptomatic participant.</p>

VSC Operational Plan In-Depth



Registration and Waivers

- All participating players must be registered with Vaughan Soccer club (VSC) for the outdoor season. Players who are not registered with the club for the outdoor season, may not begin training with VSC.
- Registration is done entirely online using Power Up Sports.
- Participants who require a refund will be dealt with on a case-by-case basis. Are refund requests are to be submitted to Sandra Colica at sandra.colica@vaughansoccer.com .
- If there is a disruption in service the club prepares the price adjustment on their fee for its competitive program based on different scenarios (training program, intra-club competition program, return to a modified league season)
- All participants (or parents/guardians if under the age of 18 years of age) must sign the informed consent – assumption of risk waiver plus provide a declaration of compliance prior to participating in any sanctioned soccer activity. This Waiver is to provided by Ontario Soccer.

VSC Operational Plan In-Depth

Scheduling and Management

- The clubs is responsible to provide all members with a detailed training schedule.
- Schedule is then sent to all groups via powerup and made available via the Power Up Connect App – [Link](#) .
- Cancellations due to weather conditions are immediately posted on our social media outlets and communicated to our members through power-up and teamsnap. Cancellations will be made no later than 3pm the same day.
- The person's responsible for scheduling will be the Technical Director (Sergio De Luca), Assistant Director of Soccer (Carmin Isacco), Grassroots Director (Luca Forno), U13-U17 Director (Jordan Feliciano)
- Schedule will be revisited every 2-4 weeks and adjusted accordingly. (From phase to phase)
- In Phase 1, Programs and Team coaching staff are responsible for dividing the players into their training groups along with the coaching staff associated with each group. The size of the groups will be dependent on the social gathering restrictions set forth by Public Health Ontario and Ontario soccer. These training groups are to remain the same unless otherwise stated.
- Same field training start times will be staggered in 5-10 minutes increments.
- A minimum of buffer time of 10-15 minutes between each session allowing time for players to exit the field and for coaches to go through their sanitation routine.

VSC Operational Plan In-Depth

Parents and Guardians

- It is the responsibility of each parent/guardian to have read and understood the return to play rules and regulations provided to them. If there are any questions they are to be address to the VSC technical staff and the VSC administration.
- Parents and guardians should support the coach and organization in adhering to all safety recommendations.
- Although VSC is taking every precautionary measure to make your that our players are safe, it will be up to the discretion of each parent/guardian on whether or not they will allow their kid to participate. Participation in soccer activities will be voluntary.
- No Carpooling with anyone outside the household is permitted.
- Each Parent/Guardian is responsible for educating their child(ren) on the rules and regulations and making sure they are fully prepared for when they arrive at the training ground (refer to player checklist)
- Ensure that their child(ren) is registered with VSC for the outdoor season.
- Ensure that if their child(ren) is under the age of 18 years of age, that they sign a waiver pertaining to return to play.
- Ensure that if their child(ren) is under the age of 18 years of age, that they fill out the COVID-19 questionnaire before each training session.
- Parents/Guardians must drop off and pick-up their child at the established entrances and exits.
- Understand that there is no spectators allowed for U8 +. For parent and me program (U4-U7) only 1 parent will be allowed to participate per family.
- For safety reason parents may be asked to remain nearby or designated areas

VSC Operational Plan In-Depth

Training facility and VSC Clubhouse

- VSC in collaboration with city of Vaughan will work on taking the necessary steps needed to ensure all requirements are in place according to Ontario Soccer's return to play.
- VSC will ensure that posters are placed on all facilities and parks reminding participants of the general guidelines of COVID-19.
- VSC will also have posters of the VSC training guidelines for players.
- VSC will be responsible for mapping drop off and pick up areas for all its facilities. Facility Maps will be provided to all members prior.
- Fields will have clearly marked exit and entry points.
- Each field will have an assigned field marshal.
- VSC will use the storage bunker to store all equipment necessary for training. Before storage all equipment will be disinfected
- One person will be responsible for handling and storing of all equipment at each facility.
- When Return to Office is in affect, the VSC clubhouse will be open.
- Numbers of staff allowed into the office should be limited in accordance with provincial guidelines. Current regulations state two (2) metres (6 foot) distance required.
- Practice physical distancing at all times while in the office.
- Lunchroom should be off limits for eating. Food can be heated but lunch can take place outside or designated area observing social distancing.
- All staff and visitors should be required to sign in and out to ensure that contact tracing will be possible.
- Any in-person visits at the clubhouse will be appointment based only.

VSC Operational Plan In-Depth

PPE and Hygiene equipment

- In preparation for this return to play the club has purchased the following items:
 - Disposable face mask and gloves (coaches and staff)
 - 2 gallon hand sanitizers with pump for sanitation stations
 - Government approved sanitizing spray for equipment
 - Industrial strength paper towels
 - Garbage bins with lids and garbage bags.
- It will be mandatory for phase 1 that all field marshals and coaching staff wear masks and gloves during the training session.
- All equipment is to be sanitized with government recommended sanitizing spray and disposable paper towels after each session by the responsible coach in each quadrant. Coach must wear gloves when sanitizing and must replace gloves and sanitize hands before next session.
- All staff will be instructed how to: properly put on a mask, properly remove gloves and how to sanitize equipment prior to our start date (please refer to tutorials attached).
- All PPE equipment must be properly disposed in the garbage bins provided. (closed lids)
- All Staff and players must sanitize their hand prior to entering and after exiting the field.
- Hygiene Posters are properly displayed throughout the facility as reminders.
- Players are reminded by staff before each session about the importance of proper respiratory etiquette: No spitting, clearing of nasal passages, sneeze and cough in sleeve.
- If using a tissue, staff/player must properly dispose of the tissue and sanitize their hands.
- It is strictly prohibited to use traditional greeting methods: Handshakes, hugs, high fives and fist pumps.

VSC Operational Plan In-Depth



Health check, Medical Clearance and Contact tracing

- All players, coaches and staff must Check- In via the Power Up Connect App.
- If any of the players, coaches or staff are exhibiting symptoms of COVID-19, are asked to stay home and to follow public health guidelines.
- If any players, coaches or staff suspect that they have COVID-19, they are to report it to Sandra Colica (Lead ERP) who will be our single point of contact as per our emergency response action plan.
- If any player, coach or staff suspect that someone in their household may have contracted COVID-19, they are to report it to the club.
- If any player, coach or staff have travelled or any of their family have travelled outside of Ontario must report it to the club.
- All suspected cases are to follow the protocol set-forth by the local health authority which will require all suspected cases to self isolate for 14 days.
- Anyone suspected to have contract COVID-19 is strongly advised to get tested at a COVID-19 testing center.
- Written confirmation of COVID-19 negative status by your physician to return to play if tested positive.
- It is the responsibility of the field marshal to flag anything that has come up on the questionnaire prior to the training session.
- All players, coaches and staff must be signed in by the field marshal prior to each training session.
- Field marshal will also provide temperature checks on site prior to players, coaches and staff entering the field.
- Field marshal is responsible for keep a log of all participants. This will be easily accessible for public officials if needed.
- Club to provide weekly updates to York Region and Ontario public health.(Emergency response plan)

VSC Operational Plan In-Depth



First Aid

- Each field will be equipped with a first aid kit.
- Only the coach assigned to the training group of the injured player is allowed to attend to the player.
- If a player has injured themselves during the training session the following steps are to be taken:
 - Coach must be wearing a mask and gloves when attending the player.
 - If possible avoid physical contact with player when assessing injury
 - If the injury sustained is deemed to be serious enough that the participant cannot continue training, the coach will escort the player to a safe area.
 - The field Marshal is called upon at which point the players parent/guardian is contacted and asked to pick up player from training.
 - When parent arrives, player is then escorted by the field marshal through the designated exit area and pick up location.
 - If Injury is serious and requires immediate medical attention, Field Marshal is to invoke the VSC emergency action plan.

VSC Operational Plan In-Depth



Sanitation Protocols

Office Space

- Wiping down of desktops, door handles, dispensers, countertops, storage, phones/handsets, photocopiers with approved sanitizing solution minimum two times per day or when visibly soiled.
- Wet mop hard floor with 30:1 bleach solution.
- Fogging of office space minimum of two occasions, six hours apart prior to staff return is optional.

Field/Clubhouse

- Wet mopping of hard floors with 30:1 bleach solution.
- Thorough cleaning of all fixtures, dispensers, water fountains, door handles, fire extinguishers, vending machines, emergency devices, benches, time clocks minimum two times per day, when visibly soiled, and in between each rental group.
- Fogging of all open spaces minimum of two occasions, six hours apart prior to re-opening of facility is optional.
- Clean and disinfect team benches, score clocks, water fountains or other commonly touched surfaces.
- Commonly touched surfaces should be cleaned using appropriate sanitizing solution at the beginning and end of each session. Those surfaces should include but not limited to:
 - Door handles,
 - Tables,
 - Gate entrances,
 - Equipment (balls, training supplies, etc.),
 - Player equipment storage locations, and
 - Bleachers or seating used by spectators.

VSC Operational Plan In-Depth



Sanitation Protocols

- Cleaning of equipment and physical distancing should be practiced and conform to recommendations from the Province of Ontario health authorities.
- Disinfect all equipment after soccer activities before storing.
- Match Officials do not share pens, cards etc. Where required, wipe down pens with sanitizing wipes after use.
- Thoroughly wash or wipe down your equipment, towels, clothes, bags, water bottles, white boards, caps, cones and other items you have used or touched immediately after use.
- Wash hands thoroughly in warm soapy water for at least 20 seconds or use of alcohol-based hand sanitizer if water and soap are not immediately available.
- Do not share equipment – this includes shin guards, shirts, socks etc.
- Cover your mouth and nose with your arm or a tissue to reduce the spread of germs. Remember if you use a tissue, to dispose of it as soon as possible and wash your hands afterwards. Ensure all discarded materials (tissues, wipes, sock tape etc.) are placed into an approved garbage receptacle.
- Avoid touching gates, fences, benches, etc. Option to wear gloves; latex (or similar) gloves– discard after one game, or purchase gloves that can be washed.
- Before putting on a mask, clean your hands with soap and water or alcohol-based hand sanitizer.
- Remove it from behind, discard immediately into a closed bin and then clean your hands with soap and water or alcohol-based hand sanitizer.
- Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask.
- Clean your gloves, mask or shield after each use.
- Replace the mask with a new one as soon as it is damp and don't reuse single-use masks.

VSC Operational Plan In-Depth



Communication and Education

- All coaching staff must be educated and understand all the rules and regulations require to carry out the training session. An online tutorial must be had prior to returning to training. Attendance is mandatory. Must understand how to conduct their session safely.
- Club to Hold an online pre-activity orientation with players and parents regarding safety protocols– i.e., social distancing, modified training, pick up and drop off, hand washing, cough suppression, no spitting or nose clearing, etc., prior to commence your first training.
- All orientation meetings will be done online via zoom.
- VSC Return to play document to be sent to all coaches, players, parents and staff upon completion of orientation meetings.
- VSC return to play document to be posted online and available to members.
- In collaboration with the City of Vaughan, the club will have posters of VSC's return to play guidelines and each training facility.
- VSC technical staff to organize an in person orientation at the training facility for all coaches prior to the first training session. The coaches must be well versed in their role and responsibilities during the training session. Orientation will be carried while keeping with the social distancing guidelines set forth by the public health authorities.
- Field marshal and staff will also have an in person orientation at the training facility that they are allocated to.

Sample COVID 19 Checklist for Staff/Players and Coaches

Do you have any of the below symptoms?			
1	a. Fever (greater than 38.0 C)?	YES	NO
	b. Cough?	YES	NO
	c. Shortness of breath / difficulty breathing?	YES	NO
	d. Sore throat?	YES	NO
	e. Runny nose?	YES	NO
2	Has anyone in your household experienced any of the above symptoms in the last 14 days?	YES	NO
3	Have you, or anyone in your household travelled outside of Canada in the last 14 days?	YES	NO
4	Have you, or anyone in your household been in contact in the last 14 days with someone who is being investigated as a suspected case of COVID-19?	YES	NO
5	Are you currently being investigated as a suspected case of COVID-19?	YES	NO
6	Have you tested positive for COVID-19 within the last 10 days?	YES	NO

If an individual answers **“YES”** to any of the above questions, they are not permitted to participate in any in-person soccer activity for a minimum of 14 days.

VSC COVID Emergency Response Plan



VSC's COVID-19 Emergency Response Plan has been developed to serve as a mandatory risk management tool to allow for the proper environmental assessment and care for our participants on and off the field of play who may have been tested positive for COVID-19.

The underlining objective of our ERP plan is case someone tested positive within our soccer organization to ensure that the virus does not spread any further and that the infected person(s) is removed and receives immediate care from health professionals.

Our ERP Lead will oversee, lead and manage the emergency response plan and has thorough knowledge of the protocols that need to be enacted. The ERP Lead has direct access to our organization's leadership group (Board of Directors, Club Lead Staff) to ensure top-down management of the ERP plan. Secondly, our club will keep records of plan execution and management on file. This ensures factual record keeping is on hand for potential reporting purposes.



Organization and Structure of the Plan

The main body of this COVID-19 Emergency Response Plan is organized in three sections, which outline the key roles and responsibilities of your soccer organization in each of the three (3) pandemic phases;

1.Pre-pandemic Phase: This is the critical stage for COVID-19 pandemic preparedness. The pre- pandemic phase is NOW, and planning efforts need to focus on Club/Academy education of the membership (i.e., volunteers, staff, coaches, parents, players, match officials) on Ontario Soccer and Canada Soccer's Return to Play Plan and Protocols. Please note that the Return to Play Protocols comply with the Province of Ontario emergency orders and health authority directives. In addition, coordination with facilities(especially if third-party) should be included as they may have additional plans &procedures in place.

2.Positive Test Phase: Confirmation of a COVID-19 positive test within your soccer organization will declare when it is time to activate your COVID-19 Action Plan. During this phase, the key goals will be to prevent further infections within your organization and minimize program disruption. This phase remains active until the infected party has been isolated and under the control of professional health authorities and there is no further threat to the health and safety of your soccer organization's participants.

3.Post-pandemic Phase: The post-pandemic period begins when the Provincial Health Officer declares that the COVID-19 pandemic is over. The primary focus of work at this time is to restore normal services, deactivate pandemic response activities, review the impact, and use the lessons learned to guide future emergency response planning.

1. Pre-pandemic Phase



VSC Planning and Coordination

This Emergency Response Plan (ERP) has been developed by the Board of Directors, VSC Staff and Consultants. The ERP Lead for VSC is Sandra Colica - VSC Club Administrator

Task	Responsibility
VSC has created a specific COVID-19 ERP to add to its existing Emergency Action Plan	Board of Directors
VSC has Completed Canada Soccer/Ontario Soccer's Risk Assessment On- line	ERP Lead
VSC has incorporated Canada Soccer/Ontario Soccer's Return to Play protocols	ERP Lead
VSC has Educated all internal organizational leaders of ERP Procedures manual	ERP Lead and Technical Director
VSC has a written communication plan flow chart if a positive test for COVID-19 occurs within VSC	ERP Lead
VSC has verified Ontario Soccer, Province of Ontario and local Municipal government permissions for Return to Play implementation following Ontario Return to Soccer protocols of implementation	ERP Lead
VSC has verified Ontario Soccer, Province of Ontario and local Municipal government permissions for Return to Play implementation following Ontario Return to Soccer protocols of implementation	ERP Lead



2. Positive Test Phase

Positive Test confirmation of a COVID-19 positive test within VSC

Communication System - Consistent with Federal and Provincial/Regional privacy regulations, acts, laws, etc. coaches, staff, officials, and families of players will self-report to the single point of contact (SPOC), also known as the “ERP Lead” if:

- a. they have symptoms of COVID-19, or
- b. a positive test for COVID-19 is recorded, or
- c. were exposed to someone with COVID-19 within the last 14 days Note: See flowchart

Advise Sick Individuals to Stay Home - Sick coaches, staff members, officials, or players will not return until they are well enough based on Public Health Agency of Canada and Provincial Health Authority guidelines.

If a Team Member tests positive for COVID-19

- The Team Member will not be permitted to return to any VSC activity until they are completely recovered from COVID-19 and provide the Club with a doctor’s note confirming the same.
- Any Team Member who has been in close contact with an infected Team Member will also be removed from all Activity for at least 14 days to ensure the infection does not spread further.

If a Team Member has been tested and is waiting for the results of a COVID-19 Test

- As with any confirmed case, the Team Member will be unable to participate in any activity until test results are received and a negative result is confirmed.
- Other Team Members who may have been exposed will be informed and removed from the VSC activities for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.



Isolate and/or Transport Those Who are Sick at VSC Activities

- VSC will ensure that coaches, staff, officials, players, and families know that sick individuals should not attend a VSC activity, and that they should notify officials if they (staff) or their child (families) become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.

If a Team Member is feeling sick with COVID-19 symptoms, regardless of severity (i.e., even mild symptoms)

- They must remain at home.
- They should consider contacting Telehealth Ontario 1-866-797-0000
- They will be sent home immediately and unable to return until the symptoms clear completely.
- No Team Member may participate in any WOSC activity if they are symptomatic.
- Team Members with COVID-19 symptoms (i.e., fever, cough, shortness of breath) at any club activity must be immediately separated and isolated. Individuals who are sick will go home or to a healthcare facility, depending on how severe their symptoms are, contact their Family Physician, and follow Health Agency guidance for caring for oneself and others who are sick. Individuals who have had close contact with a person who has symptoms should be separated and sent home as well. If symptoms develop, individuals and families should follow Health Agency guidelines for caring for oneself and others who are sick. VSC has established procedures for safely transporting anyone who is sick to their home or to a healthcare facility. VSC has parent contact information readily available; parents within a safe, socially distanced but easily accessible waiting area; or if you are calling an ambulance or bringing someone to the hospital. If calling an ambulance, relate COVID-19 concerns.

Clean and Disinfect area

All facilities and equipment which the affected individual encountered will receive a deep and thorough cleaning and disinfection.



Notify Local Health Officials and Close Contacts

In accordance with Federal, Provincial and Regional privacy and confidentiality laws and regulations, the SPOC will notify local health officials, Provincial or Territorial Associations, club staff, officials, and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with applicable laws and regulations. The SPOC will work with local health officials to develop a reporting system (e.g., letter) to notify health officials and close contacts (logs and/or contact tracing information) of cases of COVID- 19.

The Provincial and Regional Health agencies and their Contact Tracing procedures will be responsible for advising those who have had close contact with a person diagnosed with COVID-19 and determine whether someone should stay home and self-monitor for symptoms. Members of the Club will continue to self-monitor for symptoms.

The SPOC must notify the Provincial Association of any cases of COVID-19. A weekly reporting system should be instituted for SPOC to advise the Provincial Association of any cases of COVID 19, suspected cases, and where athletes or staff have been refused admittance to any training session. Even if there are no suspected cases, a 'nil' report should be required.

Person Responsible - ERP Lead – Sandra Colica.

3. POST-PANDEMIC PHASE

Action and Communications

- a. Confirm the Provincial Health Officer has declared the COVID-19 pandemic is over.
Person Responsible - ERP Lead – Sandra Colica

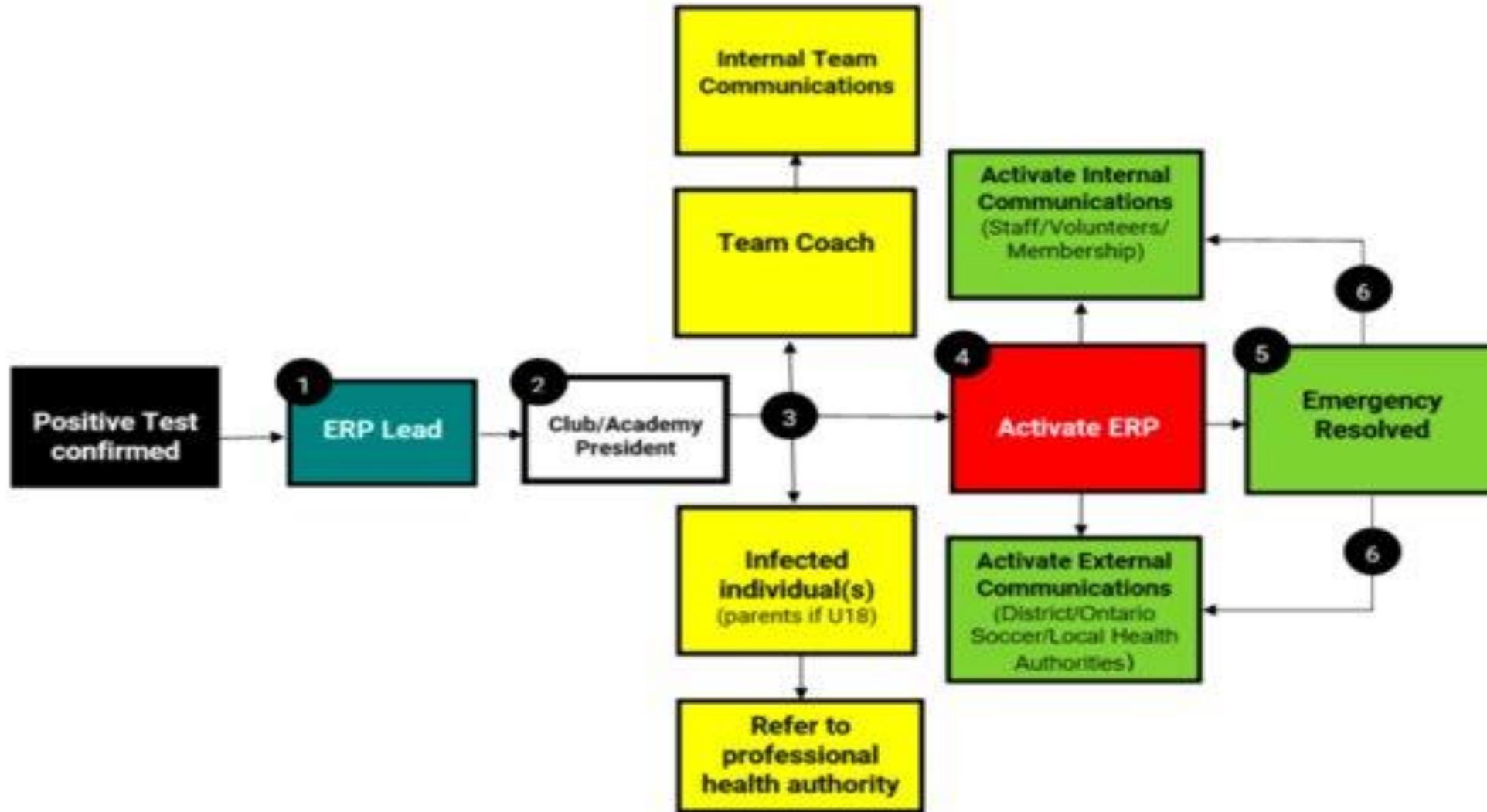
- b. Send official written notice to WSC (i.e., volunteers, staff, coaches, parents, players, match officials) that the pandemic is officially over, the province's state of emergency order has been lifted and soccer activities can resume its full operations. ***Note: During this phase, there may be specific sport protocols to follow from Canada Soccer/Ontario Soccer and/or the Provincial health authorities (i.e., implementation of Infection Control Policies and Procedures).***
Person Responsible – ERP Lead – Sandra Colica

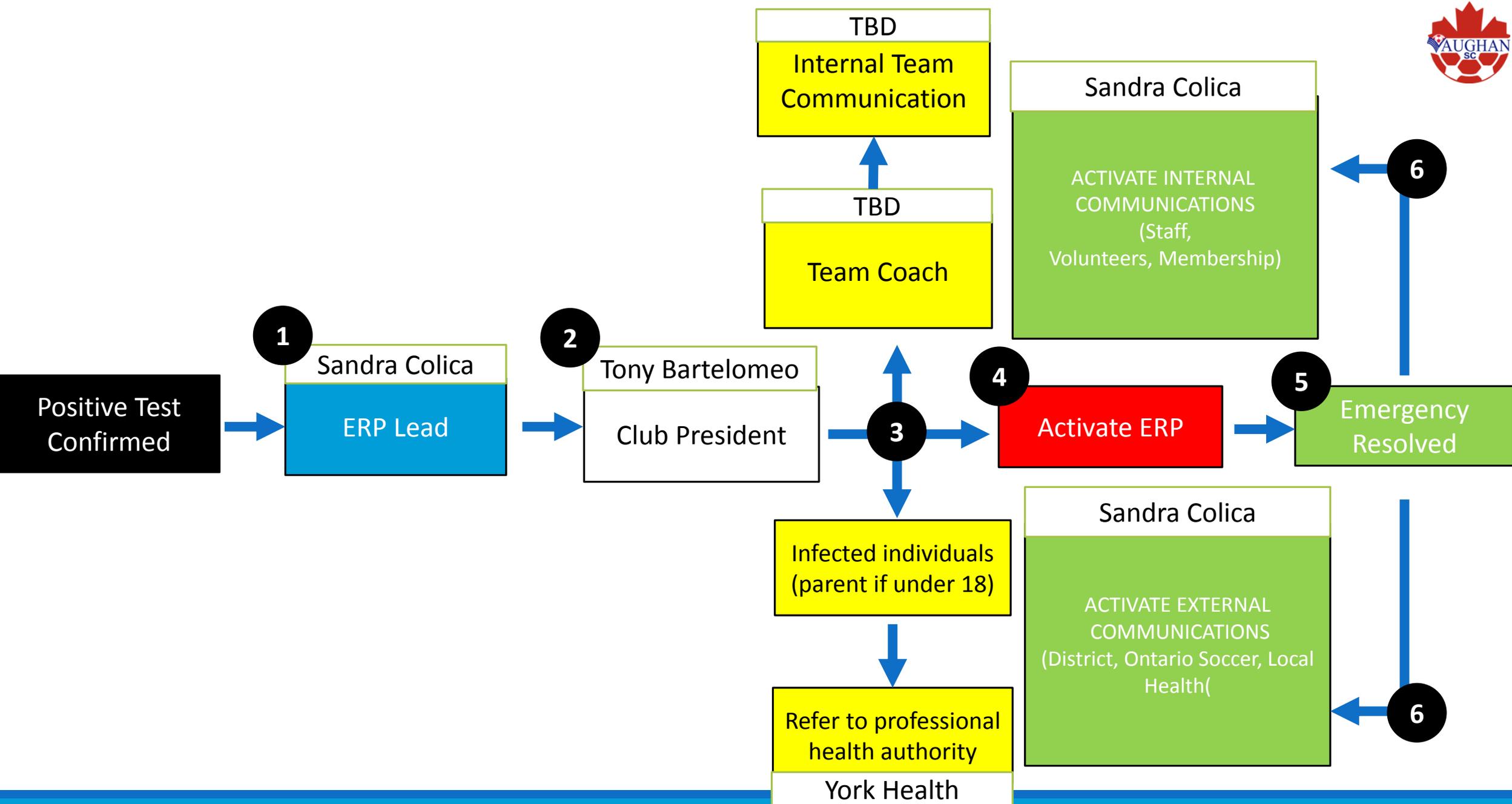
- a. Conduct a full review of WSC COVID-19 Return to Play Implementation Plan as well as The VSC COVID-19 Emergency Response Plan. Include a list of recommendations for improvements.
Person(s) Responsible - Board of Directors

- a. Update VSC's Emergency Response Plan for future use.
Person(s) Responsible - Board of Directors

COVID-19 EMERGENCY RESPONSE PLAN (ERP)

Communications Flow Chart





Positive Test Confirmed

1 Sandra Colica
ERP Lead

2 Tony Bartelomeo
Club President

TBD
Internal Team Communication

TBD
Team Coach

Sandra Colica
ACTIVATE INTERNAL COMMUNICATIONS
(Staff, Volunteers, Membership)

4 Activate ERP

5 Emergency Resolved

Infected individuals
(parent if under 18)

Refer to professional health authority
York Health

Sandra Colica
ACTIVATE EXTERNAL COMMUNICATIONS
(District, Ontario Soccer, Local Health)

6

6

VSC Parent/Guardian Guidelines



Before Training:

- Your child must be registered with VSC for the outdoor season before participating in any soccer related activities.
- Educate your child(ren) about the general safety and hygiene rules and that they always follow the instructions of the coaching staff
- Only bring your child(ren) to their designated training time and location. Arrive no earlier than 10 minutes before training.
- Do not bring your child(ren) to training, if your child has the common cold, cough, shortness of breath and or fever.
- Do not bring your child(ren) to training if someone in your household has tested positive for COVID-19.
- Do not bring your child(ren) to training if your child has been diagnosed with COVID-19 through a laboratory test.
- Do not bring your child(ren) to training if your child is in home isolation because he/she has had direct contact with someone with whom COVID-19 has been diagnosed.
- Make sure your child(ren) come to training prepared with hand sanitizer and all other equipment necessary for training.
- Provide them with enough water for the entire session.
- Make sure they go to the washroom prior to training.
- Ensure all the proper waivers and forms all filled out prior to the first training session.
- Parent or guardian is responsible for transporting their child(ren) to and from training. No carpooling.
- Avoid congregating at facility entry points.

VSC Parent/Guardian Guidelines



During training session:

- No Spectators allowed inside the training facility
- If facility does not allow you to remain in parking lot, please remain close by in case of an emergency.
- If you are to accompany your child to check-in, consider wearing a mask (Red Zone). However, it is highly recommended that players check themselves in.
- Please refer to the field marshal if you have any questions or concerns.

After training session:

- Adhere to the pick-up point outlined in the field map
- No loitering. Please exit the training facility immediately after pick-up
- Wash players training gear and sanitize equipment such as shoes and shin guards.
- Consider going straight home after training. Ensure player takes a shower upon arriving at home.



VSC Player Guidelines

Before training:

- Training is at your own will. You should not go to training if you do not feel comfortable.
- Stay home if you have any of the following symptoms in the past 24 hours: colds, cough, shortness of breath, or fever.
- Stay at home if someone in your household has tested positive for COVID-19 (follow the advice of local health authorities).
- Stay at home if you have tested positive for the COVID-19 (determined by a laboratory test). You can only return to training after receiving a negative COVID-19 test result. (Doctor's note may be required)
- Players are to enter the field through the designated area, and must check in with the field marshal.
- All players are required to sanitize hands before training (On site sanitation station).
- Follow traffic signs at your location.
- Refrain from traditional greetings with your teammates. Maintain social distancing.
- Only attend your scheduled training session time. Arrive to the training ground no earlier than ten minutes before the start of the training.
- Arrive at training dressed in your training kit.
- Do not congregate at the facility entry point.
- Bring your own water bottle that is clearly marked with your name
- Do not come to training if you are injured

VSC Guidelines Players



During Training:

- Adhere to the distance restriction according to the return the play phase.
- Always follow the instructions that VSC puts forth, failing to adhere to the rules may result in not being able to participate in training.
- Do not spit and do not blow your nose on the field.
- Use proper etiquette when coughing or sneezing. If using a tissue, staff/player must dispose of the tissue and sanitize their hands.
- No Shaking of hands or fist pumps keep your greetings to a wave.

After Training:

- Leave the field immediately after training.
- Make sure not to leave personal items at the facility.
- Exit through established exits and sanitize hands before leaving the field.
- Continue to follow social distancing guidelines
- Thoroughly wash all your equipment and make sure to shower as soon as you get home.

Player Checklist for Training



- Hand Sanitizer
- Sanitizer Wipes
- Two (2) cotton masks – in case one gets soiled/dirty/compromised (if required for participation by the PHO)
- Labelled water bottle - where mouth spout is covered by lid and not to open air
- Tissues for any allergies or to blow nose
- Arrive at training, dressed in full training gear
- Bring 2 training tops, 1 dark and 1 light at every training session
- Sanitize hands before, during and after the training session
- Check- in with the field marshal prior to each training session
- Enter and exit through established entrances
- Fully understand the guidelines set forth by Vaughan Soccer club

VSC Guidelines Coaches



Before training:

- Coaches and volunteers over the age of 60 and from at-risk groups should analyze their own risk whether they can participate in groups at outside sports fields or in public spaces. If necessary, consult your doctor.
- Stay home if you have any of the following symptoms in the past 24 hours: colds, cough, Shortness of breath, or fever.
- Stay at home if someone in your household has a fever (from 38 ° C) and / or shortness of breath.
- Stay at home if someone in your household has tested positive for the new coronavirus (COVID-19). Because you can still get sick up to fourteen days after the last contact with this person, you must stay at home until 14 days after the last contact where this person was still contagious
- Stay at home if you have had the new coronavirus (determined by a laboratory test) at least seven days after the test results;
- Stay home as long as you are in home isolation, because you have had direct contact with someone diagnosed with the new coronavirus.
- Session plan and field set up in advanced.
- Allow players no earlier than ten minutes before the start time of the training.
- Always follow the rules of your field marshal. Sanitize hands before training

VSC Guidelines Coaches



During Training:

- Remind players of the importance of the training rules and to respect the social distancing guidelines for that phase.
- Help players to implement the rules as well as possible and address them when they don't.
- Keep 2m distance with all your players and/or fellow coaches (no physical contact).
- Make sure that you are the only person to handle the equipment
- Mask and gloves must be worn when attending to an injured player
- Slowly build up the training load to minimize the risk of (overload) injuries.

After Training:

- Ensure that all equipment is sanitized after training in designated sanitation area.
- Ensured players leave through the established exits.
- If it is the last session of the day, sanitize and properly store equipment.
- Continue to respect the social distancing guidelines

Field Marshal: Role and Responsibilities



- Arrive a minimum of 30 min prior to training session.
- Be responsible for opening the bunker for coaching staff prior to training.
- Temperature checks and check- in of coaching staff.
- Table set up at the entrance and set up signage (if applicable).
- Player temperature checks and player check-ins. Ensure each player sanitizes their hands prior to entering field.
- Turn away any player, not registered or has not completed the VSC Self Assessment.
- Maintain contact tracing forms
- Ensure players move to their assigned training quadrant.
- Maintain order at the check-in: Make sure players are socially distanced from each other while waiting in line.
- Responsible for contacting parent, if player gets injured or doesn't feel well and player must go home
- Ensuring that all players and coaches are complying with the rules set forth by the club.
- Ensuring no spectators remain at the training facility.
- Regularly sanitize all contact surfaces.
- Responsible for take down of set-up and storing equipment in the storage bunker.
- All staff must wear a mask (gloves are optional).

VSC Field Marshal Guidelines



Before training:

- Stay home if you have any of the following symptoms in the past 24 hours: colds, cough, Shortness of breath, or fever;
- Stay at home if someone in your household has tested positive for the new coronavirus (COVID-19)
- Stay at home if you have had the new coronavirus (determined by a laboratory test) at least seven days after the test results.
- Stay home as long as you are in home isolation, because you have had direct contact with someone diagnosed with the new coronavirus.
- Responsible for checking in coaching staff and players. Temperature checks and COVID 19 questionnaire must be completed by each participant.
- Make sure coaches and players sanitize their hands before entering the training ground
- Guide players to their training location.
- Set-up established entrances and exits with traffic flow considerations.
- Set-up sanitization stations at the entry and exit points
- Ensure parents and guardians respect the no spectator policy.
- Wearing PPE equipment masks and gloves when in contact with players and coaches

VSC Field Marshal Guidelines



During Training:

- Ensure coaches, players and parents are in compliance with the current rules according to the training phase.
- Ensure the club procedures and health measures to be implemented.
- First point of contact for any emergency situation. Make sure you have the parent(s)/guardian(s) telephone number with you, so that you can immediately contact them in case of an emergency.

After Training:

- Take down established entrances and exits
- Take down sanitations stations
- Store all equipment in bunker.
- Keep an updated Contact tracing log.
- Wash hands and sanitize all surfaces before leaving
- Continue to follow the social distancing guidelines

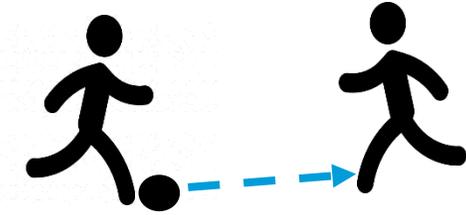
Phase 1 training Session Protocol



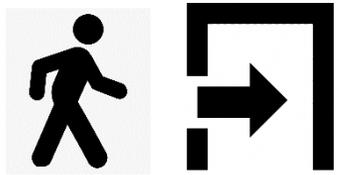
1. Player is dropped off no earlier than 10 minutes at dedicated drop off location



5. Field marshal makes sure that daily questionnaire has been completed and Checks player in



8. Listen the coaches instructions and make sure you comply with the guidelines set forth throughout the training session



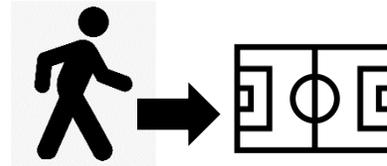
2. Player proceeds to designated field entrance



6. Players must sanitize hands before entering the field at the sanitation station located at the entrance



3. As nice as it is to see your teammates again, please remember to socially distance yourselves and refrain from traditional greetings i.e. high fives, handshakes, fist pumps



7. Players walks to their assigned training area



9. Player must exit the training ground immediately after training through the designated exit



4. Player must receive temperature check from field marshal



8. Place bag 2 meters apart from each other, make sure no items in your bag are out

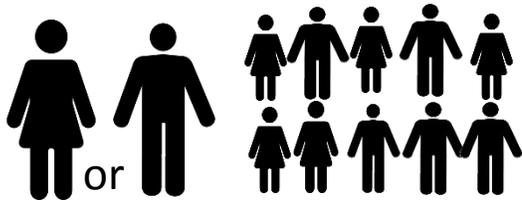


10. Players must sanitize hands before existing the field at the sanitation station located at the exit

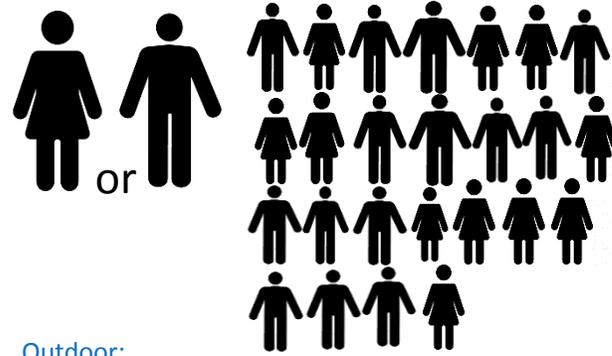


11. Player is picked up at designated pick-up location

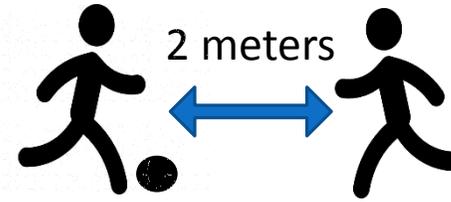
VSC Return to Play Phase 1 Training Rules



Indoor:
10 persons per group
(1 coach + 10 players)



Outdoor:
25 persons per group
(1 coach + 25 players)



2 metres distance
or more at all
times



Players or staff
should stay home
if they are sick



Equipment must be
cleaned/sanitized before
and after every session



Thoroughly washing or
sanitize hands before
and after the session.



Cones and other
equipment should be
handled by only one
person throughout
the session

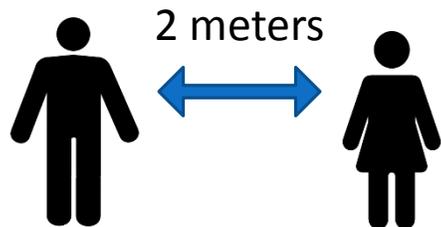


No Contact
allowed

VSC Return to Play Phase 1 Organization Rules



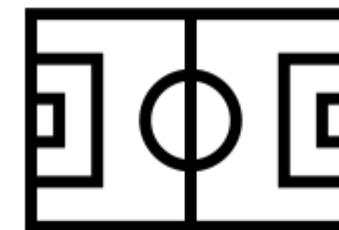
Hand Washing / Sanitizer Station



Always maintain 2-meter distance



Staggered Start & Exit Times



Facility Maps with clearly marked out fields. Entry and exit points. Drop off points and pick up points



Staff, Coaches and players must fill out COVID-19 Self Assessment before participating in each session



Max number of People allowed in the facility, according to social gathering restrictions



Club appointed field marshal at each field.



Club must maintain a contact tracing log of each player and coach for at least 6 weeks. Must be easily accessible.

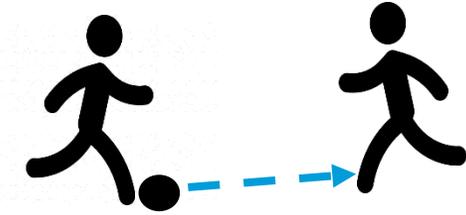
Phase 2 training Session Protocol



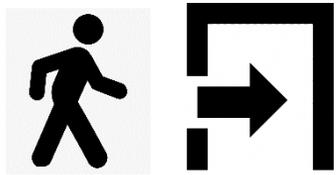
1. Player is dropped off no earlier than 10 minutes at dedicated drop off location



5. Field marshal makes sure that daily questionnaire has been completed and Checks player in



8. Listen the coaches instructions and make sure you comply with the guidelines set forth throughout the training session



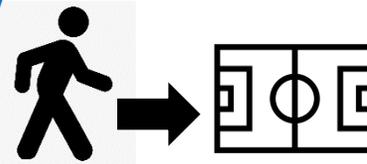
2. Player proceeds to designated field entrance



6. Players must sanitize hands before entering the field at the sanitation station located at the entrance



3. Please remember to socially distance yourselves and refrain from traditional greetings i.e. high fives, handshakes, fist pumps



7. Players walks to their assigned training area



9. Player must exit the training ground immediately after training through the designated exit



4. Player must receive temperature check from field marshal



8. Place bag 2 meters apart from each other, make sure no items in your bag are out



10. Players must sanitize hands before existing the field at the sanitation station located at the exit

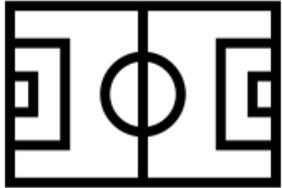


11. Player is picked up at designated pick-up location

VSC Return to Play Phase 2 Organization Rules



Facility Management



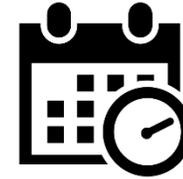
Updated Facility Maps with clearly marked out fields. Entry and exit points. Drop off points and pick up points.

Health Check/ Medical clearance



Daily requirement for all for all staff, coaches and players is to provide confirmation as per our “COVID-19 symptoms checklist” to ensure that are not experiencing any symptoms related to COVID-19.

Scheduling



All sessions to be scheduled to allow sufficient time between sessions to avoid any overlap of players or congestion during pick-up/drop-off. Participants are not to arrive earlier than 10 minutes before their session and must depart immediately after their session.

Contact Tracing



Club must maintain a contact tracing log of each player and coach for at least 6 weeks. Must be easily accessible.

Field Marshal



VSC will continue to appoint a field marshal at each training location. They are responsible for checking players in, temperature checks, maintaining contact tracing logs and ensuring that players and coaches are complying with the guidelines set forth by the club.

VSC Return to Play Phase 2 Training Rules



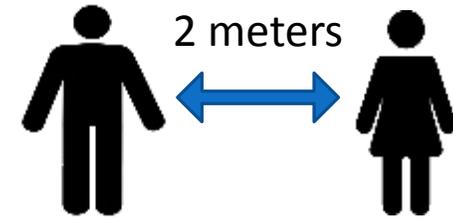
Maximum 50 players per group



Contact allowed



Players or staff should stay home if they are sick



Spectators to respect social distancing at training facilities



Equipment to be cleaned/sanitized before and after every session



Thoroughly washing or sanitize hands before and after the session.



Cones and other equipment should be handled by only one person throughout the session

VSC Return to Play Phase 2 Organization Rules

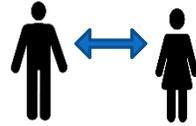


Sanitation Protocol



VSC sanitize equipment prior to and after each training session

Social Distancing



Social distancing has been relaxed for participants. Spectators to remain 2m distance from each other.

PPE Equipment



Coaching staff will not be required to wear masks but must have one readily available when social distancing is not possible.

Hygiene Stations



Sanitation stations set up at the entry and exits points and on the pitch to provide the ability for participants to sanitize their hands, before, during or after training

Modified Games



Intersquad stage and age modified competition only within the club.

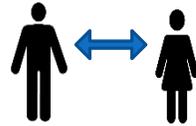
VSC Return to Play Phase 2: Player Rules

Contact Training



Players will be allowed contact in training. However overly aggressive behaviour i.e. jostling for the ball, is discouraged.

Social Distancing



Although contact in training is allowed, players are to still to respect the social distancing guidelines when coming to the field and exiting the field and remain 2m distance from each other.

Sanitation



Players must sanitize hands before entering and exiting the field at the sanitation station located at the entrance

Training Gear



Players will continue to come to field dressed for training. All players will bring their blue, white jersey (light and dark shirts for new players) to each session. Each player will also receive a pink pinnie. Current VSC players are also to bring their red training top.

General Hygiene



Do not spit and do not blow your nose on the field. Use proper etiquette when coughing or sneezing. If using a tissue, staff/player must dispose of the tissue and sanitize their hands.

Greetings



Please remember to socially distance yourselves and refrain from traditional greetings i.e. high fives, handshakes, fist pumps

VSC Parent/Guardian Guidelines Phase 2



Spectators



No Spectators allowed inside the training facilities during weekly sessions. Limited spectators may be permitted during weekend games. North Maple Regional Park: No spectators between the fields. Maple Reservoir: All spectators must remain outside the fence.

Social Distancing



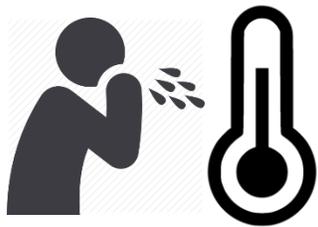
All Spectators must remain 2m apart at all times and respect current social distancing guidelines.

Pick up and Drop off



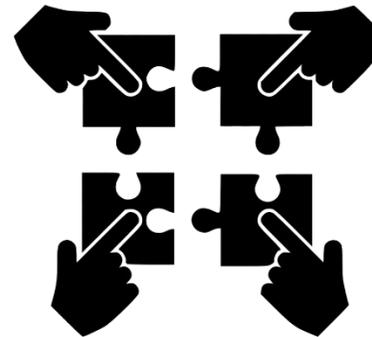
Player is dropped off no earlier than 10 minutes at dedicated drop off location. Players/parents must leave the facility immediately after training and games.

Health Check



Please make sure to screen yourself and your child prior to training. Do not attend training session if you are not well

Cooperation



Our phase 1 success was down to continuous effort between, staff, players and parents/guardians. Continue to respect the protocols and each other.

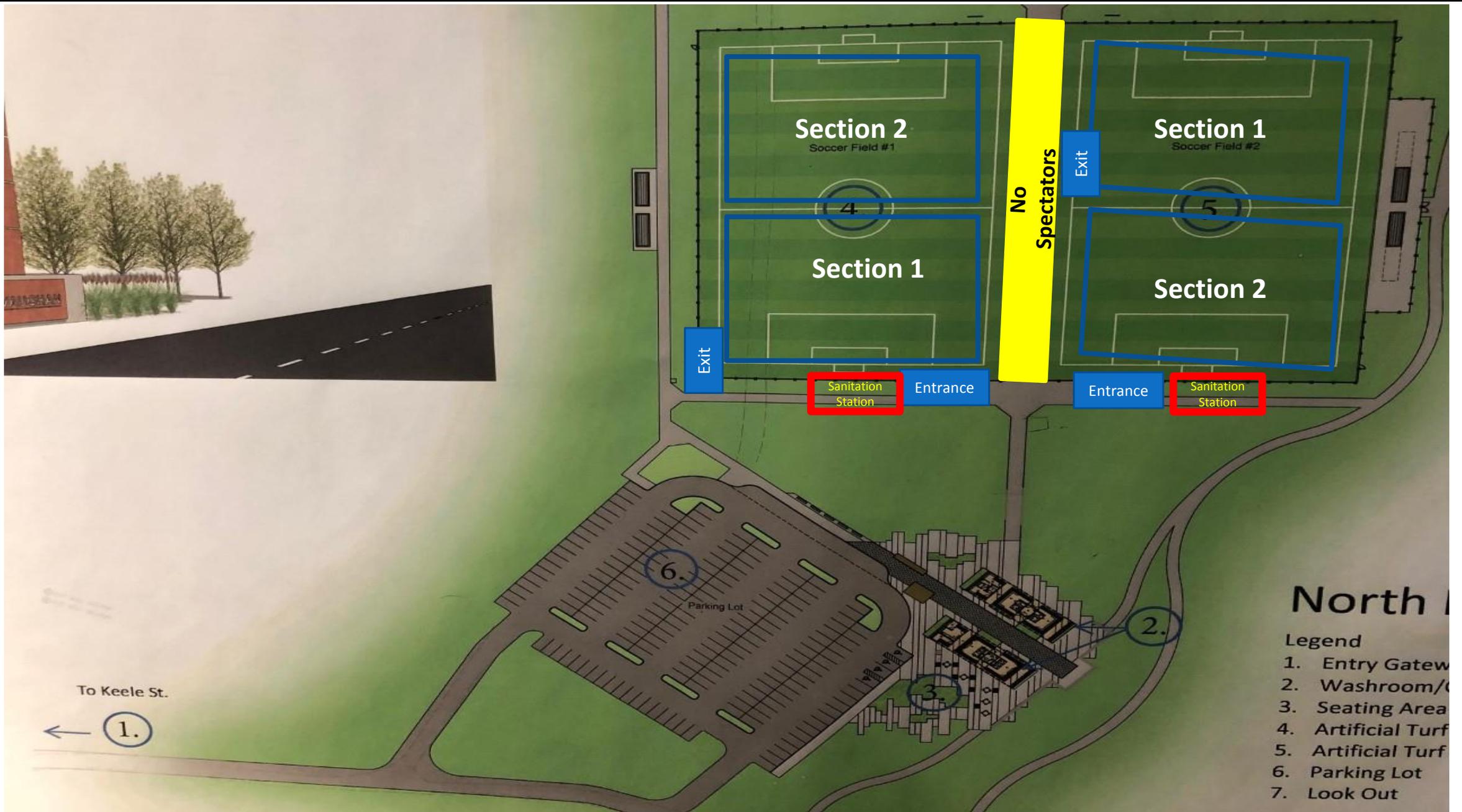


McNaughton Turf Field





Maple Reservoir North and South



North Maple Regional Park

How to Wash your hands

Coronavirus Disease 2019 (COVID-19)

How to wash your hands



<p>1</p> <p>Wet hands with warm water.</p>	<p>2</p> <p>Apply soap.</p>	<p>3</p> <p>Lather soap and rub hands palm to palm.</p>	<p>4</p> <p>Rub in between and around fingers.</p>
<p>5</p> <p>Rub back of each hand with palm of other hand.</p>	<p>6</p> <p>Rub fingertips of each hand in opposite palm.</p>	<p>7</p> <p>Rub each thumb clasped in opposite hand.</p>	<p>8</p> <p>Rinse thoroughly under running water.</p>
<p>9</p> <p>Pat hands dry with paper towel.</p>	<p>10</p> <p>Turn off water using paper towel.</p>	<p>11</p> <p>Your hands are now clean.</p>	

How to use hand sanitizer



<p>1</p> <p>Apply 1 to 2 pumps of product to palms of dry hands.</p>	<p>2</p> <p>Rub hands together, palm to palm.</p>	<p>3</p> <p>Rub in between and around fingers.</p>	<p>4</p> <p>Rub back of each hand with palm of other hand.</p>
<p>5</p> <p>Rub fingertips of each hand in opposite palm.</p>	<p>6</p> <p>Rub each thumb clasped in opposite hand.</p>	<p>7</p> <p>Rub hands until product is dry. Do not use paper towels.</p>	<p>8</p> <p>Once dry, your hands are clean.</p>

How to put on your mask



Wash your hands with soap and water or an alcohol-based hand sanitizer before putting on your mask



Run your fingers through the elastic and position the mask over the nose and mouth



Place the elastic around the ears. pull the mask from the top and bottom edges to fully open the folds



Wear and reinforce over the bridge of the nose to minimize the passage of air.



Do not touch mask while in use. If you do wash or sanitize your hands



Remove the mask by grasping the elastic bands and removing them from the ears. without touching the front part. Dispose of the mask after use. Wash hands immediately.