



Phase 1 – RETURN TO TRAIN



COVID 19 SELF-CHECK CHECK LIST

Use this self-check list to determine if you as a coach, player and or volunteer should return to the pitch.

Before you leave Home

Please go through the COVID-19 questionnaire (Symptoms Checklist) prior to each training session at home.

When checking for a fever, you are required to check with a Thermometer prior to each session. It is recommended that family members check theirs as well.

1	Do you have any of the below symptoms?			
		➤ Fever (greater than 38.0C)	YES	NO
		➤ Cough	YES	NO
		➤ Shortness of Breath / Difficulty Breathing	YES	NO
		➤ Sore Throat	YES	NO
	➤ 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 or confirmed to be a case of Covid-19?	YES	NO	
5	Are you currently being investigated as a suspect case of Covid-19?	YES	NO	
6	Have you tested positive for Covid-19 within the last 10 days?	YES	NO	

If an individual answer 'YES' to any of the questions above, they are not to be permitted to participate in training for a minimum of 14 days.



After you Completed the Check List

If you are exhibiting symptoms of COVID-19, please stay home and follow public health guidelines and in addition you should:

- Self-isolate
- Complete the online self-assessment available here;
<https://covid-19.ontario.ca/self-assessment/>
- Contact Telehealth Ontario 1-866-797-0000
- Contact your primary health care provider

Caledon SC Assessment Risk Protocol

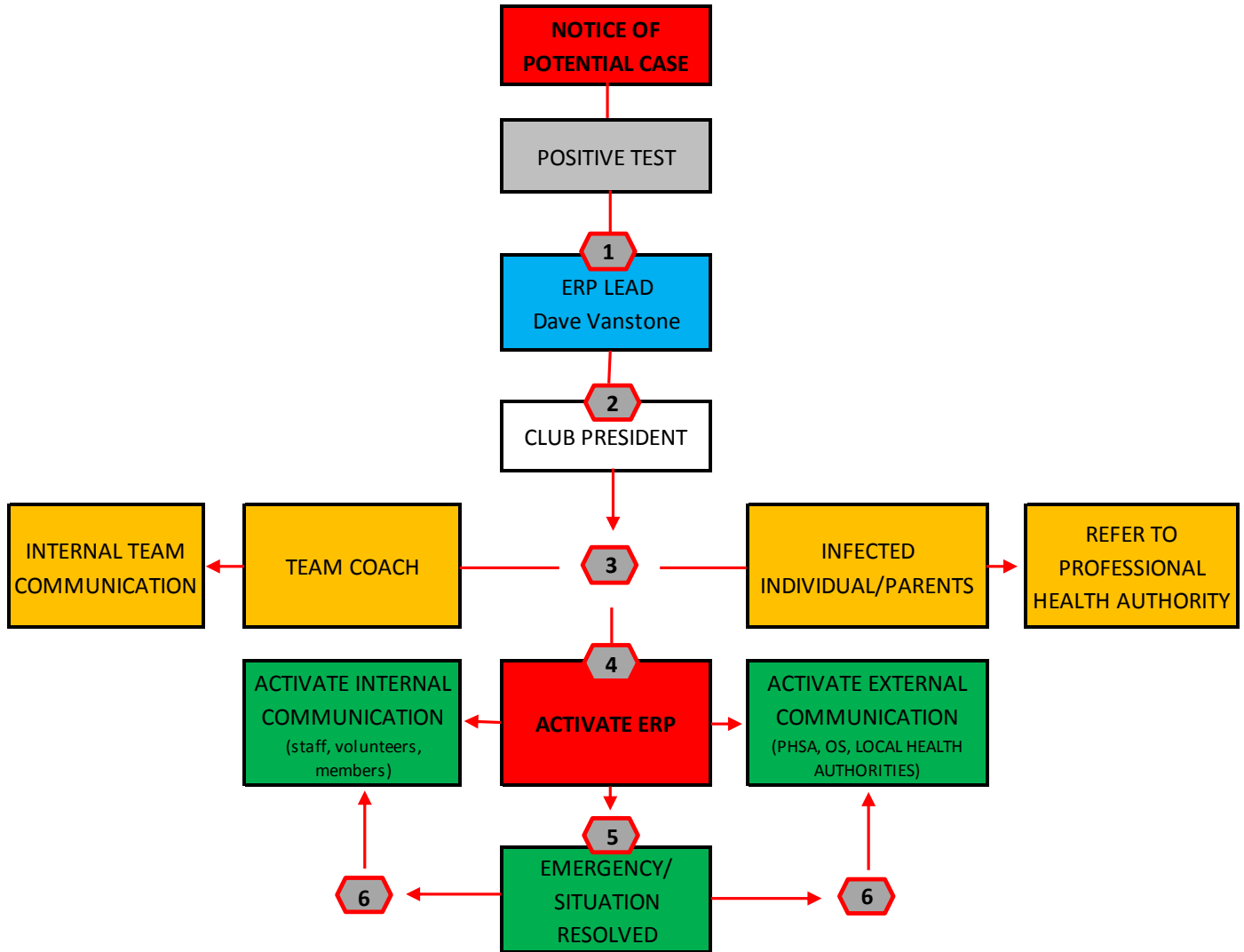
- If any players, coaches or staff suspect that they have COVID-19, they must report it to Dave Vanstone who will be our single point of contact as per our emergency response action plan.
- If any player, coach or staff suspect that someone in their household may have contracted COVID-19, they must report 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.
- **If any player, coach or staff suspect that someone in their household may have contracted COVID-19, the entire team will be required to self-isolate until confirmation in writing is received that they have not contracted the COVID -19.**
- All suspected cases are required 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 required to get tested at a COVID-19 testing center.
- Written confirmation of COVID-19 negative status by your physician required before Returning to Play.





EMERGENCY RESPONSE PLAN (ERP)

Communications Flow Chart



ERP HEAD ADMINISTRATOR- Dave Vanstone
Cell- 647-229-2196
Email – registrar@caledonsoccer.com

Note: This information sheet will be sent to all players, coaches, referees and staff during the COVID-19 pandemic. It also provides additional precautions to all attendants on public health directives and includes a club communications flow chart.

