

2020 LAUNCH

FOOTBALL ALBERTA/FOOTBALL CANADA

Start Date: Tuesday July 14th

(Subject to ongoing review in direction from AHS and Football Alberta)



Recognition and consideration is made that through football physical distancing is not always possible.

Considerations:

- Adapted practice sessions, plans and processes (team/cohorts will do their best to comply with a 2m distancing rule when applicable)
- The very nature of the sport makes that impossible to do all the time.
- The vast majority of skills that need to be taught and the conducting of the competition itself will require a breaking of that barrier.
- By following the guidelines set out by Football Alberta the requirement of Alberta Health Services Guidelines will be met.

Requirement:

• As per Football Alberta, Demonstration of informed consent of the increased risk is required. At this time an informed consent form will need to be completed with registration and retained by the FSMFA with each team manager. Football Alberta retains the ability to audit at any time.



The Fort Falcons are excited to return to the Gridiron. Football is Here!

(We will be making all reasonable efforts to prevent the spread of any infectious disease, including the COVID-19 virus.)

- Rules will be put in place and reviewed and revised from time to time to try to minimize any risk to our Falcons Family. We care for you too much.
- Rules and Guidelines have been provided from Football Alberta and will be implemented to the best of our abilities.
- These may seem too much or not enough, but please understand that it is not in the short or longterm interests of any of our athletes for there to be unnecessary tension/stress over the monitoring or enforcement of the rules.
- Try to be compliant with the rules and if you notice a lack of compliance that you think presents a real risk be positive in any steps you take to try to ensure compliance.

(Fort Saskatchewan Minor Football cannot ensure that their members will not be infected while participating in the sport of football, which is a contact sport. We assure you that we will be giving great efforts to follow Football Alberta Guidelines and ensure a Healthy, safe and rewarding football environment.)



COHORT TEAMS

- Cohort Teams of up to 50 will be formed.
- Cohort Team will consist of Coaches, Managers, Trainers, Players, etc.
- Cohorts will be:
- 1. Flag
- 2. Atom
- 3. PeeWee/Bantam
- Each Cohort is not able to inter mingle without Social Distancing.
- FSMFA Members required to work with all Cohorts will practice safe distancing outside of their Primary Cohort (PPE Requirement)
- Each Cohort is exclusive for its duration (Season of Play)
- Participation in multiple sports/camps for the duration is not permitted as it would break the Cohort.
- Participation in Other Activities that practice Distancing permissible
- A RESPONSIBLE PERSON(Manager or Designate) will be assigned who will ensure their team/cohort is meeting all standard.
- Issue of Equipment will be done by Equipment Staff and Volunteers by appointment only.
- PPE and Sanitization Required for Handling of Equipment outside of Practice Drills (Issue and Distribution, Storage, etc)



RESPONSIBLE PERSON (Manager or Designate)

- Ensure each registered member (including all associated adults) with the team/cohort fills out and signs the Informed Consent Form prior to entering the field of play. These must be available to be produced upon demand from their league/association or Football Alberta for the next seven years.
- Ensure a Compliance Form is filled out and signed on behalf of the team/cohort and filed with their league/association and Football Alberta within two weeks of commencement of any team/cohort activity. Failure to do so may result in Insurance being withdrawn from the team/cohort.
- Ensure a Cohort List is created and maintained for the duration of team/cohort activities for 2020. This may be used to assist contact tracing should there be a positive case or outbreak within the team/cohort. This document must be available upon demand to the league/association or Football Alberta.
- Screen each participant each day using the Screening Checklist and take appropriate action if anyone answers "Yes" to any of the questions.
- Ensure that Membership/Insurance is acquired and paid from Football Alberta within two weeks of the start of activity for their team/cohort and that on-line registration is completed as well. Details on how that will occur for 2020 will be sent to all teams by the end of June, 2020.
- Ensure all sanitation and cleaning requirements are conducted as listed below each day and follow any guidelines set out in that area by the municipality or school providing the facility.
- Ensure all participants and their parents/guardians are fully aware of the General Safety Guidelines listed below.



GENERAL SAFETY GUIDELINES(As per Football Alberta)

- Because this activity will happen indoors, equipment handouts will be scheduled by appointment to make sure the numbers are kept as low as possible (under 15 people Physically Distanced together at any given time)
- All personnel handing out equipment will be wearing PPE as well as gloves, and wipe down the space used to equip at the end of each session
- Proper Physical Distancing of 2M, will be practiced as much as possible
- Post practice all communal equipment (i.e. blocking dummies, footballs, pylons) will be wiped down with a disinfectant
- All coaches will attempt as much as possible to keep Physically Distant (2M) from the participants and fellow adults during any team/cohort gathering. Team huddles and group gatherings will be as limited as possible and spread 2M apart when possible
- Any time the team/cohort is using the sideline for a gathering place, all participants will maintain 2M distancing unless player safety or well-being requires otherwise (i.e. a trainer assessing an injured player)
- As a rule, all adult personnel on the sidelines that will possibly have close contact with the athletes (i.e. athletic therapists, equipment manager) will wear PPE
- No off-field team/cohort gatherings will be permitted. Any "film work" or strategy sessions will be done on field/on-line.
- Carpooling to practices/team events will be discouraged but family cohorts will be on their own to monitor their behavior in this circumstance
- Spectators (excluding parents and guardians where necessary for player support) will be kept out of participant spaces (e.g., fields of play, sidelines). No spectators/parents will be allowed at practice unless the facility can allow for proper Physical Distancing in seating or areas away from the field of play or sidelines. The maximum number of spectators is determined by how many people the space can hold while keeping two meters of distance between attendees from different households/cohort families, up to a maximum of 100 persons
- Unless from the same household, spectators should maintain a minimum two-meter distance from one another at all times, whether the activity is indoor or outdoor. It is strongly recommended that all spectators wear masks. Cheering and yelling is strongly discouraged at this time as it presents a high risk of spreading droplets and no gathering of spectators will be allowed at practice sessions. Spectators at any permitted competitions will be regulated by the Stay and Play guidelines
- There will be no team water stations or shared water bottles. Players will be 100% responsible for their hydration needs and must mark their own water bottles clearly and ensure it goes to and from the field with them.



GENERAL SAFETY GUIDELINES (As per Football Alberta)

- All players/coaches/staff/officials will be required to wear football gloves and wipe them off with hand sanitizer prior to and at the conclusion of each practice or game session. They should also actively try to not touch their face at any time during the on-field sessions
- Locker room gatherings will be disallowed
- All players and staff will come dressed for play to the game or practice site
- Any halftime meetings in competitions will have to be done on the sidelines
- To protect vulnerable populations such as people with compromised immune systems, underlying health problems or seniors; team/cohorts may consider some type of virtual method of engagement to discourage them from attending to watch their child. This may include FaceTime or Zoom type broadcast monitored by the Responsible Person. (Note: this does not mean parents can enter the field of play to broadcast everything must be done from off-field and with proper Physical Distancing.)
- Participants will be encouraged to wipe down and disinfect their equipment after each session particularly the helmet
- Washing of the jersey and pants should be done at least once a week if not after every session
- Anyone found on any team/cohort to have a positive test for COVID 19 and have been exposed to the remainder of the participants in that club will cause the club to immediately be shut down and everyone who could have potentially been exposed required to arrange for a test
- Only those who receive a negative result will be allowed to return and there will be no club activity until over 10 players per "team" are deemed to have tested negative.



GENERAL SUMMARY

- Pre-Practice Screening Procedures (Illness restricted from Site)
- Health, Hygiene and Sanitation Practice/Discipline
- Football Gloves for all on field Participants recommended
- Spectator Restrictions
- Spectators/Bystanders Face Coverings Encouraged
- Alternate Entrances
- 30 yard Cohort Distancing on Field
- Scrimmages within Cohort only
- Cohort Exclusivity for Duration or until Re-Launch Stage Progression
- Informed Consent Forms
- Responsible Person (Manager/Designate) Monitor
- Carpooling Discouraged
- Virtual Team Meetings
- Locker Rooms Closed except for Hydration Refill/Washroom
- Individual Water Bottle/Hydration (No Sharing) (Marked)



"STAY AND PLAY" - LIMITS OF 50 (Competition Guidelines)

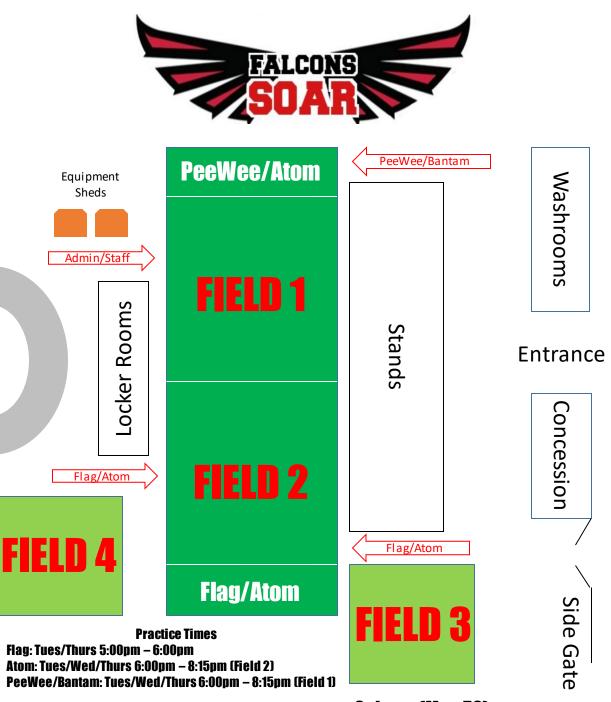
• All tackle football team/cohorts can resume

- 1. 12-a-side teams for practice only
- 2. 6-a-side teams within a 50-person cohort
- 6-a-side will have a roster limit of a maximum of 15 players per team with a minimum of 10 (Note: if you have less than 10 signed up you should look to combine with another club)
- ii. Coaches and staff (i.e. trainers) per team will be capped at 5 (see why below)
- iii. Clubs that normally operate at 12-a-side will simply split their players into as many "teams" as possible within the 10-15 players per team guidelines
- iv. The clubs will then follow the "Stay and Play" procedures as listed above
- For clubs/associations that have multiple levels of play (i.e. Atom, Pee-Wee, Bantam), staggering of practice times and spreading out at a practice facility will need to be scheduled
- No major gathering of Club teams for practice that would see Atom, Pee-Wee, and Bantam teams all at the same facility will be allowed without proper spacing (i.e. at least 30 yards between the practices)
- Spectator rules will be enforced
- If teams/cohorts choose the 6-a-side competition model, intersquad games will be held at Clubs practice sites
- If the number of "teams" require more than one inter-squad game, the competitions will be scheduled with a 30-minute window between games to facilitate little crossover of personnel
- Teams in the second game (or more if required) will stay in their cars until the previous group has vacated the facility. Spectator rules will be enforced
- No handshake lines will be allowed at the conclusion of games. If teams wish to recognize each other in the spirit of sportsmanship they may line up on their respective 45-yard lines and wave to each other at the game's conclusion or simply leave it at "3 cheers".



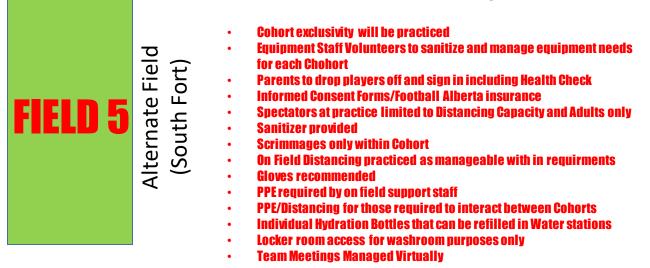
IF AHS RAISES THE GATHERING LIMITS TO 150 - all tackle football can proceed as normal however some consideration will be made to remain playing 6-a-side where numbers warrant

- If competition between team/cohorts is still disallowed, clubs/associations that normally operate at 12-aside can simply split their players into as many "teams" as possible within the players per team guidelines
- The split can either be an even "Draft" of the talent (in which the Club will retain the "Stay and Play" principles) or "Tiered" by talent levels in which the Club will then play against other clubs/teams who have also Tiered
- If inter-team competition is allowed, leagues/associations can operate as per normal. Should they choose the 6-a-side version they can look to "Tiering" divisions of their member clubs
- If it was done by equal distribution of talent via "Draft" then the Leagues will adapt their scheduling accordingly
- All other restrictions on practices, games, and spectators will still be in play as with the 50 person limits.



9Flag/Atom Entries will be Designated to avoid crossover and Facilitate quick practice changeover

Cohorts (Max. 50) Novice Flag (6-8 yrs.) Atom (8-10 yrs.) PeeWee/Bantam (11-14 yrs.)







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GENERAL SAFETY GUIDELINES

Regardless of when your team/cohort begins activity the RESPONSIBLE PERSON must ensure:

- Equipment handouts for Stage 2 will be scheduled by appointment to make sure the numbers are kept as low as possible (under 15 people Physically Distanced together at any given time). All personnel handing out equipment will be wearing PPE's as well as gloves and wipe down the space used to equip at the end of each session. Proper Physical Distancing of 2M, will be oracticed as much as possible.
- Prior to practice the Athletic Therapist or Responsible Person (or assigned individual) will do a roll call of participants to apply the Screening Checklist. If there is any doubt to whether any participant may be sick, they must then follow AHS protocols.
- · Post practice all communal equipment (i.e. blocking dummies, footballs, pylons) will be wiped down with a disinfectant.
- All coaches will attempt as much as possible to keep Physically Distant (2M) from the participants and fellow adults during any team/cohort gathering. Team huddles and group gatherings will be as limited as possible and spread 2M apart when possible.
- Any time the team/cohort is using the sideline for a gathering place, all participants will maintain 2M distancing unless it is necessary (i.e. a trainer assessing an injured player).
- As a rule, all adult personnel on the sidelines that will possibly have close contact with the athletes (i.e. athletic therapists, equipment manager) will wear PPE's.
- No other team/cohort gatherings will be permitted. Any "film work" or strategy sessions will be done on-line.
- Carpooling to practices/team events will be discouraged but family cohorts will be on their own to monitor their behavior in this
 circumstance.
- Spectators (excluding parents and guardians where necessary for player support) will be kept out of participant spaces (e.g., fields of play, sidelines). No spectators/parents will be allowed at practice unless the facility can allow for proper Physical Distancing in seating or areas away from the field of play or sidelines. The maximum number of spectators is determined by how many people the space can hold while keeping two meters of distance between attendees from different households/cohort families, up to a maximum of 100 persons. Unless from the same household, spectators should maintain a minimum two-meter distance from one another at all times, whether the activity is indoor or outdoor. It is strongly recommended that all spectators wear masks. Cheering and yelling is strongly discouraged at this time as it presents a high risk of spreading droplets and no gathering of spectators will be allowed at practice sessions. Spectators at any permitted competitions will be regulated by the Stay and Play guidelines.
- There will be no team water stations or shared water bottles. Players will be 100% responsible for their hydration needs and must mark their own water bottles clearly and ensure it goes to and from the on-field session with them.
- All players/coaches/staff/officials will be required to wear football gloves and wipe them off with hand sanitizer prior to and at the
 conclusion of each practice or game session. They should also actively try to not touch their face at any time during the on-field sessions.
- Locker room gatherings will be disallowed as well as all players and staff will come changed to the game or practice site. Any halftime
 meetings will have to be done on the sidelines.
- To protect vulnerable populations such as people with compromised immune systems, underlying health problems or seniors; team/cohorts may consider some type of virtual method of engagement to discourage them from attending to watch their child. This may include FaceTime or Zoom type broadcast monitored by the Responsible Person. (Note: this does not mean parents can enter the field of play to broadcast – everything must be done from off-field and with proper Physical Distancing.
- Participants will be encouraged to wipe down and disinfect their equipment after each session particularly the heimet. Washing of the
 jersey and pants should be done at least once a week if not after every session.
- Anyone found on in any club to have a positive test for COVID 19 and have been exposed to the remainder of the participants in that
 club will cause the club to immediately be shut down and everyone who could have potentially been exposed required to arrange for a
 test. Only those who receive a negative result will be allowed to return and there will be no club activity until over 10 players per "team"
 are deemed to have tested negative.
- This document will remain in effect until the Organization, per the direction of the provincial government and provincial health officials, determines that the acknowledgements in this Declaration of Compliance are no longer required.
- The Organization may remove an individual from the facility or from participation in the activities, programs or services of the Organization at any time and for any reason if the Organization believes, in its sole discretion, that the individual is no longer in compliance with any of the compliance standards described in this document.

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APPENDIX B: DECLARATION OF COMPLIANCE - COVID 19

DECLARATION OF COMPLIANCE – COVID-19

Team/Association/Cohort (print):

RESPONSIBLE PERSON (print)

Email:

Telephone:

Football Alberta, and __________ (name of Team/Association/Cohort collectively the "Organization") require the disclosure of exposure to illness in order to safeguard the health and safety of all participants and limit the further outbreak of COVID-19. This Declaration of Compliance must be returned to the Team/Association/Cohort's league as well as Football Alberta within two weeks of the start of activities and will not be disclosed unless as required by law or with your consent.

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

I, the undersigned being the RESPONSIBLE PERSON above, hereby acknowledge and agree to the terms outlined in this document:

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely
contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19 and requires all individuals (or their
parent/guardian, when applicable) to adhere to the compliance standards described in the Football Alberta Reopening Document (as
written below).

RESPONSIBLE PERSON:

Each team/cohort's RESPONSIBLE PERSON will ensure the following:

- Ensure each registered member (including all associated adults) with the team/cohort fills out the informed Consent Form (see Appendix "A") prior to starting on-field. These documents will be held in their possession for the season and then filed with the team at the conclusion of activity for 2020 to be secured for the next seven years. These must be available to be produced upon demand from their league/association or Football Alberta.
- Ensure a Compliance Form (this form) is filled out on behalf of the team/cohort and filed with their league/association and Football Alberta
 within two weeks of commencement of team/cohort activity. Failure to do so will result in Insurance being withdrawn from the
 team/cohort.
- Ensure a Cohort List (Appendix "C") is created and maintained for the duration of team/cohort activities for 2020. This will be put into use
 to assist contact tracing should there be a positive case or outbreak within the team/cohort. This does not need to be filed with any other
 group just maintained and available upon demand.
- Screen each participant each day with the Screening Checklist (See Appendix "D") and take appropriate action if anyone answers "Yes" to any of the questions.
- Ensure that Membership/Insurance is acquired and paid from Football Alberta within two weeks of the start of activity for their team/cohort
 and that on-line registration is completed as well. Details on how that will occur for 2020 will be sent to all teams by the end of June, 2020.
- Ensure all sanitation and cleaning requirements are conducted as listed below each day and follow any guidelines set out in that area by the municipality or school providing the facility.
- · Ensure all participants and their parents/guardians are fully aware of the General Safety Guidelines listed below.





APPENDIX A: INFORMED CONSENT FORM

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Edmonton AB T5M 3K6

Football Alberta Informed Consent Form

Football Alberta INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT (to be executed by parents/guardians of individuals who are under the age of majority) WARNING! By signing this document, you will assume certain risk and responsibilities. Please read carefully!

Individual's Name:

This is a binding legal agreement. Clarify any questions or concerns before signing. As an Individual in activities, programs, classes, services provided and events sponsored or organized by Football Alberta and its affiliated districts, leagues, clubs and teams (collectively the "Organization") and the sport of football, which includes but is not limited to: games, tournaments, practices, training, personal training, dry land training, the use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientational or instructional sessions or lessons, and aerobic and anaerobic conditioning programs (collectively the "Activities"), the undersigned, being the individual and individual's Parent/Guardian (collectively the "Parties"), acknowledge and agree to the terms outlined in this agreement.
 I am the Parent/Guardian of the Individual and have full legal responsibility for the decisions of the Individual.

Description of Risks

3. The Parties understand and acknowledge that:

- a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life;
- b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming;
- c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of the individual's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction; and
- d) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Individual will not become infected with COVID-19. Further, attending the Activities could increase your risk of contracting COVID-19.

4. The Individual is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and that they may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to:

- a) Contracting COVID-19 or any other contagious disease;
- b) Executing strenuous and demanding physical techniques;
- c) Vigorous physical exertion, strenuous cardiovascular
- workouts and rapid movements;
- d) Exerting and stretching various muscle groups;
- The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- Spinal cord injuries which may render the Individual permanently paralyzed;
- g) Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the Individual's body or to the Individual's general health and well-being;
- h) Abrasions, sprains, strains, fractures, or dislocations;
- Privacy breaches, hacking, technology malfunction or damage;
- Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma;

k) Physical contact with other Individuals, spectators, equipment, and hazards;

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- I) Not wearing appropriate safety or protective equipment,
- Failure to act safely or within the Individual's ability or within designated areas;
- Grass, turf, and other surfaces including bacterial infections and rashes;
- collisions with fences, poles, stands, and football equipment;
- P) Negligence of other persons, including other spectators, Individuals, or employees;
- q) Weather conditions; and
- Travel to and from competitive events and associated noncompetitive events which are an integral part of the Activities

_(initials) We have read and agree to be bound by paragraphs 1 to 4.





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Terms

5. In consideration of the Organization allowing the Individual to participate in the Activities, the Parties agree:

- That the Individual's mental and physical condition is appropriate to participate in the Activities;
- That when the Individual practices or trains, the Parties are b) responsible for the Individual's surroundings and the location and equipment that is selected for the Individual;
- c) To comply with the rules and regulations for participation in the Activities including the additional General Safety Guidelines listed in Football Alberta's Reopening Plan as enforced by the RESPONSIBLE PERSON in their club/team/cohort;
- d) To comply with the rules of the facility or equipment;
- e) That if the Individual observes an unusual significant hazard or risk, the Individual will remove themselves from participation and bring such to the attention of an Organization representative immediately;
- The risks associated with the Activities are increased when fl the Individual is impaired, and the Individual agrees not to participate if impaired in any way;

- g) That it is the individual's sole responsibility to assess whether any Activities are too difficult for the Individual. By the Individual commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity;
- h) That COVID-19 is contagious in nature and the Individual may be exposed to or infected by COVID-19 and such exposure may result in personal injury, illness, permanent disability or death and voluntarily agree to assume all of the foregoing risks.

6. In consideration of the Organization allowing the Individual to participate, the Parties agree:

- a) That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in a brochure or advertisement or in individual conversations, to agree to be involved in the Activities; and
- b) That the Organization is not responsible or liable for any damage to the Individual's vehicle, property, or equipment that may occur as a result of the Activities.

(initials) We have read and agree to be bound by paragraphs 5 and 6.

General

7. The Parties agree that in the event that they file a lawsuit against the Organization, they agree to do so solely in the province of Alberta, Canada and they further agree that the substantive law of Alberta will apply without regard to conflict of law rules.

8. The Parties expressly agree that this Agreement is intended to be as broad and inclusive as is permitted by law and that if any of its provisions are held to be invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgement

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

Name of Individual (print)

Signature of Individual

Date of Birth

Name of Parent/Guardian (print) Signature of Parent/Guardian

Date of Birth





Organization - Team name

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 Alberta Health Services on request if it is required for contact tracing purposes. The Organization 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.

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