



# ONTARIO FOOTBALL ALLIANCE

## Ontario Football Alliance Return To Football – December 2020 Release

Planning Football activities for 2020/2021 during the COVID-19 Pandemic

As Ontario moves into this next phase of the COVID-19 pandemic and football begins to move our calendar closer to the new year the OFA would like to remind associations that are planning football activities in the upcoming months of the Return to Football Guidelines, programming options, Ontario Health Guidelines and how it applies to our sport.

The Ontario Government has outlined these major priorities during the pandemic:

- Limit the transmission of COVID-19
- Avoid closures
- Keep schools and childcare open
- Maintain health care and public health system capacity
- Protect vulnerable populations
- Provide additional supports where possible

It is the responsibility of both the football and sport community to ensure we are following provincial health guidelines and doing our part to adhere to the major priorities outlined to keep individuals safe in the province.





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The Ontario Government has identified the below areas as the biggest risk factors for transmission of the virus:

- Close contact
- Closed spaces
- Crowded places
- Forceful exhalation
- Prolonged exposure

To successfully reduce or mitigate the harm of the identified risk factors the Ontario government has instituted five graduating zones of public health measures related to the level of virus transmission in the community. The higher the transmission and risk the more restrictive the zones. The graduating zones are as follows from least restrictive to most restrictive:

- Green: Prevent
- Yellow: Protect
- Orange: Restrict
- Red: Control
- Grey: Lockdown

To identify which zone your region is currently in please visit Ontario Covid-19 zones by health region: <https://covid-19.ontario.ca/zones-and-restrictions>





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As the OFA identified earlier this year, Football Canada and the OFA have created a Return to Football outline based around the restriction in place from both provincial and regional health authorities. Each zone has sport specific restrictions detailed in the graph below that determines what programming is possible to run.

## Proposed Measures for Sports and Recreational Fitness

	<b>PREVENT</b> (Standard Measures)	<b>PROTECT</b> (Strengthened Measures)	<b>RESTRICT</b> (Intermediate Measures)	<b>CONTROL</b> (Stringent Measures)
<b>Current Restrictions</b>	Limits: <ul style="list-style-type: none"> <li>• 50 people indoors (classes)</li> <li>• 100 people outdoors (classes)</li> <li>• 50 people indoors (area with weights or exercise equipment)</li> <li>• Spectators allowed (50 indoors and 100 outdoors)</li> <li>• Limit of 50 people per room basis if operating in compliance with a plan approved by the Office of the Chief Medical Officer of Health (Guidance for Facilities for Sport and Recreational Activities)</li> <li>• Team sports must be modified to avoid physical contact; 50 people per league</li> </ul>			<ul style="list-style-type: none"> <li>• Gyms and fitness studios closed</li> <li>• Fitness classes not permitted</li> <li>• Other classes in facilities have maximum of 10 patrons</li> <li>• Outdoor class, organized program or organized activity have maximum of 25 patrons</li> <li>• Team sports must not be practiced or played except for training (no games or scrimmage). No contact permitted.</li> </ul>
<b>Proposed</b>	<ul style="list-style-type: none"> <li>• 50 people indoors (classes)</li> <li>• 100 people outdoors (classes)</li> <li>• 50 people indoors (area with weights or exercise equipment)</li> <li>• Spectators allowed (50 indoors and 100 outdoors)</li> <li>• Limit of 50 people per room basis if operating in compliance with a plan approved by the Office of the Chief Medical Officer of Health (Guidance for Facilities for Sport and Recreational Activities)</li> <li>• Team or individual sports must be modified to avoid physical contact; 50 people per league</li> <li>• Exemption for high performance athletes and parasports</li> <li>• Limit volume of music (e.g., conversation level)/require use of microphone for instructor where needed to avoid shouting</li> </ul>	Measures from previous levels and: <ul style="list-style-type: none"> <li>• Face coverings required except when exercising</li> <li>• Increase spacing between patrons to 3m for areas of a sport or recreational facility where there are weights/weight machines and exercise/fitness classes</li> <li>• Recreational programs limited to 10 people per room indoors and 25 outdoors</li> <li>• Require contact information for all patrons and attendance for team sports</li> <li>• Require appointments for entry; one reservation for teams</li> <li>• <a href="#">Safety plan</a> available upon request</li> </ul>	Measures from previous levels and: <ul style="list-style-type: none"> <li>• Maximum 50 people per facility (revoke CMOH approved plan) in all combined recreational fitness spaces or programs (not pools, rinks at arenas, community centres, and multi-purpose facilities)</li> <li>• Require screening of patrons, including spectators (e.g., questionnaire)</li> <li>• Limit duration of stay (e.g. 60 minutes); exemption for sports</li> <li>• No spectators permitted (exemption for parent/guardian supervision of children)</li> </ul>	Measures from previous levels and: <ul style="list-style-type: none"> <li>• Gyms and fitness studios permitted to be open:               <ul style="list-style-type: none"> <li>• 10 people indoors (classes)</li> <li>• 25 people outdoors (classes)</li> <li>• 10 people indoors (areas with weights or exercise equipment)</li> </ul> </li> <li>• All sports and recreational programs in other facilities (arenas and multiplexes) limited to 10 people per room indoors and 25 outdoors.</li> <li>• Team sports must not be practiced or played except for training (no games or scrimmage).</li> <li>• No contact permitted for team or individual sports.</li> </ul>

LOCKDOWN  
Stage 1 / Pre-Stage 1



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<https://files.ontario.ca/moh-covid-19-response-framework-keeping-ontario-safe-and-open-en-2020-11-24.pdf>

Currently due to the restriction framework Football still has three pathways for programming:

Pathway 1: Physical Training and Skill Development

- All zones not including Grey: Lockdown

Pathway 2: Non-Contact Football Activities and Games: Flag Football

- Green
- Yellow
- Orange

Pathway 3: Team Practice: Stay and Train –Touch and Tackle

- Green
- Yellow
- Orange





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For a detailed understanding of these Football Pathways reference pages 8-11 in the Return to Football Guidelines: visit:

[http://ontariofootball.ca/files/rtp\\_2\\_2\\_revised\\_17102020.pdf](http://ontariofootball.ca/files/rtp_2_2_revised_17102020.pdf)

At this time sports are still required to avoid physical contact in all participation as indicated in the Proposed Measures for Sports and Recreation until a vaccine is widely available.

Due to these restrictions contact football still does not have a pathway back to the field however the Ontario Football Alliance and Football Canada are in constant communication with the Ontario Ministry to work towards a solution.

In the meantime we do encourage associations to look at the pathways available to them in their particular zone to provide programming opportunities for the participants in your communities.

As indicated by the provincial government the creation and availability of a safety plan is a **requirement** for all sport organizations.





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Please ensure your association has:

1. **Completed** and **submitted** your membership documentation for 2021:  
[http://ontariofootball.ca/files/2021\\_application\\_information\\_form2.pdf](http://ontariofootball.ca/files/2021_application_information_form2.pdf)
2. **Submitted** your **Return to Football** plans for **review** and **approval** to:  
[admin@ontariofootball.ca](mailto:admin@ontariofootball.ca)
3. **Ensure** registration of **all** participants in the OFA national registry for 2021:  
[http://ontariofootball.ca/page.php?page\\_id=83927](http://ontariofootball.ca/page.php?page_id=83927)

Please ensure these items are completed **prior** to beginning any sport activities for Risk Management purposes.

If your organization requires consultation or assistance in the development of your plan, please email [admin@ontariofootball.ca](mailto:admin@ontariofootball.ca) to set up a consultation.

For more information on the Return to Football requirements please visit:  
[http://ontariofootball.ca/files/rtp\\_2\\_2\\_revised\\_17102020.pdf](http://ontariofootball.ca/files/rtp_2_2_revised_17102020.pdf)

