



Football Newfoundland & Labrador

Newfoundland and Labrador moved to **Alert Level 2** on March 27, 2021, allowing teams to train/practice under the guidelines listed in Phase 1 below. This request for Return to Play will outline revisions and updates to Football Newfoundland and Labrador's (FNL) plan for 2021 required to comply with phase 2.

Football Newfoundland and Labrador (FNL) is the provincial sport organization for flag and tackle football in Newfoundland and Labrador. FNL offers various programs and events for members throughout the year, including skills, sessions and tournaments.

All participants of FNL sanctioned events and programs and member league sanctioned competitions and programs are required to adhere to FNL sport-specific modifications to Sport Guidance including:

- All attendees must complete an online self-assessment prior to activity.
- Congratulatory gestures such as high fives and handshakes are not permitted.
- Participants are prohibited from sharing athletic aids (e.g. foam rollers, bands, etc.).
- After activities conclude, participants must leave the field/building, but should maintain physical distance in returning to vehicles. Lobbies and other locations should not permit participants to linger and where possible have separate entry and exit doors/points.
- Organizations must keep a record of all players, coaches, team personnel, game officials, and care/respite workers who attend each sport activity and records will be maintained for at least 14 days.
- If sport equipment is supplied by organizers or operators to participants (e.g. discs, pylons, etc.), all equipment must be sanitized before and after the activity, with contactless pick up and return being made available wherever possible (e.g. disc bags).
- Organizers will have the right to refuse any player from an activity/event, if they believe that a player is jeopardizing the health and safety of other players in attendance. Some situations include, but are not limited to:
 - A player exhibiting symptoms that could be attributed to COVID-19.
 - A player expresses that they might have been exposed to a case of community spread.
 - A player expresses that they did not pass the online self-assessment.

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Individual Athlete Skill Development (March to August, 2021)

Athletes may resume football-specific training and skill development in Phase 1 on their own or within a group.

- The training will focus on U16 Team NL players and will take place at Benvon's Room (PowerPlex), Wishing Well Field (St. John's) and Brother Eagan Field (St. John's).
- The maximum number of athletes, coaches, and trainers for one session is 100.
- The training will group will remain the same from session to session in order to reduce contacts.

Team Practice/Training Sessions (March – December, 2021)

- The indoor training (March to May, November to December) will focus in u16 and U18 Team NL players and will take place at Benvon's Room (PowerPlex),
- The outdoor training (June to October) will focus on U16 and U18 Team NL Players.
- Training sessions will also include positional skill training (July to August) for U12, U14, U16 and U18 players.
- The maximum number of athletes, coaches, and trainers for one session is 100.
- The training group should remain the same from session to session in order to reduce contacts.

Team Practice/ League Games (May – October, 2021)

- The maximum number of athletes, coaches, and trainers for one session is 100.
- The training group should remain the same from session to session, in order to reduce contacts.
- The Youth Leagues will include:
 - Avalon Minor Football (St. John's, Paradise and CBN) – up to 15 teams
 - Western Newfoundland Football (Corner Brook) – up to 5 teams
 - FNL Youth Flag Football League ages 15 to 18 – up to 4 teams
- The adult leagues include:
 - The SJTFL Summer League (men's league and women's league)
 - The men's league consists of seven St. John's based teams, and the women's league consists of six
 - All games take place at Brother Eagan field, and all participants are based on the NE Avalon.

FNL will adhere to all provincial COVID-19 **revised** Guidance, including COVID-19 protocols, as were initiated in 2020 and including Sport Guidance for any issues that may arise, including complying with an updated return to football plan in the context of COVID-19 variants requiring a modified and phased in approach.

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Key Messages:

FNL is very aware of the presence of COVID-19 variants (including B.1.1.7), and the new challenges and will ensure all members are aware of the following and adhere strictly to the screening tools, safety protocols and sanitation measures in place:

- COVID-19 variants may spread more rapidly than the original strains of the virus;
- Given that COVID-19 is transmissible by asymptomatic individuals, it may go undetected, thus the more rapid spread of COVID-19 variants can lead to more cases, and potentially more deaths;
- The potential risk of COVID-19 spread is highest when individuals are indoors within two metres of each other, in a small space with limited ventilation, sharing equipment and taking deep breaths. Therefore, when we are training indoors and/or in close proximity to others we are at higher risk. Maintaining physical distance during training is very important, especially, as Alert Level 2 commences, particularly in the context of COVID-19 variants.
- More emphasis around non-medical mask (NMM) wearing - if NMM can be worn during activity, it is recommended. Coaches, instructors, leaders and officials who are not engaged in the activity (e.g. coaching) should wear NMM.
- Where practical, training and practices are limited to no more than 2 hours, with hygiene breaks where all participants will be required to sanitize again.

FNL Schedule:

Who	What	Where	When	Why
St. John's Touch Football League	Inter-squad senior competition Weekends, four to five games are scheduled over the course of a day Weekdays, only single games are scheduled.	Brother Egan Field, St. John's	June to October	League Games
U8 to U18 Coed Flag Football (Avalon Minor Football, outside)	Training -1/wk Games 1/wk	St. John's, Mt. Pearl, Paradise, CBN	June to July	Develop skills and the game / fun!
U8 to U18 Coed Flag Football (Western	Training -2/wk Games 1/wk	Corner Brook	June to September	Develop skills and the game / fun!

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Newfoundland Football, outside)				
Youth Flag Football League (Ages 15 to 18) (FNL, outside)	Training -1/wk Games 1/wk	St. John's, Mt. Pearl, Paradise, CBN	July to August	Develop skills and the game / fun!
U12 to U18 Coed Tackle Football (Avalon Minor Football, outside)	Training -2/wk Games 1/wk	St. John's, Mt. Pearl, Paradise, CBN	July to October	Develop skills and the game / fun!
U16 & U18 FNL Select's Tryouts (Tackle, Outside) The players will be from the Avalon region and no overnight accommodations are required.	Training -2/wk U16 – 30 athletes U18 – 30 athletes	St. John's	September to October	Develop skills FNL Team Selection
U16 & U18 FNL Select's Tryouts (Inside) The players will be from the Avalon region and no overnight accommodations are required.	Training -1/wk U16 – 30 athletes U18 – 30 athletes	St. John's	November to December	Develop skills
U16 Tackle Atlantic Bowl Team	Football Training -3/wk	St. John's, If Atlantic Bubble and restrictions allow travel to NS for Tournament	June to July	Preparation for Tournament July 2021

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