

June 30, 2021

Hello KSSC Summer Participants!

Last week "Step 2" was officially confirmed, and we have been given the green light to start leagues NEXT WEEK (July 5th)!

Now that we have hit Step 2 of the Provincial Reopening Plan, we have updated our COVID-19 protocol and guidelines:

- **Team Rosters Maximum**
 - Gathering Limits: Each team's "game-day" roster size must not exceed the amount shown below by sport. Teams are permitted to carry more players on their online rosters, however, **cannot exceed the "game day roster limits" (outlined below) physically at each game.**
 - Team roster "game day" maximum by sport:
 - Softball = 12 Players
 - Soccer = 12 Players
 - Flag Football = 12 Players
 - Ultimate = 12 Players
 - All-Sorts-of-Sports = 12 Players
 - Beach Volleyball 6's = 8 Players
 - Beach Volleyball 4's = 5 Players
- **Substitute Players**
 - Substitute players are now permitted.
 - All players on your team (including substitute players) are required to sign the waiver and must show on your team's roster online.
- **Spectators**
 - Spectators are now permitted. However, spectators must remain away from the field of play and must maintain 3m distance between other spectators. At some facilities there will be designated spectator zones.
- **All other COVID-19 Protocol & Guidelines remain in place - Visit our [COVID-19 portal](#) for more details.**

We can't wait to see you on the field/diamond/court soon!

- The KSSC Team

June 10, 2021

Hello KSSC Summer Participants!

The time has finally come! We are optimistic that we will get the green light to start our Outdoor Sport Leagues once step 2 of the provincial re-opening plan is confirmed! We are so excited to have you back and we cannot wait to hit the field/court with you!

Here is what you need to know about the upcoming Summer Season:

Beach Volleyball

- Leagues are targeted to start the week of July 5 and will end by September 30.

- As a result of the delayed start to the season, all teams will play 16 games over 13 weeks (12 weeks for Sunday league). 3 make-up games (4 for Sunday) will be played in a double-header (2 games in one night), or on an off night that you registered for. Ample notice will be provided to teams.
- Specific start/end dates have been updated on our website.

Field Sports (Soccer, Ultimate, All-Sorts-of-Sports, Flag Football + more)

- Leagues are targeted to start the week of July 5 and will end by October 7.
- All teams will play the full 14 games over 14 weeks.
- Flag Football and AirBadminton leagues are 8-weeks (July-August).
- Specific start/end dates have been updated on our website.
- Specific start/end dates have been updated on our website.

Softball

- Leagues are targeted to start the week of July 5 and will end by October 8.
- As a result of the delayed start to the season, all teams will play 16 games over 14 weeks. 2 make-up games will be played either on an off night or a double-header. Ample notice will be provided to teams.
- Specific start/end dates have been updated on our website.

Indoor Sports (Basketball, Court Volleyball)

- Indoor sport leagues remain on hold until the confirm step 3 of the provincial reopening plan. When Step 3 is confirmed, start/end dates will be updated and we will connect with registrants.

If you are looking to play [more sports](#), we have updated our season registration deadline to be Wednesday, June 23 @ midnight!

We want to thank you for your patience and continued support through these times. We know it has been a long road to get here, but we are so thrilled to be welcoming you back!

-The KSSC Staff Team

May 14, 2021

Hello KSSC Community,

Here we go again (hopefully for the last time)!

As a result of the stay-at-home order that has officially been extended to June 2, we have adjusted the following for our upcoming Sprummer (Spring/Summer) 2021 programming:

- We have temporarily removed the registration deadline until we are able to confirm exact league start and end dates. Once we know when we can begin, a new registration deadline will be announced.
- Registration online continues to remain open. We have limited team/individual spots available this season and leagues will be marked 'Sold-Out' as specific nights and skill levels fill up.
- We are hopeful to start the season as soon as the restrictions are lifted. Depending on when leagues can begin, it is likely that leagues will run into September/October.
- We will continue to follow our [registration assurance policy](#), to provide participants with full registration value.

Just like you, we are excited to get back to playing the sports we love! We are optimistic that we will be returning to sport after the lockdown, and we will be ready to go as soon as the restrictions are lifted!

Thank you everyone for your continued encouragement and support through these evolving times. We are determined, optimistic and ready for a safe return to Summer sports!

Take care and stay well,

- The KSSC Staff Team

April 20, 2021

Hello KSSC Community,

We hope you are all doing well and keeping safe!

As a result of the stay-at-home order that was extended until May 20th, we have adjusted the following for our upcoming Sprummer (Spring/Summer) 2021 programming:

- Registration deadline for most sports has been shifted to Wednesday, May 19th @ midnight!
- All in-person programs are set to begin on Sunday, May 30th.
- Specific league/program start and end dates have been updated on the [website](#) sport-specific pages.

Just like you, we are excited to get back to playing the sports we love! We are optimistic that we will be returning to sport after the lockdown and we will be ready to go as soon as the restrictions are lifted!

Thank you everyone for your continued encouragement and support through these evolving times. We are determined, optimistic and ready for a safe return to Summer sports!

Take care and stay well,

- The KSSC Staff Team

April 1, 2021

As you are likely aware, the Ontario provincial government has announced it will pull an “emergency brake” shutting down the province for 28 days. These new lock-down measures include a temporary stoppage on all team sports effective April 3rd, 2021.

As a result, effective April 3, 2021 we will be **pausing** all Kingston Sport & Social Club programming until restrictions have been lifted.

We are committed to be back to sport as soon as we can. Your health and safety are always our number one priority and we are committed to continuing to offer a safe and healthy environment.

What you need to know:

- Leagues & Programs – All team sports remain on pause for the duration of the 4-week lockdown.
 - *If restrictions are lifted early, we will be ready to play!*

- We remain optimistic that Sprummer sport leagues and the opportunity to play outdoors will kick off as planned. As soon as restrictions are lifted, we will be ready to go!
- For all current updates and statements from KSSC please visit our [COVID-19 Communication Centre](#).

We will continue to keep you updated as we receive more information and we look forward to having you back again soon!

A huge thank you to all our members for your patience and understanding as we continue to navigate these unprecedented times.

Yours in Sport,

- The KSSC Team

February 15, 2021

We got the GREEN LIGHT to play! Join KSSC in a sport or activity that fits your comfort level. Registration remains open!

We are committed to lead by example as per the health and safety guidelines provided by the Public Health Agency of Canada, our provincial government and safety experts. Therefore, we have made modifications to all leagues to ensure we focus on the FUN and SOCIAL aspect and SAFETY more than ever.

Leagues will begin the week of February, 22.

Registration Deadline is now confirmed for Friday, February 19th @ noon.

Registration for our [Winter 2021 programs](#) remains open. [Virtual Games, Classes and Wellness Programs](#) continue as scheduled.

Thank you all for your patience, and we look forward to seeing you on the field!

The KSSC Team

February 9, 2021

Hello KSSC Community,

After yesterday's update from the provincial government, we are hopeful that our partner facilities will reopen safely & with all necessary protocols in place as soon as Tuesday Feb 16. We anxiously await further guidance & will make an announcement regarding the Winter 2021 sport season as soon as we have more information.

Registration for our [Winter 2021 programs](#) remains open. [Virtual Games, Classes and Wellness Programs](#) continue as scheduled.

We want to thank everyone for your ongoing support through these difficult times and appreciate your patience and cooperation.

Yours in Sport,

The KSSC Team

January 13, 2021

Hello KSSC Community,

As per the stay-at-home order that was announced on Tuesday, January 12th by the government of Ontario, all SSC in-person programming is paused until further notice.

Due to the current circumstances, we are uncertain as to when the restrictions will be lifted and therefore, we are unable to provide an exact start date for our programs at this time. We are hopeful we can operate our leagues and classes in February, and we will provide further details as soon as possible.

Registration for our [Winter 2021 programs](#) remains open.

We want to thank everyone for your ongoing support through these difficult times and appreciate your patience and cooperation.

Yours in Sport,

The KSSC Team

August 6, 2020

Hello KSSC Community,

A warm welcome to all our Sprummer league, class, and program participants. Thank you for choosing to play with us this season. Over the past month, we have been implementing our Safe Return to Play protocol and guidelines to bring you back to league play in the following sports:

- Beach Volleyball
- Soccer 7's *Just Added*
- Ultimate
- Kayaking
- Warrior Workout
- SOCA Dancing
- Softball
- Ultimate *Just Added*

Here at Kingston Sport & Social Club (KSSC), we have been working within the Provincial Government mandates and Provincial Sport guidelines to adapt our sports and offer a safe playing experience. Our leagues are now running five nights a week at a limited capacity. While most leagues are now at capacity (Soccer 7's and Ultimate 5's registration is still open), we are looking forward to launching more sports soon.

Over the past few months, KSSC has also proudly brought our community a range of [virtual games](#) & [online corporate events](#). This unique new avenue of our business will continue even as we move forward with our traditional sports leagues. We invite you to join us for "Virtual Recess for Adults"!

FALL 2020 LEAGUE UPDATE:

This fall, we are committed to offering both indoor and outdoor co-ed sports leagues. The season length may be adjusted, and pricing will reflect weeks of play, available facilities, and modified roster sizes, as needed. Stay tuned for an official release of our fall registration offerings and deadlines.

Take care and stay well,
Lael, Matt, Rosa, Nicole, Ken, Lucas, Allie and Erin

July 14, 2020

Hi KSSC Community,

As you may know, Phase 3 has been unveiled in Ontario today, which includes the return to playing team sports with appropriate safe guidelines!

We are so excited to resume play, however we still need further clarification on the details announced today to ensure we are continuing to follow all provincial guidelines to keep player safety at the forefront!

Our goal is to announce our newly designed Sprummer Registration Launch mid week, and have League Play starting before the end of July. This will include information what sports we will be offering, new roster numbers, number of weeks of play and revised pricing.

Keep in mind that our Safe Return to Play Guidelines will continue to be in effect, as well as some modified rules regarding play to keep the focus on safety and fun.

Get your clicking finger ready - once we open there is a limited window to register! For those who still have registrations within our original Sprummer 2020 programming (which had been placed on pause) we will be transferring your registration to the newly designed Sprummer session by sport and night. We will send you specific details surrounding these changes and any registration fee changes owing to you.

We know you are excited and ready to play and will have a lot of questions! As our team works very quickly to turn around our leagues ready for our mid-week launch, we'll be sending out detailed communication in the next 2 - 3 days in anticipation of some of these questions.

Until then get hyped, dust off your sports equipment, start warming up because we are about to get back to PLAY! WOO HOO! :)

Yours in Sport,

Matt, Lael, Lucas, Ken, Allie and Erin.

June 8, 2020

Hello KSSC Community,

We hope that you have been enjoying the beautiful summer weather and the city's recently re-opened green spaces.

Just like you, we are excited to get back to playing the sports we love! We are optimistic about today's announcement from Premier Ford and the plan for Phase 2 of Re-Opening. As we begin a slow and gradual return to a new normal, we want to provide you with an update with the status of our Sprummer 2020 "Return to Play" League Update and Winter 2020 League Update.

SPRUMMER 2020 LEAGUE UPDATE:

We are currently looking at a tentative mid-July Sprummer season start. Each specific sport Return to Play date will be determined by the permissions from local government, health authorities and facility partners, with whom we're staying very closely connected.

Based on Return to Play dates, for each sport we will adjust our Sprummer season length and pricing to reflect weeks of play, available facilities, and modified roster sizes, as needed. Stay tuned for more information as it becomes available.

In the meantime, we have been working diligently on our plan for safely returning to play, so we are ready when the time comes. We will be implementing a new set of [Safe Return to Play Guidelines](#), in general plus for each sport, to ensure the protection of all members and staff. These protocols will include, but are not limited to:

- Rule changes within each sport.
- Physical distancing at all times at game locations.
- Use of personal protective equipment and products.
- Equipment sanitation.

Good to know:

- We are reviewing and considering all leagues we offer to ensure safety standards can be met before, during and after league play.
- We are updating our waiver and refund policies to be fully transparent and ease any concerns should there be new COVID related cancellations in the future which would impact play.

What's Allowed Now in Phase 2:

As approved for play by local government & health authorities, the following programs will be open for registration as of Monday, June 15 (or sooner) and with an anticipated start date in the 2nd and 3rd week of June.

- Kayaking.
- Stand Up Paddle.
- Semi-Private Training Sessions for Volleyball and Soccer.

More programs to come as regulations allow. There is a real possibility softball and beach volleyball will be among the first sports to be approved.

WINTER 2020 LEAGUE UPDATE:

Officially, the decision has been made to formally cancel the balance of the Winter 2020 season, due to the provincial restrictions disallowing our facilities to re-open.

For Teams and Individual Registrations this means,

- We will issue pro-rated credits equal to the number of missed Winter 2020 games and classes, to ensure you receive full value of your registration.
 - For full teams, this credit will be applied to the profile of the original registrant.
 - For individual registrants, this credit will be applied directly to your KSSC profile.
- NEW! We've created a new feature that allows KSSC players to easily track and use their Winter 2020 credit. Your credit will be added to your KSSC account **mid this week** and can be viewed in your Player Profile and is accessible for redemption through the Payment Page during check-out.
 - These credits expire on April 30, 2021 @ midnight.
 - Credits can be applied to any UNPAID registration for a league, class, tournament, or special event.
- Many of you have been opting to help out the league by donating your credit back to KSSC. To those who have done that already, a very big heartfelt thank you and no words can describe how it warmed our hearts to have the support of our community. If you would like to join many of your teammates in doing the same thing, please let us know by emailing info@kssc.ca. We thank you in advance and your actions will help KSSC moving forward and to continue to provide exceptional programming for years to come.
- KSSC is unable to offer refunds for Winter registrations. **No exceptions.**

- Credits, and not refunds, are necessary to fund investment in enhanced safety for members and staff, to enable continued development of fun and unique sport & social programming for our community, and to ensure the financial stability and longevity of the club. By issuing credits we are able to give you back, in a future season, the play time that you paid for, and lost because of the pandemic that was outside of our control.
- League Team Captains and Individual registrants will receive an email from KSSC when the credits are in your Player Profile.

Thank you everyone for your continued encouragement and support through these evolving times. We are determined, optimistic and getting ready for a safe return to the courts, diamonds and fields with you.

Take care and stay well,
The KSSC Staff Team.

April 26, 2020

Hello KSSC Community,

2020 has certainly been the most unprecedented year thus far with COVID-19. While we are far from being able to return to the way things were, we are reassured that every day we are closer to a time when we can all be together again and enjoying recreational sports safely.

Our thoughts and profound sympathies are with the community of Portapique and with all Nova Scotians regarding the devastating attack – especially those who have lost a family member, loved one or friend. Our East Coast club, The Halifax Sport & Social Club was founded in 2008 and we care deeply about those who live there and the community.

As of Friday, April 24th, 2020 we understandably do not have any new information regarding our Winter or Sprummer 2020 leagues. When we have information to share, we will be in direct communication via email and updates on our website.

WINTER LEAGUE UPDATE:

- Winter 2020 leagues will remain on “pause” through the month of May.
- We hope to get you playing, and to finish the Winter 2020 season.
- KSSC will be providing Winter teams and players a prorated credit for any games missed due to COVID-19 when we know the final status of the league.

SPRUMMER LEAGUE UPDATE:

- Sprummer 2020 registration open online (<https://kssc.ca/register>).
- We know the majority of our Sprummer leagues/programs will not go ahead on the start dates advertised on our website as many of our facilities have noted they will remain closed until June / July.
- We can offer you the confidence that any Sprummer 2020 programs you register for, will receive full value in the form of a league extension, refund and/or credit.
- We are unable to answer specific questions relating to exact start dates, league extensions or registration related changes.

ONLINE VIRTUAL PLAY (NEW):

Please keep an eye out over the next few days as we announce the launch of KSSC’s Virtual Games! We have created new interactive online play options with you in mind as we strive to provide some value and/or fun for you while we are all social distancing.

- E-Sport Leagues
- Quarantine Games (All-Sorts-of-Sports Style)
- Bingo
- Trivia

We will be continuing our daily challenges in our **#JustPlaySeries** using both Facebook and Instagram platforms. You can find our more details here: <https://kssc.ca/kssc-justplayseries>. We are wishing for your health and safety, and we will be in touch again as soon as there is new information to share.

Take care and stay well,
The KSSC Staff Team.

April 10, 2020

Hello KSSC Community,

Today, we wanted to thank you for your patience and understanding as we continue to work through these ever changing and increasingly difficult times. It has been so heart-warming to hear from many of you regarding how much you miss your weekly sports. This unique time has certainly emphasized to us all of the value and importance that sports and friendship offer to our well being.

From our team to yours, please know that we are dedicated to supporting you, our members, and our local community as we work together to help flatten the COVID-19 curve.

WINTER LEAGUE UPDATE:

As of Friday, April 10th, 2020 we are able to provide the following updates regarding our Winter 2020 leagues:

- Winter 2020 leagues will remain on “pause” through the month of April.
- We will reassess the potential for start/completion of our leagues on Friday, April 24th, 2020.
- We hope to get you playing, and to finish the Winter 2020 season.

KSSC will be providing Winter teams and players a prorated credit for any games missed due to COVID-19 when we know the final status of the league. Many of you have been opting to help out the league by donating your credit back to KSSC. To those who have done that already, a very big heartfelt thank you and no words can describe how it warmed our hearts to have the support of our community. If you would like to join many of your teammates in doing the same thing please let us know by emailing info@kssc.ca. We thank you in advance and your actions will help KSSC moving forward and to continue to provide exceptional programming for years to come.

SPRUMMER LEAGUE UPDATE:

For those of you participating in our Sprummer leagues and programs, we are as excited as you are to return to play.

We know the majority of our Sprummer leagues/programs will not go ahead on the start dates advertised as many of our facilities have noted they will remain closed until June / July. So while you can still register for Sprummer, there will be no specified registration deadline until we have more information.

At this time, we are unable to answer specific questions relating to exact start dates, league extensions or registration related changes. We can offer you the confidence that any Sprummer 2020 programs you register for, will receive full value in the form of a league extension, refund and/or credit.

All of our decisions during this pandemic have and will continue to be made using the direction of the Canadian Public Health Agency. We encourage and sincerely hope that everyone in our community is committed to following these guidelines and making every effort to stay home.

To help keep you engaged, we will be continuing our fun, daily challenges in our **#JustPlaySeries** using both Facebook and Instagram platforms. We're also hosting bi-weekly LIVE online trivia on Tuesday and Fridays. You can find our more details on these and upcoming activities here: <https://kssc.ca/kssc-justplayseries>

We would like to thank all KSSC members for your patience during this extraordinary time. We are wishing for your health and safety, and we will be in touch again as soon as there is new information on the COVID-19 response to share.

Take care and stay well,
The KSSC Staff Team.

March 25, 2020

Hello KSSC Community,

Together, we are facing one of the most significant public health emergencies in our lifetime. For our active KSSC community, we know these changes are hard. They not only impact our ability to get out and enjoy the company of friends and family, but also impact our ability to play sports and share in a social connection that enhances our lives. For those of you who - or who's loved ones - have come into contact with the virus, we wish you all the best in your return to wellness.

In the interest of public health and safety, we are pausing all Winter 2020 Sport & Social Club Winter programming until it is safe to operate again. **We will be making the final call whether to resume leagues on FRIDAY, APRIL 10TH.** If it is safe to play, leagues will start back on Monday, April 13th. Our priority is to get you playing, and to finish the Winter 2020 season.

Should our Winter 2020 leagues, classes and programs be cut short as a result of measures taken within our communities to contain COVID-19, we will be issuing pro-rated future credits to all affected individuals and/or team captains. Due to the unprecedented and unforeseen global pandemic, KSSC is not in a position to provide refunds.

KSSC Credits can be applied to any of the following unpaid registrations;

- Any KSSC league, class, tournament and/or event (no restrictions on programming); and,
- Either Team or Individual registrations.

Please note that credits are not transferable and must be used by April 30th, 2021.

The way the world and our community is responding to COVID-19 is quickly changing. We are still in uncertain times. We will continue to keep our community updated, as we have more information surrounding the status of Winter 2020 schedule and programming.

This year marks KSSC's 15th anniversary, and we want to ensure that we continue to deliver exceptional programming to you, our members. When this passes, we will still be here, we will be healthy, and we will continue to offer amazing sport and social experiences for many years to come.

Please keep in touch with us on Social Media as we share fun, daily challenges in our #JustPlaySeries during this unique period of "Physical Distancing" (socializing can still happen at a distance).

You can also access the upcoming activity and challenge calendar on our website here: <https://kssc.ca/covid-19-sport-leagues>

In the meantime, we want you to know Sprummer 2020 Registration is NOW Open. You can visit our link here (<https://kssc.ca/register>) and register today to save your spot. With the anticipation of getting outdoors, we suspect many of our programs will sell out this Sprummer!

We would like to thank our extraordinary members for your support and patience as we work through our next steps, your concern for our small business and your words of encouragement. The opportunity for sport and social connection will be more important than ever once we return.

Take care and stay well,
The KSSC Staff Team.

March 13, 2020

Hello KSSC Community,

Thank you for your patience and understanding as we continue to navigate through this unprecedented situation.

Out of an abundance of caution and to assist with our province's preventative efforts regarding COVID-19, **effective Monday, March 16th we will be pausing all Kingston Sport & Social Club programming until further notice.** Our goal is to resume play starting Monday, April 6th and complete the Winter season.

We will continue to monitor the situation and base all future decisions on the recommendations of the Public Health Agency.

For further updates in the Kingston region please reference the Kingston Public Health website: <https://www.kflaph.ca/en/healthy-living/novel-coronavirus.aspx>

Thank you in advance for your patience, as we are experiencing a high volume of communication at this time.

Information on make-up games will be provided by email on or before Friday, April 3rd.

At KSSC, we are working hard to offer the highest level of customer service and will continue to provide updates via our website.

Take care and stay well,
The KSSC Staff Team.

March 10, 2020

Hello KSSC Community,

By now you are aware of the rising public health concerns around the world regarding COVID-19.

At this time, KSSC leagues will be operating normally with the addition of some extra safety precautions. Should circumstances change, KSSC will issue additional communication.

Please be informed.

This is a respiratory illness that spreads like the flu. There is a lot of misinformation being passed along through media and internet. Please be aware of normal safety procedures you would take during a regular flu season.

This includes:

- Staying home if you know you are sick or feel symptoms coming on.
- Washing your hands regularly (before and after games – and in life).
- Maintain good general health (eat a balanced diet, get enough sleep, exercise in moderation).
- Covering your mouth when coughing or sneezing (use your arm not your hands).
- Practice other good hygiene habits and do not touch your face/eyes/mouth with your hands.

While we LOVE a solid post-game 'high five' celebration, we ask ALL members to replace 'high fives' with:

- Friendly verbal recognition (teammates and for the opposing team)
- A thumbs up
- Applause / three cheers / hip hip hooray
- Foot stomps / tapping

We have ordered hand sanitizers and disinfectant wipes that we will deliver to various Game Coordinators and select facilities after leagues return from March Break.

Teams are strongly encouraged to bring their own sanitizers and/or disinfectant products to all games. Please be safe and take a few minutes pre and post game to disinfect your sports equipment. If you are playing floor hockey, we are recommending teams provide their own goalie mask, blocker and trapper to reduce the communal use of equipment. However, KSSC goalie equipment will still be available should this not be an option for your team.

Yours in Sport,

The KSSC Staff Team.