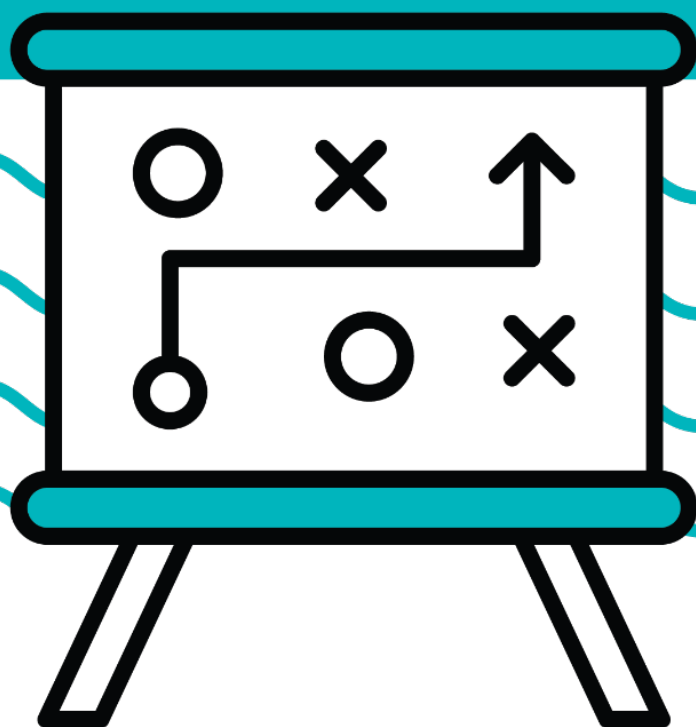


Return to Sport

GUIDELINES FOR B.C.



This document was last revised in September 2020.

Sport is currently in Phase 3. See Sport Cohorts section on page 23 as it has been updated as of September 17, 2020.

COVID-19 PROTECTION – RETURN TO SPORT GUIDELINES

INTRODUCTION	3
RETURN TO SPORT	6
COVID-19 AND TRANSMISSION	7
SYMPTOMS OF COVID-19	8
RISK MANAGEMENT.....	8
FACILITY ACCESS and USE	10
FACILITY OPERATIONS.....	13
PARTICIPANTS	16
SPORT PROGRAMMING	18
EMERGENCY RESPONSE	27
Appendix A – SPORT ACTIVITY CHART	30
APPENDIX B – DEFINITIONS	31
APPENDIX C – ILLNESS POLICY	32
APPENDIX D – PARTICIPANT AGREEMENT.....	33
APPENDIX E – MEMBER COMMUNICATION	34
APPENDIX F – REFERENCES	35
APPENDIX G - COVID-19 SAFETY PLAN	37
APPENDIX H - ACTIVITIES BY SPORT TYPE.....	42

INTRODUCTION

On May 6, 2020 the Government of B.C. announced B.C.'s Restart Plan: Next Steps to Move through the Pandemic¹. The goal outlined within this plan "is to slow the spread of COVID-19, protecting our most vulnerable and ensuring our health-care system can respond to increased demand while we develop a vaccine."

The different phases will enable certain businesses and activities to open and operate within the current orders of the Provincial Health Officer (PHO). This is not a return to normal, but rather to a "new normal" which will require everyone to modify their behavior, stay informed, apply protective measures and follow public health advice. Restarting is not mandatory – each organization must assess and decide for itself whether and when it is appropriate to restart operations.

Prior to restarting, every organization must have an explicit plan for the measures they will implement and maintain over the coming 12 to 18 months. These plans must be in compliance with orders and guidance from the PHO, and must be made available to the public either by posting on the wall of the organization's facility or on its website.

To help organizations in their planning, major stakeholders in each sector have been asked to create sector-specific guidance documents. viaSport has been asked by the Minister of Tourism, Arts and Culture, Lisa Beare, to develop this Return To Sport Guidelines document (the "RTS Guidelines") to support the provincial amateur sport sector in B.C. Prior to restarting, all provincial sport organizations and their clubs should use this RTS Guidelines to develop their own sport-specific Return to Sport plan and work towards careful and gradual restarting within their own communities.

This document is current as of September 10, 2020, with the addition of Phase 3 information on page 21.

viaSport would like to acknowledge and thank the following organizations for their contributions to this document:

- Province of B.C., Provincial Health Office, Ministry of Tourism, Arts and Culture
WorkSafeBC
- Recreation Facilities Association of BC
- Norton Rose Fulbright
- The viaSport MSO Leadership Council: BC Games Society, BC 55+ Games, BC Recreation and Parks Association, BC School Sports, BC Sports Hall of Fame, CSI-Pacific, I-SPARC, Sport BC and SportMed BC
- BC Centre for Disease Control

¹ B.C.'s Restart Plan: Next Steps to Move Through the Pandemic:

https://www.scribd.com/document/460236402/B-C-s-Restart-Plan-Next-Steps-to-Move-Through-the-Pandemic#fullscreen&from_embed

Our work takes place on the unceded, traditional territory of the Musqueam, Squamish, and Tsleil-Waututh Nations.

PURPOSE

The purpose of this document is to support amateur sport organizations to develop their own explicit plans to guide the cautious, step-by-step safe return of their sport in B.C. during this pandemic. The RTS Guidelines provide general information on a number of topics, and includes links to additional information and resources that can support decision-making and communication with boards, clubs, members, and other sport partners.

The PHO's direction is that the RTS Guidelines should cover three things:

- 1 Processes to open safely
- 2 Measures to keep people safe to avoid further outbreaks
- 3 A plan in the event that a case or an outbreak should occur

In this process, one size does not fit all. Each sport has unique issues which need to be factored into their own Return to Sport Plan. Modifications and changes to standard practice will be required, and these modifications will need to be practical and tailored to the sport and the participants. While there can be some flexibility in how sport organizations develop their Return to Sport Plan and deliver return to sport activities in communities, all sport activities in B.C. must operate within current provincial health recommendations in order to promote the safety of our communities. Every organization's Return to Sport Plan must include clear policies to ensure:

- no one with symptoms comes to work or to the sport activity, and staff are able to be off sick or work at home to enable self-isolation for ten days (at minimum)
- employees have fewer workplace contacts (shorter times, fewer people), through such measures as staggered shifts, smaller teams, occupancy limits, virtual meetings, continuing to work from home
- higher levels of frequent cleaning of 'high touch' areas of facilities and equipment, availability of hand sanitizer and encouraging good hygiene

Further, your plan must be based on an assessment of the risks present in your operation. This may involve consultation with employees, volunteers and participants. Your organization must train and adequately supervise employees and volunteers to ensure they implement the measures appropriately. Communications including signage and reminders should be used. Risks must be re-assessed and plans updated as needed, if circumstances change or as guidance is updated.

GOVERNANCE

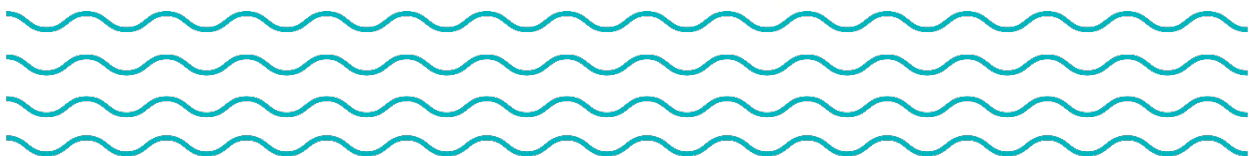
The Emergency Program Act (EPA) authorizes provincial and local levels of government to declare states of emergency and make decisions about community safety. The Ministry of Tourism, Arts and Culture works closely with viaSport BC to provide direction and oversight to the development and delivery of amateur sport in B.C. viaSport BC is a non-profit society that acts as an agent for the Ministry to enable the growth, governance, and stewardship of amateur sport in B.C. viaSport works closely with provincial and national sport partner organizations to align approaches, develop standards and policies, and follow the guidance of health officers to support the safety of sport participants, volunteers, coaches, suppliers, staff, and others within the eco-system. Provincial sport organizations are also independent non-profit societies that work with viaSport BC and their national sport federations to align and set policies and practices for their membership. Each provincial sport organization is overseen by a Board of Directors that approves policies and is responsible for the oversight of the organization. Members of provincial sport organizations are required to follow and implement such policies. During this pandemic, the adherence to, and implementation of, these return to sport policies and practices for all members of provincial sport organizations, including clubs, associations, and individual members, will help promote the safety of our communities. These proactive measures can help preserve community health.

PRINCIPLES

The following five principles from B.C.'s Restart Plan have been used to guide this document.

Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none"> • Frequent handwashing • Cough into your sleeve • Wear a non-medical mask • No handshaking 	<ul style="list-style-type: none"> • Routine daily screening • Anyone with any symptoms must stay away from others • Returning travellers must self-isolate 	<ul style="list-style-type: none"> • More frequent cleaning • Enhance surface sanitation in high touch areas • Touch-less technology 	<ul style="list-style-type: none"> • Meet with small numbers of people • Maintain distance between you and people • Size of room: the bigger the better • Outdoor over indoor 	<ul style="list-style-type: none"> • Spacing within rooms or in transit • Room design • Plexiglass barriers • Movement of people within spaces



RETURN TO SPORT

Sport and physical activity play an important role in the physical, psychological and emotional well-being of citizens in British Columbia. For this and other economic and social reasons we are all eager to resume sport activities. However, the health and safety of all participants and citizens for British Columbia must remain the number one priority.

For the purposes of this document “Sport” is defined as *any organized sport activity that involves a number of people doing a physical activity together in a structured way and is facilitated by a Provincial Sport Organization or Local Sport Organization.*

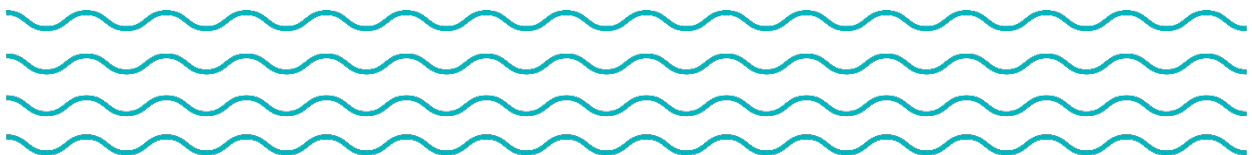
“Recreation” as defined by the Canadian Parks and Recreation Association is the experience that results from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing.” Physical activities would include those undertaken as leisure, fitness training and sport-related activities that are done at the discretion of the individual(e.g. – use of parks, hiking trails, public recreation facilities), either self-led or facilitated by recreation leaders and are not included within the context of this document.

Refer to Appendix B for list of additional definitions pertinent to Return to Sport. As with all other activities, Return to Sport will require a gradual, thoughtful, phased approach. The provincial government plans include lifting restrictions in phases, while closely monitoring population health patterns to minimize risk to British Columbians. British Columbia is Phase 3 of the B.C. Restart Plan. As of August 24, sport activities should adhere to the “Progressively Loosen” stage of the Sport Activity Chart.



Refer to the section on Sport Programming for more information on activity types and how they can be phased in.

Please note resuming of sport activities may not be linear, increasing restrictions may be required in response to fluctuating numbers of COVID-19 cases in the province. Sport organizations need to be flexible to accommodate and respond to changes in community transmission and the changes in advice from the Provincial Health Officer and Regional Health Authorities.



COVID-19 AND TRANSMISSION

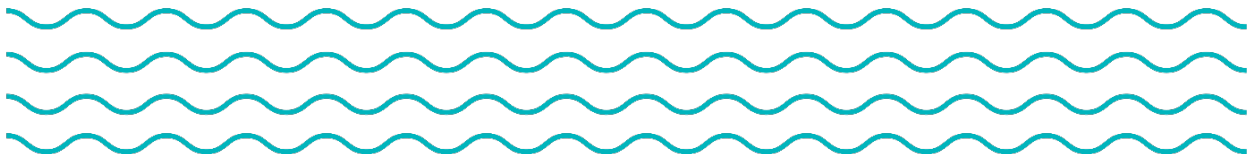
COVID-19 is transmitted via liquid droplets when a person coughs or sneezes but also potentially when they are talking in very close proximity to another person. The virus in these droplets then can enter the body of another person when that person breathes in the droplets or when the droplets touch the eyes, nose or throat of that person.

This requires you to be in close contact – less than the so-called physical distancing of three to six feet. This is referred to as ‘droplet’ transmission and is believed to be the primary way COVID-19 is transmitted.

COVID-19 can also be transmitted through droplets in the environment if someone touches a contaminated area then touches their face without cleaning their hands. The virus does not enter the body through skin, it enters through the eyes, nose or mouth when the person touches their face. Unfortunately, human beings touch their faces very often throughout the day, much more than they realize. This is why regular handwashing and cleaning of high-touch surfaces is so important.

For COVID-19 there are some emerging indications that there are people who can shed COVID-19 virus 24 to 48 hours prior to symptom onset, but at present, it is not known whether this is a significant risk factor for transmission.²

Droplet transmission is much more likely when in close contact in an indoor setting. Transmission is less likely in an outdoor setting, where there is more space for people to keep physically distanced. However, in the context of sports, even outdoors there can be risks from high-touch surfaces because many sports involve objects that are normally shared among players, coaches or volunteers (balls, equipment, etc.).



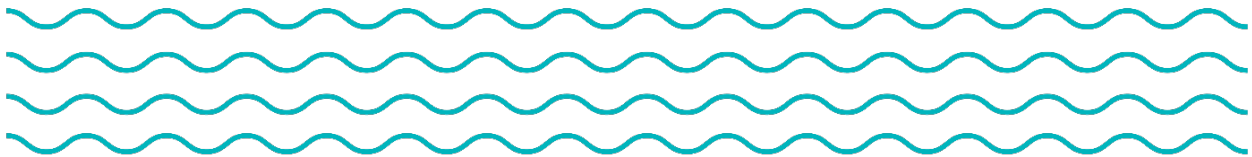
² Go Forward Strategy Checklist available at: https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/gdx/go_forward_strategy_checklist_web.pdf?bcgovtm=20200506_GCPE_AM_COVID_9_NOTIFICATION_BCGOV_BCGOV_EN_BC_NOTIFICATION

SYMPTOMS OF COVID-19

The symptoms of COVID-19 are similar to other respiratory illnesses, including the flu and the common cold. These symptoms include fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

People infected with COVID-19 may experience little or no symptoms, with illness ranging from mild to severe. Refer the [BC Centre for Disease Control](#) for the latest listing of symptoms.

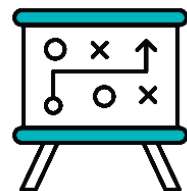
Some people are more vulnerable to developing severe illness or complications from COVID-19, including older people and those with chronic health conditions.³



RISK MANAGEMENT

When determining whether or not your sport or organization is ready to resume sport activities it is important to note that at the time of publishing this document most insurance policies will not cover any claims relating to communicable diseases or pandemics and that most policies, including Directors and Officers Insurance, now include specific pandemic exclusions.

On June 10, 2020 the provincial government announced a ministerial order⁴ that protects amateur sport organizations, their employees and volunteers from damages resulting directly or indirectly, from COVID-19. This liability protection will be in place as long as sport organizations follow applicable guidance, such as viaSport's Return to Sport protocols and public-health guidance. This order is in place for the duration of the Emergency Program Act. The risk mitigation practices below still all apply.



Role of the Board: The board of an organization is responsible for the oversight of risk. A board may delegate much of the work involved in managing risk, but cannot delegate its responsibility for oversight.

³ COVID-19 Guidance for the Hotel Sector updated May 11, 2020

<https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-guidance-hotel-sector.pdf>

⁴ Ministerial Order: http://www.bclaws.ca/civix/document/id/mo/mo/2020_m183

Risk Mitigation

- Reopening must be planned around assessing the risks and developing a sport specific Plan to take all necessary precautions to mitigate the risk of an individual being exposed to or infected with the virus.
- The Return to Sport Plan developed by your organization should be based on a risk assessment and analysis that considers the risks presented by the type of sport activities and the place where the sport activities occur, who is involved and their risk profile, and what measures can be implemented.
- The Return to Sport Plan must be made easily available to staff, volunteers, participants and other stakeholders, through the organization's website or posted in the facility.
- Staff, volunteers and participants should be trained on the Return to Sport Plan (as appropriate to age/role).
- The Return to Sport Plan must be consistent with the guidelines and directives set by government, WorkSafe BC and health authorities.
- Implementation of the Return to Sport Plan should be monitored and updated as necessary when circumstances or provincial guidance changes. Pending the membership affiliation of your sport, the respective boards have fiduciary responsibilities and are accountable for the decisions and work of the organization. Each board should understand and be comfortable with the level of risk the organization is taking on and approve the adoption of their organization's sport-specific Return to Sport Plan before implementation begins.
- It is strongly recommended that provincial sport organizations have their members including clubs, and/or local sport organizations acknowledge the risks associated with reopening and their agreement to follow the provincial sport organization's plan.
- Once approved, all activities sanctioned by that sport organization should follow their guidelines.
- Participants should be asked to sign a participant agreement acknowledging their acceptance of the risks (see sample form in Appendix D).
- Existing waivers, releases and/or participant agreements should be reviewed to confirm that they are broad enough to encompass COVID-19 related risks. Consider revising such documents to explicitly reference COVID-19 related risks. Further consider whether any such documents which were completed by participants before the COVID-19 pandemic should be completed again before activities resume.

B.C. health officials outline that the risk of transmission is subject to two variables that we need to modify to reduce transmission risk:

- Contact intensity – how close you are to someone and for how long
- Number of contacts – how many people are in the same setting at the same time

Modifying from high to low can be based on a range of controls. Different actions have differing levels of protection and whenever possible use the action that offers the most protection. The following are listed from highest level of protection to lowest

- Physical distancing measures – to reduce density of people, (number and duration of contacts)
- Engineering controls – physical barriers, increased ventilation, traffic flow
- Administrative controls – rules and guidelines
- Non-medical masks (and other PPE)

This document outlines how these strategies for can be applied within sport across four key areas: Facility Access, Facility Operations, Participants and Programming.

- For more information about how to conduct an assessment and develop a Plan, see COVID-19 Returning To Safe Operations: <https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation>
- PHO Orders: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus>



FACILITY ACCESS AND USE

Public health officials have indicated that the use of outdoor facilities are generally safer as there is greater ventilation and ability to physical distance. This does not limit indoor sports from reopening but it does increase the risk factor and therefore adds further considerations related to facility operations

The Provincial Health Officer has banned gatherings of 50 or more. This ban is expected to remain in force until the end of the state of emergency.⁵ The ban applies to events which could result in people gathering closely together, but where the space is large enough to allow appropriate distancing between people, grocery store and recreational facility guidelines state it is acceptable to have more than 50 people in attendance. Indoors, it is generally recommended that facilities should have a minimum of five sq. metres of “unencumbered floor space” per person. “Unencumbered floor space” means total floor space minus the amount of space taken by built-in fittings, counters, closets etc.⁶ Please refer to your facility operator for further guidance on capacity.

⁵Mass Gatherings Order: <https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/reports-publications/covid-19-pho-class-order-mass-gatherings.pdf>

⁶ COVID-19 Guidance to Retail Food and Grocery Stores: https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/guidance_to_grocery_stores_april_25_final.pdf

Those that utilize outdoor facilities will need to consider:

- The ability to control group sizes and proximity within the outdoor environment.
- Booking procedures that may be in place with the municipality for use of fields, etc.
- Ability to safely access public areas such as beaches, open water, trails, etc. while ensuring COVID-19 measures in the sport organization's plan can be applied

Those that utilize indoor facilities will need to look at:

- Whether it is possible to re-locate activities to the outdoors – if so, look into how to obtain a permit
- Whether they are the owner, operator or renter/user of the facility as this will have different implications and responsibilities related to it
- Additional municipal guidelines that may be in place
- Whether or not multiple groups/sports will be held within the same facility

BC Recreation and Parks Association Guideline outlines that user groups rented municipal facilities are required to have a COVID-19 Safety Plan that clearly demonstrates how activities will be provided to align with the directives of the Provincial Health Officer, local authorities and other relevant regulators (i.e. WorkSafe BC).⁷

To mitigate risks related to the facility access the following controls should be considered in consultation with the facility owners:

1. Restricted Access
 - a. Limit access to those that are essential to the approved activities (e.g. participants, facility staff, coaches)
 - b. Parents and spectators may be allowed but would need to be factored into the maximum group size and must also adhere to physical distancing guidelines
2. Points of Access
 - a. Where appropriate, consider designated drop-off and pick-up spaces
 - b. Determine the number of access points and consider closing some in order to monitor how many people are entering the facility
 - c. Choose doors with an automatic function or prop doors to reduce contact with door handles
 - d. Consider how to manage the flow of people and put signage, directional limitations in place (e.g. all individuals must use one door for entry and a different door for exit, arrows or other directional instructions on the floor)
3. Pre-registration
 - a. Drop-in activities should be prohibited
 - b. Individuals should pre-register online or over the phone

⁷ BCRPA Restarting Guidelines: <https://www.bcrpa.bc.ca/covidguideline>

4. Arrival and Departure

- a. Set a time in which it is appropriate for participants to arrive in advance of their scheduled activity (example – participants should not arrive sooner than 20 minutes before the scheduled start time, and there should be sufficient space for physical distancing while lining up or waiting to begin)
- b. At the end of their scheduled program/time slot participants must immediately leave the facility
- c. Staggered start times to account for individuals moving in and out of the facility/playing area

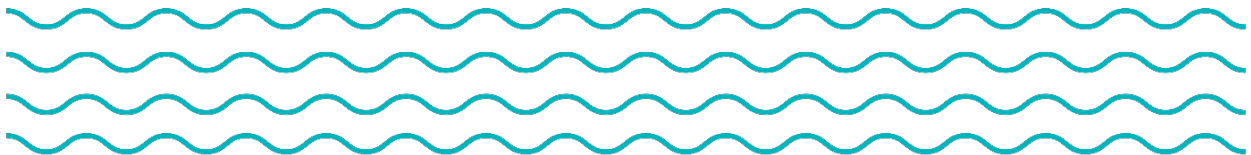
5. Consider restricting or limiting use of different spaces within the facility/space in order to maintain physical distancing and proper cleaning protocols, including but not limited to:

- a. Equipment storage areas
- b. Locker rooms
- c. Team benches or areas for gathering
- d. Concessions or food and beverage services*
- e. Pro-shop or retail spaces*
- f. Spectator seating: if used, consider using signage or partially closing seating areas to ensure adequate physical distancing between individuals/groups.
- g. Water fountains: close all water fountains except those used for filling water bottles. Do not allow individuals to drink directly from water fountain taps. Use signage to discourage individuals from touching surfaces of fountains and consider placing hand sanitizer adjacent to support hygiene and reduce transmission risk.

*Any retail or food are subject to further guidelines. Go to the BC Centre of Disease Control for more information: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

Signage within the facility is important to ensure that participants are aware of expectations related to use of the facility and best practices related to maximum capacity, physical distancing, personal hygiene and protection against COVID-19. See Appendix F for links to download posters.

It is important to ensure that facility plans can support sport-specific plans. Contact Recreation Facilities Association of BC: www.rfabc.com for additional resources and advice.



FACILITY OPERATIONS

Whether the sport organization is an owner, operator or renter/user of the facility, there will be different implications and responsibilities. An order of the PHO on May 17, 2020 was issued requiring employers to develop a COVID-19 Safety Plan.⁸ Refer to Appendix G for a COVID-19 Safety Plan Template.

Staff and Volunteers

Where the sport organization owns and operates a facility, “staffing” encompasses all facility staff (management, administration, maintenance, etc.).

If the sport organization is a renter or facility user, “staffing” may refer to sport program staff, such as coaches, volunteers, contractors, etc.

All employers in B.C. have a legal obligation to ensure a healthy and safe workplace for employees. Organizations that rely on volunteers also need to take steps to ensure the safety of volunteers.

Risk mitigation measures related to staffing:

1. Educate staff on public health information and expectations related to the implementation of the Return to Sport Plan.
2. Develop and implement an Illness Policy, that outlines procedures for staff and participants that may be experiencing symptoms and ensures no one attends work/practice/games when sick. See Appendix C for a sample.
3. Conduct routine daily symptom screenings for all staff, volunteers and participants. Wellness questionnaires and use of self-assessment tools are recommended.
BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/covid19/en>
4. Implement enhanced hygiene protocols:
 - a. Frequent and proper handwashing
 - b. Ensure adequate and accessible hand-washing facilities or sanitizer
 - c. Implement policies around when workers need to wash hands (upon arrival, before/after breaks, after touching common equipment)
 - d. Reminders to avoid touching eyes, nose and mouth
 - e. Reminders to use cough and sneeze etiquette: Cough and sneeze into your elbow.
5. Implement an enhanced cleaning protocol for common areas and common equipment. Ensure cleaners have adequate training and tools. (See next section for more details).

⁸ PHO Order: https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/class_order_employers_covid-19_safety_plans_covid-19_may_14_final.pdf

6. Implement measures for staff to maintain physical distancing
 - a. Consider adding barriers such as a clear protective shield at registration or check-in desks similar to those now seen in grocery stores.
 - b. Consider staggered shifts or breaks
 - c. Manage use of and interactions in shared spaces (kitchens, staff rooms, gyms, studios, training rooms, courts, other shared spaces), and ensure physical distance can be maintained in these spaces
 - d. Limit in-person meetings, training and staff engagements; work virtually where possible
 - e. Communicate where possible through email, text and/or phone
7. Ensure Personal Protective Equipment (gloves, masks, etc.) is on hand and available to staff. Where risk of exposure is high (cannot maintain social distancing), PPE should be required. Train staff on how to put masks and gloves on and off to avoid cross-contamination. Ensure that PPE is not used as a substitute for more effective safety measures (distancing, hygiene). Refer to WorkSafe BC on specifics related to use of PPE.
8. Minimize use of shared equipment
 - a. Identify 'high-touch' objects as part of the assessment
 - b. Minimize use of lockers, remove all non-essential items.
 - c. Minimize use of shared equipment (including computers, phones, printers, fridges, coffee makers, and sport equipment etc.).
 - d. Each staff person/volunteer should disinfect any shared equipment/surfaces they have come in contact with after each use.
9. Ensure staff and supervisors understand the Right to Refuse unsafe work and procedures are in place to respond to such concerns
10. Assign a Safety Representative to ensure implementation of safety protocols during sport programming.

For further information on safety within the workplace refer to WorkSafe BC:

<https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation>

CLEANING PROTOCOLS

During the pandemic, enhanced cleaning protocols should be used to minimize transmission risk.

If the sport organization owns and operates a facility (an "Owner") implementing enhanced, cleaning protocols are the responsibility of the Owner, who will have employees or contractors for these purposes.

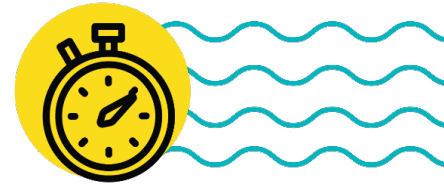
If the sport organization is a renter or facility user, it is important to understand what protocols are in place at the facility in order to assess the level of risk involved in utilizing the facility. As a renter or user, your sport organization will need to be satisfied as to the sufficiency of the cleaning protocols in relation to the risks posed by your activities.

We encourage sport organizations and Owners to work cooperatively to support each other in ensuring that everyone understands the risks of their activities. For example, how do people who use the facility move through the spaces, use any equipment, and who are they? Are the participants children (likely to need lots of supervision and reminders about touching and hygiene, and more cleaning of walls,

equipment and other items at child-height) or seniors or other groups more vulnerable to serious illness (this may trigger a need for additional enhanced cleaning protocols).

Recommendations:

1. Develop a touch map that outlines high touch areas such as:
 - a. Doorknobs / door push bar / door handles / doorbells / intercoms
 - b. Counter tops / bar tops / work stations / desktops / drawers / shelves / cupboards
 - c. POS terminals / merchant terminals / handheld devices / land line phones
 - d. Countertop displays / display cases / bulletin boards
 - e. Handrails / light switches / thermostat controls
 - f. Elevators / escalators / stair railings
 - g. Sound system and TV channel remote controls
 - h. Chairs / guest seating areas / tabletops
 - i. Bathroom Counter tops / sinks / taps /
 - j. Toilets / stall doors / door handles and locks, shelves, hooks, waste disposals
 - k. Bathroom paper dispensers / soap dispensers / support bars / stools for children
 - l. Kitchen and prep areas / utensils / appliances
 - m. Chairs / benches / risers
 - n. Staff seating / staff break area / water fountains
 - o. Pools / courts / nets / studios / games tables
 - p. Equipment / exercise machines / bars / mats / storage shelves etc.
 - q. Vending machines / public seating or tables
2. Increase the frequency of cleaning and disinfection of high-touch surfaces and high traffic areas.
 - a. According to BCCDC⁹, general cleaning and disinfecting of surfaces should occur at least once per day. Surfaces that are highly touched should be cleaned at least twice per day.
3. Place hand sanitizer stands at entrances, in washrooms and other high traffic areas. Ensure that sanitizer stations are at an accessible height for all participants.
4. Wear disposable gloves when cleaning and disinfecting surfaces. Train staff on how to avoid cross-contamination when removing gloves.
5. Follow Health Canada Guidelines¹⁰ on what products are approved for cleaning and disinfecting.
6. Ensure garbage bins are available for responsibly disposing of hygienic materials such as tissues and any PPE that is used in the course of activities.
7. Cleaning protocols should also be established for sport specific equipment (see section related to sport programming).



For more information consult WorkSafe BC¹¹.

⁹ BC Centre for Disease Control Cleaning & Disinfecting: http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf

¹⁰ Health Canada Disinfectants for use during COVID-19: <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

¹¹ WorkSafe BC: <https://www.worksafebc.com/en/resources/health-safety/information-sheets/covid-19-health-safety-cleaning-disinfecting?lang=en&origin=s&returnurl=https%3A%2F%2Fwww.worksafebc.com%2Fen%2Fforms-resources%23sort%3D%2540fcomputeditemdatefield343%2520descending%26f%3Alanguage-facet%3D%5BEnglish%5D%26tags%3DCovid-19%7Ca96b6c96607345c481bb8621425ea03f>

PARTICIPANTS

When considering delivery of sport programming, organizations need to consider who their participants are, the size of the group, expectations of participants and the communication and enforcement of those expectations.

HEALTH OF PARTICIPANTS

Similar to expectations of staff, the following should be in place to protect the health of the participants.

1. Develop and implement an Illness Policy that outlines procedures for participants that may be experiencing symptoms. See Appendix C for a sample.
2. Conduct daily symptom screenings for all participants by having them answer a wellness questionnaire or complete a self-assessment¹².
3. Have a zero tolerance policy for 'playing while sick' - ensure that participants do not participate if they are symptomatic.
4. Implement enhanced hygiene protocols:
 - a. Frequent and proper handwashing (Health Canada Guidelines¹³)
 - b. Avoid touching eyes, nose and mouth
 - c. Cough into your sleeve
5. Have participants sign a Participant Agreement or Waiver. See Appendix D for an example.



Reminders to participants:

You should not participate or come to the facility if:

- you don't feel well or are displaying symptoms of COVID-19
- someone in your household has COVID-19 or is showing symptoms of COVID-19
- you have traveled outside of Canada within the last 14 days

Consider your own risk - if you are at higher risk of experiencing serious illness from COVID-19, consider limiting or avoiding participation in the sport activities for the time being.

PARTICIPANT GROUPS

Additional considerations may be required for different population/participant groups as you are determining which programming to reopen.

Sport organizations should look at how they can support higher-risk populations, where possible. Individuals must be made aware of the risks to participation but the decision to participate is up to the individual. The exception is if the individual is displaying signs and symptoms of COVID-19.

¹² BC COVID-19 Self Assessment Tool: <https://bc.thrive.health/covid19/en>

¹³ Health Canada handwashing guidelines: <https://www.canada.ca/content/dam/phac-aspc/documents/services/diseases-maladies/reduce-spread-covid-19-wash-your-hands/eng-handwashing.pdf>

Vulnerable populations may include¹⁴:

- older adults
- those with underlying medical conditions and/or compromised immune system
- individuals that experience barriers such as communication, transportation, economic

Possible examples may include:

- Dedicated time slots: Specifying use of the facility or programming times for those that are most vulnerable (as grocery stores are currently doing)
- Program modifications: offering low risk programming (reduced group sizes, no contact options, etc.)
- Physical assistance: dedicated caregivers necessary to support an individual's participation should be considered within the individual's household or inner circle and may assist the participant with sport activities as required.
- Communication: Ensure information is easily accessible to participants by translating signage and communications into multiple languages as well as various formats (for those with visual/hearing impairments)
- Economic barriers: be cautious of the price of activities and explore options for payment plans, discounted rates, grants, etc.

GROUP SIZE

B.C.'s Public Health Officer has issued an order barring gatherings of 50 or more people. However, the organization will need to consider other factors to determine what is appropriate for their space to ensure the ability to maintain physical distancing.

Maximum group size counts need to consider staff, coaches, participants, spectators, etc., and the size of the indoor or outdoor space is also a key factor. There must be sufficient space in the room to allow for physical distancing between people; this means that in a smaller room, occupancy limits may be much less than 49. Facilities have received guidelines on determining maximum capacity within their facilities, see reference to unencumbered floor space in section on Facility Access.

Sport organizations should consider the activities that they are looking to deliver and the appropriate group sizes in order to ensure proper physical distancing. They should also outline expectations related to coach to participant ratios. While these guidelines suggest reducing non-essential personnel other safety considerations such as the Rule of Two should be maintained so not to expose participants to other risk factors.

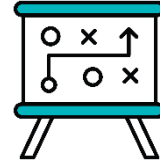
¹⁴ Health Canada Vulnerable Populations: <https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/covid-19-vulnerable-populations/covid-19-vulnerable-populations-eng.pdf>

REGISTRATION

- Where feasible all participant registration should be done online, including collection of payment.
- Try to limit the use of cash and limit the handling of credit cards and loyalty cards wherever possible, by allowing customers to scan or tap their cards and handle the card readers themselves
- Program organizers should take attendance and keep a record of all participants in case of an outbreak (see Section on Outbreaks for further details).

COMMUNICATION TO PARTICIPANTS

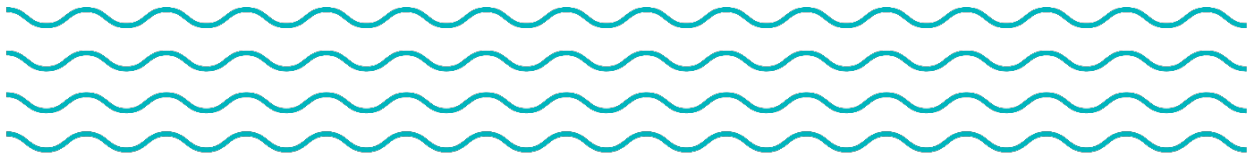
Ensuring safety measures are being met and adhered to depend on everyone being aware of, and understanding the health and sport specific guidelines. Communication of the guidelines to your participants and spectators is an important component of your Return to Sport Plan.



See Appendix E for a sample letter you can share that can be adapted for your sport.

Participants should be asked to sign a participant agreement acknowledging they have read the guidelines and understand their risk before participating. See Appendix D for a sample participant agreement specific to COVID-19 related risks.

It should also be communicated to participants that they are subject to removal from activities/facility use should they fail to comply with outlined protocols.



SPORT PROGRAMMING

We recognize that every sport is different and may have additional considerations or aspects that are unique to their sport. The following section outlines general guidelines that can be applied related to activity type and sport equipment.

Please refer to Appendix A for a chart of the types of activities that can be considered as we transition through the various return phases. You will notice a range of activities indicated that may be allowed within a given phase. It is however still the advice of public health officials to move ahead slowly, and systematically restart activities in a way that allows your organization and local health authorities to monitor, evaluate and adjust as needed. **Accordingly, you may decide that your sport-specific plans should have more phases than are outlined in this chart.**

In order for your sport to resume organized activities, modifications may be required. Stay abreast of new and updated guidance by checking: <https://www.viasport.ca/return-sport>

EQUIPMENT

It is preferable that where possible equipment is not shared between individuals.

Regardless of what your sport is, you must think through the ways in which people engage with each other during the activity, the equipment or tools they use and how those activities are ordinarily carried out.

Some examples of equipment related mitigation techniques include:

- Closure of locker rooms will require participants to come dressed and ready to participate.
- Avoid loaning out equipment. If equipment is provided, ensure that equipment is disinfected after each use.
- Advise participants to bring their own water bottles and towels if required.
- Coaches should come prepared with their own practice plans, training tools, technology and avoid sharing with other coaches
- Assigning the coach or one individual to be responsible for all set-up and take down of equipment (such as nets, cones, etc.) to reduce the number of contact points.
- Consider the age and abilities of participants to ensure that your communications and safety training is properly targeted to your audience
- Based on the assessed risk, use of personal protective equipment may be considered.
- For sports that require equipment to be shared, additional cleaning protocols and risk mitigation techniques must be put in place to ensure safety of the participants. Some examples include but are not limited to:
 - For weights: make cleaners available in the weight room and encourage all participants to clean off all surfaces prior to and after use
 - For gymnastics: ensure participants avoid contact, sanitize equipment before and after use
 - For sailing: assign individuals specific roles, minimize the number of people touching surfaces, sails or lines (to the extent that it is safe to do so) and sanitize at the beginning and the end of a class;
 - For racquet sports: each player uses their own balls, clearly marked as their own. Whomever is serving uses their own balls. Other players can pass back the balls to the owner by only using their racquet.
 - For golf: power carts are single rider only, unless you share the same household and have proof of same physical address.
 - For artistic sports that require use of music: designate one person to operate the equipment for the duration of the practice and properly clean equipment after use; avoid choreography involving contact.



PHASE 2 RETURN TO SPORT: TRANSITION MEASURES

In mid-May, B.C. entered into what is being referred to by the provincial government as Phase Two (2). In this phase, sport was able to operate under enhanced protocols including:

1. Allow for participants to maintain physical distancing
 - Two meters apart from one another
 - Non-contact activities only
 - No handshaking, high fives, hugging, etc.
2. Look to reduce touch points with respect to equipment
 - See next section for further details
3. Focus on skill development or low risk activities
 - Activities should be those typically done in practice and/or training environments
 - Individuals will have had limited exposure to physical activity for the last 6+ weeks while confined to their homes. Ensure that activities consider their ability that day (not where they previously may have been) and have injury prevention top of mind
4. Remain community focused
 - Stay within the home sport community or club(s) where participants are members
 - Avoid cross-regional, inter-provincial or cross-country travel. Note that non-essential travel within B.C. and Canada is currently very strongly discouraged (this is expected to change later in the summer). International travel is subject to quarantine rules and raises other risks including unpredictable flight schedule changes and cancellations, and the potential for sudden changes to border controls.



Not in scope during this phase are:

- activities that cannot maintain physical distancing (including contact activities)
- activities that have a high risk of injury
- competitive activities that encourage large group gatherings
- large public events or gatherings of over 50 people
- activities that require travel

Examples of possible sport-specific modifications:

- For team sports – focus on drills and training exercises in small groups
- For contact sports – move to non-contact skills training in small groups or shadow sparring
- Use of side by side courts/lanes/sheets of ice – limit the number of people per court/lane/sheet of ice, create directional flow of traffic, consider use of only alternating lanes

For higher risk activities or programming where a sport decides that it is not feasible to reopen at this time based on the number of modifications required, online or at-home strategies could be considered.

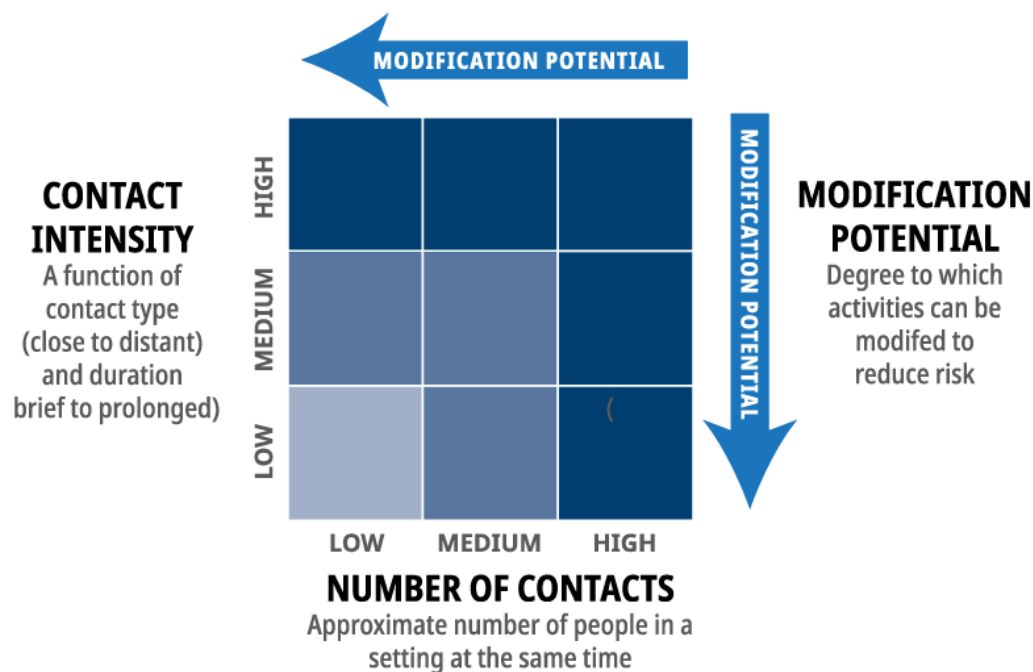
PHASE 3 RETURN TO SPORT: PROGRESSIVELY LOOSEN

British Columbia is in Phase 3 of the [Restart Plan](#) and as of August 24 sport has moved to the “Progressively Loosen” Phase. In this phase there can be a careful increase to the number of contacts and contact intensity in sport.

The purpose of this guidance is to help clarify the conditions for safe sport activities in Phase 3. Everyone plays an important role in gradually returning to sport activities safely. When sport organizations are making decisions about return to play in Phase 3, it is advised to start conservatively and slowly introduce new activities within this phase. Sport organizations are asked to update their safety plans to reflect the addition of any new activities. For contact tracing purposes, if sport organizations are not the owner or operator of the sport facility, they must provide the facility operator with the first and last names and telephone number, or email address of all participants. You can find the Ministerial Order [here](#) for more details.

Risk management is still the key to determining whether or not your sport organization is ready to include new activities. All guidance pertaining to personal hygiene, cleaning protocols, symptom screening and other risk mitigation practices still apply in Phase 3. It is also still imperative that sport organizations consult and collaborate with their municipal and facility partners before resuming and adding activities. Municipalities and facility operators will have their own policies and processes that also need to be adhered to.

This guidance has been developed following a review of best practices in other parts of Canada and the world, while using the following public health guidance on reducing transmission:



Below is an overall guide to number of contacts and contact intensity for each Return to Sport phase:

BC Restart Phase	Sport Phase	Number of Contacts	Contact Intensity
Phase 2	Transition Measures	Low	Low
Phase 3	Progressively Loosen	Low-Medium	Low-Medium
Phase 4	New Normal	High	High

For Phase 3, sports have been divided into four categories. These categories are based on the number and intensity of contact within the sport. A breakdown of the sports in each of the four categories is in Appendix H. The sections below cover recommended approaches to contact, cohorts, competition, high performance camps and travel.

For reference, the [Sport Activity Chart](#) contains a detailed overall outline of allowable activities in each of the four Return to Sport phases. Please note that this guidance is subject to change at any time based on community transmission rates and the advice of provincial and/or local public health officials.

Contact Activities

Purpose: to introduce sport activities that may involve instances of contact in a safe way.

In order to align with health guidance, this document defines contact as both close proximity (within two metres) or physical contact. Sports with less physical contact or close proximity carry less risk of COVID-19 transmission, while those with more contact and close proximity carry more risk.

Levels of COVID-19 transmission risk with respect to contact activities are as follows from lowest to highest risk:

- Skill-building drills or training at home, alone or with family members
- Group or team-based skill-building or drills that maintain physical distancing
- Group or team-based drills that require close contact
- Non-contact competitive activities between teams
- Group or team-based activities that include physical contact
- Competitive activities that include physical contact between teams

In Phase 3:

- Close physical proximity should still be minimized as much as possible.
- In sports and activities that generally involve interaction between participants at a distance of less than two metres, sport organizations should:
 - modify the activity or rules to keep participants at a safe distance;
 - limit the number and duration of contacts between different participants (when physical distancing is not possible);
 - enforce physical distance when outside the field of play (e.g.- dressing rooms, hallways, team benches, staging areas, etc.).

- Any introduction of activities involving either close proximity or physical contact should only occur within a sport cohort (see next section).

Sport Cohorts

Purpose: Establishing cohorts will limit the number of people that each individual will come into contact with, reducing the risk of transmission and ensuring quicker contact tracing by health authorities if an outbreak occurs.

A cohort is a group of participants who primarily interact with each other within the sport environment over an extended period of time (e.g. series of events).

In this phase:

- All guidance related to personal hygiene, cleaning protocols and symptom-screening still apply.
- Cohorts should be used for activities in which it is not possible to maintain two metres physical distancing at all times. When in a cohort, while individuals do not need to maintain physical distancing during sport specific activities, minimized physical contact is still advised.
- A sport organization (PSO or LSO) should restrict participation within their organization to one cohort. The exception to this would be for those athletes that are participating in a PSO-designated high performance program.
- At least two metres distancing should be maintained between all participants when outside of the field of play (e.g. dressing rooms, hallways, team benches, staging areas, etc.). If physical distancing cannot be maintained masks should be worn or there should be a physical barrier between people.
- Cohorts should be made up of individuals/teams of similar age or skill level.
- Each cohort can be comprised of multiple teams in order to form a mini-league. With the use of cohorts, game play can resume between teams within the cohort.
- Cohorts should not exceed the number outlined in Appendix H.
- Cohort sizes are different from maximum group sizes. When members of the cohort are gathering for games or activities, gatherings may not exceed 50 people ([see PHO Order](#)).
- Coaches may be counted outside the total cohort number if they are able to maintain physical distancing at all times.
- Keep players together in designated cohorts and make sure that cohorts avoid mixing with each other as much as possible.
- Cohorts should remain together for an extended period of time. If looking to change cohorts, implement a two-week break between activities.
- Individuals should limit the number of sport cohorts to which they belong in order to reduce the number of people they are interacting with.
- Where officials (if being used) are unable to physically distance, an official(s) should be assigned to a specific cohort and avoid having them interact with multiple cohorts.
- Parents and spectators are not included in the cohort limits. They should continue to maintain physical distancing at all times and are subject to maximum capacity of the facility where play is occurring.

Competition

Purpose: to introduce competitive sport activities. This includes formal, organized games, matches and tournaments between participants where scores are recorded and standings are kept.

Competitive activities fall under the following categories:

- Club play: games or competitive activities that are occurring within the team or club members.
- Regional competition: games or competitive activities occurring between clubs or individuals within a region.
- Provincial competition: games or competitive activities that are sanctioned by the Provincial Sport Organization and draw individuals or teams from all areas of the province.
- Inter-provincial competition: games or competitive activities that draw individuals or teams from outside the province.

In this phase:

- Upon the release of this document, if a sport has not yet resumed activities, activities should continue to be slowly phased in. Return to sport activities should not jump straight to competition or high risk activities without having tested safety protocols. Organizations should begin with training activities and slowly layer in different levels of competition after a minimum period of 14 days.
- For sports/disciplines that cannot maintain physical distancing, competition should only be introduced in the cohort environment.
- Competitive activities may be expanded outside club play to include regional play as outlined in Appendix H if deemed appropriate by the provincial sport organization.
- Provincial sport organizations can define regional play based on applicable regions within their sport.
- Inter-provincial competitions should not occur at this time.
- All competitions are required to have a detailed safety plan in place.
- Contact a Regional Health Authority if you have questions or require additional guidance for competitions. See Appendix F for information on Regional Health Authorities.
- [Provincial Health Office \(PHO\) Orders](#) related to group gatherings are still in effect, limiting group numbers to 50 people.
- Limit contact as much as possible:
 - Plan arrivals and departures of different teams/groups to avoid co-mingling
 - Avoid participants waiting on site between games/activities
 - Discourage groups of people gathering before or after sport activities (e.g. social events)
 - Schedule activities over a longer period of time (days or weeks) or at different locations
- Conduct symptom-screenings using the BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/covid19/en>
- Develop a strategy to manage increased levels of staff/volunteers required to host a competition and ensure an illness policy is in place.

- Community spectators (i.e. those who are outside of the participant's immediate family) are not encouraged until Phase 4. If parent and guardian spectators are permitted, implement a strategy to ensure that physical distancing is maintained and minimize opportunities for interaction between athletes and the public while at the venue.
- Participants may be fit and healthy, but groups need to consider the demographics of staff, coaches and volunteers and how to mitigate risk to those individuals.
- Ensure that an outbreak plan is in place (see page 27) and that there are dedicated spaces that can be used for isolation if an athlete/other personnel develop COVID-19 symptoms.
- If outbreaks occur, organizers may be asked to postpone or cancel competitions or activities, therefore a cancellation policy is recommended.

High Performance Camps and Training Environments

Purpose: to introduce high performance training opportunities that bring together athletes from different communities and/or provinces in a responsible and safe manner without compromising the health of the individuals or community members.

For the purpose of this document, high performance refers to individuals that have been selected to provincial or national team training environments. Typically, these training environments are centralized or multi-day camp settings. The following recommendations are in accordance with Own the Podium's [COVID-19 Return to High Performance Sport Framework](#).

High-level athletes may have an increased level of vulnerability due to increased stress on the body through training loads, which may be taxing on the immune system. Before planning a camp, review both the need and risk for athletes to have access to the particular training environment.

Additional strategies to consider:

- Pre-camp, sport organizations should:
 - Clearly communicate expected protocols in advance of camp to both athletes and parents where appropriate
 - Ask individuals to reduce exposure to others and minimize visits to public places for at least one week leading up to the camp
 - Stress the importance of individuals paying attention to their health (proper rest/ sleep & nutrition, symptom-screening)
 - Plan travel to minimize interactions with other people where possible
 - Ensure that an outbreak plan is in place (see page 27) and that there are dedicated spaces that can be used for isolation if athlete/ personnel develop COVID-19 symptoms.
 - NSO directed training groups may require additional protocols before participating

- In-camp, sport organizations should:
 - Enforce physical distancing, proper hand hygiene and rest and recovery
 - Implement appropriate protocols for cleaning and disinfecting of equipment
 - Require individuals to wear masks when outside the training environment where physical distancing cannot be maintained
 - Form a cohort for the duration of the camp
 - Stay as a cohort as much as possible in order to minimize interactions with individuals outside the training group
 - Plan for all individuals to stay in the same accommodation, if possible
 - Consider having food services catered or bringing in food, rather than going to restaurants
 - Avoid public transportation (or recommend individuals wear masks if taking public transportation)
 - Conduct daily symptom-screenings using the BC COVID-19 Self-Assessment Tool:
<https://bc.thrive.health/covid19/en>
 - Enforce illness policy if individuals present signs and symptoms of COVID-19
- Post-camp, sport organizations should:
 - Plan travel for returning home to minimize interactions with other people where possible
 - Recommend individuals monitor their health (proper hygiene, symptom screening) and notify public health if symptoms develop
 - Comply with public health officials directives in the event of an outbreak

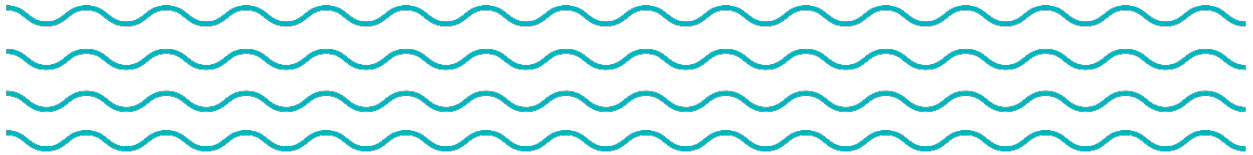
Travel

Purpose: while provincial travel restrictions have been lifted as of June 25, 2020, travel for the purposes of sport and group activities should still be slowly introduced.

In Phase 3:

- It is recommended that individuals remain primarily within their region when travelling for sport in order to limit the number of groups that they are coming into contact with. Exceptions may include travel to attend a high performance training camp or provincial championship, if available in their sport.
- Inter-provincial and international travel are not endorsed at this time.
- If an individual chooses to travel internationally, they are required to self-isolate for 14 days under both provincial and federal orders upon return to Canada.

- If choosing to travel, the following recommendations are in place for individuals:
 - Check before you go - consider the number of active cases in the community/region to which you are travelling and respect travel advisories
 - If sick, stay home, even if symptoms are mild
 - Wash your hands often
 - Practice safe physical distancing, two meters distance from others
 - Wear a mask if you cannot keep a safe distance from others



EMERGENCY RESPONSE

FIRST AID

In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.

A guide for employers and Occupational First Aid Attendants:

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>

First aid protocols for an unresponsive person during COVID-19: <https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-person-during-covid-19>

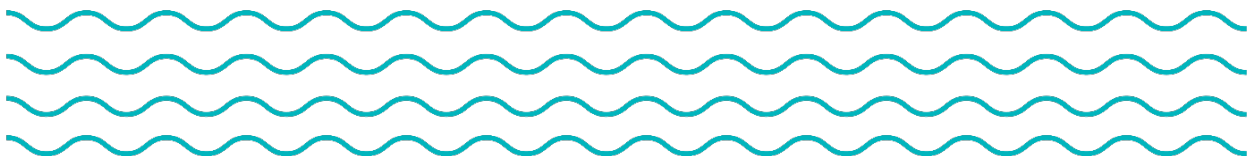
OUTBREAK PLAN¹⁵

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility right away.
3. Implement your illness policy and advise individuals to:
 - monitor their symptoms daily, use the [BC COVID-19 Self-Assessment Tool](#) to help determine if further assessment or testing for COVID-19 is needed.
 - Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - Individuals can learn more about how to manage their illness here: <http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>
4. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Call 8-1-1. Implement your Illness Policy and your enhanced measures.
5. If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.

For more information on cleaning and disinfecting: http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf

Regional Health Authorities: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/partners/health-authorities/regional-health-authorities>



¹⁵ BC Hotel Association Guidelines: <https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-guidance-hotel-sector.pdf>

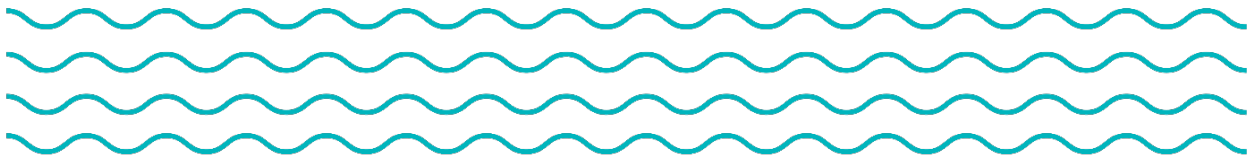
DISCLAIMER

The RTS Guidelines is intended to be used for the purposes set in this document. While we aim to provide relevant and timely information, because information known about the COVID-19 coronavirus and recommended health and safety measures can rapidly change no guarantee can be given as to the accuracy or completeness of any information provided in the RTS Guidelines.

It is important to note that the RTS Guidelines is not a legal document and is to be used as a guide only. It is not a substitute for actual legislation or orders of the PHO. In the event of an ambiguity or conflict between the RTS Guidelines and the *Public Health Act*, regulations or orders thereunder, the Act, regulations and orders prevail. Each Provincial Sport Organization should comply with the requirements of the provincial and local government and health officials in terms of public gatherings and sporting events when determining when it is safe to return to activities. Nothing in this document is intended to provide legal advice. Do not rely on this document or treat it as legal advice.

This document contains links to third party web sites. Links are provided for convenience only and viaSport does not endorse the information contained in linked web sites nor guarantee its accuracy, timeliness or fitness for a particular purpose. The information in those links may be updated from time to time. We do not monitor those sites and are not responsible for updates. You should check back regularly to ensure your Plan is up to date.

Anyone using the RTS Guidelines does so at his or her own risk. viaSport BC shall not be responsible for any loss or damage of any kind arising directly or indirectly from the use of the RTS Guidelines including, without limitation, reliance on the completeness or accuracy of the information provided.



APPENDIX A – SPORT ACTIVITY CHART

This chart outlines the types of activities that can be considered in the various return phases.

	Strictest Controls Phase 1	Transition Measures Phase 2	Progressively Loosen Phase 3	New Normal (Future date TBC)
Restrictions in Place	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel 	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel No group gatherings over 50 people 	<ul style="list-style-type: none"> Refer to PHO and local health authorities 	<ul style="list-style-type: none"> Refer to PHO and local health authorities
Enhanced Protocols	<ul style="list-style-type: none"> Increased hand hygiene 	<ul style="list-style-type: none"> Increased hand hygiene Symptom Screening in place 	<ul style="list-style-type: none"> Increased personal hygiene, cleaning protocols and symptom screening 	<ul style="list-style-type: none"> Increased hand hygiene
Facility	<ul style="list-style-type: none"> Outdoor or within home Facilities and playgrounds closed 	<ul style="list-style-type: none"> Outdoor is safest Indoor facilities slowly re-opening 	<ul style="list-style-type: none"> Participants should maintain physical distance while not on field of play 	<ul style="list-style-type: none"> Outdoor/Indoor
Participants	<ul style="list-style-type: none"> Individual activities 	<ul style="list-style-type: none"> Small Groups No or limited spectators 	<ul style="list-style-type: none"> Groups sizes increase based on sport type (i.e. level of contact). Participants and spectators must adhere to 50 people max per event public health guidance 	<ul style="list-style-type: none"> Large groups allowed No restrictions on spectators
Non-contact Activities	<ul style="list-style-type: none"> Low risk outdoor activities can occur (biking, running, etc.). Virtual activities 	<ul style="list-style-type: none"> Fundamental movement skills Modified training activities, drills 	<ul style="list-style-type: none"> Where feasible, limit contact (i.e. coming within two metres) in training and sport activities 	<ul style="list-style-type: none"> No restrictions on activity type
Contact Activities	<ul style="list-style-type: none"> Should not occur 	<ul style="list-style-type: none"> Should not occur Contact sports should look for non-contact alternatives to training 	<ul style="list-style-type: none"> Cohort model introduced for sports that cannot maintain 2m physical distancing. 	<ul style="list-style-type: none"> No restrictions on activity type
Competition*	<ul style="list-style-type: none"> Should not occur 	<ul style="list-style-type: none"> In club play or modified games may slowly be introduced 	<ul style="list-style-type: none"> Competition slowly introduced. Regional competition for sports in cohorts. 	<ul style="list-style-type: none"> Provincial competitions and larger scale events may return
Equipment	<ul style="list-style-type: none"> No shared equipment 	<ul style="list-style-type: none"> Minimal shared equipment Disinfect any shared equipment before, during and after use 	<ul style="list-style-type: none"> Enhanced cleaning protocols in place 	<ul style="list-style-type: none"> Shared equipment
Travel	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Limited 	<ul style="list-style-type: none"> Unlimited

*Introduction of competitive activities should be in alignment with sport-specific guidelines.

APPENDIX B – DEFINITIONS

Return to Sport: Return to Sport refers to the process of developing and implementing guidelines for sport organizations to operate safely in B.C. during this pandemic. Return to Sport Plans will be unique to each sport and must follow Provincial Health Office orders and recommendations. One set of guidelines will be created for each sport by the Provincial Sport Organization, and all club and PSO sanctioned activities should follow this set of guidelines.

Physical distancing: According to the Provincial Health Officer, physical distancing requires keeping two metres (or at least two arms lengths) of space between individuals. It also includes staying at home when you're sick, even if symptoms are mild.

Provincial Health Officer (PHO): The Provincial Health Officer is the senior public health official for B.C., and is responsible for monitoring and reporting on the health of the population of B.C. This office works with the B.C. Centre for Disease Control and provides independent advice to the ministers and public officials on public health issues. The current PHO is Dr. Bonnie Henry.

Community focused: Community focused sport activities take place within the home sport community or clubs where participants are members.

Recreation: As defined by the Canadian Parks and Recreation Association is “the experience that results from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing.” Physical activities would include those undertaken as leisure, fitness training and sport-related activities that are done at the discretion of the individual (e.g. – use of parks, hiking trails, public recreation facilities), either self-led or facilitated by recreation leaders and are not included within the context of this document.

Organized sport activities: involves a number of people doing something together in a structured way and is facilitated by a provincial sport organization or local sport organization.

Competitive activities: Competitive activities are formal, organized games, matches and tournaments between participants where scores are recorded and standings are kept.

Rule of Two: The goal of the Rule of Two is to ensure all interactions and communications are open, observable, and justifiable. Its purpose is to protect participants (especially minors) and coaches in potentially vulnerable situations by ensuring more than one adult is present. During the pandemic, compliance remains mandatory and organizations must ensure a coach is never alone and out of sight with a participant without another screened coach or screened adult (parent or volunteer) present.

Contact: In order to align with health guidance, this document defines contact as both close proximity (within two metres) or physical contact.

Field of Play: a designated area where sport activities take place. The field of play does not include dressing rooms, hallways, team benches, staging areas, etc.

APPENDIX C – ILLNESS POLICY

In this policy, “Team member” includes an employee, contractor, volunteer, participant or parent/spectator.

1. **Inform an individual in a position of authority (coach, team manager, program coordinator) immediately if, you feel any symptoms of COVID-19** such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, loss of appetite, nausea or diarrhea.

See BCCDC website for a full list of symptoms: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>

2. **Assessment**

- a. Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
- b. If Team Members are unsure please have them use the BC COVID-19 self-assessment tool <https://bc.thrive.health/covid19/en>.
- c. Managers/coaches may visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.

3. **If a Team Member is feeling sick with COVID-19 symptoms**

- a. They should remain at home and contact Health Link BC at 8-1-1.
- b. If they feel sick and /or are showing symptoms while within the sport environment, they should be sent home immediately and contact 8-1-1 for further guidance.
- c. No Team Member may participate in a practice/activity if they are symptomatic.

4. **If a Team Member tests positive for COVID-19**

- a. Follow the direction of health officials.

5. **Quarantine or Self-Isolate if:**

- a. You have travelled outside of Canada within the last 14 days.
- b. You have come into close contact with someone who has tested positive for COVID-19.
- c. You have been advised to do so by health officials.

APPENDIX D – PARTICIPANT AGREEMENT

Sample Agreement

*Modify agreement as appropriate where the participant is a minor and the agreement is signed by a parent or guardian

Application - all athletes, coaches, members, volunteers, participants and family members of participants while in attendance at club activities (“Participants”)

All Participants of <NAME OF ORGANIZATION> agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and RTP Protocol:

- I agree to symptom screening checks, and will let my club know if I have experienced any of the symptoms in the last 14 days.
- I agree to stay home if feeling sick, and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
- I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided by the club (shared and personal equipment).
- I agree to continue to follow social distancing protocols of staying at least 2m away from others.
- I agree to abide by all of my club’s COVID-19 policies and guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the club for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my club membership temporarily.
- I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Date:

Signature:

APPENDIX E – MEMBER COMMUNICATION

Email or letter template message: Return to our sport with respect to COVID-19

Dear <<PARTICIPANT, COACH, PARENT>>

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, <NAME OF PSO> has been working with viaSport and the Province of British Columbia to understand the recommendations our Chief Provincial Health Officer and how they best apply within sport.

The attached Return to Sport Plan has been developed for our sport in order to ensure:

- health and safety of all individuals is a priority
- activities are in alignment with provincial health recommendations
- modifications to activities are in place in order to reduce the risks to each sport organization and its participants
- our sport is united and aligned on a plan to reopen throughout the province

While we do hope things will return to normal in the not too distant future, currently this Return to Sport Plan will be the new normal until we are advised otherwise by public health authorities.

If you choose to participate, you must continue to follow these rules in Phase 3:

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have traveled outside of Canada, you are not permitted at the facility until you have self-isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, please stay home.
- Wash your hands before participating
- Bring your own equipment, water bottle and hand sanitizer
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Leave the field of play as quickly as possible after you finish

Our Return to Sport Plan is based on current public health guidance. While we are all doing our best to minimize the risk of exposure to COVID-19, while the virus circulates in our communities it is impossible to completely eliminate the risk. Each participant must make their own decision as to whether it is in their best interest to resume participation at this time. You must take into account your own circumstances and make the decision that is right for you. Should you choose to join us, we require your full cooperation with our Return to Sport Plan.

Sincerely,

APPENDIX F – REFERENCES

PROVINCE OF BRITISH COLUMBIA

B.C.'s Restart Plan: https://www.scribd.com/document/460236402/B-C-s-Restart-Plan-Next-Steps-to-Move-Through-the-Pandemic#fullscreen&from_embed

BC COVID-19 Go-Forward Management Strategy: https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/bc_covid-19_go-forward_management_strategy_web.pdf?bcgovtm=20200506_GCPE_AM_COVID_9_NOTIFICATION_BC_GOV_BCGOV_EN_BC_NOTIFICATION

B.C. Go Forward Strategy Checklist: https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/gdx/go_forward_strategy_checklist_web.pdf

PHO Orders: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus>

REGIONAL HEALTH AUTHORITIES

Fraser Health: <https://www.fraserhealth.ca/>

Interior Health: <https://www.interiorhealth.ca/Pages/default.aspx>

Island Health: <https://www.islandhealth.ca/>

Northern Health: <https://www.northernhealth.ca/>

Vancouver Coastal Health: <http://www.vch.ca/>

HEALTH RESOURCES

COVID-19 (B.C.) Provincial Support: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>

BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/covid19/en>

Health Canada Handwashing Guidelines: <https://www.canada.ca/content/dam/phac-aspc/documents/services/diseases-maladies/reduce-spread-covid-19-wash-your-hands/eng-handwashing.pdf>

Health Canada Personal Protective Equipment against COVID-19: <https://www.canada.ca/en/health-canada/services/drugs-health-products/medical-devices/covid19-personal-protective-equipment.html>

Health Canada List of Disinfectants for use against COVID-19: <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

BCCDC Cleaning and Disinfecting: http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf

POSTERS

COVID-19 Protection: <http://www.bccdc.ca/Health-Info-Site/Documents/COVID19-Prevention.pdf>

Physical Distancing: http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_PhysicalDistancingPoster.pdf

Handwashing: http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_Handwashing%20Poster_MD%20offices.pdf

Do not enter if you are sick: http://www.bccdc.ca/Health-Info-Site/Documents/COVID19_DoNotEnterPoster.pdf

Vulnerable Populations: <https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/covid-19-vulnerable-populations/covid-19-vulnerable-populations-eng.pdf>

Occupancy Limit: <https://www.worksafebc.com/en/resources/health-safety/posters/help-prevent-spread-covid-19-occupancy-limit?lang=en>

WORKSAFE BC RESOURCES

Returning To Safe Operations: <https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation>

COVID-19 Safety Plan Template: <https://www.worksafebc.com/en/resources/health-safety/checklist/covid-19-safety-plan?lang=en>

SPORT AND RECREATION RESOURCES

Return to High Performance Sport Framework: <https://www.viasport.ca/sites/default/files/Canada%20-%20COVID-19%20Return%20to%20HP%20Sport%20Framework%20-%20May%202020.pdf>

BCCDC guidance for recreation facilities: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/community-settings/recreation-facilities>

BCRPA Sector Guidelines for Restarting Operations: <https://www.bcrpa.bc.ca/covidguideline>

APPENDIX G - COVID-19 SAFETY PLAN TEMPLATE

All organizations must develop a COVID-19 Safety Plan.

Find a digital, fillable version [here](#).

This tool can be used to guide you through the planning process. Currently, there is no standard document for your COVID-19 Safety Plan – you may use this document, or another document that meets your needs, to develop your plan. Other organizations have also developed templates to support Safety Plan development. For example, WorkSafe BC has developed a comprehensive tool all businesses can adapt. This COVID-19 Safety Plan template is adapted from WorkSafe BC to align with the sport sector.

viaSport will not be approving the plans of individual sport organizations, but in accordance with the order of the Provincial Health Officer, this plan must be posted by your organization.

Step 1: Assess the risks at your workplace

Identify areas where there may be risks, either through close physical proximity or through contaminated surfaces. The closer together individuals are and the longer they are close to each other, the greater the risk.

- ☐ We have identified areas where people gather
- ☐ We have identified situations and processes where individuals are close to one another or members of the public.
- ☐ We have identified the equipment that may be shared by individuals
- ☐ We have identified surfaces that people touch often

Step 2: Implement protocols to reduce the risks

Select and implement protocols to minimize the risks of transmission. Look to the following for information, input, and guidance:

- ☐ viaSport sector guidelines and your sport-specific guidelines.
You may need to identify and implement additional protocols if the posted protocols don't address all the risks to your workers.
- ☐ Orders, guidance, and notices issued by the provincial health officer and relevant to your industry. Updates will also be posted at www.viasport.ca
- ☐ Municipality or facility guidelines

First level protection (elimination): Limit the number of people and ensure physical distance whenever possible

- ☐ We have established maximum program numbers for our program that meets facility requirements
- ☐ We have established and posted occupancy limits for common areas such as meeting rooms, change rooms, washrooms, and elevators (if applicable).
- ☐ We have implemented measures to keep participants and others at least 2 metres apart, wherever possible.

Measures in place

List your control measures for maintaining physical distance in your environment. If this information is in another document, identify that document here.

Second level protection (engineering): Barriers and partitions

This section may only apply to facility owners and operators

- ☐ We have installed barriers where workers can't keep physically distant from co-workers, customers, or others.

Measures in place

Describe how barriers or partitions will be used in your environment (if appropriate). If this information is in another document, identify that document here.

Third level protection (administrative): Rules and guidelines

- ☐ We have identified rules and guidelines for how participants, coaches, volunteers, spectators should conduct themselves.
- ☐ We have clearly communicated these rules and guidelines through a combination of training and signage.

Measures in place

List the rules and guidelines that everyone is required to follow. This could include things like using one-way doors or walkways, no sharing of equipment, and wiping down equipment after use. If this information is in another document, identify that document here.

Fourth level protection: Using masks (optional measure in addition to other control measures)

- ☐ We have reviewed the information on selecting and using masks and instructions on how to use a mask.
- ☐ We understand the limitations of masks to protect the wearer from respiratory droplets. We understand that masks should only be considered when other control measures cannot be implemented.
- ☐ We have trained individuals on the proper use of masks (if applicable).

Measures in place

Who will use masks?

What work tasks will require the use of masks?

How have workers been informed of the correct use of masks?

If this information is in another document, identify that document here.

Reduce the risk of surface transmission through effective cleaning and hygiene practices

- ☐ We have reviewed the information on cleaning and disinfecting surfaces.
- ☐ Our sport facility has enough handwashing stations on site for our participants. Handwashing locations are visible and easily accessed.
- ☐ We have communicated good hygiene practices to participants, coaches, volunteers, etc.
- ☐ We have implemented cleaning protocols for all common areas and surfaces.
- ☐ Workers who are cleaning have adequate training and materials.
- ☐ We have removed unnecessary tools and equipment to simplify the cleaning process

Cleaning protocols

Provide information about your cleaning plan. Specify who is responsible for cleaning, the cleaning schedule, and what the cleaning protocols will include (e.g., which surfaces, tools, equipment, etc.). If this information is in another document, identify that document here.

Step 3: Develop policies

Develop the necessary policies to manage your sport.

Our policies ensure that workers and others showing symptoms of COVID-19 are prohibited from participating in sport activities

- ☐ Anyone who has had symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache.
- ☐ Anyone directed by Public Health to self-isolate.
- ☐ Anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID-19 case must self-isolate for 14 days and monitor for symptoms.
- ☐ Our policy addresses individuals who may start to feel while participating. It includes the following:
 - ☐ Sick individuals should report to first aid (or designated individual), even with mild symptoms.
 - ☐ Sick workers should be asked to wash or sanitize their hands, provided with a mask, and isolated. Ask the worker to go straight home. [Consult the BC COVID-19 Self-Assessment Tool, or call 811 for further guidance related to testing and self-isolation.]
- ☐ If the worker is severely ill (e.g., difficulty breathing, chest pain), call 911. Clean and disinfect any surfaces that the ill worker has come into contact with.

Step 4: Develop communication plans and training

You must ensure that everyone participating in the sport activity knows how to keep themselves safe while participating:

- ☐ We have a communication and training plan to ensure everyone is trained in policies and procedures.
- ☐ All participants have received the policies for staying home when sick.
- ☐ We have posted signage at the sport location, including occupancy limits and effective hygiene practices.
- ☐ We have posted signage indicating who is restricted from participating, including visitors and workers with symptoms.
- ☐ Coaches or safety volunteers have been trained on monitoring participants to ensure policies and procedures are being followed.

Step 5: Monitor and update your plans as necessary

Things may change as your business operates. If you identify a new area of concern, or if it seems like something isn't working, take steps to update your policies and procedures.

- ☐ We have a plan in place to monitor risks. We make changes to our policies and procedures as necessary.
- ☐ Individuals know who to go to with health and safety concerns.
- ☐ When resolving safety issues, we will involve designated health and safety representatives

Step 6: Assess and address risks from resuming operations

If your workplace has not been operating for a period of time during the COVID-19 pandemic, you may need to manage risks arising from restarting your programming/business.

- ☐ We have a training plan for new staff, coaches, volunteers.
- ☐ We have a training plan for staff, coaches, volunteers taking on new roles or responsibilities.
- ☐ We have a training plan around changes to our business/programming.
- ☐ We have identified a safe process for cleaning and removing things that have been out of use.

Be advised that personal information must not be included in the COVID-19 Safety Plan

Personal information is any recorded information that uniquely identifies a person, such as name, address, telephone number, age, sex, race, religion, sexual orientation, disability, fingerprints, or blood type. It includes information about a person's health care, educational, financial, criminal or employment history. Visit www.oipc.bc.ca/about/legislation/ for more information.

Appendix H: Activities by Sport Type

Due to the differences among sport in the amount and intensity of contact, the chart below outlines how Phase 3 guidelines apply across different sport types. While this chart outlines the opportunity for introduction of certain activities, sport organizations should still follow the guidelines of their Provincial Sport Organizations, continue to assess risk and look to slowly phase-in activities. Not all sports will move at the same speed due to variances in the ability to access facilities, the ability and resources to implement safety protocols and additional considerations related to participant groups, especially those that are considered vulnerable populations.

Sport Type	Sports ¹	Application of Sport Activity Chart
<p>Group A</p> <p>-Individual sports that can maintain physical distancing</p> <p>OR</p> <p>-Sports done in pairs or small teams (up to 10) where there is no contact with those outside your pair/team</p>	<p>alpine skiing, archery, artistic swimming, athletics, badminton, biathlon, bobsleigh, boccia, bowling, canoe, kayak, cross country skiing, curling, cycling, disc golf, diving, equestrian, fencing, figure skating, freestyle skiing, golf, gymnastics, luge, orienteering, para alpine, para athletics, rowing, sailing, skeleton, snowboard, sport climbing, swimming, table tennis, target shooting, tennis, triathlon, waterski, wakeboard, wheelchair tennis</p>	<p>Contact – Maintain physical distancing. Where physical distancing is not possible within a pairing or small team, avoid switching partners/teams for training and competitive activities.</p> <p>Cohort – Where individuals are able to maintain physical distancing and/or team members from one team are able to keep 2 metres from members of opposing teams at all times, cohorts are not required. In disciplines where physical distancing cannot be maintained modifications may be required or cohorts should be introduced up to a maximum of 100 people.</p> <p>Competition - Regional and provincial competitions may be introduced in accordance with viaSport Return to Sport and sport-specific guidelines.</p> <p>Pairs or small teams may compete against other pairs/teams but should maintain physical distancing with their opponents.</p>

Group B	baseball, lawn bowling, power soccer, softball, speed skating, volleyball	<p>Contact – Any introduction of activities involving close proximity or physical contact should be minimized and done only within the cohort environment.</p> <p>Cohort Size - Cohorts may contain up to 100 people</p> <p>Competition - League play and competitive activities may occur within designated cohorts.</p>
Group C Sports with frequent or sustained contact	basketball, cheerleading, field hockey, football, goalball, hockey, lacrosse, netball, ringette, sledge hockey, soccer, ultimate, water polo, rugby, squash, wheelchair rugby, wheelchair basketball	<p>Contact – Physical contact within the same team training environment may be introduced. For the game or competition environment rules should be modified to minimize physical contact.</p> <p>All activities that involve any form of close proximity or physical contact should take place only within the cohort environment.</p> <p>Cohort Size – Cohorts may contain up to 50 people or four teams (whichever is deemed most appropriate by the Provincial Sport Organization)</p> <p>Competition - Competitive activities (e.g. game play) may occur within designated cohorts.</p>
Group D Combative sports	boxing, judo, karate, taekwondo, wrestling	<p>Contact - Skills that require physical contact may be introduced in training environments but should remain within designated cohorts.</p> <p>Cohort size – Cohorts may contain up to 10 people</p> <p>Competition – may only occur within designated cohorts.</p>

¹Note: This is not an exhaustive list of all sports. Sports not listed to select that grouping that most closely applies to them.