
Vancouver Ultimate - Return to Play COVID-19 Exposure Control Plan

Version - 1.0 June 25, 2020

This document is derived from the BC Ultimate Society's Return to Play Plan.

Table of Contents

Introduction	2
1. General Return to Play Principles	3
2. General Hygiene Requirements	3
3. Facility Access	3
4. Facility Operations	4
5. Staff and Volunteers	4
6. Participant Safety	4
7. Sport Programming	6
Appendix A - VUL Protocols	8
Appendix B - Sample Session Checklists	8
Appendix C - Resources	11

Introduction

Sport and physical activity play an important role in the physical, mental, and emotional well-being of individuals and families. For these and other reasons we are all eager to resume our programs. However, the health and safety of all participants and members of our community must remain the number one priority.

With guidance from The Ministry of Tourism, Arts and Culture and viaSport, BC Ultimate produced a “Return to Play” Plan for ultimate in BC. Version 1 was approved on July 6, 2020. This document is based on V1 of BCU’s Plan and will be used to guide the implementation of VUL programs as we return to play. The VUL plan is identical to BCU’s plan except for these adjustments:

- Reword Introduction
- 3.1, 3.3, 7.4 - replace BCU-specific context with VUL language and context
- 6.4 - add two qualifications
- Replace Appendix A (sample forms) with VUL Protocols.
- Delete Appendix B (sample waivers)

The VUL requests the support of participants, organizers, coaches, and parents/guardians in following these guidelines for the safe resumption of our sport. Since the inception of ultimate, our sport has proudly been self-officiated and has relied on Spirit of the Game to maximize the enjoyment and safety of everyone. These core principles have never been more important than at this time as we will require the entire community's help to safely Return to Play.

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

1. General Return to Play Principles

- 1.1. Adhere to all public health restrictions in your community.
- 1.2. Increased focus on personal hygiene.
- 1.3. If you are sick, stay at home.
- 1.4. Maintain physical distancing of at least 2 meters.
- 1.5. Modify sport activities to maintain all guidelines.
- 1.6. Reduce touch points as possible. (facilities, equipment, etc)
- 1.7. Primary focus on skill development.
- 1.8. Stay community focused.

2. General Hygiene Requirements

- 2.1. All participants, staff and volunteers must wash their hands before and immediately following sessions.
- 2.2. For longer sessions breaks for hand washing or sanitizing as well as cleaning of equipment should be scheduled.
- 2.3. All participants, staff and volunteers should avoid touching one's face throughout the session.
- 2.4. All participants, staff and volunteers should cover their mouth and nose with a tissue when they cough or sneeze, or sneeze/cough into their elbow.
- 2.5. No sharing of water bottles, towels, or other personal items. No communal food items.

3. Facility Access

- 3.1. Ultimate may only take place on outdoor field space with the agreement of local municipalities and other field stakeholders.
- 3.2. Care must be taken to avoid access "choke" points which run counter to physical distancing. In cases where multiple gates may be used to access the field area, separate entry and exit points should be communicated to participants. When possible, gates should be held in an open position to reduce touch points by participants.
- 3.3. Participants for each session must pre-register their attendance and pay on-line when possible. This registration information will be kept by the VULS for use during future contract tracing if needed.
- 3.4. Set a time when it is appropriate for participants to arrive in advance of their scheduled activity (example - participants should not arrive prior to 20 minutes before the scheduled start time).
- 3.5. The arrival and departure process for all sessions must maximize physical distancing of all involved parties. Where appropriate, consider designated drop-off and pick-up spaces.

- 3.6. At the end of their scheduled program/time slot participants should immediately leave the facility.

4. Facility Operations

- 4.1. Care should be taken to clean any communal surfaces at the playing facility. When possible steps should be taken to reduce the number of touch points. (See Section 3.2)
- 4.2. When fields have benches, these should be designated as closed. Each participant should have a personal area for their equipment and other items.
- 4.3. If not disabled by venue, participants should be dissuaded from using water fountains. All participants should arrive with water or other liquids in personal bottles which are clearly labeled.

5. Staff and Volunteers

- 5.1. No person with symptoms may come to sport activities. Staff or volunteers with symptoms should self-isolate for a minimum of 10 days before considering a return to activities.
 - 5.1.1. BC COVID-19 Self-Assessment Tool [LINK](#)
- 5.2. All staff and volunteers should consider their own risk. If they are at higher risk of experiencing serious illness from COVID-19, consider limiting or avoiding participation in sport activities.
- 5.3. Staff and volunteers should be educated on public health info and expectations related to the implementation of Return to Play. (See [Appendix C - Resources](#))
- 5.4. Staff and volunteers running sport programs should be made familiar with this Return to Sport Plan.
- 5.5. Staff and volunteers should have their own resources (practice plans, clipboards, stopwatches, etc.) and avoid sharing these items with others.
- 5.6. 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.
- 5.7. Staff and volunteers should be made aware of their Right to Refuse unsafe work, and procedures should be in place to respond to such concerns. If the matter is not resolved, those involved should contact [WorkSafeBC](#).

6. Participant Safety

- 6.1. Participants at higher risk of experiencing serious illness from COVID-19 should not take part in sporting activities.
- 6.2. All participants should answer the following questions prior to taking part in the session. Answering YES to any of these questions will disqualify a participant from the session.

-
- 6.2.1. Health Check: Do you have fever, new or existing cough or difficulty breathing?
 - 6.2.2. Travel Check: Have you traveled outside of Canada within the past 14 days?
 - 6.2.3. Contact Check: Have you been in contact with someone who has been diagnosed with or is suspected of having COVID-19, or someone who has been in contact with a person or persons who have an acute respiratory illness and has been outside Canada in the previous 14-days?
 - 6.3. Size of Group
 - 6.3.1. Each individual session is limited based on maximum capacity = 25 square meters per participant within the unencumbered field space. This includes the total of participants, staff and volunteers. Maximum group size is 50 as mandated by the Provincial Health Officer.
 - 6.3.2. Session organizers should take into consideration the age group of the participants as well as physical layout of the session practice area and determine a reasonable maximum number of participants.
 - 6.4. Spectators/non-participants may view sessions from the perimeter of the field area (*ideally outside of any fence*), but must maintain physical distancing of at least 2 meters, *including leaving space for coaches to use the sideline areas*.
 - 6.5. All registered participants will be sent a session overview document which outlines expectations. See [Appendix B - Session Checklists](#).
 - 6.6. Outbreak Mitigation and Recovery Plan
 - 6.6.1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Determine who within the organization has the authority to modify, restrict, postpone or cancel activities.
 - 6.6.2. Advise affected individuals to:
 - 6.6.2.1. Self-isolate.
 - 6.6.2.2. Monitor their symptoms daily, report respiratory illness and not return to activity for at least 10 days following the onset of 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.
 - 6.6.3. Individuals can call 911 if there is an emergency, or 811 for health advice. For assistance in determining if further assistance is needed, COVID-19 self-assessment tool is located [HERE](#).
 - 6.6.4. Report any suspected case(s) of COVID-19 like illness among participants or staff/volunteers to the local Health Authority Medical Health Officer.
 - 6.6.5. If a case or outbreak is confirmed, follow the orders of the local Health Authority.

7. Sport Programming

- 7.1. Sessions should be planned to be community based and avoid having participants travel significant distances to attend.
- 7.2. Organizers should plan on starting with smaller groups and shorter session durations to test out new ways of delivering activities.
- 7.3. Cost should be kept to a minimum to encourage participation.
- 7.4. Insurance/Waivers
 - 7.4.1. VULS members are covered for “sanctioned ultimate activities”, for which Return to Play qualifies under the current VULS Certificate of Insurance.
 - 7.4.2. At the time of publishing this document, there is no contagion insurance coverage being offered by insurers. Furthermore, most insurance policies will not cover any claims relating to communicable diseases or pandemics, including Directors and Officer Insurance.
 - 7.4.3. The VULS requires all participants (or parents on behalf of youth participants) to complete a number of agreements before participating, including a Statement of Consent and Waiver of Liability.
- 7.5. Activities during the session will be restricted based on sport modifications contained within this document (See sections 7.6, 7.7).
- 7.6. Activity is restricted to group training and practice. No game competition in either a structured or informal “scrimmage” setting is permitted.
- 7.7. Sport Modifications
 - 7.7.1. Physical distancing of at least 2 meters must be maintained between all participants. All drills and activities must be designed to adhere to this requirement.
 - 7.7.2. Equipment, including discs, must be cleaned prior to each group session.
 - 7.7.3. Alternative Strategies of Engagement to reduce risk factors:
 - 7.7.3.1. Focus on conditioning and stretching. Organizers should keep in mind that many participants may have a lower than normal level of fitness due to the recent health situation.
 - 7.7.3.2. Adapt “Spirit Games” which don’t rely on a high number of touch points to engage younger participants.
 - 7.7.3.3. Use training drills which focus on strength, mechanics, footwork, agility and speed to help increase participants' physical literacy.
- 7.8. Injury Prevention
 - 7.8.1. Organizers should be aware of the level of fitness of participants as the sport returns to play. Sessions should be designed to start with a lower level of intensity and slowly increase over the course of several sessions.
 - 7.8.2. Appropriate warm up and cool down time should be scheduled for all sessions.
 - 7.8.3. Ensure that there is a clear procedure for handling any participant or coach in the event that they develop signs of cold, flu or COVID-19 during

an activity. This should include identification of an isolation area, notification processes, and education of staff on the procedure.

7.8.4. Notify all participants of possible exposure to COVID-19 if you become aware of any suspected or confirmed cases that attended the activity.

7.9. Equipment

7.9.1. Sanitized equipment, including discs and cones will be provided by session organizers. No participant may bring their own equipment.

7.9.1.1. In the case of private group or team sessions, an individual should be identified who will collect and clean the groups discs between sessions.

7.9.2. Suggested disc sanitizing process

7.9.2.1. Wash the entire disc with hot soapy water.

7.9.2.2. Cleaning the entire disc with disinfectant cloth or wipe. A single wipe may only be used for a single disc.

Appendix A - VUL Protocols

General Protocols - Required

- Must have hand sanitizer at all camps and clinics.
- Camp and clinic equipment (discs & cones) must be provided by VUL and sanitized after each session.
- Use of additional equipment other than discs and cones must follow the same guidelines as discs. If there is no sharing of any equipment, then players may bring their own.
- Registrations will be limited based on current government guidelines.
- The 3-point risk assessment in 6.2 must be completed prior to the start of each program (Health check, Travel check, and Contact check).
- A Health check must be completed by each participant or their parent/guardian prior to each session/day.
- Attendance must be tracked for every session.

General Guidelines - Optional

These guidelines may change as sessions take place and are set out to ensure instructors and participants are keeping health principles in mind.

- Instructors will be encouraged to wear masks for close-contact communication.
- Masks will be optional for participants, but welcomed and supported if they do.
- Session lengths may be limited to reduce the potential for infection and to limit washroom use.
- Start times for overlapping camps or events may be staggered to reduce the number of people arriving or leaving at one time.
- Cones (or lines) may be used to mark out 2 meter distancing for all drills
- For at least the first few weeks, players will throw within small groups.

Adult Camp & Clinic Specific Protocols

- Instructors are responsible for ensuring protocols are followed (see checklists).

Team Practice Specific Protocols

- Captains are responsible for ensuring protocols are followed (see checklists).

Youth Program Specific Protocols

- Instructors & Coaches are responsible for adhering to all VUL protocols (see checklists).

Appendix B - Sample Session Checklists

Program Organizers Checklist

Pre-Event	<ul style="list-style-type: none"> <input type="checkbox"/> Obtain permits for facilities <input type="checkbox"/> Collect Pre-Registration Information <input type="checkbox"/> For any participant who answered “Yes” to any of the Screening Questions, communicate when they will be allowed to participate. <input type="checkbox"/> Send pre-event communication confirming expectations, including: <ul style="list-style-type: none"> <input type="checkbox"/> Session participant checklist <input type="checkbox"/> Session start and end times and drop off/pick up procedure <input type="checkbox"/> Reminder of need for social distancing of at least 2 meters between participants at all times during session <input type="checkbox"/> Reminder that all discs will be provided by session organizers This communication may be done by Session Leaders. <input type="checkbox"/> Ask participants / parents the 3 Screening Questions in advance of each session. Note this step may be handled by Session Leaders. <ul style="list-style-type: none"> <input type="checkbox"/> If any participant answers Yes to any Screening Question, they must not attend that session. <input type="checkbox"/> Provide supplies to session leaders (e.g. sanitizer, PPE, first aid kits).
-----------	---

Session Leader Checklist

Pre-Event	<ul style="list-style-type: none"> <input type="checkbox"/> Bring participants list (print-out or electronic). <input type="checkbox"/> Disinfect all session discs and store in sanitary container. <input type="checkbox"/> Send pre-event communication if not done by Program Organizer <input type="checkbox"/> Use BC COVID-19 Assessment Tool within 24 hours of session. LINK
Event	<ul style="list-style-type: none"> <input type="checkbox"/> Reduce common touch points such as securing gates in open position <input type="checkbox"/> Provide hand sanitizer to all participants entering the field area <input type="checkbox"/> Indicate field area such as benches or other common areas which are closed for session <input type="checkbox"/> Designate individual participant areas, giving each participant enough space to place personal items while ensuring physical distancing <input type="checkbox"/> Record attendance for future contact tracing purposes <input type="checkbox"/> Provide clean discs for all participants <input type="checkbox"/> Remind participants to maintain physical distancing of at least 2 meters at all times during session
Post Event	<ul style="list-style-type: none"> <input type="checkbox"/> Collect all discs from participants in storage container <input type="checkbox"/> Provide hand sanitizer to all participants leaving the field area <input type="checkbox"/> Wash or sanitize hands thoroughly at end of each session

Session Leader Checklist may be slightly modified for practices run by teams.

Session Participant Checklist

Pre-Event	<ul style="list-style-type: none"> <input type="checkbox"/> Fully and accurately complete VUL Registration for the program (including online consent and waiver agreements). <input type="checkbox"/> Items to bring to session: <ul style="list-style-type: none"> <input type="checkbox"/> Water Bottle, clearly labeled with your name. Note that field water fountains will be turned off. <input type="checkbox"/> Hand Sanitizer to be used before, during and after sessions. <input type="checkbox"/> Face Mask (optional) <input type="checkbox"/> Do not bring any discs to session. Clean discs will be provided by session organizers.
Event	<ul style="list-style-type: none"> <input type="checkbox"/> Only participants should enter the field area, spectators should remain on the field perimeter (outside the fence if applicable) and maintain physical distancing from other spectators. <input type="checkbox"/> Use hand sanitizer when entering the field area. <input type="checkbox"/> Place personal items in designated areas as indicated by session leaders. <input type="checkbox"/> Maintain physical distancing of at least 2 meters from all other participants and coaches at all times. <input type="checkbox"/> Only use your own water bottle and food.
Post Event	<ul style="list-style-type: none"> <input type="checkbox"/> Collect all of your personal items <input type="checkbox"/> Use hand sanitizer when exiting the field area <input type="checkbox"/> Maintain physical distancing from other participants while exiting the field area

Appendix C - Resources

- [BC Ultimate Return to Play Plan](#)
- [viaSport Return to Sport Information](#)
- [Province of BC self-assessment tool for COVID-19](#)
- [Government of Canada hand-washing guide](#)
- [BCCDC Physical Distancing Poster](#)
- [BCCDC Handwashing Poster](#)
- [BCCDC Cleaning and Disinfectants for Public Settings](#)
- [WorksafeBC COVID-19 guidance](#)
- [Guide for Occupational First Aid Attendants](#)
- [BC's Restart Plan](#)