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

Version - 3.0
2021 Restart Steps 1 & 2

This document was approved by the VULS Board on June 14, 2021.

It is derived from the BC Ultimate Society's Return to Play Plan v3.1.

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Introduction

Sport and physical activity play an important role in the physical, mental, and emotional well-being of individuals and families. At the same time, the health and safety of all participants and members of our community must remain the number one priority.

The VULS requests the support of members, participants, organizers, coaches, parents and teams 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 our community's help to safely Return to Play.

B.C.'s Restart Plan

This version of the Return to Play plan is to be used during Step 1 of BC's [Restart Plan](#). Updates to this plan will be made for subsequent steps in the B.C. Restart Plan. viaSport has also released a [Return to Sport 2.0](#) information sheet with additional sport specific information.

Transition between the steps will be dependent on case counts, hospitalizations, and vaccination rates. Estimated dates have been announced for future Steps, but the official move to subsequent Steps will be made by the government when appropriate benchmarks have been achieved. At that time sport specific COVID-19 guidance documents and safety plans will be updated.

This Plan is the same as BC Ultimate's V3.1 Plan except for these adjustments:

- 6.2 - added Participant Self-Checks
- 6.3 - added Notification requirement
- 6.4 - clarified spectator limits
- 6.5 - clarified responsibilities in an Outbreak
- 7.2 - clarified VUL insurance/waivers
- Appendices - Removed BCU sample waivers (VUL waivers apply for VUL activities).

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. Close physical proximity should be minimized as much as possible outside of planned activities.
- 1.5. Stay locally focused.

2. General Hygiene Requirements

- 2.1. All participants, staff and volunteers should practice enhanced hand-cleaning prior to and following activities.
- 2.2. Participants not engaged in activities (e.g. before & after sessions, or resting between drills) should maintain physical distance of at least 2 meters from others.
- 2.3. 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.
- 2.4. 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. Plans should be made to reduce “choke” points which run counter to physical distancing, when possible.
- 3.3. At the end of their scheduled program/time slot participants should immediately leave the facility.

4. Facility Operations

- 4.1. 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 or possible exposure to COVID-19 should come to sport 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. Vaccinations are not required for staff or volunteers, but should be considered as a means of reducing the risk to all participants.
- 5.3. Educate Staff and Volunteers on public health information and expectations related to the implementation of Return to Sport. (See [Appendix A - 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. No person with symptoms or possible exposure to COVID-19 should come to sport activities.
 - 6.1.1. BC COVID-19 Self-Assessment Tool [LINK](#)
- 6.2. All participants must answer the following questions prior to attending the session (by themselves for adults; by their parent/guardian for children). Answering YES to any of these questions will disqualify a participant from attending that session.
 - 6.2.1. Health Check: Do you have COVID-19 like symptoms, including but not limited to fever, chills, cough or worsening chronic cough, shortness of breath, sore throat, runny nose, loss of smell/taste/appetite, headache, fatigue, diarrhea, nausea and vomiting, or muscle aches?
 - 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?

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- 6.3. If a participant's symptoms develop and persist, or the participant, someone in their household, or a [close contact as defined by the BCCDC](#) tests positive for COVID-19, the participant must inform their Program Leader immediately (where "leader" is the lead instructor, coach, or coordinator for that program).
 - 6.4. Non-participants:
 - 6.4.1. No spectators are allowed during Step 1 of the Restart Plan.
 - 6.4.2. During Step 2, up to 50 people may view sessions from the perimeter of the field area but must maintain physical distancing of at least 2 meters.
 - 6.5. Outbreak Mitigation and Recovery Plan
 - 6.5.1. If a case or outbreak is reported, the Program Leader will inform their manager. The manager will consult with the Operations Manager to decide whether activities need to be modified, restricted, postponed, or cancelled.
 - 6.5.2. The Program Leader will advise affected individuals to:
 - 6.5.2.1. Self-isolate and seek medical advice.
 - 6.5.3. 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](#).
 - 6.5.4. The Operations Manager will report any suspected case(s) of COVID-19 like illness among participants or staff/volunteers to the local Health Authority Medical Health Officer as well as to BC Ultimate.
 - 6.5.5. If a case or outbreak is confirmed, follow the orders of the local Health Authority.
 - 6.5.6. If an outbreak occurs, organizers may be asked to postpone or cancel competitions or activities, therefore a cancellation policy is recommended.

7. Sport Programming

- 7.1. Activities should be planned to be locally based. Participants may not travel outside of their "Travel Regions" to participate. BC Travel Regions:
 - 7.1.1. Vancouver Island (Vancouver Island Health Area)
 - 7.1.2. Metro Vancouver (Vancouver Coastal Health & Fraser Health Areas)
 - 7.1.3. Interior/Northern BC (Interior Health & Northern Health Areas)
- 7.2. Insurance/Waivers
 - 7.2.1. VULS members are covered for "sanctioned ultimate activities", for which Return to Play qualifies under the current VULS Certificate of Insurance.
 - 7.2.2. The Province has acted to provide COVID-19 liability coverage to PSOs, LSOs and for profit sport organizations through the COVID-19 Related Measures Act (CRMA). The regulation protects people (paid or volunteer) from proceedings for civil liability for damages resulting from transmission or exposure to the virus that causes COVID-19. The regulation is

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- retroactive to January 1, 2020 and will remain in force unless and until the CRMA is repealed. View order [HERE](#).
- 7.2.3. 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.
 - 7.3. Activities will be restricted based on sport modifications contained within this document.
 - 7.4. Sport Groups, Teams or Clubs
 - 7.4.1. Activities may only take place between participants in the same sport club. A club is defined as a sport organization, club or facility with, or at which, a person is registered for ongoing sport programming. Individuals within a club interact with each other within a sports environment over an extended period of time. Game play may take place between individuals or teams within the same club.
 - 7.4.2. The maximum number of individuals involved in a single sport activity is 50 for adults (19+). There is no maximum number of individuals for junior (U19) sport activities.
 - 7.4.2.1. An activity is defined as a single game, clinic, practice or training session.
 - 7.5. Injury Prevention
 - 7.5.1. 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.
 - 7.5.2. 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.
 - 7.5.3. Notify all participants of possible exposure to COVID-19 if you become aware of any suspected or confirmed cases that attended the activity. (See Section 6.5)

Appendix A - Resources

- [BC Ultimate's Return to Play Plans](#)
- [BC's Restart Plan](#)
- [viaSport Return to Sport Information](#)
- [viaSport Restart Plan 2.0](#)
- [Travel Restrictions in BC](#)
- [Gathering and Events Order](#)
- [BC Center for Disease Control](#)
- [Province of BC self-assessment tool for COVID-19](#)
- [Mask Mandate Order](#)
- [WorkSafe BC COVID-19 guidance](#)
- [BCCDC Physical Distancing Poster](#)
- [BCCDC Handwashing Poster](#)
- [BCCDC Cleaning and Disinfectants for Public Settings](#)
- [Guide for Occupational First Aid Attendants](#)
- [Order in Council 459 - COVID 19 \(Limits on Actions and Proceedings\) Regulation](#)