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

Version - 2.0 Approved Sept 14, 2020

This document is derived from the BC Ultimate Society's Return to Play Plan v2.0.

Table of Contents

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|--------------------------------------|----|
| 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 | 5 |
| Appendix A - VUL Protocols | 8 |
| Appendix B - Session Checklists | 9 |
| 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. At the same time, the health and safety of all participants and members of our community must remain the number one priority.

With guidance from viaSport and The Ministry of Tourism, Arts and Culture, BC Ultimate produced a “Return to Play” Plan for ultimate. Their version 2.0 was approved on August 31, and includes changes in line with Phase 3 (Progressively Loosen) of BC’s [Return to Sport plan](#).

This VUL Plan is the same as BCU’s Plan except for these adjustments:

- Reworded Introduction
- 3.1, 3.3, 7.4 - Replaced BCU context with VUL language and context
- 6.2.1 - Expanded Health Check to include all common symptoms from CDC
- 6.3 - Added reporting requirement
- 6.6.1, 6.6.2 - Clarified responsibilities in an outbreak
- 7.7.6.3 - Added marking distance
- 7.8 - Added group sizes
- Replaced Appendix A (sample forms) with VUL Protocols.
- Deleted 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. Close physical proximity should be minimized as much as possible.
- 1.5. Modify sport activities to limit the number and duration of contacts between different participants (when physical distancing is not possible).
- 1.6. Reduce touch points as possible (facilities, equipment, etc.)
- 1.7. Competitive play, which includes close proximity of participants, may only occur within a sport cohort. (See Section 7)
- 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 15 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](#)
- 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 must 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 COVID-19 like symptoms, including but not limited to fever, chills, new cough or worsening chronic cough, sore

- throat, runny nose, headache, fatigue, diarrhea, nausea/vomiting, loss of smell/taste/appetite, muscle aches, 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?
 - * For a more complete assessment, see the [BC COVID-19 Self-Check](#).
 - 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 the Program Coordinator or Manager ("Organizer") immediately.
 - 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. If a case or outbreak is reported, the Program Organizer will inform their manager. The manager will consult with the Executive Director to decide whether activities need to be modified, restricted, postponed, or cancelled.
 - 6.6.2. The Program Organizer will 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, use the [COVID-19 self-assessment tool](#).
 - 6.6.4. VUL staff will report any suspected or confirmed case(s) of COVID-19 like illness among participants or staff/volunteers to the local Health Authority Medical Health Officer and to BC Ultimate.
 - 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 provincially based..

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- 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. On August 6, 2020 the province of BC issued [Order in Council 459](#) as part of the COVID Emergency Related Measures Act. This order exempt amateur sport organizations, their employees and volunteers from liability for the duration of the COVID Emergency Related Measures Act, currently set to expire July 1, 2021. The order protects amateur sport organizations and their representatives from damages resulting, directly or indirectly, from COVID-19 for amateur sports. .
 - 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 will be restricted based on sport modifications contained within this document.
 - 7.6. Sport Cohorts
 - 7.6.1. Cohorts may be formed by organizing groups. Individuals within these cohorts may interact with each other within a sport environment over an extended period of time. Game play may take place between individuals or teams within the same cohort.
 - 7.6.2. Maximum cohort size is 56 individuals.
 - 7.6.2.1. As per [Return to Sport Guidelines - August 2020](#), the Provincial Sports Organization may, at its discretion, set a reasonable roster size to accommodate the sport.
 - 7.6.2.2. BC Ultimate has determined that a roster size of 14 players is reasonable based on injury concerns. Placing 4 teams in a cohort creates a maximum cohort size of 56 players.
 - 7.6.2.3. Coaches may be counted outside of the total cohort number if they are able to maintain physical distancing of 2 meters at all times.
 - 7.6.3. Individuals should limit the number of sport cohorts to which they belong in order to reduce the number of people they are interacting with.
 - 7.6.4. Players must stay within their designated cohorts and avoid mixing with other cohorts.
 - 7.6.5. Teams or individuals may change cohorts with a minimum two-week break between activities.
 - 7.6.6. Minimum modifications for cohort group activities and game play:
 - 7.6.6.1. Sanitize disc(s) prior to use.

- 7.6.6.2. While individuals do not need to maintain physical distancing during play, minimizing physical contact is still advised when possible.
 - 7.6.6.3. The marking defender must be at least 2 meters away from the thrower while marking. The marker should also avoid yelling the stall count at the thrower.
 - 7.6.6.4. At least 2 meters distancing should be maintained between participants in between points, when outside of the field of play, and between activities.
 - 7.6.6.5. A “ground check” may be used to put the disc into play at any time when a “defensive check” is required by the rules.
 - 7.6.6.6. Avoid any celebrations and post-game rituals that create physical contact.
- 7.7. Group Sizes & Facilities (see [viaSport FAQ](#))
- 7.7.1. The Public Health Officer has issued an order barring gatherings (events) of 50 or more people. Each practice, game or sport activity is considered an event.
 - 7.7.2. Multiple events can occur at the same time and facility only if the facility enables each event to occur in a clearly defined space and participants only interact with those at their event. For the VUL this means:
 - 7.7.2.1. One Cohort / One Event: Even though a cohort may have up to 56 participants across 4 teams, a maximum of 50 of them may gather for one event (e.g. a set of games where they play each other).
 - 7.7.2.2. One Cohort / Two Events: If players in one cohort are clearly separated into two groups that do not interact with each other (e.g. two entirely separate games), then all 56 can participate at that facility, as the maximum is 50 per group.
 - 7.7.2.3. Two Cohorts / Two Events: If players from two cohorts are clearly separated from each other and only interact with each other, they can use the same facility.
- 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.

Appendix A - VUL Protocols

Program Organizers are responsible for ensuring these protocols and checklists are followed for their programs, including educating and training any Session Leaders, as required. Session Leaders are responsible for ensuring protocols are followed by all participants. Session leaders include:

- Team Captains for Leagues and Team Practices
- Instructors & Coaches for Clinics, Camps, and Youth Club programs

General Protocols - Required

- Hand sanitizer must be provided at all VUL camps and clinics. Captains must bring sanitized discs and/or sanitizer to use at the field.
- Camp and clinic equipment (discs & cones) must be provided by VUL and sanitized after each session.
- Registrations will be limited based on current government guidelines.
- The 3-point risk assessment in 6.2 must be completed by each participant or their parent/guardian prior to the start of each program and 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.

- Participants are strongly encouraged to bring their own hand sanitizer.
- Instructors will be encouraged to wear masks for close-contact communication.
- Masks will be optional for participants, but welcomed and supported if they do.
- Cones (or lines) may be used to mark out 2 meter distancing for all drills

Appendix B - Session Checklists

Program Organizers Checklist

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| 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). |
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Team Captain Checklist

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| Pre-Event | <ul style="list-style-type: none"> <input type="checkbox"/> Ensure team has accurately filled out attendance on MyVUL. <input type="checkbox"/> Inform the VUL if any player has or is suspected to have COVID-19. |
| Event | <ul style="list-style-type: none"> <input type="checkbox"/> Remind participants to maintain physical distancing of at least 2 meters at all times when not in game play. <input type="checkbox"/> Set up field with clean cones <input type="checkbox"/> Sanitize game disc prior to each game <input type="checkbox"/> Touch base with other captain before and during the game on how to ensure safe play |

Note: Captains should also complete relevant items from the Participant Checklist

Instructor/Coach Checklist

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| 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 the BC COVID-19 Assessment Tool within 24 hours of session. |
| 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"/> Designate individual participant areas, giving each participant enough space to place personal items while ensuring physical distancing |

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| | <ul style="list-style-type: none"> <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 when not in game play. |
| 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 |

Note: Coaches/Instructors should also complete relevant items from the Participant Checklist

Participant Checklist

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| 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"/> Mark attendance and complete the 3 Checks from 6.2 prior to each session <input type="checkbox"/> Items to bring to session: <ul style="list-style-type: none"> <input type="checkbox"/> Your own Water Bottle. <input type="checkbox"/> Hand Sanitizer to be used before, during and after sessions. <input type="checkbox"/> Face Mask (optional) |
| 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 indicated by session leaders. <input type="checkbox"/> Maintain physical distancing of at least 2 meters from all other participants and coaches at all times except in gameplay. <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](#)