

DiscNS Return to play

Sport and recreation play an important role in the social, emotional, and physical wellbeing of individuals and our wider community. As we seek to restart Ultimate Frisbee in Nova Scotia (NS), these guidelines outline measures that sport organizations, leagues, and teams will use to support our sport resuming in a safe and responsible manner. Our priority is participant safety and will be maintained through adherence to the guidelines provided by the government of NS. The return to play outline (RTPO) will cover general criteria applicable in all scenarios then will delve into phased return to play (RTP) followed by emergency preparedness and plans. The RTPO plans are split into outdoor RTP and indoor RTP guidelines.

In addition to the provincial public health measures, all organization must adhere to any measures implemented by Ultimate Canada and the facilities in which they operate. It is the organization's responsibility to safely offer services, operating within provincial guidelines.

Fundamental Guidelines

- Each group in NS participating in RTP must designate one individual within their group or area to monitor and maintain adherence to the RTPO as outlined by DiscNS
- Participants and leadership will not attend if they have any COVID-19 symptoms, have traveled outside of the allowable provinces without completing the 14-day self-isolation or have reason to suspect exposure to someone with COVID-19.
<https://novascotia.ca/coronavirus/when-to-seek-help/>
- All participants and leadership will sign a waiver (parent or guardian if under 18). See appendix 1.1 for minimum waiver criteria. E-waivers are the recommended option.
- Leadership shall take attendance at all practices, events or gatherings that are in association with DiscNS, which includes any form of gathering run by or through HU, PCU, affiliated teams, and affiliated organizations.
- Organizations will reduce in-person meetings and hold virtually or by phone whenever possible
- Organizations will eliminate cash transactions and move to online payments or no touch payments
- Training time shall be limited; participants are not to linger or arrive early
- Group size will be limited to and regulated by leadership in accordance to the current guidelines <https://novascotia.ca/coronavirus/restriction-updates/>
- 2m (6ft) social distancing will be maintained as much as possible and reinforced by leadership
- Hands and discs will be sanitized at regular intervals and as necessary
- Should a participant or leader become positive for COVID-19, all potentially exposed shall be notified immediately and recommended to call 811.
- Before any participant or leader can return to play after a positive COVID-19 test the participant must either a) complete 14-day self-isolation and be symptom free on return or b) have a second, negative COVID-19 test completed

Participant Protocol Modifications

Modifications that apply at all phase levels

- **Coaches and Players**
 - Physical distancing must be respected at all times outside of the game/training.
 - Arrival times and departure times should be proscribed. Do not arrive early or loiter after.
 - Arrive ready to play. Shower at home. Do not arrive more than 10 minutes early. Do not congregate in parking lots. Do not enter training area until the previous group has vacated the area. Clear the area immediately once training has concluded.
 - Bring your own water bottle (pre-filled).
 - Eat and drink off-site.
 - Build in handwashing breaks for training. Have mandatory handwashing before a game, at half time and the end of each session/game.
 - Sanitize discs at every opportunity. At a minimum before the game (when scrimmages are allowed), at half time and after each game. For training sessions, discs can be sanitized more frequently.
 - Do not have unnecessary body contact like high fives, hand shaking, and spirit circles.
 - Bring your own sanitary wipes and/or hand sanitizer.
 - There should be no spitting or nasal clearing onto the grass/ground.
 - Avoid touching your face.
 - Cough/sneeze into your elbow and immediately dispose of any tissues used; wash your hands after a cough/sneeze.
 - Bring and wear a mask when 2m distancing cannot be observed outside of physical exertion.
 - Do not wear gloves, medical, or sport specific hand coverings.
 - Maintain the cleanliness of the training area to prevent exposure to the next group using the area.
- **Coaches/Leadership**
 - It is the leadership's responsibility to maintain current knowledge of COVID-19 regulations before every practice/event. The training phase will adjust based on the current recommendations and will be communicated to the participants prior to arriving to practice should there be a change.
 - Maintain physical distancing with participants.
 - When working between multiple groups, wear a mask and wash your hands before moving on to the next group.
 - Wash personal re-useable masks regularly at home between practices.
 - Monitor group numbers.
 - Create plans to prevent cross over of participants arriving/leaving at entrances and exits.
 - Have clearly defined entrances/exits in settings with doors/gates.

- **Sideline**
 - Do not walk up and down sideline during games or scrimmages, when those activities are permitted. Participants must stay 2 meters apart and in the designated space for their team.
 - In a game/scrimmage setting, teams are to set up on opposite sidelines, when possible, to increase space.
- **Spectators**
 - There can be at most 1 parent per participant except in phase 1 when no spectators will be permitted.
 - Parents must remain in a spectator area. If there is no spectator area, then they must remain on the outside of field fencing while maintaining 2m distance from others. We encourage spectators to wear mask and to use hand sanitizer.
- **Volunteers**
 - There should be on-site volunteers to keep physical distance and position self at least 2 meters from participants.
 - Volunteers should wear masks when unable to maintain 2m distancing.
 - Volunteers should wash their hands before and after touching any equipment, food and so forth.

Outdoor RTP

Phase 1: Small group training

**Trigger: Restrictions include small groups that do not have to be from the same bubble.
Maximum 10 participant including leadership.**

This first phase focuses on training and skill development in small groups. Activities will be related to skill development and will not include formal competition that could result in contact.

- These activities must be outdoors.
- Entrances/exits must be clearly defined.
- Participants must bring their own water bottles, jerseys, and all other necessary personal items.
- Sanitization procedures for equipment:
 - Designate one person for cones. They will be the only person to touch the cones. The cones are to be disinfected prior and after use.
 - Set up a sanitization station and sanitize all the discs being used prior to engaging in activities.
 - Designate one person for discs if there is a disc bag.
 - Designate one person for any other shared equipment.
- Attendance must be taken and recorded at all sessions. All participants must have signed and submitted a waiver prior to participation.
- Participants shall remain the same for the duration of the session. There will not be any rotation of participants during one session.
- No Spectators, children, or pets.
- No Scrimmages.
- Participants are to arrive as prepared as possible, such as arriving changed and cleaned to the field.
- Place bags and other personal items 2m apart.
- Maintain physical distancing (2 meters) at all times.
- Maximum of 10 participants permitted in training area.
- Check ahead of time for field space unless using free public space. If using public space, then choose a time of day where the location will be less busy and set up in an area free from others.

Phase 2: Large group training

Trigger: Restrictions allow for groups of up to 50 people outdoors including leadership.

The second phase expands on the requirements from phase 1. The phase 1 requirements are still in effect, except for the following changes:

- Marking can be done at 1m distance
- No scrimmages
- Adhere to social distancing requirements of the province. The current measures allow sport to partake in activity with a gathering limit of 50 socially distancing at all times, or groups of 10 not socially distancing, in an upward of 5 groups (in which the groups socially distance from each other and groups remain consistent as much as possible).

- Discs must be sanitized at regular intervals

Phase 3: Competition within a club or local association

Trigger: Restrictions allow for groups up to 200 participants including leadership outdoors.

The third phase expands on phases 1 and 2 whose restrictions are still in effect except the following:

- Scrimmages and games are permitted with participants from within the local area
- Marking is reduced to 1 disc space

Prior to planning any events, connect with Sport Nova Scotia, via DiscNS, regarding how and when an event can be hosted. Currently, should a sport setting exceed a total number of 50 (the current gathering limit for sport), a recognized facility must host the event and the host should refer to the [CCH COVID-19 Stakeholder Guidance Document](#) and [gathering restrictions](#) to create a plan for the event that outlines to those involved how it will be safely held.

Phase 4: Regional or Provincial Competition

Trigger: Groups of 300+ in an outdoor area

The element of addressing the planning of events with Sport Nova Scotia, introduced in phase 3, remain in effect in this phase.

The fourth phase expands on the previous phases with the following exceptions:

- Tournaments and training are permitted within the province or bubbled provinces.
- Consider greeters to educate teams on COVID-19 precautions. The greeters may also perform COVID-19 screenings.
- Stagger game times when possible.
- The sessions must be held in an outdoor facility.
- Plans must be in place to ensure cleanliness of shared spaces such as restrooms-consider renting more. No showering permitted.
- Tournament-specific emergency plans must be in place.
- Each team must submit their own emergency plan with their bid.
- When not playing, teams must leave the area until their next game as per participant protocol modifications.
- Do not provide field food provided.
- Hand and equipment sanitizer must be provided by the tournament hosts including hand washing/sanitizing stations with visible signage.
- Social distancing must be respected outside of play.

- Discs must be sanitized at half and every pull. The sanitizing may be done by volunteers.
- Local contact for COVID-19 related concerns or inquiries must be posted in visible areas.
- There must be a designated warm up area provided for 15-30 minutes prior to the next game. Only the teams playing each other next may use this area.
- Tournament host must ensure COVID-19 guidelines are being followed and act when necessary.
- All players must adhere to NS COVID-19 guidelines, otherwise they will be ineligible for play.
- All players must obey their own provincial COVID-19 guidelines on return to their home province.
- Special COVID-19 training for all volunteers, hosts and leadership must be provided prior to the event.
- Reduce game numbers/increase gaps between games to reduce player overlap.
- Ensure proper distancing between fields. Ensure 2m between all articulating sidelines. Remove any shared sidelines.
- Schedule teams into the same field as much as possible.
- Place merchandise locations away from play/warm up.
- Should there be a possible or confirmed COVID-19 case during an event the tournament/training hosts are required to contact 811 and follow their recommendations for the remainder of the event.
- Rosters must be accurate. Teams will not be permitted to change players unless communicated clearly and will respect the cut-off date.
- All participants must sign training/tournament-specific waivers.
- Have plan in place to clean all equipment between volunteers / hosts.
- Provide personal protective equipment for all high risks tasks if this cannot be avoided.

Phase 5: National Competition

Trigger: All national borders are open without self-isolation requirements

The element of addressing the planning of events with Sport Nova Scotia, introduced in phase 3, remain in effect in this phase.

Phase 5 expands on phases 1 through 4 except for the following:

- National level competition and training is permitted.
- Number restrictions if applicable must be obeyed.

Indoor RTP

Indoor RTP will be triggered when we are not using outdoor venues. This condition will likely be weather-driven. Other limitations will rest with the venue's individual ability to accommodate group training/competition.

Phase 1: Small group training

Trigger: Small group training permitted in an indoor setting. Restrictions include small groups that do not have to be from the same bubble. Maximum 10 participant including leadership, or the number permitted by the venue at this time.

This first phase focuses on training and skill development in small groups. Activities will be related to skill development and will not include formal competition that could result in contact.

- Entrances/exits must be clearly defined
- Participants must bring their own water bottles, jerseys, and all other necessary personal items
- Sanitization procedures for equipment
 - Designate one person for cones. They will be the only person to touch the cones. They are to be disinfected prior and after use.
 - Set up a sanitization station and sanitize all the discs being used prior to engaging in activities.
 - Designate one person for discs if there is a disc bag.
 - Designate one person for any other shared equipment.
- Attendance must be taken and recorded at all sessions. All participants must have signed and submitted a waiver prior to participation.
- Participants shall remain the same for the duration of the session. There will be no rotation of participants during one session.
- No Spectators, children, or pets.
- No Scrimmages.
- Participants are to arrive as prepared as possible.
- Place bags and other personal items 2m apart.
- Maintain physical distancing (2 meters) at all times.
- A maximum of 10 participants is permitted in training area.
- Follow facility rules and regulations for safe social distancing practices.
- Should the facility require masks during all non-play time then this will be required of all participants.
- Ensure there is time between training groups for one group to clear the area before the next enters.

Phase 2: Large group training

Trigger: Restrictions allow for groups of up to 30 people indoors in one area including leadership. Venues allow larger groups for registration in one area.

The second phase expands on the requirements from phase 1. The phase 1 restrictions are still in effect, except for the following changes:

- Marking can be done at 1m distance
- No scrimmages
- Adhere to social distancing requirements of the province. The current measures allow sport to partake in activity with a gathering limit of 50 socially distancing at all times, or groups of 10 not socially distancing, in an upward of 5 groups (in which the groups socially distance from each other and groups remain consistent as much as possible).
- Discs must be sanitized at regular intervals

Phase 3: Competition within a club or local association

Trigger: Restrictions allow for indoor 4v4 play numbers and reduced social distancing during play. 75-100% venue capacity or ability to book the numbers withing venue rules.

The third phase expands on phases 1 and 2, which are still in effect except the following:

- Scrimmages and games are permitted within the local area
- 4v4, 5v5 or other combinations must take the area available and venue restrictions into account
- Marking is reduced to 1 disc space

Prior to planning any events, connect with Sport Nova Scotia, via DiscNS, regarding how and when an event can be hosted. Currently, should a sport setting exceed a total number of 50 (the current gathering limit for sport), a recognized facility must host the event and the host should refer to the [CCH COVID-19 Stakeholder Guidance Document](#) and [gathering restrictions](#) to create a plan for the event that outlines to those involved how it will be safely held.

Phase 4: Regional or Provincial Competition

Trigger: Large gatherings with 100% capacity and Indoor tournaments allowed.

The element of addressing the planning of events with Sport Nova Scotia, introduced in phase 3, remain in effect in this phase.

The fourth phase expands on the previous phases with the following exceptions:

- Tournaments and training are permitted within the province or bubbled provinces.
- Consider greeters to educate teams on COVID-19 precautions. The greeters may also perform COVID-19 screenings.

- Stagger game times when possible.
- Events must be held in a facility capable of safely supporting the numbers. Keep event numbers low when possible.
- Plans must be in place to ensure cleanliness of shared spaces such as restrooms-consider renting more. No showering permitted.
- Tournament-specific emergency plans must be in place.
- Each team must submit their own emergency plan with their bid.
- When not playing, teams must leave the area until their next game as per participant protocol modifications.
- Do not provide field food.
- Hand and equipment sanitizer must be provided by tournament hosts including hand washing/sanitizing stations with visible signage.
- Social distancing must be respected outside of play.
- Discs must be sanitized at half and every pull. The sanitization may be done by volunteers.
- Local contact for COVID-19 elated concerns or inquiries must be posted in visible areas.
- There must be a designated warm up area provided for 15-30min prior to the next game. Only the teams playing each other next may use this area.
- Tournament hosts must ensure COVID-19 guidelines are being followed and act when necessary.
- All players must adhere to NS COVID-19 guidelines otherwise they will be ineligible for play.
- All players must obey their own provincial COVID-19 guidelines on return to their home province.
- Special COVID-19 training for all volunteers, hosts and leadership must be provided prior to event.
- Reduce game numbers/increase gaps between games to reduce player overlap.
- Ensure proper distancing between fields. Ensure 2m between all articulating sidelines Remove any shared sidelines.
- Schedule teams into the same field as much as possible.
- Place merchandise locations away from play/warm up.
- Should there be a possible or confirmed COVID-19 case during an event the tournament/training hosts are required to contact 811 and follow their recommendations for the remainder of the event.
- Rosters must be accurate. Teams will not be permitted to change players unless communicated clearly and will respect the cut-off date.
- All participants must sign training/tournament-specific waivers.

- Have plan in place to clean all equipment between volunteers / hosts.
- Provide personal protective equipment for all high risks tasks if this cannot be avoided

Phase 5: National Competition

Trigger: All national boarders are open without self-isolation requirements. Venue at 100% capacity.

The element of addressing the planning of events with Sport Nova Scotia, introduced in phase 3, remain in effect in this phase.

Phase 5 expands on phases 1 through 4 except for the following:

- National level competition and training is permitted
- Number restrictions if applicable must be obeyed
- Follow venue restrictions

Employee and Volunteer Protection and Training

Action Plan:

Create, distribute, and make accessible a DiscNS an educational webinar with supporting documentation on RTP policies, expectations, and hygiene practices.

Create a tournament/event-specific webinar and supporting documentation.

Distribute the webinar to the target audience. Provide the webinar to leadership to distribute with waivers.

Make accessible on DiscNS website.

Emergency Action Plan

Each organization/team or group associated with DiscNS is required to develop and submit an emergency action plan to DiscNS before engaging in RTP, hosting training or tournaments. Any tournament or inter-provincial training must have their own emergency plan.

Minimal requirements include the following:

- Planned area for isolation
- Plan for when a participant exhibits symptoms during or after the training session/tournament:
 - Isolate the individual to designate area and hand them a mask, sanitize their hands and give them gloves.

- Have a plan to get individual home or to another safe area without increased risk to others
 - Find out if they carpooled with anyone
 - Inform all participants of the possibility of infection
 - Request that the participant undergoes COVID19 screening ASAP and shares the results with leadership
 - Follow provincial health guidelines if COVID19 infection is confirmed
 - Ensure the participant is safe to return home verses seeking immediate medical care and get participant to inform any individuals who may be living in the same residence
- Leadership to have on hand at every practice and event:
 - Hand sanitizer
 - Disc/equipment sanitizer
 - Extra gloves
 - Extra masks
 - Cell phone for emergencies
 - Entrance/exit signs (if necessary, to maintain social distancing)
- Tournaments Only:
 - Must have emergency exit plan to extract individual from area with minimal chance of exposure to others
 - Person(s) designated to handle potential COVID-19 cases
 - Must have all rosters with contact information readily available
 - Must have access to direct line of contact with all team leadership
 - Each team must always have one individual with roster and contact information available by phone in case of emergency. This is preferably team leadership but if leadership is playing then it must be a non-playing individual. Must remain consistently the same individual.

Communications

The return to play plan will be communicated as follows:

- Posted to the DiscNS public web site and notified through our social media channels
- Sent directly to each ultimate organization affiliated with DiscNS, notably Halifax Ultimate, Pictou County Ultimate, with the request that they make their members aware of the policy through their web and/or social media channels and that they circulate the draft with any team captains at the start of each season.
- Send directly to any organizations of which DiscNS is aware that is involved in ultimate but who are not under the DiscNS umbrella
- Send directly to the captain of each known ultimate team in the province with a request to let their athletes know about the plan.

Appendix 1.1: Minimal waiver requirements

Name, DOB, Personal Health Card Number and emergency Contact with their contact number

Agreement not to attend practice or events if they:

- a) Have any COVID-19 symptoms,
- b) Have traveled outside of the allowable provinces without completing the 14-day self-isolation
- c) Have reason to suspect exposure to someone with COVID-19.

Agreement to report to leadership if any COVID-19 symptoms occur following a practice or event or they are informed of a possible COVID-19 exposure that would have taken place before a practice or event.

Reminds individuals of the expectation to maintain social distancing when possible, to sanitise their hands regularly and to adhere to the DiscNS and local guidelines for participation in RTP.

Waiver must be signed and dated by participating individual unless the individual is a minor in which case it can be signed and dated by a parent or guardian.

References:

Ultimate Canada. 12 July 2020. Ultimate Canada Return to Play Guidelines.

<https://d36m266ykvepgv.cloudfront.net/uploads/media/YxjNgt24a0/o/ultimate-canada-return-to-play-guidelines.pdf>

Government of Nova Scotia. 12 July 2020. Covid-19: symptoms, self-isolation and when to seek help. <https://novascotia.ca/coronavirus/when-to-see-help/>

Government of Nova Scotia. 12 July 2020. Covid-19: restriction updates.

<https://novascotia.ca/coronavirus/restriction-updates/>