



RETURN TO SPORT GUIDELINES - PHASE 3 UPDATE

August 24, 2020

DISCLAIMER

Triathlon BC's Return to Sport Guideline 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 this document 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 Provincial Health Office. In the event of an ambiguity or conflict between the Return to Sport Guidelines and the *Public Health Act*, regulations or orders thereunder, the Act, regulations and orders prevail. All affiliated and sanctioned activities must 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 Triathlon BC 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.

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

RETURN TO SPORT – PHASE 3 UPDATE: PROGRESSIVELY LOOSEN

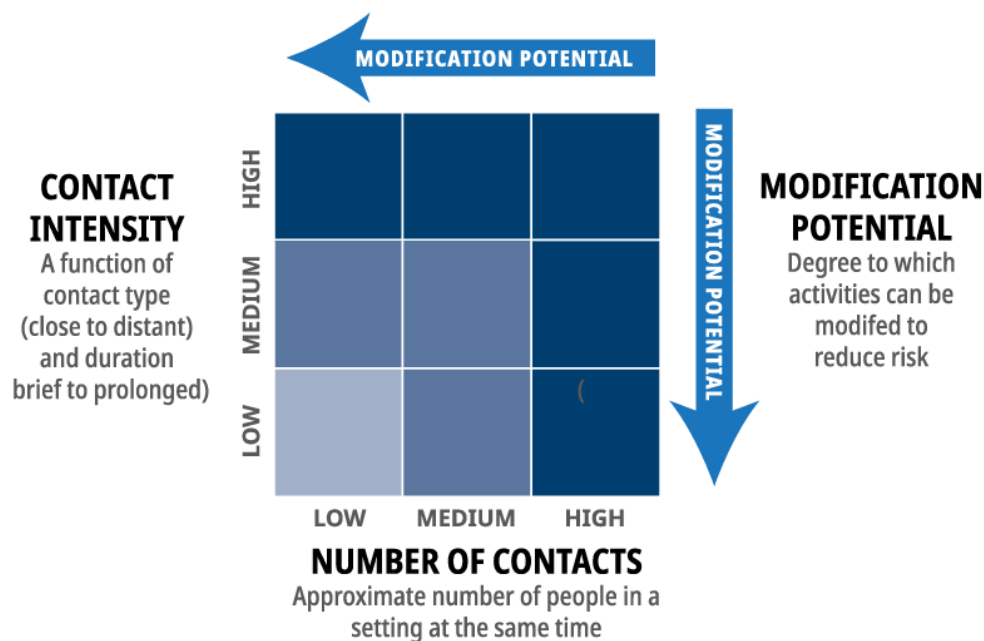
British Columbia is in Phase 3 of the Restart Plan, and as of August 24, sport has moved to the “Progressively Loosen” Phase. In this phase there can be a careful increase to the number of contacts and contact intensity in sport.

The purpose of this update 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 local sport organizations are making decisions about return to play in Phase 3, it is advised to start conservatively and slowly introduce new activities. Local sport organizations are asked to update their safety plans to reflect the addition of any new activities.

NOTE: For contact tracing purposes, local sport organizations must provide facility operators 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 local 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 local 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.

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

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 groups or teams
- Group or team-based activities that include physical contact

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, local 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);

NOTE: Enforce physical distance when outside the field of play (e.g.- change rooms, hallways, benches, staging or transition 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

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 Phase 3:

- 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.
- At least two metres distancing should be maintained between all participants when outside of the field of play (e.g change rooms, hallways, benches, staging or transition areas, etc.). If physical distancing cannot be maintained masks should be worn.
- Cohorts should be made up of individuals/groups of similar age or skill level.
- Where physical distancing cannot be maintained, modifications may be required or cohorts should be introduced up to a maximum of 100 people.
- Cohort sizes are different from maximum group sizes. When members of the cohort are gathering for 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 participants 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

Competitive activities fall under the following categories:

- A. **Club Play:** competitive activities that are occurring within the club environment.
- B. **Regional Competition:** competitive activities occurring between clubs or individuals within a region.
- C. **Provincial Competition:** competitive activities that are sanctioned by Triathlon BC and draw individuals from all areas of the province.
- D. **Inter-provincial Competition:** competitive activities that draw individuals from outside of the province.

In Phase 3:

- 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. Local sport organizations should begin with training activities and slowly introduce different levels of competition after a minimum period of 14 days.
- Competitive activities may be expanded outside club competition to include regional competition as outlined in Appendix H if deemed appropriate by Triathlon BC.
- 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.
- 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 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.
- Spectators (i.e. those who are outside of the participant's immediate family) are not encouraged until Phase 4.

NOTE: 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.

- Consider the demographics of staff, coaches and volunteers and how to mitigate risk to those individuals.
- Ensure that an outbreak plan is in place 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, CLINICS & TRAINING ENVIRONMENTS

To introduce 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, local 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 and that there are dedicated spaces that can be used for isolation if athlete/ personnel develop COVID-19 symptoms.

In-camp, local 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, local 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

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.

- 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 PLAN

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, 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 using a facility, 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. o Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - o 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>

APPENDIX A - 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 (i.e. Triathlon BC), 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 (i.e. club).

Competitive activities: Competitive activities are formal, organized competitions between participants where results are recorded and standings or outcomes 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 changing rooms, hallways, benches, staging or transition areas, etc

APPENDIX B – 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 C - MEMBER COMMUNICATION

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

Dear <<PARTICIPANT, ATHLETE, COACH, PARENT>>

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, <NAME OF LOC or CLUB> has been working with Triathlon BC, 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 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 the following 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 to participate in activities 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, mask, 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,

Signed LOC or Club Representative

APPENDIX D: ACTIVITIES BY SPORT TYPE

Due to the differences among sport in the amount and intensity of contact, Triathlon has been identified as a 'Group A' Sport; Individual sports that can maintain physical distancing OR sports performed in pairs or small teams (up to 10) where there is no contact with those outside your pair/team.

Group A sports are encouraged to introduce certain activities, but still follow Triathlon BC's Return to Sport guidelines, continue to assess risk and look to slowly phase-in new activities.

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.

Cohort – In disciplines where physical distancing cannot be maintained modifications may be required or cohorts should be introduced up to a maximum of 100 people.

Competition - Regional and provincial competitions may be introduced in accordance with [viaSport Return to Sport](#) and Triathlon BC's sport-specific guidelines.

Pairs or small teams may compete against other pairs/teams but should maintain physical distancing with their opponents.

Not all clubs and events 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.