

BC Wrestling Association
Return to Wrestling Restart 2.0
Guidelines





BC Wrestling Association Return to Wrestling Restart 2.0 Guidelines

Opening Statement BCWA

BCWA know those in the sport community feel the effects of physical distancing and travel restrictions profoundly, as sport and physical activity is such an important part of our collective wellness. We want to share more information about the work we are starting now to plan for the resumption of sport.

The Government of BC has a plan to restart. B.C.'s Restart Plan is a way to gradually allow for more social and economic activity, while closely monitoring health information to minimize the risk to the public. This isn't a return to normal, but it's a hopeful, careful step toward a real recovery for all of us.

We recognize the immense toll this pandemic response has taken on athletes, coaches, volunteers and others in the sport sector. Sport plays such a critical role in people's mental and physical health. As we've all faced heightened stress, we know that not having organized sport as an outlet has been especially difficult. Under our plan, we are confident that wrestling will be able to continue under enhanced protocols, beginning July 10, 2021. This will be accomplished through the development of guidelines on how to operate safely and start to resume play during this pandemic.

Objective of Guidelines

The Provincial Health Officer's direction is that guidelines should cover three things:

- 1) Processes to open safely.
- 2) Measures to keep people safe to avoid further outbreaks.
- 3) A plan in the event that a case or an outbreak should occur.

Our guidelines have considered how organizations will operate for athletes, coaches, staff, and volunteers. It must be noted that these guidelines need to be modified to effectively follow the PHO orders and recommendations. The goal is to support a safe return to wrestling.

Club Safety Plan

All clubs must provide a Club Safety Plan to BCWA prior to restarting. The Club Safety Plan must be readily available and provided to club members if requested.

Waiver Requirement

All members including coaches, athletes, and volunteers must review, sign, and submit the BCWA Event Participation Waiver prior to participating in any wrestling activity. Minors (18 years old and younger) will need approval from parent or guardian to participate in wrestling activities. The BCWA Event Participation Waiver is provided during the membership registration process. BCWA will sanction event participation, both in person and remote training, beginning July 10, 2021.



Cautions

BC's restart will be a careful, step-by-step process to ensure all of our combined efforts and sacrifices are not squandered. Therefore, BCWA has developed enhance protocols aligned with the Public Health and Safety Guidelines.

It is important to be aware that COVID-19 is a rapidly changing phenomenon. Clubs and BCWA members should be prepared for a rapidly changing environment as we enter into Return to Wrestling. The aim of these guidelines is to mitigate the risk of Covid-19 infection as much as possible at club level, as the danger cannot be completely eliminated without an effective and comprehensive Covid-19 testing or vaccination program.

It is important to note that BCWA's current insurance policies exclude coverage related to communicable diseases or pandemics. Therefore, return to sport discussions should include acknowledgement of the inherent risk to the resumption of sport during a pandemic and clear strategies to mitigation of these risks.

Provincial Health Officer Restrictions

PHO orders and recommendations include:

- Frequent hand hygiene;
- Enhanced cleaning and disinfection and
- Self-isolation for employees who have symptoms of COVID-19 for a minimum of 10 days (or self-isolation for 14 days if returning to Canada from another country)

Risk Management

Our "new normal" is based on principles that apply to every person and every situation. These principles are the foundation of how we need to move forward with our BC plan, and will remain in place for the weeks and months ahead. These principles include:

1. Staying informed, being prepared and following public health advice;
2. Practising good hygiene – hand hygiene, avoid touching your face and respiratory etiquette;
3. Staying at home and away from others if you are feeling ill – with no exceptions – whether for school, work or socializing;
4. Increasing cleaning of frequently touched surfaces at home and work;
5. Considering the use of non-medical masks in situations where physical distancing cannot be maintained, such as on transit or while shopping; and,
6. Continuing to minimize non-essential personal travel.
7. Stay at home and keep a safe distance from family when you have cold or flu symptoms, including coughing, sneezing, runny nose, sore throat and fatigue.
8. Practice good hygiene, e.g., regular hand washing, avoiding touching your face, covering coughs and sneezes, disinfect frequently touched surfaces.



Priorities

1. The #1 Priority is the Health and Safety of all Members.
2. All clubs/teams must abide by and consider Provincial and Municipal health authority requirements.
3. Sport is going to play a critical role in the physical and mental health of people as the Province reopens and rebuilds and as such it is important a reopening is done properly.

Definitions

Competitive activities: are formal, organized games, matches and tournaments between participants where scores are recorded and standings are kept. For the foreseeable future, sport will be more geared towards community participation and training rather than games and provincial competition.

Community focused: sport activities take place within the home sport community or clubs where participants are members. This means avoiding cross-regional, inter-provincial or cross-country travel for sport.

Organized sport: is defined as any organized sport activity that involves a number of people doing something together in a structured way and is facilitated by a Provincial Sport Organization or Local Sport Organization.

Recreational Activities or Play: can be defined as leisure activities that are done at the discretion of the individual (e.g. – use of parks, hiking trails, public facilities) and are not included within the context of this document.

High performance: individuals that have been selected to provincial or national team training environments.

Region: the Zones as identified by BC School Sports.

Field of play: for the purpose of this document will be the complete wrestling mat surface.

Cleaning Protocol and Responsibility

The facility owner or operator has overall responsibility for cleaning protocols within the facility. However, anyone renting/utilizing their space is responsible for ensuring there are sufficient protocols in place as well as ensuring all equipment used is properly cleaned.

General cleaning and disinfecting of surfaces should occur at least once a day. Surfaces that are highly touched (including bathrooms) should be cleaned twice a day.

Cleaning and sanitation guidelines.

- 1) The BC Ministry of health cleaning and sanitization guidelines can be found at:



http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf

- 2) Confirm the responsibility for cleaning the facilities.
- 3) Cleaning of training room – MUST WEAR MASK AND GLOVES
 - a. Spray down all mat surfaces with approved cleaners and ensure wet time is as directed on the label.
 - b. Wipe down all handles.
 - c. Spray down walls if contact is made to walls.
 - d. Spray down if any equipment is used (dummy's, med balls, etc.).

Local Municipal Regulations

Municipalities will be developing their own set of guidelines in line with provincial health orders and recommendations and will require approval by their mayor or council. Municipal decisions will be made locally; community by community. This will impact sports organizations who use municipal facilities, and/or multiple facilities across jurisdictions. Participants need to be informed of municipal guidelines and regulations and must follow the municipal guidelines and regulations.

Additional Guidelines

Additional guidelines members are to review:

ViaSport: <https://www.viasport.ca/return-sport>

Work Safe BC: <https://www.worksafebc.com/en>

Wrestling Canada Lutte: <https://wrestling.ca/covid-19/>

BC School Sport: <https://www.bcschoolsports.ca/>

First Aid Guidelines

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. More detailed guidelines from Work Safe BC and Canadian Red Cross can be found on their respective websites with links provided below.

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>

<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>



Assessment tools

The link below provides access to a self-assessment tool, developed by the BC Ministry of Health, will help determine whether you may need further assessment for COVID-19 testing by a healthcare provider or at a local collection centre. You can complete this assessment for yourself, or on behalf of someone else.

<https://bc.thrive.health/covid19/en>

Facility Access

Public health officials have indicated that the use of outdoor facilities are generally safer as there is greater ventilation and ability to physical distance. This does not limit indoor sports from reopening, but it does increase the risk factor and therefore adds further considerations related to facility operations.

Those that utilize outdoor facilities will need to consider:

- 1) The ability to control group sizes and proximity within the outdoor environment.
- 2) Booking procedures that may be in place with the municipality for use of fields, etc.
- 3) Ability to safely access public areas such as beaches, open water, trails, etc. while ensuring COVID-19 measures in the sport organization's plan can be applied.

Those that utilize indoor facilities will need to look at:

- 1) Whether it is possible to re-locate activities to the outdoors – if so, look into how to obtain a permit, if required.
- 2) Whether they are the owner, operator or renter/user of the facility as this will have different implications and responsibilities related to it.
- 3) Additional municipal guidelines that may be in place.
- 4) Whether or not multiple groups/sports will be held within the same facility.

Screening

Upon arrival to train, coaches are recommended to ask each athlete if they are experiencing any signs or symptoms of COVID-19, and ask if the athlete has been in contact with anyone suspected of having COVID-19. Findings should be documented and initialed by athlete, parents (if athlete is a minor), and supervising coaches.

- 1) If the athlete has any signs or symptoms of COVID-19, they must be sent home and instructed to contact their healthcare provider.
- 2) Athlete should not return to practice until formal letter of clearance is provided to coaching staff by overseeing healthcare provider.
- 3) If an athlete tests positive for COVID-19 or has been in contact with someone diagnosed with COVID-19, the coach should notify other wrestlers and parents present at the practice about a possible exposure.
 - a. The coach should NOT share the sick athlete's name with other wrestlers and parents to ensure they do not violate privacy laws.



- b. Exposed individuals should contact local healthcare provider for direction on further care.

Pre-registration

- 1) All coaches, participants, volunteers, and anyone who is to be insured must be a current registered BCWA member.
- 2) No drop-in programs at this time. Member only programming is permitted.
- 3) Individuals should pre-register online or over the phone.

Spectators

Up to 50 spectators are permitted for outdoor activities. A person must not be present as a spectator, unless the presence of the person is necessary in order to provide care to a participant. No spectators are permitted indoors. Limited access to those that are essential to the approved activities.

Group Size Considerations

Please review the BC Province-Wide Restrictions for details on current gathering restrictions.

<https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>

Travel

While provincial travel restrictions have been eased as of May 25, 2021, travel for the purposes of sport and group activities should still be slowly introduced.

Arrival and Departure Process

- 1) A thorough cleaning of the facility must be done before any participants access the facility for the first time.
- 2) All Members, Staff, and Participants are recommended to complete a health screening questionnaire and are cleared to enter the facility.
- 3) Sanitary Recommendations to be Performed Before Arriving to the Training Location
 - a. Take a shower and wash your hair.
 - b. Make sure that your equipment has been washed properly.
- 4) Points of Access
 - a. Where appropriate, consider designated drop-off and pick-up spaces.
 - b. Determine the number of access points and consider closing some in order to monitor how many people are entering the facility.
 - c. Choose doors with an automatic function or prop doors to reduce contact with door handles.



- d. Consider how to manage the flow of people and put signage, directional limitations in place (e.g. all individuals must use one door for entry and a different door for exit, arrows or other directional instructions on the floor).
- 5) Sanitary recommendations when assembling.
 - a. Designate an assembly point where the physical distancing can be respected.
 - b. Mark any required security distance points.
 - c. Designate a person to orient the participants.
 - d. Provide hand sanitizer (gel or liquid).
 - e. Provide a trashcan for disposable paper handkerchiefs and litter.
 - 6) Schedule
 - a. Set a time in which it is appropriate for participants to arrive in advance of their scheduled activity (example – participants should not arrive sooner than 20 minutes before the scheduled start time, and there should be sufficient space for physical distancing while lining up or waiting to begin).
 - b. At the end of their scheduled program/time slot participants must immediately leave the facility.
 - c. Staggered start times to account for individuals moving in and out of the facility/playing area.

Sanitary recommendations to be taken upon arrival at Home:

- 1) Take a shower.
- 2) Wash the training outfit.
- 3) Wash the water bottle.
- 4) Disinfect the bag.
- 5) Restock the sanitary kit (sanitising gel/liquid, tissue paper, mask)

Facility Operation

Education Plan

All participants, prior to participating in organized activities, must have read and acknowledge understanding and commitment to following the content of the 'BC Wrestling Association Return to Wrestling Restart 2.0 Guidelines'.

Outbreak Procedure

In the event of an outbreak within your club the following procedures must be followed:

- 1) Immediate shut down of all club for a minimum of 14 days.
- 2) Club must notify the local health authorities and BCWA immediately.
- 3) All club members and program participants must be notified of the outbreak and agree to self-quarantine for 14 days.



Equipment

Sharing of equipment creates greater risk of spread of the virus. To mitigate that risk clubs should include regular cleaning and disinfection of equipment between users (where possible), and hand washing before and after use/play.

- 1) Each individual (athlete/coach) is recommended to wipe down their equipment before AND after use.
- 2) Each participant is encouraged to use hand sanitizers before entering the facility.
- 3) Club should provide cleaning products (disinfecting wipes, cleaning solutions and bucket and rags for individuals to use.

Staff and Volunteers

Where the sport organization owns and operates a facility, “staffing” encompasses all facility staff (management, administration, maintenance, etc.).

If the sport organization is a renter or facility user, “staffing” may refer to sport program staff, such as coaches, volunteers, etc.

All employers in B.C. have a legal obligation to ensure a healthy and safe workplace for employees. Organizations that rely on volunteers also need to take steps to ensure the safety of volunteers.

Risk mitigation measures related to staffing:

- 1) Educate staff on public health information and expectations related to the implementation of the Return to Sport Plan.
- 2) Develop and implement an Illness Policy, that outlines procedures for staff and participants that may be experiencing symptoms and ensures no one attends work/practice/games when sick.
- 3) Wellness questionnaires and use of self-assessment tools are recommended.
- 4) Implement enhanced hygiene protocols:
 - a. Frequent and proper handwashing.
 - b. Ensure adequate and accessible hand-washing facilities or sanitizer.
 - c. Implement policies around when workers need to wash hands (upon arrival, before/after breaks, after touching common equipment).
 - d. Reminders to avoid touching eyes, nose and mouth.
 - e. Reminders to use cough and sneeze etiquette: Cough and sneeze into your elbow.
- 5) Implement an enhanced cleaning protocol for common areas and common equipment. Ensure cleaners have adequate training and tools.
- 6) Minimize use of shared equipment.
 - a. Identify ‘high-touch’ objects as part of the assessment.
 - b. Minimize use of lockers, remove all non-essential items.
 - c. Minimize use of shared equipment (including computers, phones, printers, fridges, coffee makers, and sport equipment etc.).
 - d. Each staff person/volunteer should disinfect any shared equipment/surfaces they have come in contact with after each use.



- 7) Ensure staff and supervisors understand the Right to Refuse unsafe work and procedures are in place to respond to such concerns,
- 8) Assign a Safety Representative to ensure implementation of safety protocols during sport programming.

For further information on safety within the workplace refer to WorkSafe BC:

<https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation>

Participant Considerations

When considering delivery of sport programming, organizations need to consider who their participants are, the size of the group, expectations of participants and the communication and enforcement of those expectations.

Criteria for participation in group training sessions (includes athletes, and coaches)

- 1) No signs or symptoms of COVID-19 in the past 14 days
 - a) If an athlete has had a case of documented COVID-19 infection, athlete needs a note from his/her doctor indicating athlete is cleared to participate in training
- 2) No close sustained contact with anyone who is sick or individuals that may have been exposed to COVID-19 within 14 days of beginning group training
 - a) Since the signs and symptoms of COVID-19 can be fairly non-specific and not just respiratory symptoms, it is recommended that athletes should not be in close sustained contact with anyone who is sick for 14 days prior to beginning group training. This requirement reduces the risk of introducing COVID-19 into the training group by someone who may have COVID-19 but isn't experiencing any symptoms yet.

Hand Hygiene

- 1) Frequent hand washing is recommended.
- 2) Clubs should provide appropriate hand sanitization.

High Risk Population Consideration

Older adults are considered a vulnerable population and are at greater risk of contracting COVID-19. Those at increased risk due to compromised immune systems should not take part in recreational or sport activities. However, it is up to the individual to understand their risks and make a decision about whether or not to participate.

Participant Health and Wellness Monitoring

- 1) All participants are recommended to answer a health and wellness questionnaire each day.



Health and Wellness Questionnaire

- A) Have you had any of the following symptoms in the last 2 weeks: Fever, Chills, Cough, Shortness of breath or difficulty breathing, Sore throat and painful swallowing, Stuffy or runny nose, Loss of sense of smell, Headache, Muscle aches, Fatigue, Loss of appetite
 - B) Have you been in close contact or cared for anyone with the above symptoms in the last 2 weeks?
 - C) Have you returned to Canada from any country (including the United States) within the last 14 days?
 - D) Have you been in close contact with anyone who has traveled in the last 14 days?
- 2) Participants must agree that in the event of feeling sick or signs of feeling sick they must self-quarantine for 14 days, and notify the club immediately.

Sickness Guidelines

- 1) For any individuals coming into the facility, are required to stay home if they experience any of the following symptoms: fever, chills, cough, shortness of breath or difficulty breathing, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, and loss of appetite.
- 2) If self-isolating at home, individuals are required to stay home for a minimum of 14 days.
- 3) Individuals are required to notify the club if they experience symptoms and are self-isolating.
- 4) Clubs are required to notify all club members and individuals accessing the club that a member has shown symptoms and they may have been exposed to a virus.
- 5) Club is required to notify local health authorities and BCWA of the potential exposure.
- 6) Club to notify all shared facility partners, suppliers, and others about the outbreak.

Communication to Participants

Ensuring safety measures are being met and adhered to depend on everyone being aware of, and understanding the health and sport specific guidelines. Communication of the guidelines to participants and spectators is an important component of the plan.

Compliance

Non-Compliance to COVID-19 Related Policies and Guidelines.

All participants will abide by BC Wrestling Association Return to Wrestling Restart 2.0 Guidelines. In the event a participant is non-compliance to the guidelines the following call to action will be in place:

- 1. Warning to the participant.
 - a. If the participant is warned for the third time in a session, they must be removed from the session immediately.



2. Written email to the participant.
3. Suspension of club privileges until further notice.

Practice

All on mat wrestling activities that were previously permitted prior to COVID are now permitted.

Prior to start of practice

- 1) Remove street shoes and leave them outside of training area.
- 2) Everyone is recommended to use hand sanitizer prior to start of practice.
- 3) Garbage can be present to dispose of all litter immediately.

Post Practice

- 1) Recommend washing hands or use of hand sanitizer.
- 2) Removal and disposal of mask once outside or away from others (if applicable).
- 3) Discard of trash immediately.
- 4) Shower and clean equipment immediately once home.

Outdoor activities

Travel: Increased travel allowed.

Practice: Practices allowed for youth and adults.

Competition: No competition allowed.

Physical Distance: Physical distance not required, but no contact.

Mask: Mask not required but recommended.

Group Size: Maximum 50 people.

Spectator: Up to 50 spectators.

Indoor activities

Travel: Increased travel allowed.

Practice: Practices allowed for youth and adults.

Competition: No competition allowed.

Physical Distance: Physical distance not required. Contact permitted on mat.

Mask: Mask recommended when not on mat.

Group Size: Maximum 50 people.

Spectator: No spectators.



Conclusion

COVID-19 has changed the way British Columbians live and interact with each other and the world. Adjusting to this change, and the heightened need to adhere to health protection measures, requires a carefully considered and detailed approach. This Guideline will help members navigate the complexities and nuances of service to and space for their communities in and after the pandemic, maintaining community health and wellbeing as the primary focus.

As a new threat, COVID-19 is still a largely unknown virus and, as such, measures and reactions will continue to be modified as research and our experience with it evolves. For this reason, it is imperative that the Provincial government continue its partnership with BCWA to help guide the wrestling community through and past the pandemic, utilizing BCWA as the agency capable of facilitating a coordinated and collaborative approach to restoring wrestling in our respective communities.

This Guideline is founded upon the understanding that each local wrestling community has its own balance of risk, resources, capacity, and public demand to weigh in decisions about re-opening facilities and offering services. As a result, this Guideline is flexible and scalable to allow local wrestling community to use it as necessary.

As this Guideline is put into practice, it will ensure all British Columbians are transitioned through this pandemic with the necessary care, support and consideration when engaging in wrestling.

Guideline Development

BCWA would like to acknowledge and thank the following individuals, groups and organizations for their contributions to this document. Contributions have been made to BCWA through informal regional and province-wide sector senior leaders meetings, co-hosted webinars, document sharing, and discussions with key stakeholders.

Contributors

- Province of BC
- Provincial Health Office
- Health Canada
- Ministry of Tourism, Arts and Culture
- WorkSafeBC
- BC Centre for Disease Control
- Recreation Facilities Association of BC
- Lifesaving Society – BC & Yukon
- viaSport
- Municipal Insurance Agency of BC
- BC Municipal Safety Association
- SportBC
- Wrestling Canada Lutte
- USA Wrestling
- International Judo Federation
- Canoe Kayak BC
- BC Recreation and Parks Sector



Appendix A

Contacts and Resources

BC Wrestling Association

<http://www.bcwrestling.com/>

Address: 3713 Kensington Ave #3014, Burnaby, BC V5B 0A7

Phone: (604) 737-3092, Please leave a detailed voicemail message for quick response.

REGIONAL HEALTH AUTHORITIES

Fraser Health: <https://www.fraserhealth.ca/>

Interior Health: <https://www.interiorhealth.ca/Pages/default.aspx>

Island Health: <https://www.islandhealth.ca/>

Northern Health: <https://www.northernhealth.ca/>

Vancouver Coastal Health: <http://www.vch.ca/>

ViaSport

<https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>

Protection Poster

<http://www.bccdc.ca/Health-Info-Site/Documents/COVID19-Prevention.pdf>

Physical Distancing Poster

http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_PhysicalDistancingPoster.pdf

Handwashing Poster

http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_Handwashing%20Poster_MD%20offices.pdf

Do Not Enter If Sick Poster

http://www.bccdc.ca/Health-Info-Site/Documents/COVID19_DoNotEnterPoster.pdf

Assessment tool

<https://bc.thrive.health/covid19/en>

BC Centre for Disease Control:

http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf

Health Canada Guidelines:

<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

Work Safe BC:

<https://www.worksafebc.com/en/about-us/news-events/announcements/2020/March/covid-19-situation-your-reporting-payment-deadline>



BC Ministry of Health Contact:

<https://www.healthlinkbc.ca/contact-us>

BC Ministry of Health Covid-19 Information Page:

<https://www.healthlinkbc.ca/health-feature/coronavirus-disease-covid-19>

BC Ministry of Health - Useful Resources for Covid-19:

<https://www.healthlinkbc.ca/useful-resources-covid-19>

Wrestling Canada Lutte

<https://wrestling.ca/>



Appendix B



British Columbia Wrestling Association the "Organizer"

Event Participation Waiver

WAIVER OF LIABILITY FOR ALL CLAIMS AND RELEASE OF LIABILITY

PLEASE READ CAREFULLY BEFORE SIGNING. Completed waivers must be returned with registration or prior to attending the Organizer's event: _____ (the "Event"). This waiver does not affect accident and out-of-country travel insurance provided by the Organization where applicable.

By signing below, the Participant (named below) and/or the Participant's Guardian represents that the Participant:

1. Has not travelled internationally during the last 14 days;
2. Has not visited a COVID-19 high risk area, region or location in Canada during the last 14 days;
3. Does not knowingly have COVID-19;
4. Is not experiencing known symptoms of COVID-19, such as fever, cough, or shortness of breath, and if experiences such symptoms during the Event will immediately depart from the Event;
5. Has not, in the past 14 days, knowingly come into contact with someone who has COVID-19, who has known symptoms of COVID-19, or is self-quarantining after returning to Canada; and
6. Follows government recommended guidelines in respect of COVID-19, including practicing physical distancing, and will do so to the best of the Participant's ability during the Event.

In addition, by signing below the Participant and/or the Participant's Guardian understands, acknowledges and assumes the inherent risks in participating in the Event, including, but not limited to: the potential for bodily injury or illness (including contraction of COVID-19); contact or interaction with others who may have been exposed to COVID-19; permanent disability, paralysis, or loss of life; collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect venue or field of play conditions; equipment failure; participants of varying skill levels; inadequate safety measures; circumstances known, unknown or beyond the control of the Organizer, its partners, sponsors, agents, affiliates, directors, employees, officer, therapists, or volunteers (together, the "Organization"); negligence or omission of the Organization (collectively, the "Risks").

In consideration for allowing the Participant to participate in the Event, the Participant and/or the Participant's Guardian: (a) release, discharge and forever hold harmless the Organization from any and all liability for damages or loss arising as a result of the Risks of participation in or in connection with the Event; (b) waive any right to sue the Organization in respect of all causes of action



(including for injuries or illness caused by their own negligence), claims, demands, damages or losses of any kind that may arise as a result of the Risks of participation in or in connection with the Event, including without limitation the right to make a third party claim or claim over against the Organization arising from the same; and (c) freely assumes all risks associated with the Risks, anything incidental to the Risks, which may arise as a result of participation in or in connection with the Event. YOU ARE GIVING UP LEGAL RIGHTS TO ANY AND ALL FUTURE CLAIMS AGAINST THE ORGANIZATION.

I confirm that I have read and fully understand this waiver and release of liability. I sign this waiver and release of liability voluntarily without any inducement, assurance, or warranty being made to me.

Print Name: _____ Date of Birth: _____
the "Participant" (mm/dd/yyyy)

Print Name: _____
The "Guardian" (if Participant is a minor)

Signature: _____ Date: _____
Participant or Guardian for minor (mm/dd/yyyy)



Appendix C

Illness Policy

In this policy, “Team member” includes an employee, contractor, volunteer, participant or parent/spectator.

1. Inform an individual in a position of authority (coach, team manager, program coordinator) immediately if, you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, loss of appetite, nausea or diarrhea. See BCCDC website for a full list of symptoms: <http://www.bccdc.ca/health-info/diseasesconditions/covid-19/about-covid-19/symptoms>
2. Assessment
 - a. If Team Members are unsure please have them use the BC COVID-19 self-assessment tool <https://bc.thrive.health/covid19/en>.
 - b. Managers/coaches may visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.
3. If a Team Member is feeling sick with COVID-19 symptoms
 - a. They should remain at home and contact Health Link BC at 8-1-1.
 - b. If they feel sick and /or are showing symptoms while within the sport environment, they should be sent home immediately and contact 8-1-1 for further guidance.
 - c. No Team Member may participate in a practice/activity if they are symptomatic.
4. If a Team Member tests positive for COVID-19
 - a. Follow the direction of health officials.
5. Quarantine or Self-Isolate if:
 - a. You have travelled outside of Canada or the province within the last 14 days.
 - b. You have come into close contact with someone who has tested positive for COVID-19.
 - c. You have been advised to do so by health officials



Appendix D

[Club Name] Daily Health Screening Questionnaire

Are you experiencing any of the following:

- Severe difficulty breathing (e.g. struggling to breathe or speaking in single words)
- Severe chest pain
- Having a very hard time waking up
- Feeling confused
- Losing consciousness

Are you experiencing any of the following:

- Mild to moderate shortness of breath
- Inability to lie down because of difficulty breathing
- Chronic health conditions that you are having difficulty managing because of difficulty breathing

Check off all the symptoms you are experiencing right now.

Select the symptoms you have. If you are not experiencing any symptoms, select "None of the above."

- Fever or chills
- Cough
- Difficulty breathing
- Sore throat
- Loss of sense of smell or taste
- Headache
- Extreme fatigue or tiredness
- Diarrhea
- Loss of appetite
- Nausea or vomiting
- Body aches
- None of the above

Have you returned to Canada from any country (including the United States) within the last 14 days?

Did you have close contact with a person with confirmed COVID-19 within the last 14 days?

A close contact is someone confirmed to have COVID-19 who you live with or otherwise had close face to face contact (within 2 metres) while they had symptoms or in the 48 hours before their symptoms started.

Note: This means you would have been contacted by your health authority's public health team.

Participants are required to stay home or go home if they answered YES to ANY of the questions above or experience any of the symptoms listed above. Participants should be instructed to contact their healthcare provider.