

# BCWSA Return to Sport Guidelines

## Wheelchair Rugby

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### SECTION 1: INTRODUCTION

BC Wheelchair Sports Association (BCWSA) is committed to the health and safety of its members, and emphasizes that Municipal, Provincial and Federal Health regulations should always be adhered to when returning to any form of training.

As outlined in the Own the Podium's [COVID-19 Return to High Performance Sport Framework](#), athletes and support staff with medical conditions including respiratory or cardiac disease, hypertension, coagulopathies, diabetes, obesity, severe asthma, and immunosuppression due to disease, chronic condition or medication may be at increased risk of severe COVID-19 infection. **It is the responsibility of each athlete and support staff member to undertake their own personal risk assessment and determine whether they are willing to return to sport and adhere to the guidelines set out in this document.**

The guidelines outlined in this document have been compiled from recommendations published by the Provincial and Municipal Health Authorities and guidelines set out by viaSport, as well as Wheelchair Rugby Canada and the International Wheelchair Rugby Federation. The information presented in this document is currently understood as best practices for participation in wheelchair rugby for the general population. BC Wheelchair Sports Association will continue to update these guidelines as we progress through the COVID-19 pandemic.

### WHO SHOULD READ THIS DOCUMENT?

This document is intended for use by BC Wheelchair Sports Association members, including athletes, coaches, staff, volunteers, support staff/personal assistants, sport administrators and the broader wheelchair rugby community. Together, we all play a critical role in combating the spread of COVID-19, both on and off the rugby court.

### SECTION 2: GENERAL OVERVIEW AND RECOMMENDATIONS FOR ALL MEMBERS

All affiliates (participants/coaches/clubs/volunteers/personal assistants) must provide confirmation of having reviewed and signed BCWSA's updated Waiver and/or Assumption of Risk Documents, and Covid-19 Declaration, prior to participating in/implementing any club training activities with a coach. It is the responsibility of each athlete and coach to undertake their own personal risk assessment and determine whether they are willing and able to return to sport at this time.

- [BCWSA – WAIVER FOR INDIVIDUALS OVER THE AGE OF MAJORITY](#) (Appendix A)
- [BCWSA – ASSUMPTION OF RISK – INDIVIDUALS UNDER THE AGE OF MAJORITY](#) (Appendix B)
- [BCWSA – COVID-19 DECLARATION](#) (Appendix C)

## STAY INFORMED

- Check all guidance that has been published by the Provincial and Municipal Health Authorities, especially concerning physical distancing and hygiene and any athletic specific guidance.
- Be aware guidance can change quickly and more restrictive rules may be applied in the future.
- Please refer to the [BCWSA COVID-19 and Return to Sports page](#)

### *AS PER PROVINCIAL HEALTH OFFICE (PHO) ORDERS, THE FOLLOWING INDIVIDUALS SHOULD NOT ATTEND PRACTICE OR TRAINING VENUES:*

- Any person exhibiting or experiencing the symptoms of a cold, flu, or COVID-19 including:
  - Fever
  - Chills
  - [new or worsening] 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
  - Diarrhea
  - Nausea
  - Vomiting

*If these symptoms begin while at a training venue the individual must leave immediately and contact their physician for advice on further management. The individual must also inform their club and/or personal coach, whom will then inform BC Wheelchair Sports Association. More information on reporting symptoms can be found in the [BCWSA Illness Policy](#) (Appendix D) and [Outbreak Response Protocol](#) (Appendix E).*

- Any person who receives a diagnosis of COVID-19. Individuals must comply with the current mandated self-isolation policy.
- Any person who has been told to self-isolate at home.
- Any person who lives in a home or has been in close contact with someone with symptoms of COVID-19.
- Any person who lives in a home or has been in close contact with someone who has been told to self-isolate at home.
- Any person who has arrived in Canada from outside of the country within the last 14 days as they are mandated to self-isolate and monitor for symptoms for 14 days upon their arrival.

### *MINOR ATHLETES (UNDER 18 YEARS OF AGE)*

- Coaches must ensure they have the permission/agreement of the responsible parent or guardian of an athlete who is under the age of 18 to coach that athlete.
- All guidance applicable to coaches and athletes in this document is relevant to Minor athletes.

### *VULNERABLE/AT-RISK POPULATIONS*

- The Public Health Agency of Canada recognizes that some individuals are more at risk of getting the COVID-19 Virus and developing severe complications due to their health, social and economic status. Vulnerable, or at-risk populations may include:
  - Anyone who is:
    - an older adult
    - at risk due to underlying medical conditions (e.g. heart disease, hypertension, diabetes, chronic respiratory diseases, cancer)
    - at risk due to a compromised immune system from a medical condition or treatment (e.g. chemotherapy)
  - Anyone who has:
    - difficulty reading, speaking, understanding or communicating
    - difficulty accessing medical care or health advice
    - difficulty doing preventive activities, like frequent hand washing and covering coughs and sneezes
    - ongoing specialized medical care or needs specific medical supplies
    - ongoing supervision needs or support for maintaining independence
    - difficulty accessing transportation
    - economic barriers
    - unstable employment or inflexible working conditions
    - social or geographic isolation, like in remote and isolated communities
    - insecure, inadequate, or nonexistent housing conditions
- Athletes that are considered higher risk should follow any medical guidance they have been given about ensuring their health and welfare. If there are further concerns, please consult with BC Wheelchair Sports Association, your family physician, or Nurse Practitioner before participation.

### **PHASED APPROACH**

**BCWSA will follow a phased approach in its return to sport programming.** Transition between levels will be informed by BC's Restart Plan and the viaSport Sport Activity Phases (see references at the end of this document) but is ultimately at the discretion of BCWSA's Staff and Board of Directors.

- BC Wheelchair Sports Association may stay within a level or revert back to a previous level if it is deemed necessary to mitigate risk of transmission within our programming.
- The health and safety of our participants, coaches, staff and community remain at the core of all decisions related to training levels. Any regression of the Provincial Phases will result in renewed cancellations and reversion to previous programming levels.
- This document is specific to Levels ONE and TWO. Updates will be provided as appropriate before transitioning to Level THREE or FOUR.

\*See Section 6 for a breakdown of the Levels in the BCWSA’s Return to Wheelchair Rugby Plan.

\*Please note that BCWSA Return to Sport Levels may differ between sports and are not meant to directly correspond with the phases of BC’s Restart Plan.

### SECTION 3: SETTING UP A SAFE TRAINING ENVIRONMENT – RECOMMENDATIONS FOR CLUBS, FACILITIES AND COACHES

It is the responsibility of all clubs and facilities to undertake a risk assessment prior to the resumption of activities. It is important to remember that while mitigation measures can reduce the risk of COVID-19 infections, they cannot completely eliminate the threat.

- Clubs and training groups must complete a risk assessment before using a public facility.
  - [Wheelchair Rugby Canada – PSO and Club Risk Mitigation Tool](#)

#### CLUBS

- Appoint a Medical Liaison/Club Safety Officer to be present at practice/training sessions and be responsible for enforcing, and regularly reminding participants of health recommendations.

Responsibilities of the Club Safety Officer include:

- Keeping updated on all Local/Provincial Health Guidelines and work with facilities to comply with any municipal or local regulations.
- Communication with all club members and/or facility users of any training restrictions, regulations, and recommendations.
- Listening to feedback from athletes or parents about issues with training protocols.
- Ensuring that the athletes feel comfortable in their training spaces and confident when coming forward with concerns.
- Confirming daily symptom screening in accordance with the BCWSA COVID-19 Declaration (Appendix C) is occurring and documentation is being kept safe and forwarded to BC Wheelchair Sports on a weekly basis.
- Immediately report any and all suspected and/or confirmed cases of COVID-19 to the COVID-19 Outbreak Response Coordinator (ORC) for Wheelchair Rugby at BCWSA in accordance with the BCWSA Outbreak Response Protocol (Appendix E).
  - The ORC will inform the Public Health Authority.

- Implement a process for routine daily symptom screening for all coaches and athletes to be completed before each practice.
  - Screening forms to be provided by BCWSA.
- Implement an attendance process at every practice to help with contact tracing should a COVID-19 case be suspected/confirmed. This tracking should include all staff, athletes, coaches, volunteers, personal assistants, club personnel etc. and should be forwarded to the ORC for Wheelchair Rugby at BCWSA.
  - Tracking form template to be provided by BCWSA.
- Maintain consistent training groups. Keeping to the same group week after week can help mitigate transmission.
- Ensure all activities follow all national, provincial, municipal and local orders as well as all Provincial Health Office orders and recommendations including:
  - Prohibition of gatherings of 50 people or more;
  - Physical distancing of at least two meters;
  - Frequent hand hygiene;
  - Enhanced cleaning and disinfection
  - Self-isolation for individuals 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)
  - Symptom screening for staff and participants
- Ensure Physical Distancing and Hygiene measures are being implemented and upheld.
  - Educate athletes & coaches on hygiene and sanitation and its impact of preventing the spread of communicable diseases according to the Provincial Health Officers recommendations.
  - Clubs must set training schedules accordingly that will allow for the club to meet all limits imposed on group size and to avoid congregating of athletes & coaches. (ie. stagger training start times and/or training group locations within facilities.)
  - Work with club and facility staff to adjust training plans as needed.
  - Clubs/Facilities may need to consider factors specific to their environment to determine what number is appropriate for their space and the ability to maintain physical distancing.
- Regularly clean and disinfect frequently touched surfaces (i.e. between uses and before and after training sessions).
- Ensure that wash stations or hand sanitizer stations are available in common areas.
- All equipment must be cleaned and disinfected after each use.
- Where possible, keep frequently used doors open where appropriate to avoid recurrent contamination of doorknobs and high touch points.
- Ensure Personal Protective Equipment (PPE) (i.e. Masks, Gloves & Eye Protection) is available onsite to be donned by coach / safety officer in case of injury and hands on assistance needed.
  - **No latex gloves are to be used due to the prevalence of latex allergies which may result in anaphylactic shock; please use alternative gloves.**
- If athletes, coaches, club personnel, choose to use PPE while attending training sessions they must ensure it is properly discarded or cleaned after use.

- Coaches/individuals cleaning any equipment must be given PPE and wash/sanitize their hands often.

## EQUIPMENT/FACILITY

- Ensure that facilities have set schedules that allow for sports to meet municipal and provincial mandates for physical distancing and proper hygiene. (i.e. coordination between sports and other athletic clubs, staggered arrivals, departures and transfers.
- Ensure that facilities have prominently posted appropriate signage for Personal Hygiene and Protection against COVID-19 outside entrances to the facilities:
  - [Do not enter if you are sick](#)
  - [Hand Hygiene](#)
  - [How to Wear a Face Mask](#)
  - [Physical Distancing](#)
- Ensure that there is public notification of the training venue - signage posting of practice/group times when athletes will be training at the gym/court
- Ensure that facilities are conducting frequent cleaning throughout the day including cleaning, sanitation, and disinfecting of all common areas, especially high traffic areas such as counter surfaces, tables, public restrooms, door handles, equipment, and more
  - Public Health Agency of Canada:
    - COVID-19 - Cleaning and Disinfecting Public Spaces.
  - Hard-surface disinfectants and hand sanitizers:
    - List of disinfectants with evidence for use against COVID-19.
- Ensure that all equipment is cleaned before and after use.
- Athletes should arrive at their scheduled time for training and leave as soon as it is completed. Especially if the club is working with multiple training groups or if you are using a facility shared with the public.

## COACHES

- Ensure routine daily symptom screening and COVID-19 Declaration/Attestation for all athletes, volunteers, personal assistants, and coaches.
- Coaches will ensure that each individual (athletes/volunteers/personal assistants) declares they have conducted a daily health check and will require self-certification by all individuals (athletes/personal assistants) that they are in good health and not experiencing any symptoms.
  - Screening forms to be provided by BCWSA.
- Have alternate home workout plans available for those who don't yet feel ready to leave their bubbles and those who are unable to attend training due to a possible exposure.
- Ensure all athletes that report symptoms are following up with their physician or local public health officials for a medical assessment. Athletes should be advised to seek clearance from their physician before returning to strenuous exercise regardless of their COVID-19 status.  
**Athletes MUST have written medical clearance before returning to group training if they have a confirmed case of COVID-19.**

- Remind athletes that their health and safety, and those around them are of the utmost importance.
- Plan to have smaller training groups with no more than 6 athletes
- Avoid having athletes change training groups from day to day or week to week.
- Track attendance. Note who showed up to practice, when your practice occurred, etc.
  - Tracking forms to be provided by BCWSA.
- Book training session and space in advance, avoid sharing space/bookings with other user groups.
- There should be no sharing of training equipment between athletes within a training session.
  - Equipment that belongs to a club or organization must be cleaned thoroughly before/after training sessions.
- It is highly recommended that in all situations where physical distancing of 2m cannot be maintained coaches and all support staff use appropriate Personal Protective Equipment (PPE) with an emphasis on face coverings especially if they will be working with multiple training groups.
- PPE MUST be worn in the event of an athlete injury where another individual, a coach or support staff member will need to attend to the injury.
- Staff are to follow all OFAA (Occupational First Aid Attendants) protocols for COVID-19- <https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaaprotocols-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-aidtips/first-aid-protocols-for-an-unresponsive-person-during-covid-19>
  - **First Aid Kits should be stocked with Latex Free PPE as many individuals with a physical disability also have a latex allergy that may result in anaphylactic shock.**

#### SECTION 4: OPERATING IN A NEW TRAINING ENVIRONMENT – RECOMMENDATIONS FOR ATHLETES AND PARENTS

- Athletes (and parents) should ensure that any risk has been assessed in carrying out their activity.
  - Ensure you are prepared and have planned for circumstances where injuries or other accidents occur. Have a plan in place to resolve the issue while maintaining all government guidance.
- Parents are to not attend training sessions if possible.
  - It is not mandatory to send your child to training/practice if you do not feel comfortable with current guidelines and risk mitigation strategies currently in place.
  - If needed, consult with BC Wheelchair Sports Association, your family physician, or Nurse Practitioner before participation.

- Ensure that all arrangements have been made prior to leaving home so that any government advice on physical distancing, as an example, can be maintained at any facility.
  - This may mean prior coordination of activities with the facility management or your coach.

### **ATHLETES WHO REQUIRE ASSISTANCE TO TRAIN**

- If an athlete requires an assistant to train (i.e. transferring into the equipment) it is recommended that the assistant be an individual from the athlete's household or bubble.
  - No extra precautions are necessary; however, the assistant must follow the same guidelines as the athlete and will be required to complete all required forms including a Waiver, COVID-19 Declaration and Daily Health Attestation. The assistant may only assist the specified individual.
- If the athlete is unable to bring someone from their household or bubble:
  - The assistant should be the same person each week (i.e. the same coach or support staff team member).
  - If the same support staff member is unable to attend consistently, another individual may assist, but this should be recorded and tracked along with session attendance.
  - The assistant will wear PPE while working with the athlete.
  - All non-essential contact should be avoided.
  - All assistants must follow all of the Return to Sport Guidelines and complete all necessary documentation.
- Sport Assistants and support staff **MUST SIGN THE COVID-19 Declaration** and certify that they are symptom free, have not traveled in the last 14 days and has not come into contact with a known or suspected case of COVID-19 in the last 14 days.

### **BEFORE YOU TRAIN**

- All program registration will be completed online.
  - BCWSA will assist clubs with the development and implementation of online registration and tracking forms.
  - Registration fees must be paid online or via phone by credit card. No cash payments will be accepted at this time.
- All participants (and their parents for participants under 18) will be required to sign an updated waiver outlining the risks associated with COVID-19.
- All participants (and their parents for participants under 18) will be required to sign a BCWSA COVID-19 Declaration Form.
- All participants must complete a personal health attestation each time they attend training.
- All individuals (coaches/athletes/personal assistants/volunteers) will be required to practice good hygiene.
  - Frequent hand washing with soap and water. Wash your hands with soap and water before and after practice and before and after assisting an athlete or handling their equipment
  - Use of hand sanitizers



- Avoid touching one's face
- Respiratory etiquette (sneezing/coughing into your arm or tissue)
- Disinfecting frequently touched surfaces
- Follow any medical guidance that has been outlined on an individual basis. If there are further concerns, please consult with your doctor for support and best practice.

## PREPARING TO TRAIN

- Coaches are to ensure that each individual (athletes/personal assistants/volunteers) declares they have conducted a daily health check and will require self-certification by all individuals (athletes/personal assistants/volunteers) that they are in good health and not experiencing any symptoms
  - Screening forms to be provided by BCWSA.
- Before each training session, coaches will ask and remind their athletes to ensure they are beginning their session with sanitized hands and equipment.
- Athletes are to pack and bring all necessary training items with them (i.e. water and spray bottles, tape, rugby gloves, straps, snacks, resistance bands, rugby balls, etc.). **These items are not to be shared.**
- Athletes requiring support are permitted to bring one personal assistant with them to training provided this person is part of their household or bubble. These assistants must be cleared in advance with the club lead. See above for further detail.
- Athletes should arrive at the training location close to their allotted starting time, dressed to train, and should leave immediately after.
  - Athletes who arrive early should wait in their car.
  - Athletes not dressed to train upon arrival should change in their own space. This space should be clearly marked and communicated to the athlete.
  - Athletes should store their day chairs and belongings in their own zone clearly marked and communicated zones.
  - Where space is limited, athletes should leave one at a time in a predetermined order or as communicated by the coach. Other athletes should wait in their zone until their teammate leaves.
  - Depending on the training venue, all arrivals and departures may have to be staggered.

## WHILE TRAINING

- Staff will wash hands or sanitize their hands as well as all club equipment (pumps, club balls, cones) before, after and between programs.
- Attendance in all programs will be tracked diligently and will include:
  - Date of practice
  - Facility name/location
  - Start/end time of session
  - Name of individual collecting information
  - Attendees first & last names (including support staff, coaches and parents).

- Avoid all physical contact, for example: handshakes, hugs, high fives, fist bumps, etc. are discouraged.
- Avoid touching your face during your training session. Should you need to touch your face, you must use hand sanitizer before and after touching your face.
- Immediately discard any soiled items (i.e. tissues, snack wrappers, tape). Clubs are recommended to provide receptacles at all practices.
- No spitting
- No clearing of nasal passages except into a disposable tissue that is to be hygienically disposed of immediately.
- Maintain physical distance. Keep at least 2 meters distance from those around you at all times.
- Make sure all personal belongings are kept in personal bags until needed (i.e. at water/training breaks).

## AFTER TRAINING

- Make sure all your personal belongings (water bottles, snacks, etc.) and individual training equipment (gloves, tubes, straps, bands, etc.) are brought home with you.
- Clean your personal space.
- Do not congregate after training; leave the training area and venue as soon as it safe and responsible to do so.
- Wash your hands carefully with hot water and disinfectant soap, or with hand sanitizer.

## SECTION 5: SPORT-SPECIFIC GUIDELINES FOR WHEELCHAIR RUGBY

### LEVELS: A BREAKDOWN OF BCWSA'S PHASED RETURN TO WHEELCHAIR RUGBY

- **LEVEL 1- INDIVIDUAL TRAINING**
  - March-TBD  
Athletes should be training on their own with virtual guidance and supervision from club and/or provincial coaches
  - Emphasis should be maintenance of fitness, injury prevention and individual skill development
  - No in-person contact between athletes and coaches
- **LEVEL 2 – SMALL GROUP TRAINING**
- **LEVEL 3 – SMALL GROUP TRAINING AND COMPETITION**
- **LEVEL 4 – “A NEW NORMAL” RETURN TO FULL TRAINING AND COMPETIONS**

*\*The above and below guidelines are for LEVELS 1 and 2 of our Return to Sport Plan, any suggestions for PHASE 3 AND 4 are purely hypothetical at this time and made to give our members an idea of what an eventual return to contact and competition may look like.*

**Changes in public health recommendations may result in a roll back and/or resuspension of programming.**

## BCWSA RETURN TO SPORT GUIDELINES FOR LEVEL 2 OF WHEELCHAIR RUGBY

### EQUIPMENT

- Ensure that all wheelchair rugby equipment related equipment is only used by one athlete. This includes:
  - Rugby chairs
  - Tape
  - Gloves
  - Straps
  - Wheels and Axles
- Athletes who are wishing to make their own repairs are encouraged to bring their own tools to practice.
  - If an athlete doesn't have tools, equipment staff will complete repairs and will sanitize all equipment between repairs as required.
  - Equipment staff should wash/disinfect their hands prior to and after working on any equipment and should sanitize the player's equipment before returning to the athlete (ie. wipe down wheel after changing tire).
  - Pumps should be cleaned before and after every training session and between users.
- Each athlete will be given a designated space in the training area to transfer to their rugby chair, store their day chair and leave their personal bags.
- All athletes should be changed and ready to train upon arrival and have all of their personal items that they need including their own tape, and pre-filled water and spray bottles.
- Athletes using gloves should take gloves on/off without using their mouth/teeth.
  - If an athlete cannot put the gloves on themselves and do not have an assistant who can help, it is recommended athletes disinfect their gloves and push rims before and after each training session.
  - If a coach or support staff member needs to assist an athlete with their gloves, they must use PPE and they must dispose of the PPE immediately and wash and/or sanitize their hands before assisting anyone else.
  - Both the athlete and support staff should wear masks while maintenance and adjustments are taking place.
- Athletes should clean their equipment prior to and after each training session, this includes the rugby chair.
- Athletes should clean and/or replace their training gloves after each session.
- Athletes requiring assistance loading/unloading equipment from their vehicles should get it from someone in their household/bubble.
  - If this is not possible, the coach or support staff member assisting the athlete **MUST FOLLOW** the same protocol as when assisting an athlete with chair maintenance. They must wash and/or sanitize their hands before and after providing assistance, use PPE and wash/sanitize their hands and replace their PPE before assisting another person.

- Each athlete should have their own ball and they should be wiped or sprayed with disinfectant prior to/after each training session
  - Balls should be marked and/or initialed to avoid mix ups
  - If possible, each athlete should have an extra marked ball in-case they lose control of the first one during training and it enters another athlete's bubble. If a ball leaves an athlete's bubble it should kicked or bumped back by a coach/assistant (not thrown).
  - BCWSA will work with clubs and athletes to ensure that everyone will have their own ball.
- All program equipment such as cones, try posts, pumps should be cleaned before and after each training session
- Privately-owned equipment that is stored at the training venue (i.e. the OVAL HP room, the Oval Cage, club trailers) must follow the same sanitization guidelines

### *TRAINING*

- Training groups can consist of up to of 6 athletes and 2 support staff (coach/equipment) provided that the facility and court size is large enough to allow for 2m of physical distancing between athletes.
- Athletes should have their own marked training area or bubble on the court. These areas should be clearly defined with tape and/or cones.
  - There must be 2m of space between each athlete's zones.
- Athletes requiring assistance are permitted to bring a support person with them, provided that the support person follows all of the guidelines and remains in that athlete's zone for the duration of the session.
- All training during LEVEL 2 should be non-contact with an emphasis on chair and ball-handling skills
- Athletes and coaches should maintain 2m of physical distance at all times
- **All clubs must work with BCWSA to develop their RTS plan in alignment with their facility RTS plans and receive approval from BCWSA before resuming programming.**
- BCWSA will notify all members, clubs and coaches when moving to Level 3 and 4 and provide further guidelines at that time.

## SECTION 6: LINKS AND RESOURCES

### **BCWSA UPDATED WAIVERS AND POLICIES – Approved June 25, 2020**

- [BCWSA Release of Liability, Waiver of Claims and Indemnity Agreement](#)
- [BCWSA Informed Consent and Assumption of Risk](#) (participants under the age of majority)
- [BCWSA COVID-19 Declaration of Compliance](#)
- [BCWSA Illness Policy](#)
- [BCWSA Outbreak Response Protocol](#)

### **SPORT AND RECREATION RESOURCES**

- [International Wheelchair Rugby Federation Return to Train and Play Advisory Guidelines](#)
- [International Wheelchair Rugby Federation Return to Train and Play - Athlete Checklist](#)
- [B.C. Recreation and Parks Association Guidelines](#)
- [BCWSA COVID-19 and Return to Sport Resources](#)
- [COVID-19 Return to High Performance Sport Framework](#)
- [WRC PSO and Club Risk Mitigation Tool](#)
- [viaSport Return to Sport Guidelines for B.C.](#) – Published June 1, 2020

### **PROVINCE OF BRITISH COLUMBIA**

- [B.C. COVID-19 Go-Forward Management Strategy](#)
- [B.C.'s Restart Plan](#)
- [Provincial Health Officer \(PHO\) Orders, Notices & Guidance](#)
- [PROVINCE OF BRITISH COLUMBIA – ORDER OF THE MINISTER OF PUBLIC SAFETY AND SOLICITOR GENERAL](#) – June 10, 2020

### **HEALTH RESOURCES**

- [BCCDC Cleaning and Disinfecting](#)
- [B.C. COVID-19 Self-Assessment Tool](#)
- [COVID-19: Prevention and risks](#)
- [COVID-19 \(B.C.\) Provincial Support](#)
- [First aid protocols for an unresponsive person during COVID-19](#)
- [Hand Hygiene for People with Spinal Cord Injury](#)
- [Health Canada Benefits of Hand Washing](#) (Proper Methods of Hand Washing)
- [Health Canada COVID-19 Cleaning and Disinfecting Public Spaces](#)
- [Health Canada Personal Protective Equipment against COVID-19](#)
- [Health Canada List of Disinfectants with Evidence for use against COVID-19](#)
- [OFFA protocols during the COVID-19 pandemic](#)
- [Taking care of your mental and physical health during the COVID-19 pandemic](#)

## REGIONAL HEALTH AUTHORITIES

- [Fraser Health](#)
- [Interior Health](#)
- [Island Health](#)
- [Northern Health](#)
- [Vancouver Coastal Health](#)

## POSTERS

- [Do not enter if you are sick](#)
- [Hand Hygiene](#)
- [How to Wear a Face Mask](#)
- [Physical Distancing](#)

## WORKSAFE BC RESOURCES

- [COVID-19 Safety Plan Template](#)
- [Returning to Safe Operations](#)

**BC WHEELCHAIR SPORTS ASSOCIATION**  
**RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT**  
*(To be executed by Participants over the Age of Majority)*

**WARNING!**

**Please read carefully. By signing this document, you will waive certain legal rights – including the right to sue**

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a Participant in the sports of Wheelchair Rugby, and/or Wheelchair Tennis and/or Wheelchair Athletics and Seated Throws, and the activities, programs, classes, services provided and events sponsored or organized by BC Wheelchair Sports Association and its affiliated clubs and teams, including but not limited to: games, tournaments, competitions, practices, training, personal training, dry land training, use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientational or instructional sessions or lessons, aerobic and anaerobic conditioning programs (collectively the “Activities”), the undersigned acknowledges and agrees to the following terms outlined in this agreement:

**Disclaimer**

2. BC Wheelchair Sports Association, its affiliated clubs and teams, and their respective Directors, Officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, sponsors, owners/operators of the facilities in which the Activities take place, and representatives (collectively the “Organization”) are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by a Participant during, or as a result of, the Activities, caused in any manner whatsoever including, but not limited to, the negligence of the Organization.

***I have read and agree to be bound by paragraphs 1 and 2***

**Description and Acknowledgement of Risks**

3. I understand and acknowledge that
  - a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life;
  - b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming;
  - c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of my fitness or abilities, may misjudge weather or environmental conditions, may give incomplete warnings or instructions, and the equipment being used might malfunction; and
  - d) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Participant will not become infected with COVID-19 or other highly contagious diseases. Further, participating in the Activities could increase the Participants risk of contracting COVID-19 or other highly contagious diseases.
4. I am participating voluntarily in the Activities. In consideration of my participation, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to the Activities. The risks, dangers and hazards include, but are not limited to:
  - a) Physical contact with other participants, spectators, equipment, wheelchairs, the court, and other hazards;
  - b) Health: executing strenuous and demanding physical techniques, physical exertion, overexertion, stretching, dehydration, fatigue, cardiovascular workouts, rapid movements and stops, lack of fitness or conditioning, traumatic injury, bacterial infections, rashes, and the transmission of communicable diseases, including viruses of all kinds, COVID-19 or other contagious diseases, bacteria, parasites or other

## APPENDIX A

- organisms or any mutation thereof.
- c) Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, wheelchairs, equipment or persons; dangerous, unsafe, or irregular conditions on floors, grass, turf or other surfaces, extreme weather conditions; travel to and from premises
  - d) Use of Equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Organization to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment within my own ability
  - e) Contact: contact with wheelchairs, other equipment, or other persons, whether intentional or unintentional, is a common part of wheelchair rugby, wheelchair tennis, wheelchair athletics and seated throws programs, and may lead to serious bodily injury, including but not limited to concussions and/or other brain injury, or serious spinal injury.
  - f) Advice: negligent advice regarding the Activities
  - g) Ability: Failing to act safely or within my own ability or within designated areas
  - h) Sport: the game of wheelchair rugby, wheelchair tennis, wheelchair athletics and seated throws and their inherent risks
  - i) Cyber: privacy breaches, hacking, technology malfunction or damage
  - j) Conduct: My conduct and conduct of other persons including any physical altercation between participants
  - k) Travel: Travel to and from the Activities
  - l) Negligence: My negligence and negligence of other persons, including NEGLIGENCE ON the PART OF THE ORGANIZATION, may increase the risk of damage, loss, personal injury or death. I understand that the Organization may fail to safeguard or protect me from the risks, dangers and hazards of wheelchair sport programs, some of which are referred to above.

***I have read and agree to be bound by paragraphs 3 and 4***

### Terms

5. In consideration of the Organization allowing me to participate in the Activities, I agree:
- a) That when I practice or train in my own space, I am responsible for my surroundings and the location and equipment that I select;
  - b) That my mental and physical condition is appropriate to participate in the Activities and I assume all risks related to my mental and physical condition;
  - c) To comply with the rules and regulations for participation in the Activities;
  - d) To comply with the rules of the facility or equipment;
  - e) That if I observe an unusual significant hazard or risk, I will remove myself from participation and bring my observations to a representative of the Organization immediately;
  - f) The risks associated with the Activities are increased when I am impaired and I will not to participate if impaired in any way;
  - g) That it is my sole responsibility to assess whether any Activities are too difficult for me. By commencing an Activity, I acknowledge and accept the suitability and conditions of the Activity;
  - h) That COVID-19 is contagious in nature and the Participant may be exposed to, or infected by, COVID-19 or other contagious diseases and such exposure may result in personal injury, illness, permanent disability, or death; and
  - i) That I am responsible for my choice of safety or protective equipment and the secure fitting of that equipment.

### Release of Liability and Disclaimer

6. In consideration of the Organization allowing me to participate, I agree:
- a) That the sole responsibility for my safety remains with me;
  - b) To ASSUME all risks arising out of, associated with or related to my participation;
  - c) That I am not relying on any oral or written statements made by the Organization or its agents, whether in a brochure or advertisement or in individual conversations, to agree to participate in the Activities;
  - d) To WAIVE any and all claims that I may have now or in the future against the Organization;
  - e) To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the



APPENDIX A

Activities;

- f) To FOREVER RELEASE and INDEMNIFY the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the “Claims”) which I have or may have in the future, that might arise out of, result from, or relate to my participation in the Activities, even though such Claims may have been caused by any manner whatsoever, including but not limited to, the negligence, gross negligence, negligent rescue, omissions, carelessness, breach of contract and/or breach of any statutory duty of care of the Organization;
- g) To FOREVER RELEASE AND INDEMNIFY the Organization from any action related to my becoming exposed to or infected by any contagious disease, including, but not limited to COVID-19 as a result of, or from, any action, omission or negligence of myself or others, including but not limited to the Organization;
- h) That the Organization is not responsible or liable for any damage to my vehicle, property, or equipment that may occur as a result of the Activities;
- i) That negligence includes failure on the part of the Organization to take reasonable steps to safeguard or protect me from the risks, dangers and hazards associated with the Activities; and
- j) This release, waiver and indemnity is intended to be as broad and inclusive as is permitted by law of the Province of Ontario and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

**Jurisdiction**

7. I agree that in the event that I file a lawsuit against the Organization, I will do so solely in the Province of British Columbia and further agree that the substantive law of the Province of British Columbia will apply without regard to conflict of law rules.

*I have read and agree to be bound by paragraphs 5 to 7*

I have read and agree to be bound by the <a href="https://goo.gl/LhSQ9H">BC Wheelchair Sports’ Code of Conduct and Ethics</a> <a href="https://goo.gl/LhSQ9H">https://goo.gl/LhSQ9H</a>	<input type="checkbox"/>
I have read and agree to be bound by the <a href="https://goo.gl/YkL1Fb">BC Wheelchair Sports’ Social Media Policy</a> . Entry, participation or attendance during the BCWSA activities, events, programs, services, in person or online, constitutes permission to be photographed or videotaped for possible publicity, promotional or media purposes and constitutes a waiver of any and all claims for compensation from all sponsoring agencies. <a href="https://goo.gl/YkL1Fb">https://goo.gl/YkL1Fb</a>	<input type="checkbox"/>
I consent to medical treatment in case of emergency. I agree to full responsibility for payment of any fees incurred as a result of necessary medical treatment.	<input type="checkbox"/>

**Acknowledgement**

8. I acknowledge that I have read and understand this agreement, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives. I further acknowledge by signing this agreement I have waived my right to maintain a lawsuit against the Organization on the basis of any claims from which I have released herein.

Name of Participant	Signature of Participant	Date
Name of Personal Support Worker (if applicable)	Signature of Personal Support Worker	Date

**BC WHEELCHAIR SPORTS ASSOCIATION**  
**INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT**  
*(To be executed by Participants Under the Age of Majority)*

**WARNING!**

**Please read carefully. By signing this document, you will assume certain risks and responsibilities.**

**Participant's Name:** \_\_\_\_\_ **Participant's Date of Birth:** \_\_\_\_\_

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a Participant in the sport of wheelchair rugby, and/or wheelchair tennis and/or wheelchair athletics and seated throws, and the activities, programs, classes, services provided and events sponsored or organized by BC Wheelchair Sports and its affiliated clubs and teams (collectively the "Organization"), including but not limited to: games, tournaments, competitions, practices, training, personal training, dry land training, use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientational or instructional sessions or lessons, aerobic and anaerobic conditioning programs (collectively the "Activities"), the undersigned being the Participant and Participant's Parent/Guardian (collectively the "Parties") acknowledges and agrees to the following terms outlined in this agreement:
2. I am the Parent/Guardian of the Participant and have full legal responsibility for the decisions of the Participant.

**Description and Acknowledgement of Risks**

3. The Parties understand and acknowledge that:
  - a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life;
  - b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming;
  - c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of the Participant's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction; and
  - d) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Participant will not become infected with COVID-19. Further, participating in the Activities could increase the Participant's risk of contracting COVID-19.
4. The Participant is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to:
  - a) Physical contact with other participants, spectators, equipment, wheelchairs, the court, the track, and other hazards;
  - b) Not wearing appropriate safety or protective equipment;
  - c) Health: executing strenuous and demanding physical techniques, physical exertion, overexertion, stretching, dehydration, fatigue, cardiovascular workouts, rapid movements and stops, lack of fitness or

## APPENDIX B

conditioning, traumatic injury, bacterial infections, rashes, and the transmission of communicable diseases, including viruses of all kinds, COVID-19, bacteria, parasites or other organisms or any mutation thereof.

- d) Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, wheelchairs, equipment or persons; dangerous, unsafe, or irregular conditions on floors, grass, turf or other surfaces, extreme weather conditions; travel to and from premises
- e) Use of Equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Organization to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment within my own ability
- f) Contact: contact with wheelchairs, other equipment, or other persons, whether intentional or unintentional, is a common part of wheelchair rugby, wheelchair tennis, wheelchair athletics and seated throws programs, and may lead to serious bodily injury, including but not limited to concussions and/or other brain injury, or serious spinal injury.
- g) Advice: negligent advice regarding the Activities
- h) Ability: Failing to act safely or within my own ability or within designated areas
- i) Sport: the game of wheelchair rugby, wheelchair tennis, wheelchair athletics and seated throws and their inherent risks
- j) Cyber: privacy breaches, hacking, technology malfunction or damage
- k) Conduct: My conduct and conduct of other persons including any physical altercation between participants
- l) Travel: Travel to and from the Activities

***We have read and agree to be bound by paragraphs 1 - 4***

### Terms

- 5. In consideration of the Organization allowing the Participant to participate in the Activities, the Parties agree:
  - a) That when the Participant practices or trains in their own space, the Parties are responsible for the Participant's surroundings and the location and equipment that is selected for the Participant;
  - b) That the Participant's mental and physical condition is appropriate to participate in the Activities and the Parties assume all risks related to the Participant's mental and physical condition;
  - c) To comply with the rules and regulations for participation in the Activities;
  - d) To comply with the rules of the facility or equipment;
  - e) That if the Participant observes an unusual significant hazard or risk, the Participant will remove themselves from participation and bring their observations to a representative of the Organization immediately;
  - f) The risks associated with the Activities are increased when the Participant is impaired, and the Participant will not participate if impaired in any way;
  - g) That it is their sole responsibility to assess whether any Activities are too difficult for the Participant. By the Participant commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity;
  - h) That COVID-19 is contagious in nature and the Participant may be exposed to, or infected by, COVID-19 and such exposure may result in personal injury, illness, permanent disability, or death; and
  - i) That they are responsible for the choice of the Participant's safety or protective equipment and the secure fitting of that equipment.
  
- 6. In consideration of the Organization allowing the Participant to participate, the Parties agree:
  - a) That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in brochure or advertisement or in individual conversations, to agree to participate in the Activities;
  - b) That the Organization is not responsible or liable for any damage to the Participant's vehicle, property, or equipment that may occur as a result of the Activities; and
  - c) That this Agreement is intended to be as broad and inclusive as is permitted by law of the Province of British Columbia and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

APPENDIX B

Jurisdiction

- 7. The Parties agree that in the event that they file a lawsuit against the Organization, they agree to do so solely in the Province of British Columbia and they further agree that the substantive law of the Province of British Columbia will apply without regard to conflict of law rules.

*We have read and agree to be bound by paragraphs 5 to 7*

The participant and parent/guardian have read and agree to be bound by the <a href="https://goo.gl/LhSQ9H">BC Wheelchair Sports' Code of Conduct and Ethics</a> <a href="https://goo.gl/LhSQ9H">https://goo.gl/LhSQ9H</a>	<input type="checkbox"/>
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The participant and parent/guardian have read and agree to be bound by the <a href="https://goo.gl/YkL1Fb">BC Wheelchair Sports' Social Media Policy</a> . Entry, participation or attendance during the BCWSA activities, events, programs, services, in person or online, constitutes permission to be photographed or videotaped for possible publicity, promotional or media purposes and constitutes a waiver of any and all claims for compensation from all sponsoring agencies. <a href="https://goo.gl/YkL1Fb">https://goo.gl/YkL1Fb</a>	<input type="checkbox"/>
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The parent/guardian consents to medical treatment for the participant in case of emergency. The parent/guardian agrees to full responsibility for payment of any fees incurred as a result of necessary medical treatment.	<input type="checkbox"/>
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Acknowledgement

- 8. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

_____	_____	_____
Name of Parent or Guardian (print)	Signature of Parent or Guardian	Date
_____	_____	_____
Name of Parent or Guardian (print)	Signature of Parent or Guardian	Date
_____	_____	_____
Name of Personal Support Worker (print) (if applicable)	Signature of Personal Support Worker	Date



**DECLARATION OF COMPLIANCE – COVID-19**

Individual Name (print): \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
(mm/dd/yyyy)

Individual’s Parent/Guardian: \_\_\_\_\_  
(if the individual is younger than the age of majority)

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

**WARNING!**

**ALL INDIVIDUALS MUST COMPLY WITH THIS DECLARATION**

BC Wheelchair Sports Association and its member clubs (collectively the “Organization”) require the disclosure of exposure or illness in order to safeguard the health and safety of all participants and limit the further outbreak of COVID-19 and other contagious disease. This Declaration of Compliance will be kept safely and personal information will not be disclosed unless as required by law or with your consent.

An individual (or the individual’s parent/guardian, if the individual is younger than the age of majority) who is unable to agree to the terms outlined in this document is not permitted to enter the Organization’s facilities or participate in the Organization’s activities, programs, or services.

I, the undersigned being the individual named above and the individual’s parent/guardian (if the individual is younger than the age of majority), hereby acknowledge and agree to the terms outlined in this document:

- 1) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19 and requires all individuals (or their parent/guardian, when applicable) to adhere to the compliance standards described in this document.
- 2) The individual has not been diagnosed with COVID-19; **OR** If the individual was diagnosed with COVID-19, the individual was cleared as noncontagious by provincial or local public health authorities more than 14 days prior to the date this Declaration of Compliance was signed.
- 3) The individual has not been exposed to a person with a confirmed or suspected case of COVID-19; **OR** If the individual was exposed to a person with a confirmed case of COVID-19, the date of exposure was more than 14 days prior to the date this Declaration of Compliance was signed.
- 4) The individual is attending or participating voluntarily and understands the risks associated with COVID-19. The individual (or the individual’s parent/guardian, on behalf of the individual (when applicable)) agrees to assume those risks, including but not limited to exposure and being infected.
- 5) The individual has not, nor has anyone in the individual’s household, experienced any signs or symptoms of COVID-19 in the last 14 days (including fever, new or worsening cough, fatigue, chills and body aches, respiratory illness, difficulty breathing, nausea, vomiting or diarrhea, pink eye, or loss of taste or smell).

APPENDIX C

- 6) If the individual experiences, or if anyone in the individual's household experiences, any signs or symptoms of COVID-19 after submitting this Declaration of Compliance, the individual will immediately isolate, notify the Organization, and not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since those symptoms were last experienced.
- 7) The individual has not, nor has any member of the individual's household, travelled to or had a lay-over in any country outside of Canada, or in any province/territory outside of their resident province/territory in the past 14 days. If the individual travels, or if anyone in the individual's household travels, outside of their resident province/territory after submitting this Declaration of Compliance, the individual will not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since the date of return. These restrictions apply in accordance with provincial and federal guidelines.
- 8) The individual is following recommended guidelines and protocols of the Provincial Government including but not limited to, practicing physical distancing, trying to maintain separation of six feet from others, adhering to recognized hygiene best practices, and otherwise limiting exposure to COVID-19.

Furthermore, by signing below, the Participant or the Participant's Guardian agrees that while attending or participating in the Organization's events or attending at the Organization's facilities, the Participant:

1. Will follow the safety, physical distancing and hygiene protocols of the Organization as outlined in the BCWSA Return to Sport Guidelines for their sport.
2. Will, in the event that the Participant experiences any symptoms of illness such as a fever, cough, difficulty breathing, shortness of breath or malaise, immediately:
  - a. Inform a representative of the Organization; and
  - b. Depart from the event or facility.
3. Acknowledges that the Organization may remove the individual from the facility or from participation in the activities, programs or services of the Organization at any time and for any reason if the Organization believes, in its sole discretion, that the individual is no longer in compliance with any of the standards described in this document.

**FOR PARTICIPANTS WHO HAVE BEEN DIAGNOSED WITH COVID-19**

By signing below, the Participant (named below) or the Participant or the Participant's Guardian attests that the Participant has been diagnosed with COVID-19, but been cleared as noncontagious by provincial or local public health authorities and has provided to the Organization, in conjunction with this COVID-19 DECLARATION OF COMPLIANCE, written confirmation from a medical doctor of the same.

This document will remain in effect until the Organization, per the direction of the provincial government and provincial health officials, determines that the acknowledgements in this Declaration of Compliance are no longer required.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Individual (If 18 and over)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Parent/Guardian (if the individual is younger than the age of majority)



## BCWSA ILLNESS POLICY

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

- 1. Inform an individual in a position of authority (Executive Director, 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 and loss of appetite.
- 2. Assessment**
  - a. Individuals must review the self-assessment signage and/or checklist located throughout the facility before their work day/practice/activity and attest that they are not feeling any of the COVID 19 symptoms.
  - b. Managers/coaches will visually monitor individuals 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.
  - c. If Individuals are unsure please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool.
- 3. If an Individual 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 at work/practice/activity, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
  - c. No Individual may participate in a practice/activity if they are symptomatic.
- 4. If an Individual tests positive for COVID-19**
  - a. The Individual will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus and have been cleared by their physician to return.
  - b. Any Individuals who work/play closely with the infected individual will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
  - c. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially been infected/touched.
- 5. If an Individual has been tested and is waiting for the results of a COVID-19 Test**
  - a. As with the confirmed case, the Individual must be removed from the workplace/practice/facility.
  - b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.

## APPENDIX D

- c. Other Individuals who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
  - d. The workspace/practice/activity space will be closed off (to the extent possible), cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
- 6. If an Individual has come in to contact with someone who is confirmed to have COVID-19**
  - a. Individuals must advise their employer/coach if they reasonably believe they have been exposed to COVID-19.
  - b. Once the contact is confirmed, the Individual will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Individuals who may have come into close contact with the exposed Individual will also be removed from the workplace for at least 14 days.
  - c. The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
- 7. Quarantine or Self-Isolate if:**
  - a. Any Individual who has travelled outside of Canada or the province within the last 14 days or who lives with someone who has been outside of Canada in the past 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
  - b. Any Individual with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
  - c. Any Individual from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
  - d. Any Individual who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.





## BCWSA OUTBREAK RESPONSE PROTOCOL

The purpose of the Outbreak Response Protocol is to aid in the contact tracing of those individuals who may have come into contact directly or indirectly with an infected individual and help prevent the community spread of COVID-19. 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. BC Wheelchair Sports is fully committed to the health and safety of its members and will be implementing the following action plan to limit exposure.

1. Every BCWSA sanctioned program, event and ongoing administration must follow the Return to Sport/Work guidelines approved by the BCWSA Board of Directors.
  - a. In the case of an outbreak, the attendance lists for every training session, program or event will be essential to following the Outbreak Protocol and ensure that contact tracing can take place.
2. Each sport must designate an Emergency Covid-19 Outbreak Response Coordinator, as well as a back-up individual for this position (this person can be common to all three BCWSA sports and serve as the Coordinator for the BCWSA offices)
3. All Individuals must follow the BCWSA Illness Policy
4. If an outbreak at a BCWSA program, event or office is confirmed, in addition to the Illness Policy, the following Outbreak Protocol must be adhered to:
  - a. The Outbreak Response Coordinator (ORC) will ensure that the Public Health Authority has been notified of the outbreak as soon as possible
    - i. The list of Public Health Authority contacts will be provided to the ORC for each community related to program/event/office before the resumption of Return to Sport/Work activities.
  - b. The ORC will obtain the attendance list and contact information of all attendees and provide this to the Public Health Authority to facilitate contract tracing
  - c. The ORC will notify the program/event/office attendees that an outbreak has occurred so that they may follow the BCWSA Illness Policy. They will not provide information as to who has become ill.
  - d. The ORC will notify the facility contact to ensure appropriate disinfection is completed. In the case of the BCWSA Offices, partner organizations will be notified of the outbreak.
  - e. The Program/Event/Office activity will be suspended until such time as the ORC and Executive Director, together with the Public Health Authority can determine if the program/event/office will be shut down for a period of time (ie. minimum of 14 days) due to the outbreak and any further steps that may be necessary.
  - f. The BCWSA Communication Staff person will be notified to manage any necessary communication response to the outbreak.
  - g. The program/event/office activities will resume under the guidance of, and with the permission of the Public Health Authority and the BCWSA Executive Director.

## APPENDIX E

- h. Individuals may only return to programs/events/office if they have followed the BCWSAS Illness Policy and in the case of a positive test, have been cleared by their physician to return. Documentation will be required indicating the individual is cleared to return and/or has a negative test result.
- i. In the case of athletes, when appropriate and with permission, the Chief Medical Officer, or lead medical personnel for the sport will be notified to support ongoing care of the individual as they resume training. In the case of Next Gen and National Team Athletes, the appropriate NSO will be notified.