



KELOWNA

Springboard Diving Club

**RETURN TO DIVING
GUIDELINES**

Version 2

September 30, 2020

KELOWNA SPRINGBOARD DIVING CLUB

RETURN TO SPORT PLAN

TABLE OF CONTENTS

OBJECTIVES	2
PRINCIPLES	2
OPENING SAFELY	3
KEEPING EVERYONE SAFE	4
PHASE 3 – RETURN TO SPORT – COHORTS	5
EMERGENCY RESPONSE	8
OUTBREAK PLAN	8
APPENDIX A – PARTICIPANT AGREEMENT	10
APPENDIX B – DIVING CANADA FORMS	11
APPENDIX C - MEMBER COMMUNICATION	17
APPENDIX D – HEALTH QUESTIONNAIRE	18
APPENDIX E - ILLNESS POLICY	19
APPENDIX F - COVID-19 SAFETY PLAN	21
APPENDIX G - REFERENCES	25
APPENDIX H – SPORT ACTIVITY CHART.....	28

The Kelowna Springboard Diving Club Return to Sport Plan

OBJECTIVES

The following document is an outline of the procedures Kelowna Springboard Diving Club (KSDC) has put in place to mitigate the risks associated with athletes and coaches returning to diving in a pool. It follows the BC Diving Return to Sport Protocol and Guidelines, as well as the guidelines set out by viaSport. These Guidelines are a minimum and may need to be adjusted based on facility requirements and include:

1. An Outline of processes to open safely.
2. Provide measures to keep athletes and coaches safe, as well as avoid further outbreaks.
3. Outline procedures if first aid is required.
4. Provide a plan in the event a case or an outbreak occurs.

PRINCIPLES

BC Diving's and Kelowna Springboard Diving Club's Return to Sport plans are guided by BC's Restart Plan's key principles.

Personal Hygiene:	Stay Home if you are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
Frequent Handwashing Cough into your sleeve Step away from people when sneezing/coughing Wear a non-medical mask No handshaking, no high fives, no hugging	Routine daily screening Anyone with any symptoms must stay away from others Returning travellers must self-isolate	More frequent cleaning Enhance surface sanitation in high touch areas Touch-less technology	Meet with small numbers of people Maintain distance between you and people Size of room, the bigger the better Outdoor over indoor	Spacing within rooms or in transit Room design Plexiglass barriers Movement of people within spaces

- Any individual that is experiencing COVID-19 symptoms should remain at home and self-isolate for 14 days.
- Any individual that has come into direct contact with anyone that has COVID-19 should self-isolate for 14 days.
- Any individual that has travelled outside of Canada should self-isolate for 14 days.

OPENING SAFELY

Before returning to sport, the following must be completed:

1. To ensure Coaches and participants are aware of the risks and new rules around participating in diving, the following Diving Canada Forms (*Appendix B*) must be completed prior to training:
 - a. **Declaration of Compliance** AND either:
 - i. **Assumption of Risk** (for minors) **OR**
 - ii. **Release of Liability** (participants who are the age of majority)
2. Hand sanitizer and disinfectant are available on site.
3. A Return to Sport (RTS)* manager is assigned and communicated to the club membership and the facilities used by the club. RTS Manager should be a person with authority.
 - a. On a daily basis, the manager designates the individual to take attendance as well as the individual to administer the questionnaire before the start of training. This may be the same person and may be the manager.
 - b. An RTS manager* must be assigned.
4. An isolation location* is available and identified for a participant that develops symptoms during a training session. (Facility dependent)
5. At least one coach per training session has a mask and gloves available in case an athlete is injured and needs attention from the coach within the 2m physical distance guidelines. The coach must also be aware of how to safely use this PPE.

Participants must have their forms **completed before returning to training.**

KEEPING EVERYONE SAFE

(Guidelines are minimums and may need to be adjusted based on facility requirements)

Dryland Training (outdoors, in the gym & at the pool)

1. Prior to each training session, each participant will be required to answer the **Health Questionnaire** (*Appendix D*) (this may be done orally). Any positive response to the Questionnaire by either an athlete or coach will be communicated to the Return to Sport Manager and the BC Diving Illness policy (*Appendix E*) will be invoked.
2. Diving participants will enter and exit from the designated entrance (and exit) only.
3. Group size maximum of 6 athletes/ coach
4. Athletes will arrive changed/ dressed for their training session
5. Use of changerooms after pool session will follow facility guidelines
6. Everyone to maintain 2m between all other individuals during the entire training session. In the event a coach enters the 2m space to spot, tighten a belt, or stretch an athlete only within their mini cohort, the coach must hand sanitize and use a mask. Refer to Phase 3 Cohorts outline below for more information.
7. Equipment – (trampoline bed, padding and crash mats, stretching mats) to be disinfected before and after every use.
8. Individuals will provide their own water bottles. No sharing.
9. Individuals will provide their own mats/yoga mats for training (when permitted).
10. Parents to remain outside of the facility at all times.
11. Bathroom breaks to follow facility guidelines - hand sanitize before and after.
12. All participants will follow facility rules in addition to the club's return to sport protocols.

Pool/ Water training: Same rules as dryland training plus:

1. Athletes must use their own chamois only. No sharing and chamois must remain in a designated location. No throwing chamois into the water or on the deck.

2. Diver to be at the side of the pool before the next athlete dives off the same diving board.
3. Maximum of 12 athletes in the Dive Tank area at one time. A maximum of 3 divers per diving boards, as divers maintain 2m distance at all times.
4. Attendance records to be kept and saved by coaches for 2 months.
5. All participants will follow facility protocols in addition to the club's rules.

PHASE 3 – RETURN TO SPORT

BC Diving is using the ViaSport phase 3 Return to Sport guidelines to inform our cohort definition and planning.

Purpose: Establishing cohorts will limit the number of people that each individual will come into contact with, reducing the risk of transmission and ensuring quicker contact tracing by health authorities if an outbreak occurs.

A **cohort** is defined as a group of participants who primarily interact with each other within your sport environment over an extended period of time.

In this phase, all guidance related to personal hygiene, cleaning protocols and symptom-screening still apply. Cohorts are being used as it is not possible to maintain physical distancing at all times. When in the cohorts, it is still important to minimize physical contact. The minimal 2m physical distancing should be maintained between all participants when not participating in diving (i.e. change rooms). If physical distancing cannot be maintained during these times, masks should be worn.

COHORTS – clubs will send a list of their mini and general cohorts to BC Diving

MINI COHORT (Maximum 18 athletes)

The primary cohort will be the MINI COHORT. The mini cohort is the group including a coach and the divers they specifically work with. Within this MINI COHORT, a coach may work with up to 8 divers at one time. A coach may have a second group which

would be included in the MINI cohort. Physical distance is still prioritized, however, spotting and stretching athletes may now take place, provided the coach hand sanitizes and uses a mask when entering the 2m space.

Coaches will not spot or stretch athletes outside of their MINI Cohort even when substituting for another coach within the general cohort

GENERAL COHORT (Maximum 100 athletes)

The GENERAL COHORT is the group of athletes and coaches that may at some point be in the same training space. Two coaches may be in the same training space in a pool with their divers. The coaches and divers would be expected to maintain the physical distance of 2m at all times. These athletes and coaches would comprise a part of a general cohort. Each group that overlaps any training time or coach becomes part of the GENERAL COHORT. If two or more clubs are sharing pool space, they will be in the GENERAL COHORT and this number must be less than 100. The number must not exceed 50 at any one time.

Coaches within a GENERAL COHORT may substitute and work with other athletes in the GENERAL COHORT provided they maintain 2m distance at all times.

PROVINCIAL TRAINING CAMPS

Purpose: to introduce high performance training opportunities that bring together divers from different communities and/ or provinces in a responsible and safe manner without compromising the health of the individuals or community members.

All information regarding training camps will clearly communicate expected protocols in advance of the camp to both athletes and parents.

14 days prior to any training camp, all the potential participants will be considered part of the TRAINING CAMP GENERAL COHORT. All invited participants will be asked to reduce exposure to others and minimize visits in public places for the 14 days prior to camp. The divers and coaches must remain in groups with no overlapping to ensure the integrity of this TRAINING CAMP GENERAL COHORT.

COMPETITION

Regional and Provincial competitions are being re-introduced in this phase. Inter-provincial competitions should not occur during this phase. The competition itself will have further protocol and restrictions which will be outlined prior to each competition.

14 days prior to any competitions, all the potential participants will be considered part of the COMPETITION GENERAL COHORT. The divers and coaches must remain in groups with no overlapping outside the COHORT to ensure the integrity of this COMPETITION GENERAL COHORT.

TRAVEL

BC Diving recommends that individuals remain primarily within their region when traveling for diving in order to limit the number of groups that they are coming in contact with. Exceptions include traveling to attend high performance training camps or provincial championships. Inter-provincial and international travel is not endorsed at this time.

Any individual who chooses to travel internationally, must self-isolate for 14 days under both provincial and federal orders upon return to Canada.

If choosing to travel, the following recommendations are in place:

- Check before you go – consider the number of active cases in the region you are travelling to
- If sick, stay home, even if symptoms are mild
- Wash your hands often
- Practice safe physical distancing, 2 metres from others
- Wear a mask if you cannot keep a safe distance from others

EMERGENCY RESPONSE

FIRST AID

If first aid is required to be administered during training, all persons attending to the injured individual must first put on a mask and gloves.

OUTBREAK PLAN

An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

1. In the event of an outbreak is identified, the Return to Sport Manager and the Club Executive is to be notified. The Club’s Executive will modify, restrict, postpone or cancel activities accordingly. They will also notify the facility operator.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced cleaning measures to reduce risk of transmission. The facility operator will be notified.
3. The **Illness Policy** (*Appendix E*) will be implemented, and individuals will be advised to:
 - self-isolate
 - monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
 - use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
 - i Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - ii Individuals can learn more about how to manage their illness here: <http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19/aboutcovid-19/if-you-are-sick>
4. In the event of a suspected case or outbreak of influenza-like-illness, the local health authority will be notified immediately. The **Illness Policy** will be implemented and discussed with the Medical Health Officer.
5. If our organization is contacted by a Medical Health Officer in the course of contact tracing, we are prepared to fully cooperate with local health authorities.

GLOSSARY OF TERMS:

Return to Sport Manager – a designated person who will perform the daily task of assigning a person to perform wellness questionnaires and maintaining attendance for 2 months, assigning a cleaning (disinfecting) person and following all protocols in case of an outbreak.

Isolation location – an assigned room/ area in the facility (facility dependent). This room will be where an athlete/ coach will locate if symptoms occur during training. This is particularly important for a minor until a parent or guardian can pick up and return home to isolation.

Quarantine/Self-isolation –

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/coronavirus-disease-covid-19-how-to-self-isolate-home-exposed-no-symptoms.html>



PARTICIPANT AGREEMENT

The agreement applies to all athletes, coaches, members, volunteers, participants and family members of participants while in attendance at club activities (“Participants”)

All Participants of Kelowna Springboard Diving Club agree to abide by the following points when entering a training session and/ or participating in club activities under the COVID-19 Response plan and RTP Protocol:

- I agree to symptom screening checks and will let my club know if I have experienced any of the symptoms in the last 14 days.
- I agree to stay home if feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
- I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided by the club (shared and personal equipment).
- I agree to continue to follow social distancing protocols of staying at least 2m away from others.
- I agree to not share any equipment including water bottles or shammy during practice times.
- I agree to abide by all my Clubs COVID-19 Policies and Guidelines
- I understand that if I do not abide by the policies/ guidelines, that I may be asked to leave the club for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/ or guidelines may result in suspension of my club membership temporarily.
- I acknowledge that there are risks associated when entering club facilities and/ or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Date:

Signature (Parent/ Guardian if participants is a minor):

APPENDIX B



To be completed by
ALL participants

DECLARATION OF COMPLIANCE DPC POLICIES AND FORMS

All individuals entering the facility and/or participating in sanctioned activities must comply with this declaration.

Individual Name (print): _____

Individual's Parent/Guardian _____
(if the individual is younger than the age of majority)

Email: _____

Phone: _____

Diving Plongeon Canada, its provincial/territorial organizations, and affiliated clubs/academies (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 spread of COVID-19. 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 coronavirus disease 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.
- 3) If the individual is a front-line worker (such as hospital staff, long term care staff, or other individual who interacts with individuals who have confirmed or suspected cases of COVID-19), the individual has worn proper and approved Personal Protective Equipment at all times whenever they interacted with an individual who has a confirmed or suspected case of COVID-19 in the last 14 days.
- 4) If the individual is not a front-line worker, they have not been exposed to a person with a confirmed or suspected case of COVID-19 in the last 14 days.
- 5) 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.

Please initialize

- 6) 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).
- 7) 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.
- 8) The individual has not, nor has any member of the individual's household, travelled to or had a lay-over in any country outside Canada in the past 14 days, and has followed the provincial travel regulations for travel outside of the individual's province/territory of residence. If the individual travels, or if anyone in the individual's household travels, outside of the individual's country or outside the province/territory of residence not allowed by their provincial government 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.
- 9) The individual is following recommended guidelines, 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.
- 10) The individual will follow the safety, physical distancing and hygiene protocols of the Organization.
- 11) The individual will bring their own personal items and personal equipment (such as water bottles, bags, towels, etc.) at their discretion and will not share their personal items or equipment with other individuals.
- 12) 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.
- 13) 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.

Signature: _____ Date: _____
 Individual (If the individual is the age of majority)

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

To be signed by parents/guardians of Participants who are younger than the Age of Majority

Participant's Name: _____ Participant's Date of Birth: _____

1. This is a binding legal agreement. Prior to participating, an individual who is younger than the age of majority and who wants to participate in the sport of diving and the activities, programs, classes and services provided by, and/or in the events sponsored or organized by Diving Plongeon Canada, [Insert Provincial/Territorial Organization], and [Insert Club/Academy] (collectively the "Organization") which may include but is not limited to: competitions, meets, practices, training, personal or strength training, dry land training, training using machines or weights, nutritional and dietary programs, orientational or instructional sessions or lessons, and aerobic and anaerobic conditioning programs (collectively the "Activities") must have their legal parent/guardian ("the Parties") acknowledge and agree to the terms outlined in this agreement.
2. The undersigned acknowledges and agrees that they are a 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
 - d) (COVID-19) The COVID-19 disease 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 Parties understand that the Organization may fail to safeguard or protect the Participant from the risks, dangers and hazards of the Activities, some of which are listed below. The risks, dangers and hazards include, but are not limited to:
 - a) 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; sprains and fractures, spinal cord injuries, 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
 - b) Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions on the pool deck or other surfaces; and travel to and from the premises
 - c) 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 wear safety or protective equipment; and failure to use or operate equipment within the Participant's own ability
 - d) Contact: contact with the pool, pool bottom, walls, stands, equipment, vehicles, or other persons; and other contact that may lead to serious bodily injury, including but not limited to concussions and/or other brain injury or serious spinal injury
 - e) Advice: negligent advice regarding the Activities
 - f) Ability: failing to act safely or within the Participant's own ability or within designated areas
 - g) Sport: the sport of diving and its inherent risks, including but not limited to falling or colliding with the pool, pool bottom, walls, stands, equipment or with other participants; entering the water by either diving or jumping; extended time underwater; spending extended times in chlorinated water which may lead to bacterial infections or rashes; and drowning
 - h) Cyber: privacy breaches; hacking; and technology malfunction or damage
 - i) Conduct: the Participant's conduct and conduct of other persons including any physical altercation between participants
 - j) Travel: travel to and from the Activities
5. In consideration of the Organization allowing the Participant to participate in the Activities, the Parties agree:

Please initialize

- 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 they are responsible for the choice of the Participant's safety or protective equipment and the secure fitting of that equipment
 - i) **(COVID-19)** 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
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
 - c) That this Agreement is intended to be as broad and inclusive as is permitted by law of the Province of [PSO's Province] and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect

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 Ontario and they further agree that the substantive law of the Province of Ontario will apply without regard to conflict of law rules.

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, guardians, next of kin, executors, administrators and legal or personal representatives.

Name of Participant

Name of Parent or Guardian (print)

Signature of Parent or Guardian

Date

To be signed by Participants who are the Age of Majority and older

Participant's Name: _____ Participant's Date of Birth: _____

1. This is a binding legal agreement. Prior to participating, an individual who is the age of majority or older and who wants to participate in the sport of diving and the activities, programs, classes and services provided by, and/or in the events sponsored or organized by Diving Plongeon Canada, *[Insert Provincial/Territorial Organization]*, and *[Insert Club/Academy]* which may include but is not limited to: competitions, meets, practices, training, personal or strength training, dry land training, training using machines or weights, nutritional and dietary programs, orientational or instructional sessions or lessons, and aerobic and anaerobic conditioning programs (collectively the "Activities") must acknowledge and agree to the terms outlined in this agreement.

Disclaimer

2. Diving Plongeon Canada, *[Insert Provincial/Territorial Organization]*, *[Insert Club/Academy]*, and their respective Directors, Officers, committee members, members, employees, coaches, volunteers, officials, judges, 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.

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
 - d) **(COVID-19)** The COVID-19 disease has been declared a worldwide pandemic by the World Health Organization and is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that I will not become infected with COVID-19. Further, participating in the Activities could increase my risk of contracting COVID-19
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. I understand that the Organization may fail to safeguard or protect me from the risks, dangers and hazards of the Activities, some of which are listed below. The risks, dangers and hazards include, but are not limited to:
 - a) 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; sprains and fractures, spinal cord injuries, 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
 - b) Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions on the pool deck or other surfaces; and travel to and from the premises
 - c) 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 wear safety or protective equipment; and failure to use or operate equipment within my own ability
 - d) Contact: contact with the pool, pool bottom, walls, stands, equipment, vehicles, or other persons; and other contact that may lead to serious bodily injury, including but not limited to concussions and/or other brain injury or serious spinal injury
 - e) Advice: negligent advice regarding the Activities
 - f) Ability: failing to act safely or within my own ability or within designated areas
 - g) Sport: the sport of diving and its inherent risks, including but not limited to falling or colliding with the pool, pool bottom, walls, stands, equipment or with other participants; entering the water by either diving or jumping; extended time underwater; spending extended times in chlorinated water which may lead to bacterial infections or rashes; and drowning
 - h) Cyber: privacy breaches; hacking; and technology malfunction or damage
 - i) Conduct: my conduct and conduct of other persons including any physical altercation between participants
 - j) Travel: travel to and from the Activities
 - k) Negligence: my negligence and negligence of other persons, including negligence on the part of the organization, which may increase the risk of damage, loss, personal injury or death

Please initialize

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 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 I am responsible for my choice of safety or protective equipment and the secure fitting of that equipment
 - i) **(COVID-19)** That COVID-19 is contagious in nature and I may be exposed to, or infected by, COVID-19 and such exposure may result in personal injury, illness, permanent disability, or death

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 Activities
 - f) To forever release 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 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
 - j) This release, waiver and indemnity is intended to be as broad and inclusive as is permitted by law of the Province [PSO's Province] 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 Ontario and further agree that the substantive law of the Province of Ontario will apply without regard to conflict of law rules.

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, 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 (print)

Signature of Participant

Date

Witness name

Signature of Witness

Date

MEMBER COMMUNICATION

Subject: Return to Diving with Respect to COVID-19

Dear KSDC Families, Members & Coaches,

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, BC Diving has been working with viaSport and the Province of British Columbia to understand the recommendations our Chief Provincial Health Officer and how they best apply within sport.

The attached Return to Sport Plan has been developed for our sport to ensure:

- health and safety of all individuals is a priority
- activities are in alignment with provincial health recommendations
- modifications to activities are in place to reduce the risks to each sport organization and its participants
- our sport is united and aligned on a plan to reopen throughout the province

While we do hope things will return to normal soon, currently this Return to Sport Plan will be the new normal until we are advised otherwise by public health authorities.

If you choose to participate, you must follow these rules:

- If you do not feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have traveled outside of Canada, you are not permitted at the facility until you have self-isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID19, please stay home.
- Wash your hands before participating
- Bring your own equipment, water bottle and hand sanitizer
- Comply with physical distancing measures at all time
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Leave the training area as quickly as possible after you finish

Our Return to Sport Plan is based on current public health guidance. While we are all doing our best to minimize the risk of exposure to COVID-19, while the virus circulates in our communities it is impossible to completely eliminate the risk. Each participant must make their own decision as to whether it is in their best interest to resume participation at this time. You must take into account your own circumstances and make the decision that is right for you. Should you choose to join us, we require your full cooperation with our Return to Sport Plan.

Sincerely,

QUESTIONNAIRE

Health Questionnaire

Answer each question individually:

1. Do you have any of the following symptoms:
 - a. Cold or flu like symptoms?
 - b. Fever
 - c. Chills
 - d. Shortness of breath
 - e. Sore throat or painful swallowing
 - f. Stuffed up or runny nose
 - g. Significant fatigue
 - h. Loss of sense of smell
 - i. Headache
 - j. Muscle aches
 - k. Loss of appetite
2. Has anyone in your household had any of the symptoms from question 1?
3. Have you or anyone in your household been outside of Canada in the last 14 days?
4. Have you been in contact with anyone that has been positive for Covid-19 in the last 14 days?

ANYONE ANSWERING YES TO ANY OF THE QUESTIONS SHOULD LEAD TO THE ILLNESS POLICY.

ILLNESS POLICY

In this policy, “Team member” includes a coach, official, employee, 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 and loss of appetite.
2. **Assessment**
 - a. Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
 - b. Managers/coaches will 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.
 - c. If Team Members 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 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 at work, they should be sent home immediately and have them contact 8-1-1 or a doctor 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. The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
 - b. Any Team Members who work/play closely with the infected Team Member 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 be infected/touched.
5. **If a Team Member has been tested and is waiting for the results of a COVID-19 Test**
 - a. As with the confirmed case, the Team Member 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.
 - c. Other Team Members 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, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
6. **If a Team Member has come into contact with someone who is confirmed to have COVID-19**

- a. Team Members must advise their outbreak manager/coach if they reasonably believe they have been exposed to COVID-19.
- b. Once the contact is confirmed, the Team Member will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member 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 Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
- b. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- c. Any Team Member 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 Team Member 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.

KELOWNA SPRINGBOARD DIVING CLUB

COVID-19 SAFETY PLAN

Risk Assessment of the training environment

Here are the areas that have been identified where there may be risks, either through close physical proximity or through contaminated surfaces. The closer together individuals are and the longer they are close to each other, the greater the risk.

As the sport of diving involves participants being separated, the risk associated to close proximity would largely involve non-sport actions such as:

- Entering or exiting the area or facility, where spaces may be narrower and harder to physically distance from other users.
- While standing in line waiting for the diving board.
- During a warm-up prior to diving, where participants are nearer to each other.
- When Athletes gather prior to their warm-up to visit and greet each other.
- Parents/ spectators gather in the stands and pool deck area to converse with coaching staff, as well as other parents; watch participants during their training session.
- Depending on the facility, divers may be in close proximity to other facility users and spectators while moving through the entrances/ exits, as well as the changerooms.
- Shared equipment has been identified including diving boards, chamois, mats and trampolines and handrails on the diving boards. The mats that are used for warm-up are touched frequently by hands, as are the handrails.
- The diving boards, fulcrums and stairs are touched only by feet.
- The drinking fountains used by all facility users.

Implementation of protocols to reduce the risks

The following protocols are to minimize the risks of transmission.

A. LIMITED NUMBER of people & ensure physical distance whenever possible

Kelowna Springboard Diving Club will follow the facility maximum allowable numbers unless the maximum numbers exceed the BC Diving guidelines outlined below:

- o A maximum of 6 divers per coach and a maximum of 2 groups in the facility at any one time.
- o Only 3 divers may use the same diving board to ensure they are continuously 2m apart from each other.
- o A maximum of 12 divers in the dive tank at any time

- o Follow facility protocols for entry and exit procedures, as well as occupancy limits for facility common areas including change rooms, washrooms, etc.
- o Parents are to instructed to remain outside the facility
- o Divers are expected to be dressed for practice and will not use the facility change rooms upon arrival.
- o If facility guidelines allow, divers will bring their own yoga style mat for personal use and will not share with others and clean before and after use.
- o Divers will maintain their 2m distance from others during warm-up and while waiting in line for the diving boards.

B. RULES AND GUIDELINES

- o A copy of the KSDC Return to Sport Plan will be sent to each member and posted on our website at <https://www.kelownadiving.com/> along with the forms listed below.
- o Each member will receive an email communicating the COVID-19 protocols for returning.
- o All participants must complete the following forms from Diving Canada:
 - I. Declaration of Compliance
 - II. Assumption of Risk Form (for minors) **OR** Release of Liability (for divers over the age of majority)
- o The BC Diving Return to Sport Plan, along with the rules and forms are also posted on the BC Diving Website at <http://www.bcdiving.ca/coaches-officials/online-coaching-resources/>

C. PERSONAL PROTECTIVE EQUIPMENT (PPE)

- o We have reviewed the information on selecting and using masks and instructions on how to use a mask.
- o We understand the limitations of masks to protect the wearer from respiratory droplets. We understand that masks should only be considered when other control measures cannot be implemented.
- o We have trained individuals on the proper use of masks (if applicable).
- o Coaches will review the Health Canada Guidelines on PPE use against COVID-19 before returning to sport.
- o Masks and gloves will be made available to coaches
- o In the event a diver is injured, a coach may need to approach an athlete, breaking the 2m rule – in such a case, the coach will put on a mask and gloves.

D. CLEANING PROTOCOLS & HYGIENE PRACTICES

- o We have reviewed the information on cleaning and disinfecting surfaces.
- o Our sport facility has enough handwashing stations on site for our participants.
- o Handwashing locations are visible and easily accessed.
- o We have communicated good hygiene practices to participants, coaches, volunteers, etc.

- o The facilities have implemented cleaning protocols for all common areas and surfaces and the diving club has identified the surfaces that need to be cleaned and disinfected.
- o Volunteers/ coaches who are cleaning have adequate training and materials.
- o We have removed unnecessary equipment including the dryland gym mats that are normally used for warm-up on the pool deck and placed them in off-site storage. Divers will use their own personal mats, when applicable.
- o Coaches will have reviewed the BCCDC's guidelines on cleaning and disinfecting.
- o Coaches will have hand sanitizer and disinfectant available at each training session.
- o A coach will supervise any athletes or volunteer who is asked to clean, to ensure it is done effectively.

E. POLICIES

The following conditions will prevent an individual from participating in sport activities:

- o Anyone who has had symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache.
- o Anyone directed by Public Health to self-isolate.
- o Anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID-19 case must self-isolate for 14 days and monitor for symptoms.

If an individual starts to feel symptoms while participating:

- o Sick individuals should report to first aid (or designated individual), even with mild symptoms. Sick individuals should be asked to wash or sanitize their hands, provided with a mask, and isolated. They will be directed to go straight home. In the case of a minor, the parent/ guardian will be contacted and directed to pick up the sick individual AND Consult the BC COVID-19 Self-Assessment Tool, or call 811 for further guidance related to testing and self-isolation.
- o If the individual is severely ill (e.g., difficulty breathing, chest pain), call 911.
- o Clean and disinfect any surfaces that the individual has come into contact with.

F. COMMUNICATION PLANS AND TRAINING

In order to ensure that all participants are safe, we have the following communication and training plans:

- o Kelowna Springboard Diving and BC Diving have posted guidelines on their respective websites.
- o The facility has signage to indicate the occupancy limits and effective hygiene practices and indicates who cannot enter the facility.
- o All participants have received the policies for staying home when sick.
- o Participants will be required to answer a Health Questionnaire prior to every session.

- o Attendance records will be kept for every session and kept for 2 months.
- o Coaches or safety volunteers have been trained on monitoring participants to ensure policies and procedures are being followed.

G. MONITORING AND UPDATING PLANS

KSDC recognizes that information may change or changes may be required to this plan to meet the BC Health, BC Diving and Diving Canada guidelines, as such, this document and the club's protocols will be updated and communicated to members & coaches.

- o Coaches shall direct any health and safety concerns to the Head Coach. The Head Coach will then bring concerns to a member of the Executive and/ or the facility representative.
- o Members of the Club Executive will respond and address safety concerns, while following the Facility Guidelines and the BC Health Ministry guidelines.

H. ASSESSING AND ADDRESSING RISKS – RESUMING OPERATIONS

- o We will continue to work with the City of Kelowna and the local facilities to evaluate and manage the risks associated with returning to sport.
- o Communicate regularly with coaching staff to ensure everyone is up to date on the latest information and guidelines.
- o Update members/ participants with any changes to ensure they are up to date on their requirements.

REFERENCES

PROVINCE OF BRITISH COLUMBIA

BC.'s Restart Plan: https://www.scribd.com/document/460236402/B-C-s-Restart-Plan-Next-Steps-to-Move-Through-the-Pandemic#fullscreen&from_embed

BC COVID-19 Go-Forward Management Strategy:

https://www2.gov.bc.ca/assets/gov/health/about-bcs-health-care-system/office-of-the-provincial-health-officer/covid-19/bc_covid-19_go-forward_management_strategy_web.pdf?bcgovtm=20200506_GCPE_AM_COVID_9_NOTIFICATION_BC_GOV_BCGOV_EN_BC_NOTIFICATION

B.C. Go Forward Strategy Checklist:

https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-responsercovery/gdx/go_forward_strategy_checklist_web.pdf

PHO Orders: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus>

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/>

HEALTH RESOURCES

COVID-19 (B.C.) Provincial Support:

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-responsercovery/covid-19-provincial-support>

BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/covid19/en>

Health Canada Handwashing Guidelines:

<https://www.canada.ca/content/dam/phacaspc/documents/services/diseases-maladies/reduce-spread-covid-19-wash-your-hands/enghandwashing.pdf>

Health Canada Personal Protective Equipment against COVID-19:

<https://www.canada.ca/en/healthcanada/services/drugs-health-products/medical-devices/covid19-personal-protective-equipment.html>

Health Canada List of Disinfectants for use against COVID-19:

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

BCCDC Cleaning and Disinfecting:

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

First aid protocols for an unresponsive person during COVID-19:

<https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-person-during-covid-19>

POSTERS

COVID-19 Protection: <http://www.bccdc.ca/Health-Info-Site/Documents/COVID19-Prevention.pdf>

Physical Distancing: http://www.bccdc.ca/Health-ProfessionalsSite/Documents/COVID19_PhysicalDistancingPoster.pdf

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

Do not enter if you are sick: http://www.bccdc.ca/Health-InfoSite/Documents/COVID19_DoNotEnterPoster.pdf

Vulnerable Populations: <https://www.canada.ca/content/dam/phacaspc/documents/services/publications/diseases-conditions/coronavirus/covid-19-vulnerablepopulations/covid-19-vulnerable-populations-eng.pdf>

Occupancy Limit: <https://www.worksafebc.com/en/resources/health-safety/posters/help-prevent-spread-covid-19-occupancy-limit?lang=en>

WORKSAFE BC RESOURCES

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

COVID-19 Safety Plan Template:

<https://www.worksafebc.com/en/resources/healthsafety/checklist/covid-19-safety-plan?lang=en>

A guide for employers and Occupational First Aid Attendants:

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

SPORT AND RECREATION RESOURCES

Return to High Performance Sport Framework:

<https://www.viasport.ca/sites/default/files/Canada%20%20COVID-19%20Return%20to%20HP%20Sport%20Framework%20-%20May%202020.pdf>

BCCDC guidance for recreation facilities: <http://www.bccdc.ca/health-info/diseases-conditions/covid19/community-settings/recreation-facilities>

BCRPA Sector Guidelines for Restarting Operations: <https://www.bcrpa.bc.ca/covidguideline>

Return to Sport Guidelines:

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

Diving Plongeon Canada Return to Sport guidelines

<https://diving.ca/wp-content/uploads/2020/06/DPC20-Return-to-Diving-v1.pdf>

APPENDIX H

SPORT ACTIVITY CHART

This chart outlines the types of activities that can be considered in the various return phases.

	Strictest Controls Phase 1	Transition Measures Phase 2	Progressively Loosen Phase 3	New Normal (Future date TBC)
Restrictions in Place	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel 	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel No group gatherings over 50 people 	<ul style="list-style-type: none"> Refer to PHO and local health authorities 	<ul style="list-style-type: none"> Refer to PHO and local health authorities
Enhanced Protocols	<ul style="list-style-type: none"> Increased hand hygiene 	<ul style="list-style-type: none"> Increased hand hygiene Symptom Screening in place 	<ul style="list-style-type: none"> Increased personal hygiene, cleaning protocols and symptom screening 	<ul style="list-style-type: none"> Increased hand hygiene
Facility	<ul style="list-style-type: none"> Outdoor or within home Facilities and playgrounds closed 	<ul style="list-style-type: none"> Outdoor is safest Indoor facilities slowly re-opening 	<ul style="list-style-type: none"> Participants should maintain physical distance while not on field of play 	<ul style="list-style-type: none"> Outdoor/Indoor
Participants	<ul style="list-style-type: none"> Individual activities 	<ul style="list-style-type: none"> Small Groups No or limited spectators 	<ul style="list-style-type: none"> Groups sizes increase based on sport type (i.e. level of contact). Participants and spectators must adhere to 50 people max per event public health guidance 	<ul style="list-style-type: none"> Large groups allowed No restrictions on spectators
Non-contact Activities	<ul style="list-style-type: none"> Low risk outdoor activities can occur (biking, running, etc.). Virtual activities 	<ul style="list-style-type: none"> Fundamental movement skills Modified training activities, drills 	<ul style="list-style-type: none"> Where feasible, limit contact (i.e. coming within two metres) in training and sport activities 	<ul style="list-style-type: none"> No restrictions on activity type
Contact Activities	<ul style="list-style-type: none"> Should not occur 	<ul style="list-style-type: none"> Should not occur Contact sports should look for non-contact alternatives to training 	<ul style="list-style-type: none"> Cohort model introduced for sports that cannot maintain 2m physical distancing. 	<ul style="list-style-type: none"> No restrictions on activity type
Competition*	<ul style="list-style-type: none"> Should not occur 	<ul style="list-style-type: none"> In club play or modified games may slowly be introduced 	<ul style="list-style-type: none"> Competition slowly introduced. Regional competition for sports in cohorts. 	<ul style="list-style-type: none"> Provincial competitions and larger scale events may return
Equipment	<ul style="list-style-type: none"> No shared equipment 	<ul style="list-style-type: none"> Minimal shared equipment Disinfect any shared equipment before, during and after use 	<ul style="list-style-type: none"> Enhanced cleaning protocols in place 	<ul style="list-style-type: none"> Shared equipment
Travel	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Limited 	<ul style="list-style-type: none"> Unlimited

*Introduction of competitive activities should be in alignment with sport-specific guidelines.