



## RETURN TO SPORT GUIDELINES - WHEELCHAIR TENNIS

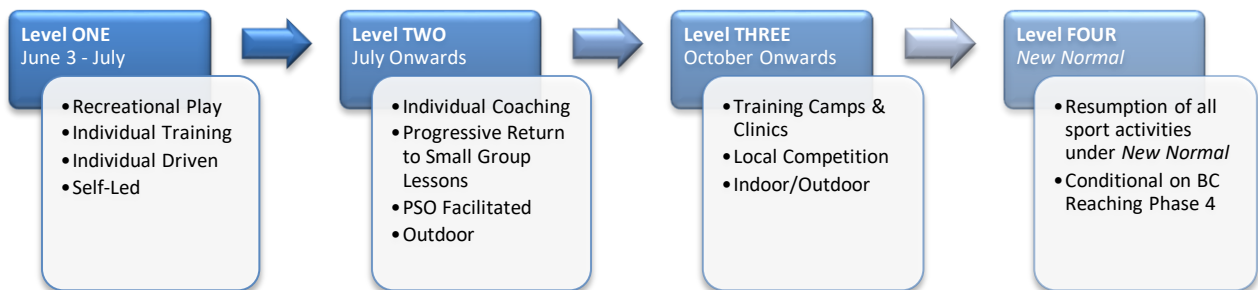
*The following guidelines are intended for use by Provincial, Municipal or Local Sport Organizations in the development of organized wheelchair tennis activities in the province of BC. Players seeking recommendations for independent, recreational play should refer to [BCWSA's Return to Play Recommendations for Wheelchair Tennis](#) at the end of this document (Appendix A). **All future updates will be posted on the BCWSA website on the [COVID-19 and Return to Sport Page](#).***

*The following guidelines have been compiled from recommendations published by the International Tennis Federation, Tennis Canada and Tennis BC as well as Provincial and Municipal Health Authorities and the [viaSport Return to Sport Guidelines](#). They are the currently understood best practices for participation in tennis for the **general population. Individuals living with a disability MAY be at greater risk of negative health outcomes related to COVID-19.** It is the responsibility of all participants to assess their own unique health risks and the safety/preparedness of their local tennis club when considering returning to play.*

### GENERAL

- All activities must be in alignment with the [viaSport Return to Sport Guidelines](#).
- All activities must also follow all national, provincial, municipal and local orders as well as all Provincial Health Officer orders and recommendations including:
  - a. Prohibition of gatherings of 50 people or more;
  - b. Physical distancing of at least two metres off the field of play;
  - c. Frequent hand hygiene;
  - d. Enhanced cleaning and disinfection
  - e. Self-isolation for employees who have symptoms of COVID-19 for a minimum of 10 days (or self-isolation for 14 days if returning to Canada from another country)
  - f. Symptom screening for staff and participants  
*See references at the end of this document for current information.*
- Participants should follow all recommendations outlined in [BCWSA's Return to Play Recommendations for Wheelchair Tennis](#) (Appendix A).
- Individuals including but not limited to participants, volunteers and coaches **MAY NOT PARTICIPATE in any programming** if they:
  - Exhibit any symptoms of a cold, flu, or COVID-19 including a 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.
  - Have had any of the above symptoms **in the last 10 days**.

- **Individuals experiencing a fever, new cough, or difficulty breathing or anyone who is concerned they may have COVID-19 should call 8-1-1 to talk to a nurse at HealthLinkBC to get advice about how you are feeling and what to do next.**
      - Are under the direction of the provincial health officer to self-isolate
      - Have travelled outside of Canada in the last 14 days
      - Have been in contact with someone with COVID-19 in the last 14 days.
- **Any player with a medical condition which may elevate the risk of serious COVID-19 symptoms is encouraged to consult their medical professional before beginning participation.**
- **BCWSA will follow a phased approach in its return to sport programming.** The levels are detailed briefly below. 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 and staff remain at the core of all decisions relating 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, TWO, and THREE. Updates will be provided as appropriate before transitioning to Level FOUR.



## EQUIPMENT

- **Tennis Balls**
  - Coaches should exercise caution with tennis balls and ask players to avoid touching them.
  - Sets of tennis balls (as well as any ball tubes or hoppers) should be restricted to a particular group and should be clearly labelled as such.
  - Players can assist the coach in collecting tennis balls by pushing them forward with their racquet but only the coach should pick up the balls.

- Where possible – coaches should favour continuous play over feeding drills requiring large numbers of balls.
- **If training involves simulated match play players should have their own clearly labelled tennis balls and should serve only with their tennis balls.**
- Ball Machines
  - Ball machines should be utilized with heightened caution at this time.
  - Balls should be changed/replaced between users and the machine sanitized to prevent cross-contamination.
  - Only the individual operating the ball machine should touch the tennis balls at any time.
- There should be no sharing of equipment.
  - Players who rent chairs, rackets etc. will be assigned individual equipment for the duration of the pandemic.
  - All necessary equipment should be brought to the facility and taken home again by the player.
  - Players should bring their own water bottles and food instead of relying on public facilities.
- Players are encouraged to sanitize their racquet and any other equipment on a frequent basis including before and immediately after playing.
  - Although some clubs may provide sanitizing supplies players are encouraged to bring their own to avoid having to touch communal items.
- Coaches should limit teaching aids such as markers and targets as appropriate.
  - When used only the coach should touch the equipment.
  - All equipment must be sanitized before, after and between lessons.

## **FACILITY**

Clubs and sporting facilities must have operational security procedures in place during the crisis related to COVID-19. These procedures must also be well displayed and communicated to all users. *The following guidelines will be applied in all BCWSA operated facilities and are recommended in all facilities in which BCWSA funds or sanctions a program. Clubs may amend the following guidelines to suit the realities of their facilities assuming they provide COVID-19 safety plans to BCWSA for review.*

- Clubs should conduct a full and comprehensive review of their facility to analyze risk and exposure areas.
- A **touch map** displaying frequently touched surfaces should be kept on site and a plan to clean those areas on a regular basis and especially before, after and between lessons should be developed.
  - All staff should be trained in proper sanitation protocols.
  - Staff should sign off after completing cleanings on a designated checklist.
- Personal Hygiene and Protection against COVID-19 posters should be displayed prominently throughout the facility and on court.

- [COVID-19 Infographic](#)
- [Physical Distancing poster](#)
- [Handwashing poster](#)
- [Do not enter if you are sick poster](#)
- The use of outdoor courts and facilities is preferred whenever possible however where indoor facilities are necessary (due to weather or availability) care should be taken to ensure appropriate physical distancing is possible.
- All doors accessible to the public should remain open when possible to avoid contact with door handles unless automatic.
  - Where possible facilities should choose accessible entryways and exits for individuals requiring them.
- All score cards must be removed.
- Soap or hand sanitizer must be made available to all clients in various locations throughout the facility including at all entrances/exits.
- Access to the locker rooms should be limited as much as possible.
- Bins should be available on and off court to dispose of wipes and other PPE.

## PROGRAMMING

- All staff and coaches should be trained in new protocols and the proper sanitization of equipment.
- Participation will be limited to a maximum ratio of **four participants to one coach** and where possible BCWSA suggests a maximum of two players per court however this may be amended due to court availability or the age of participants.
- Programs should operate with the minimum number of necessary staff to reduce contacts.
- All participants (or their parents for participants under 18) will be required to sign an updated [BCWSA Waiver/Assumption of Risk](#) (Appendices B & C) AND [COVID-19 Declaration](#) (Appendix D) outlining the risks associated with COVID-19.
- All BCWSA will follow a new [BCWSA Illness Policy](#) (Appendix E) and [Outbreak Response Protocol](#) (Appendix F).
- **Routine Daily Symptom Screenings**
  - Coaches, volunteers and staff will be required to complete daily (before each lesson) self- health assessments using the BC COVID-19 Self-Assessment Tool (<https://bc.thrive.health/covid19/en/>) and BCWSA COVID-19 Declaration.
    - Coaches will require self-certification by all players that they are in good health and not experiencing any symptoms before beginning each lesson. Players are required to complete the BCWSA COVID-19 Personal Health Attestation before each lesson to certify the above.
    - Coaches will also assess their own health before each lesson and will check in with a direct supervisor to confirm their health status.

- **Any individual (coach, participant or volunteer) exhibiting or experiencing the symptoms of a cold, flu, or COVID-19 including a 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 must stay at home and may not attend lessons until those symptoms have completely disappeared.**
- **Additionally, per the BC provincial health office and BC CDC:**
  - anyone who has had symptoms of COVID-19 in the last 10 days must self-isolate at home; symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat and new muscle aches or headache.
  - anyone under the direction of the provincial health officer to self-isolate must follow those instructions
  - anyone who has arrived from outside of Canada, or who is a contact of a confirmed COVID-19 case, must self-isolate for 14 days and monitor for symptoms
- Any individual who may be experiencing symptoms of COVID-19 should refer to and follow the guidance of the **BCWSA Illness Policy**. In particular:
  - **Inform an individual in a position of authority (coach, team manager, program coordinator) immediately if, you feel any symptoms of COVID-19 a 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.**
- All participants and coaches will be required to practice good hygiene (frequent hand washing with soap and water and use of hand sanitizers; avoid touching one's face; respiratory etiquette; disinfect frequently touched surfaces).
  - Staff will wash hands or sanitize their hands as well as all equipment before, after and between programs.
  - Coaches will ask & remind their students before each class to ensure they are beginning their class with sanitized hands and equipment.
- Attendance in all programs must be tracked diligently (including program, date, other attendants) and contact details maintained for all attendees should it become necessary for Public Health to contact them.
- **Training times/groups will remain consistent** – athletes will be scheduled to train on the same day, at the same time, with the same group of athletes.
- Registration
  - All program registration will be completed online.
  - All registration fees must be paid online or via the phone by credit card. No cash payments will be accepted at this time.
- Lesson times will be staggered to allow buffer time for the departure of one individual or group before arrival of the next.
- Players should arrive at the venue close to their allotted starting time dressed to play and should leave immediately after.
  - Players who arrive early should wait in their car, not in the clubhouse.

- Players who need to transfer from a day chair to sport chair should do so outside of the courts whenever possible to limit the possibility of an opponent's ball striking their chair during play.
  - See below for further information for **Athletes Requiring Assistance to Participate**
- Where space is limited players should leave one at a time in a predetermined order or as communicated by the coach. Other players should wait on court until their opponent completes their transfer and leaves.
- Coaches must maintain a 2 metre distance from athletes at all times during training. Only verbal cues will be provided during the training session. If the coach must be closer than 2 metre (for example in the event of an athlete injury that requires the coach to physically attend to the injury), the coach must wear personal protective equipment (PPE).
- As appropriate, Visual cues may be utilized during practice to ensure athletes maintain a 2 metre distance during training times
- Spectators
  - At this time no spectators will be allowed at programs.
  - Unless the parent is an assistant, parents and spectators will not be able to attend training sessions and will be expected to drop off/pick up the athlete at a pre-determined time
- First aid
  - Staff are to follow all OFAA protocols for COVID-19 - <https://www.worksafefbc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>
  - First aid protocols for an unresponsive person during COVID-19 - <https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-person-during-covid-19>
  - 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.

#### **ATHLETES REQUIRING ASSISTANCE TO PARTICIPATE**

- Participants requiring personal assistance to participate in tennis programming (ie. transferring between day chair and sport chair, strapping, taping) should bring an assistant with them to programming.
  - Regretfully Coaching Staff cannot assist participants with personal needs at this time.
  - Assistants may help the athlete to prepare for the program and then must exit the training facility until the end of programming when they can again assist the participant in departing.
  - The assistant must be prearranged by the participant and communicated with programming staff ahead of their arrival at the program.
  - Assistants can only assist their own participant.

- Assistants will be required to follow the same guidelines as participants and will be required to complete a BCWSA Waiver/Assumption of Risk and COVID-19 Declaration.
- Individuals who cannot provide their own assistant but do require assistance to participate should contact Program Staff directly to explore other options.

## COMMUNICATIONS

- Return to Play Guidelines will be posted on the website on the [COVID-19 and Return to Sport Page](#) and distributed to all coaches, participants, and relevant facilities via email.
- New registration and programming protocols will be clarified for all participants in an email outlining the resumption of programming.
- Public Health notices will be displayed prominently around the facility and on courts.
  - All notices will also be posted on the website and in emails
- An online webinar detailing changes to programming and the self-assessment can also be found at [www.bcwheelchairsports.com](http://www.bcwheelchairsports.com) on the [COVID-19 and Return to Sport Page](#).

## TRAINING CAMPS AND CLINICS

- All of the above guidelines also apply to training camp and clinic settings.
- Coaches should remind all participants of the above guidelines prior to and at the beginning of training camp.
- Training camps may include both on-court and off-court sessions including but not limited to: training, match-play, testing, and IST/educational sessions (sport psych, nutrition, anti-doping etc.).

## TRAVEL

- While provincial travel restrictions have been lifted as of June 25, 2020, travel for the purposes of sport should still be slowly introduced.
- It is recommended that individuals remain primarily within their region when travelling for sport in order to limit the number of groups that they are coming into contact with. Exceptions may include travel to attend a high performance or demographic specific training camp/
- Inter-provincial competition is not permitted at this time.
- International travel is not recommended at this time.
- If an individual chooses to travel internationally, they are required to self-isolate for 14 days under both provincial and federal orders upon return to Canada.
- If choosing to travel, the following recommendations are in place for individuals:
  - Check before you go - consider the number of active cases in the community/region to which you are travelling and respect travel advisories
  - If sick, do not travel. You will not be able to participate.

- Wash your hands often
- Practice safe physical distancing, two meters distance from others
- Wear a mask if you cannot keep a 2m distance from others

## **LOCAL COMPETITION**

- At this time BCWSA is not recommending a return to sanctioned or international competition however local competitions – such as league – may be resumed in Level 3.
- All of the above guidelines apply to the local competition setting as well with the exception of the Equipment Guidelines requiring players only serve with their own balls.
- **All players must complete a Personal Health Attestation before participating in a local competition. Players who do not, or cannot, complete the attestation will not be permitted to participate.**
- Players waiting to begin their match should do so outside of the court surface and should maintain physical distancing at all times while waiting.
- All players must sanitize their hands immediately before and after match play.
- Score cards will not be used in the local competition setting and players should be reminded to confirm the score before putting the ball in play when preparing to serve.
- In the local competition setting only the balls assigned to their court should be handled by the players. Balls from other courts must be returned without handling them.
- When changing ends of the court, players should do so on opposite ends of the net as possible to avoid proximity. When only one end of the net allows passage for the sport wheelchair players should proceed one at a time.
- At the end of the match, players should congratulate one another while avoiding any form of contact and maintain a safe distancing of 2m.
- Players choosing to participate in Tennis BC sanctioned competitions such as Summer Series Events are required to follow all guidelines in the [Tennis BC Guide For Indoor Tournaments In The Context Of Covid-19](#)



## APPENDIX A – RETURN TO PLAY RECOMMENDATIONS FOR PLAYERS

### RETURN TO PLAY RECOMMENDATIONS – WHEELCHAIR TENNIS

*The following recommendations have been compiled to assist Wheelchair Tennis players in making a safe return to **independent, recreational play in their home community**. They have been compiled from recommendations published by the International Tennis Federation, Tennis Canada and Tennis BC as well as Provincial and Municipal Health Authorities. They are the currently understood best practices for participation in tennis for the **general population**. **Individuals living with a disability MAY be at greater risk of negative health outcomes related to COVID-19**. It is the responsibility of all participants to assess their own unique health risks and the safety/preparedness of their local tennis club when considering returning to play.*

#### BEFORE YOU PLAY

- Make sure that your city or region allows tennis play based on the government authorities' criteria for the progressive lifting of confinement measures and that your municipality permits the use of tennis courts.
- Play only with family members, persons living in your household, individuals within your bubble or individuals considered to be low risk.
  - Wherever possible players are encouraged to play with the same people each time.
- **DO NOT PLAY** if you or your playing partner:
  - **Exhibit any symptoms of a cold, flu, or COVID-19 including a 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.**
  - Have had any of the above symptoms **in the last 10 days**.
    - **Individuals experiencing a fever, new cough, or difficulty breathing or anyone who is concerned they may have COVID-19 should call 8-1-1 to talk to a nurse at HealthLinkBC to get advice about how you are feeling and what to do next.**
  - Are under the direction of the provincial health officer to self-isolate
  - Have travelled outside of Canada in the last 14 days
  - Have been in contact with someone with COVID-19 in the last 14 days.
- **Any player with a medical condition which may elevate the risk of serious COVID-19 symptoms is encouraged to consult their medical professional before beginning participation.**

#### PREPARING TO PLAY

- Protect yourself against infections:
  - Wash your hands with disinfectant soap and water for at least 20 seconds before going to a tennis court.
  - Bring hand sanitizer.
  - Clean your equipment including your racquet, chair and water bottles.
  - Do not share equipment with your playing partner.
  - Make sure you have enough water before leaving the house to avoid having to touch a tap or water fountain handle.
  - If you cough or sneeze, do so in a tissue or in your sleeve.

## **APPENDIX A – RETURN TO PLAY RECOMMENDATIONS FOR PLAYERS**

- Avoid touching door handles, gates, benches and all other objects where the virus could survive. If you touch something, make sure to wash your hands and disinfect the surface you have touched.
- There should be no sharing of equipment.
  - Players who rent chairs, rackets etc. will be assigned individual equipment for the duration of the pandemic.
  - All necessary equipment should be brought to the facility and taken home again by the player.
  - Players should bring their own water bottles and food instead of relying on public facilities.
- Players are encouraged to sanitize their racquet and any other equipment on a frequent basis including before and immediately after playing.
  - Although some clubs may provide sanitizing supplies players are encouraged to bring their own to avoid having to touch communal items.
- Players should arrive at the venue close to their allotted starting time dressed to play and should leave immediately after.
  - Players who arrive early should wait in their car, not in the clubhouse.
  - Players who need to transfer from a day chair to sport chair should do so outside of the courts whenever possible to limit the possibility of an opponent's ball striking their chair during play.
- At this time, players needing assistance with transfers or taping should get it from a member of their household/bubble and not from coaches or other participants.

### **WHILE PLAYING**

- As much as possible, keep a 2-metre distance with other players. To respect this measure, at this time only singles play is encouraged.
- Handshakes and high fives are discouraged. Players may choose to touch racquets (while maintaining physical distancing of 2 metres) although limiting all contact is recommended.
- Avoid touching your face after manipulating a ball, racquet or when you hit the ball to another player.
- Stay on your side of the court. Changeovers should be avoided at this time.
- Players should use their own set of new balls and should clearly identify their balls with a marker.
- Players should only touch their own balls and should return their opponents balls with their racquet.

### **AFTER PLAYING**

- Wash your hands carefully with water and disinfectant soap or with hand sanitizer.
- Do not use locker rooms or changing areas.
- Leave the court immediately after you finish playing.

**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 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

## APPENDIX B – BCWSA WAIVER

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 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;

**APPENDIX B – BCWSA WAIVER**

- 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 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.

## APPENDIX C – BCWSA ASSUMPTION OF RISK

- 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 C – BCWSA ASSUMPTION OF RISK**

**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



**APPENDIX D – COVID-19 DECLARATION**



**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 D – COVID-19 DECLARATION**

- 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, nausea or diarrhea.

See BCCDC website for a full list of symptoms:

<http://www.bccdc.ca/health-info/diseasesconditions/covid-19/about-covid-19/symptoms>

- 2. Assessment**

- a. 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. 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.
- c. 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.

- 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. Follow the direction of health officials

- 5. Quarantine or Self-Isolate if:**

- a. You have travelled outside of Canada within the last 14 days.
- b. You have come into close contact with someone who has tested positive for COVID-19.
- c. You have been advised to do so by health officials



## 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.

## APPENDIX F – BCWSA OUTBREAK RESPONSE PROTOCOL

- 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.
- 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.

## APPENDIX G – RESOURCES

### RESOURCES

#### SPORT AND RECREATION RESOURCES

viaSport Return to Sport Guidelines for BC:

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

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

BCWSA COVID-19 and Return to Sport Resources:

<https://www.bcwheelchairsports.com/resources/covid-19-and-return-sport>

#### PROVINCE OF BRITISH COLUMBIA

B.C.'s Restart Plan: [https://www.scribd.com/document/460236402/B-C-s-Restart-Plan-Next-Steps-toMove-Through-the-Pandemic#fullscreen&from\\_embed](https://www.scribd.com/document/460236402/B-C-s-Restart-Plan-Next-Steps-toMove-Through-the-Pandemic#fullscreen&from_embed)

PHO Orders: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-theprovincial-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/emergencypreparedness-response-recovery/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>

Hand Hygiene for People with Spinal Cord Injury: <https://sci-can.ca/resource/preventing-covid-19-hand-hygiene-people-spinal-cord-injury>

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

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