

BRITISH COLUMBIA NETBALL ASSOCIATION

Return to Sport Plan



BACK TO **NETBALL**



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RETURN TO SPORT PLAN

INTRODUCTION

Our Return to Sport Plan is based on current public health guidance. We are all doing our best to minimize the risk of exposure to COVID-19. As long as the virus continues to circulate 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. See Appendix B for the Letter to Members.

The BC Netball Association will operate within current provincial health restrictions. The health and safety of all our netball participants is the number one priority for us. Our Return to Sport Plan is organized in 4 stages and it includes clear policies to ensure:

- *No one with symptoms comes to the netball activity.*
- *Participants have fewer contacts (i.e. fewer people, shorter times, smaller teams, occupancy limits).*
- *High levels of frequent cleaning of 'high touch' areas of facility and equipment.*

- *All participants practice and encourage good hygiene.*

See Appendix C for the Return to Sport Illness Policy.

PRINCIPLES

The following five principles from BC’s Restart Plan have been used in this plan:

Five principals in every situation:

- *Personal hygiene*
- *Stay at home if sick*
- *Environmental hygiene*
- *Safe social interactions*
- *Physical Modifications*

PERSONAL HYGIENE

STAY AT HOME IF SICK

ENVIRONMENTAL HYGIENE

SAFE SOCIAL INTERACTIONS

PHYSICAL MODIFICATIONS

Frequent hand washing

Daily screening

More frequent cleaning

Meet with small numbers of people

Space design

Cough into sleeve or shirt

Anyone with symptoms must stay away from others

Enhanced surface sanitation in high touch areas

Maintain social distancing between people

Movement of Participants

No handshaking or high fives

Returning travelers must self-isolate

Touch-less technology

Outside over Inside

B.C. health officials outline that the risk of transmission is subject to three variables:

- *Contact intensity – how close you are to someone and for how long*
- *Number of contacts – how many people are in the same setting at the same time*
- *Number of cohorts/groups/bubbles – in which each participant is engaged.*

Outdoor rather than Indoor

B.C. health officials have indicated that the use of outdoor facilities are generally safer as there is greater ventilation and ability to physical distance. Play outside if at all possible. Ventilate indoor spaces.

FACILITIES

As renters of a facility for netball it is important to understand what protocols are in place at the facility in order to assess the level of risk involved in utilizing the facility. Ensure that you understand the protocols in place to keep participants safe in the building. Check the cleaning protocols in relation to the risks posed to participants.

To mitigate risks related to the facility access the following controls must be considered in consultation with the facility owners:

1. *Restricted access.*
 - *Limit access to player, coaches and officials*
2. *Points of access.*
 - *Select one entry point only - choose doors with an automatic function if available or prop doors open to reduce contact with door handles.*
 - *Select one door for entrance and another for exit*

3. Arrival and departure.

- *Participants must arrive no more than 10 minutes before the scheduled start time.*
- *At the end of the scheduled practice/game participants must immediately leave the facility.*

4. Restricting or limiting use of spaces within the facility.

- *Do not use locker rooms.*
- *Do not use team benches for sitting to chat in groups.*
- *Water fountains - do not drink directly from water fountain taps. Use fountains for bottle filling only. Do not touch any surfaces of fountains. Use sanitizer after filling bottles.*

HEALTH OF NETBALL PLAYERS

Before participating in any BC Netball sanctioned activity all participants must sign and submit to BC Netball a contract with BC Netball and a BC Netball waiver stating that they understand and are willing to comply with the COVID-19 protocols. See Appendix A for the Player Contract.

B.C. health officials have indicated that levels of COVID -19 transmission for contact activities are as follows from lowest to highest risk:

- *Skill-building or training at home, alone or with family members.*
- *Group or team-based skill building or drills that maintain physical distancing.*
- *Group or team-based drills that require close contact.*
- *Non-contact competitive activities between teams*
- *Group or team-based activities that include physical contact.*
- *Competitive activities that include physical contact between teams.*

To protect the health of participants the following must be in place:

1. *An Illness Policy that outlines procedures for participants experiencing symptoms (See Appendix C).*
2. *Symptom screening for all participants by having them complete a self-assessment.*
3. *An agreement by each participant that they will not play while sick or symptomatic – zero tolerance for playing while sick.*
4. *An agreement by each participant that they will not go to a netball facility if they:*
 - *Do not feel well or are experiencing any symptoms of COVID19.*
 - *Someone in their household is experiencing symptoms of COVID 19.*
 - *Have travelled outside the country or province within the last 14 days or someone in the household has traveled.*
5. *An agreement by each participant that they will provide their own hand sanitizer and have it with them at the practice and/or game. Hand sanitizer to be used before, during and after practice/game.*

To protect the health of participants the following protocols must be implemented:

1. *Enhanced Hygiene Protocols:*
 - *Frequent and proper hand washing.*

- *Avoid touching eyes, nose and mouth.*
- *Cough or sneeze into your sleeve or shirt.*
- *Avoid touching high touch areas such as door push bars, door handles, bathroom counter tops, taps, sinks, toilets, stall doors, waste disposal.*

2. Enhanced Cleaning Protocols:

- *Have disposable gloves and disinfectant for cleaning.*
- *Use only Netballs provided by the event organizer. Netballs must be disinfected before the game/practice and at every quarter during the game.*
- *Hand sanitizers – player and officials must hand sanitize after every quarter.*
- *Benches/chairs must be disinfected after every game.*

3. Safe Distancing Measures:

- *Players and coaches must be 2 metres from all other participants before the game and at every quarter break. Whenever they are off court.*

STAGE 2 RETURN TO NETBALL

- *Maximum 10 participants including the coach.*
- *Clubs train together within their members- no cross club training.*
- *Players and coaches must maintain physical distancing by staying 2 metres apart from one another.*
- *Non-contact activities only - activities should focus on skill development or low risk activities.*

- *Small group skill development practice and training activities only.*
- *No activities that are at a high risk of injury.*
- *No handshaking, high fives, hugging etc.*

STAGE 3 RETURN TO NETBALL.

Netball Cohorts (bubble) – the purpose of establishing cohorts is to limit the number of people with whom each individual will come into contact, reducing the risk of transmission and ensuring quicker contact tracing by health authorities if an outbreak occurs. A cohort is a group of participants who primarily interact with each other within netball over an extended period of time.

- *Netball Cohorts may not be more than 4 teams. Maximum 35 players.*
- *Players should be kept in designated cohorts. Cohorts should avoid mixing with other cohorts.*
- *Cohorts should remain together for an extended period of time. If looking to change cohorts a two week break between activities is recommended.*
- *Competition games may be played within the cohort starting on October 15th.*
- *Coaches may be counted outside the cohort if physical distancing can be maintained at all times.*
- *If officials are unable to physical distance they should be added to a cohort.*
- *Where possible individuals should consider limiting the number of sports cohorts to which they belong in order to reduce the number of people with whom they interact. Participants must*

inform BC Netball immediately if there is an outbreak in another Sports Cohort to which they belong.

- *A minimum of 2 metres physical distance must be maintained when not on the court competing i.e. between quarters before and after game.*
- *Parents are not included in the cohort. They must maintain physical distancing at all times and must be included in the total number of participants.*

REGISTRATION

- *No drop-in participants permitted.*
- *All sessions will be through online pre-registration.*
- *All registration fees and money collection will be done electronically to avoid handling any cash.*
- *Program organizers must take attendance at every practice/game and keep a record of all participants. For contact tracing purposes, they must provide the facility operator with the first and last name and telephone or email address of all participants. This is required by Ministerial Order.*

FIRST AID

In the event that the administration of first aid is required during an activity, all persons attending to the injured individual must first put on a mask and gloves.

OUTBREAK PLAN

If there is a suspected case or outbreak (2 people constitutes an outbreak) of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at

your local health authority. There must be immediate implementation of control measures:

1. *Implement the BC Netball Illness Policy (See Appendix C).*
2. *Advise participants to:*
 - *Self-isolate.*
 - *Monitor their symptoms daily, report respiratory illness and not return to netball for a minimum of 14 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 to determine if further assessment or testing for COVID-19 is required.*
 - <http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>
 - *Participants can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.*
 - *Participants can learn more about how to manage their illness here:*
 - <http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>
 - *If the organizer of the activity is contacted by a medical health officer in the course of contact tracing cooperate with local health authorities.*

EQUIPMENT

1. *Do not loan or share equipment. If equipment is provided it must be disinfected before and after every use.*

2. *One or two people in the group must be assigned to be responsible for all set-up and take down of equipment such as posts, dots, cones, ladders etc. to reduce the number of contact points.*
3. *Participants must come to practice dressed ready to play to avoid the use of locker rooms.*
4. *Participants must bring their own water bottles and towels.*
5. *Coaches should come prepared with their own practice plans, training tools, and technology and avoid sharing with other coaches.*
6. *Consider the age and abilities of participants to ensure that everyone understands the expectations so that they can participate.*

BC NETBALL RETURN TO SPORT PLAN

STAGE 1

General Description	General Health Protocols	Safety Protocols
<p>1. Activities that can be conducted by a solo athlete or by pairs who must maintain a 2 metre distance.</p> <p>2. Focus on physical fitness activities.</p> <p>3. Focus on skill development and low risk activities.</p> <p>5. Use of other equipment where hands are involved may not be shared e.g. weights, skipping ropes, mats.</p> <p>Examples</p> <p>General fitness aerobic/ anaerobic i.e. running, cycling, sprinting, hills.</p> <p>Strength and sport specific training if no equipment is required or athletes have access to own equipment e.g. weights.</p>	<p>1. Physical distance - players must be 2 metres apart.</p> <p>2. Hand hygiene regularly during training (hand sanitizers) and pre and post training.</p> <p>3. Do not share drink bottles or towels.</p> <p>4. Do not train if unwell.</p> <p>5. Shower as soon as you get home.</p> <p>6. Disinfect equipment thoroughly.</p> <p>7. Cough or sneeze into your sleeve or shirt.</p> <p>8. No handshaking, high fives or any touching.</p> <p>9. Do not touch eyes, nose or mouth.</p>	<p>1. Outdoor training only.</p>

BC NETBALL RETURN TO SPORT PLAN

STAGE 2

General Description	General Health Protocols	Safety Protocols
<ol style="list-style-type: none"> 1. As per Stage 1 plus. 2. Indoor/outdoor activity that can be conducted in small groups of not more than 10 athletes and/or other personnel and with adequate spacing (1 person per 4m). 3. Some sharing of sporting equipment permitted. 4. Focus is on skill development and low risk activities. 5. Use of other equipment where hands are involved may not be shared e.g. weights, skipping ropes mats. 	<ol style="list-style-type: none"> 1. Physical distance - players must be 2 metres apart. 2. Hand hygiene regularly during training (hand sanitizers) and pre and post training. 3. Do not share drink bottles or towels. 4. Do not use drinking fountains unless it is to fill a bottle. Do not touch any part of the drinking fountain. 5. Do not train if unwell. 6. Shower as soon as you get home. 7. Disinfect equipment thoroughly. 8. Cough into your sleeve. 9. No handshaking or high fives or any touching. 10. Do not touch eyes, nose or mouth. 	<ol style="list-style-type: none"> 1. Outdoor training if at all possible. 2. Communal facilities can be used after a sport specific structured risk assessment and mitigation process is undertaken. 3. Only participants may enter the facility. 4. Organize one access point to facility - automatic doors or prop doors open to avoid contact with doors. 5. No drop-in. 6. Organize arrival and departure times - no socializing. 7. Get in, train and get out – be prepared for training prior to arrival at venue.

BC NETBALL RETURN TO SPORT PLAN

STAGE 3 (PROGRESSIVELY LOOSEN)

General Description	General Health Protocols	Safety Protocols
<ol style="list-style-type: none"> 1. Players will be assigned to cohort (bubble)groups. 2. There is a limit of 4 teams per cohort or 35 participants. 3. Players must stay in designated cohorts. They should remain together for an extended period of time. 4. Cohorts should not mix with other cohorts. If cohorts change, there must be a 2 week break between activities. 5. Coaches may be counted outside the cohort if physical distancing can be maintained. 6. Competition games may be played between cohort teams starting on October 15th 2020. 7. If officials cannot physical distance they must be added to a cohort. 	<ol style="list-style-type: none"> 1. Continue from Stage 2 -- hand hygiene regularly during training (hand sanitizers) and pre and post training. 2. Do not share drink bottles or towels. 3. Do not use drinking fountains unless it is to fill a bottle. Do not touch any part of the drinking fountain. 4. Do not train if unwell. 5. Shower as soon as you get home. 7. Cough into your sleeve or shirt. 8. No handshaking or high fives or any touching. 9. Do not touch eyes, nose or mouth. 10. Physical distancing must be maintained at all times when not on court e.g. team benches, hallways, washrooms, etc. If physical distancing cannot be maintained, masks must be worn. 	<ol style="list-style-type: none"> 1. Outdoor training if at all possible. 2. Communal facilities can be used after a sport specific structured risk assessment and mitigation process is undertaken. 3. Only participants may enter the facility. 4. Organize one access point to facility - automatic doors or prop doors open to avoid contact with doors. 5. No drop-in. 6. Organize arrival and departure times - no socializing. 7. Get in, train and get out – be prepared for training/game prior to arrival at venue. 8. The balls must be disinfected before during and after practice/game. 9. if there are 2 sessions the players in the first session must vacate the facility before the second group of participants enter. The facility must be disinfected before the participants in the 2nd session enter the facility.

BC NETBALL RETURN TO SPORT PLAN

STAGE 4

- *New normal - TBD*

APPENDIX A: PLAYER CONTRACT

As a member of The British Columbia Netball Association I agree to abide by the following expectations when entering facilities in which netball is played and/or participating in club activities under the COVID-19 Response Plan and Return to Sport Protocol:

- *I agree to symptom screening checks and will let my team 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 continue to follow social distancing protocols of staying at least 2m away from others.*
- *I agree to not share any equipment during practice times.*
- *I agree to abide by all of BC Netball's COVID-19 Policies and Guidelines.*
- *I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the team for up to 14 days to help protect myself and others around me. I would leave the session immediately.*
- *I acknowledge that continued abuse of the policies and/or guidelines may result in temporary suspension of my team membership.*
- *I acknowledge that there are risks associated with entering netball facilities and participating in team activities also has risks associated with it. Also, I acknowledge that the measures taken by the club/team 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 of participant: _____

Signature of parent (if athlete is U18): _____

APPENDIX B: LETTER TO MEMBERS RE: RETURN TO SPORT – GUIDELINES FOR COVID-19

Dear Participant,

The purpose of this letter is to advise you of the work being done by the BC Netball Association to allow you to return to netball. As BC public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, we have been working with ViaSport and the Province of BC to understand the recommendations of our Chief Provincial Health Officer and how they best apply within netball.

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

- *Health and safety of all individuals is a priority.*
- *Activities are in alignment with provincial health recommendations.*
- *Modifications to activities are in place to reduce the risks to netball participants.*
- *Our sport is united and aligned on a plan to reopen throughout the province.*

While we hope things will return to normal in the not too distant future, currently this Return to Sport Plan will be the new normal until public health authorities advise us otherwise.

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

- *If you don't feel well or are displaying symptoms of COVID-19, you must stay home.*
- *If you have traveled outside of Canada, you are not permitted 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 COVID-19, 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 field of play as quickly as possible after you finish.*

Our Return to Sport Plan is based on current public health guidance. We are all doing our best to minimize the risk of exposure to COVID-19. As long as the virus continues to circulate 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,

Ann Willcocks – President BC Netball Association

APPENDIX C: ILLNESS POLICY

This policy applies to participants, volunteers, coaches, officials, parents, and spectators.

1. Feeling Unwell:

If you are feeling unwell due to COVID-19 symptoms immediately inform an individual in a position of authority (Coach, Team Manager, Program Coordinator). Symptoms of COVID-19 include 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. Managers and coaches will visually monitor team members to assess any early COVID-19 warning signs. Managers and coaches will check the status of individual team members' health and touch base on how they are regarding their personal safety throughout the practice/game.*
- b. If team members are unsure please have them use the self-assessment tool, which can be found at:*
 - <https://bc.thrive.health/covid19/en> or via 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 are at netball but feel sick and/or are showing symptoms, they should immediately be sent home and contact 8-1-1 or a doctor for further guidance.*

- c. No team member may participate in a practice/game if they are symptomatic.*

- 4. If a team member tests positive for COVID-19:*
 - a. They will not be permitted to return to the practice or facility until they are free of the COVID-19 virus.*
 - b. Any team members who play closely with the infected team member will also be removed from the practice and facility for at least 14 days to ensure the infection does not spread further.*
 - c. Immediately close off, clean and disinfect practice and facility area. Clean and disinfect any surfaces that could have potentially been infected or touched.*

- 5. If a team member has been tested for COVID-19 and is waiting for the results:*
 - a. Follow same procedures as #4: If a team member tests positive for COVID-19.*

- 6. If a team member has come in to contact with someone who is confirmed to have COVID-19:*
 - a. Team members must advise their 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 practice/game 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 practice/activity for at least 14 days.*

Immediately close off, clean and disinfect practice and facility area. Clean and disinfect any surfaces that could have potentially been infected or touched.

7. Who Should Quarantine and Self-Isolate:

- a. Any team member who has travelled outside of Canada or the province within the last 14 days.*
- b. Any team member with any symptoms of COVID-19.*
- c. Any team member from a household with someone showing symptoms of COVID-19.*
- 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.*