



Dear BCDS members,

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, the BCDS 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 following 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 in order 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 in the not too distant future, 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 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 on the disc golf course 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 field of play 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,  
BC Disc Sports



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## OVERVIEW

Disc golf is an individual sport and well suited to early reintroduction into our communities. By its nature, it's often social, but has much of the physical distancing required built into the sport already.

Specific precautions will be needed pre- and post-play to ensure safety is maintained, and minor changes are required to ensure physical distancing is planned and enforced.

### Focus of the current phase

The first phase of reopening the sport will be:

1. Community based – participation will only be in your home community – no non-essential travel.
2. Practice and skill based. Competition will be introduced in future phases.

This plan covers organized return to sport sanctioned by the BCDS and implemented by member clubs. Casual informal play continues to fall under previous provincial guidelines enforced at the municipal level. Member clubs are responsible for ensuring all guidelines recommended by the BCDS, the Provincial Health Officer and local municipalities are enforced.



## Complimentary documents

This document will be continuously reviewed in conjunction with mandates from the Provincial Health Officer and the most recent edition of viaSport's **Return to Sport Guidelines**, which provides information pertaining to sport in general. BC Disc Sport's document provides guidance on how to alter disc golf-specific activity based on the June 25, 2020 version of the Guidelines. Both documents are necessary to ensure adequate consideration of changes to protocols. Neither document supersedes directives issued by the Provincial Health Officer.

## Our mandate

The Return to Sport Guidelines require every organization's Return to Sport Plan to include clear policies to ensure:

- no one with symptoms comes to work or to the sport activity, and staff are able to be off sick or work at home to enable self-isolation for ten days (at minimum).
- employees have fewer workplace contacts (shorter times, fewer people), through such measures as staggered shifts, smaller teams, occupancy limits, virtual meetings, continuing to work from home.
- higher levels of frequent cleaning of 'high touch' areas of facilities and equipment, availability of hand sanitizer and encouraging good hygiene.

Disc golf courses in the Province are generally managed by local municipality parks and recreation or by volunteers (or both). In general disc golf courses do not have employees, so our focus in this document is on ensuring no one with symptoms participates in disc golf activities and on maintaining appropriate cleaning of equipment and player hygiene based on a current risk assessment.

## Risk Assessment

Disc golf is by its nature a solitary non-contact sport with individuals competing alone or against others in small groups. In assessing risks we looked at six variables identified by ViaSport (contact intensity; number of contacts; physical distancing measures; engineering controls; administrative controls; and non-medical masks and PPE) across four key areas (Facility access, Facility operations, Participants and Programming). Appendix 1: Risk Assessment (page 9) includes a summary of this review.



## DISC GOLF COURSES PROTOCOLS

Based on the Risk Assessment, there are a number of policies that need to be put into place for disc golfers to return to sport. These protocols are identified below and organized by the four key areas.

### Facility Access

Disc golf facilities are courses located outside on open air wide spaces. Some activities, such as putting leagues, may be offered indoors, particularly during inclement weather. At this time all indoor activity is prohibited under these guidelines.

Normal access and safety considerations continue to be in force, with the addition of:

- Increased social distancing between players. Players must commit to maintaining six feet of separation in accessing the course.
- limited group sizes. Players must access the course in groups of four or fewer players.
- Waiting lines will be enforced with a minimum distance back from the next tee. Waiting lines will be defined by painted marking or stake in the ground. Groups shall not proceed to the tee until the previous group has cleared the area.
- Occupancy rules – for play supported under this plan, not more than 50 individuals (including players and nonplaying staff or officials) can be on a course at any one time. The use of tee times to minimize group presence is strongly encouraged. No spectators, non-playing friends or family or caddies are permitted during play. Parents/guardians are permitted when supervising minors, but are included within the 50 person limit.
- Clubs must screen all individuals entering the course for COVID 19, including volunteers, guardians, participants, and officials. Screening will include visible and verbal checks of each individual.
- Congregating in parking lots and common areas before and after play must be monitored and discouraged. At no time will more than 50 participants be allowed on the course or in nearby common areas.
- Whether an athlete is brought to the venue or travels on their own, an area and plan for arrival and departure is needed. The plan must consider ingress and egress of vehicles, physical distancing of occupants once leaving the vehicle, or while waiting for the vehicle to arrive.



## FACILITY OPERATIONS

Disc golf facilities are courses located outside in open-air spaces. They are generally managed by municipalities and parks and recreation departments. There are also a small number of disc golf courses on private land and on traditional golf courses. Because play on these courses follows the play of golf, for these disc golf courses their risks and return to sport guidelines would fall under the requirements for golf courses, available at: [http://britishcolumbiagolf.org/images/documents/bylaws-policies/Return\\_to\\_Sport\\_-\\_test\\_pages2.pdf](http://britishcolumbiagolf.org/images/documents/bylaws-policies/Return_to_Sport_-_test_pages2.pdf).

### Occupancy Limits

- The number of people present in any single venue including participants and spectators will not exceed 50 (or the limit listed by the Provincial Health Officer).
- Individuals involved in maintenance of courses supervised by BCDS member clubs must maintain social distancing at all times.
- Individuals involved in maintenance of courses supervised by BCDS member clubs are further encourage to wear masks.
- Public facilities are administered by local municipalities and fall under provincial and municipal guidelines and policies.

### Signage

Working with municipalities, clubs need to ensure there's signage at the first tee of all venues indicating the following:

- Requirement for physical distancing
- Prohibition from participation if symptomatic
- Copy of the distancing rules and protocols for the specific venue

Each venue will be marked in such a way that:

- Areas for waiting are clearly marked
- Distancing points within these areas are clearly marked

### Cleaning Procedures

- Baskets must be disinfected every three hours – before and after club rounds.
- Clubs must insure that facilities have adequate amounts of hand sanitizer available for players to use prior to and upon completing play.
- Benches, tables, bag hanging posts, and other common equipment will be roped off to prevent use or disinfected every three hours, before and after club rounds.



## Equipment Sharing

Disc golfers generally have their own equipment (discs, bags, rags and stools) and are not allowed to share that equipment with others during club rounds. Any common equipment such as targets/baskets will be wiped down with antiseptic or sprayed with a bleach solution every three hours. People will be encouraged to avoid touching baskets and required to use the three metre “gimme” rule (all putts within three metres of the target are assumed to be made and picked up without touching the target).

## PARTICIPANTS

Disc golf is a sport that can be played individually or in small group play. The sport is non-contact, although there is some shared equipment (baskets, benches, picnic tables, etc.)

## Health

Prior to any athlete participating, the group will be canvassed, as part of the safety briefing to ensure no one is symptomatic or at high risk. Should an athlete reveal that they are symptomatic or high risk, they will immediately be removed from the group, distanced from the group, and advised to wear a facemask until they can return home. Play will not be allowed to proceed until all screening is complete and high risk individuals have left the facility.

## The screening questions will be:

Does anyone in the group:

1. Feel unwell?
2. Have a cough or cold?
3. Have a fever?
4. Been in contact with someone who is known to have COVID-19 in the last 14 days?

## Group size

1. The maximum group size will be the lesser of:
2. The number of people that can be adequately distanced, according to this plan
3. The number of people determined by Public Health for groups gathering for any reason.
4. Four players per hole

At no time will the total group size at the facility (course) be allowed to exceed 50 individuals.



## Spectators

A plan specific to spectators must be in place, or no spectators will be allowed. The spectator plan must include adequate entrance and egress, distancing between spectators and distancing to the athletes. At this time, no spectators are allowed as part of club play, other than the parents or guardians of players under the age of 13 (required) or under the age of 18 (optional). Parents and guardians are counted within the group size limits at each hole and across the facility.

## Player Interaction

Players will follow PDGA guidelines for interaction as appropriate. These include:

- A.** Anyone who is in a vulnerable category as noted by the BC Centers for Disease Control and Prevention are encouraged not to participate in organized events. Vulnerable populations include:
  - i)** Seniors are a vulnerable population for COVID infection. Special care should be taken to ensure they, and those around them, follow these guidelines. Wearing face masks should be encouraged.
  - ii)** Those with chronic illness, especially respiratory or immune compromise, are at risk. Special care should be taken to ensure they, and those around them, follow these guidelines. Wearing face masks should be encouraged.
- B.** Participants should not touch discs, bags, carts, or any other property belonging to another participant.
- C.** Participants should bring and control their own food for the entire day. Players should carry as much water on the round as they can reasonably manage.
- D.** If using a digital scorecard, the players in a group may agree on a single player to keep score electronically, or the digital scorecard should be virtually handed off to another player when it is their turn so they can use their own device whenever possible. Mobile devices should not be shared among players.
- E.** If using paper scorecards is the only option, the players in a group should agree on a single person to keep score to prevent the passing of a scorecard from player to player. Scores recorded on paper must be verbally reported.



## PROGRAMMING

### Rule enforcement

Any outbreak or rule infringement can reflect on the entire sport and cause all courses to be closed. Reopening a second time will be much more difficult. It's the responsibility of all participants and spectators to ensure these rules are followed. It must also be stressed to everyone present that violation of these rules is a safety infraction, and they may be asked to leave.

Clubs have the responsibility to set local procedures and protocols that ensure these rules are implemented, followed, and enforced locally. The practical application of these rules requires local knowledge and customization. Any gross change to these rules by local clubs must be authorized by BC Disc Sports.

### Best practices (adapted from the PDGA guidelines)

Club activities should follow the following guidelines where appropriate.

- A. Club activities should avoid physical group settings such as player meetings, award ceremonies, vending, or any other ancillary activity that brings participants together.
- B. For communication needs with participants, clubs should provide all information (course rules, FAQs, etc.) electronically (email, Facebook Live, YouTube, or another streaming service) wherever possible to avoid the need for larger gatherings like player meetings.
- C. Activities should avoid designating a central area where players might congregate. Instead, there should be a segregated staff area where only staff are allowed.
- D. Player check-in should be handled via drive-up at one or more locations at a time, but one vehicle at a time per location without participants leaving their vehicle. If drive-up check-in is not practical, use multiple separated check-in locations with metering of players to provide physical distancing.
- E. When considering practice putting and warm-up areas, be sure to use multiple practice baskets or driving nets which are located far enough apart to ensure proper physical distancing measures. If it is not possible to safely establish a warm-up area, encourage players to use other methods for warming up their bodies.
- F. Flex start and tee time formats are preferred over shotgun starts, as they provide better distancing of players without as much potential for mass gatherings.
  - 1. Scoreboards or score cards should not be used. Event scoring and player tee times or hole assignments should be handled electronically or by personal recording and verbal reporting.
  - 2. Advise players before arrival to avoid congregating in any area (parking lot, practice baskets, bathroom areas, staffing area, etc.).
- G. Hand wash/sanitation stations must be available before and after all club activities.



## INSURANCE

Each BCDS-affiliated club must evaluate their risk. There is no liability coverage for COVID-19 related claims; COVID-19 is viewed as a risk management issue rather than an insurance issue. Any reopening should be carefully tailored to the circumstances of each club, considering all aspects covered in this plan, and that the plan is rigorously followed.

## OUTBREAK RESPONSE

### Contact tracing

All league players will sign in electronically with the league's organizer. Information collected will identify the participant by name and provide at least one means to contact them. The sign in sheet will specify the event, the venue, the date, and any all participants present. This should provide sufficient information for contact tracing in the event of an outbreak. Records of each event will be kept in a secure location by each club for a minimum of 4 weeks and destroyed upon expiry of this term.

### Provincial Sport Level (PSO)

The PSO is responsible for informing local clubs of the requirements, following up on any complaints received, and helping the local clubs develop and implement local protocols. The BCDS will share relevant information from viaSport or the Provincial government as it is received.

### Education, communication of new rules

Disc golfers will be made aware of the BCDS' COVID-19 safety plan and rules via email, social media and the BCDS' website prior to playing, and the rules relevant to the venue will be reviewed via a safety briefing at the beginning of any session.

## Appendix 1: Risk Assessment

Contact intensity	Number of contacts	Physical distancing	Engineering controls	Administrative controls	Non-medical masks (and other PPE)
<b>Facility Access</b>					
Disc golf facilities are courses located outside on open air wide spaces. Some activities, such as putting leagues, may be offered indoors, particularly during inclement weather. <b>At this time all indoor activity is prohibited under these guidelines.</b>					
Because the sport is played outside on open courses, access does not involve contact with other players or staff.	Because the sport is played outside on open courses, access does not involve contact with other players or staff.	Because the sport is played outside on open courses, access does not involve contact with other players or staff. Physical distancing is easily maintained.	There are no engineering controls involved with disc golf.	Access to disc golf courses is governed by the municipalities in which they are located and fall under municipal guidelines and policies.	Access to disc golf courses is unrestricted. No contact is required to access public courses and as such there is no need for PPE.
<b>Facility Operations</b>					
Disc golf facilities are courses located outside on open air wide spaces. They are generally managed by municipalities and parks and recreation departments. There are a small number of disc golf courses on private land and on traditional golf courses. <sup>1</sup>					
Courses in public parks in BC are unstaffed. Courses maintained by municipalities are regulated by those municipalities. Some courses rely on additional maintenance by volunteers, which can be regulated through social distancing requirements. Some equipment (e.g. baskets, benches, picnic tables, etc.) may	Since public courses in BC are unstaffed the number of contacts is minimal. Facility operations do not involve contact with other players or staff.	Since public courses in BC are unstaffed the number of contacts is minimal. Facility operations do not involve contact with other players or staff. Physical distancing is easily maintained.	There are no engineering controls involved with disc golf.	Public facilities are administered by local municipalities and fall under municipal guidelines and policies.	Access to disc golf courses is unrestricted. No contact is required to access public courses and as such there is no need for PPE.

<sup>1</sup> There are also a small number of disc golf courses on private land and on traditional golf courses. Because play on these courses follows the play of golf, for these disc golf courses their risks and return to sport guidelines would fall under the requirements for golf courses, available at: [http://britishcolumbiagolf.org/images/documents/bylaws-policies/Return to Sport - test pages2.pdf](http://britishcolumbiagolf.org/images/documents/bylaws-policies/Return%20to%20Sport%20-%20test%20pages2.pdf).

involve participant contact. Equipment can be sanitized or access restricted.					
<b>Participants</b>					
Disc golf is a sport that can be played individually or in small group play. The sport is noncontact, although there is some shared equipment (baskets, benches, picnic tables, etc.)					
Outdoor play involves individual or small groups of players throwing on a hole together. Contact between players is not part of the sport. Touching may occur in handling of equipment and social interaction, which can be regulated and mitigated.	Disc golf play occurs in groups ranging in size from individual play to small groups. To minimize the number of contacts, groups sizes can be limited.	Because the sport is played outside on open courses, social distancing is easily implemented and group sizes can be restricted both hole by hole and across the course.	There are no engineering controls involved with disc golf.	Disc golf is a non-contact sport. The PDGA has released adapted rules designed to further reduce risk of COVID transmission among players. These rules will be in force during our Return to Sport.	Non-medical masks and PPE are not needed to protect participants from contact due to the non-contact nature of play. Players may still choose to wear masks or PPE as such protections are not barriers to participation.
<b>Programming</b>					
Disc golf programming is provided provincially through competitive tournaments sanctioned by the BCDS. <b>Currently all competitive tournaments have been cancelled.</b> Additional programming is provided by local clubs affiliated with the BCDS and may include putting leagues, tag matches, and weekly club play, all of which fall under the requirements in this Return to Sport plan. <b>All indoor programming is cancelled.</b>					
Programming is delivered individually or in small groups. Because the sport is noncontact, contact is limited to shared equipment (e.g. baskets, benches, picnic tables, etc.) Such equipment can be sanitized or access restricted.	Disc golf programming is delivered in groups ranging in size from individual play to small groups. To minimize the number of contacts, groups sizes can be limited.	Because the sport is played outside on open courses, social distancing is easily implemented and group sizes can be restricted both hole by hole and across the course.	There are no engineering controls involved with disc golf.	The PDGA has released adapted rules designed to further reduce risk of COVID transmission among players. These rules will be in force during our Return to Sport.	Non-medical masks and PPE are not needed to protect participants from contact due to the non-contact nature of play. Players may still choose to wear masks or PPE as such protections are not barriers to participation.