



Ontario Ultimate Return to Play

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Return to Play for Ontario Ultimate Members

A safe return to play is Ontario Ultimate's topmost priority. Following regulations from the Province of Ontario, resources from Health Canada and Public Health Ontario, resources and consultation with other Ultimate communities, Ontario Ultimate (OU) has established a Return to Play guide for our membership.

OU strongly encourages its members to use this plan to restart ultimate activities in their community as the province returns to play.

The health and safety of the OU membership and wider community is our number one priority. Balancing the benefits of sport and recreation with safety during a public health crisis is no easy feat and OU recognizes the tremendous effort put in by everyone to adapt to an ever changing situation. Spirit of the Game comes in many forms, and leading in these uncertain times with safety in mind is one key way to lead with spirit and keep our communities healthy.

Disclaimer

This document represents guiding principles only. Directives from all levels of government are changing on a regular basis and should be followed as directed. The principles of this document should be adapted by its reader so as to conform with such directives.

1. General Return to Play Principles

- 1.1. Adhere to all public health restrictions in your community.
- 1.2. Increased focus on personal hygiene.
- 1.3. If you are sick, stay at home.
- 1.4. Maintain physical distancing of at least 2 meters (unless otherwise directed by the Province of Ontario).
- 1.5. Modify sport activities to maintain all guidelines.
- 1.6. Reduce touch points as possible (facilities, equipment, etc.)

2. General Hygiene Requirements

- 2.1. All participants, staff and volunteers must wash their hands before and immediately following sessions.
- 2.2. For longer sessions, schedule breaks for hand washing or sanitizing as well as cleaning of equipment.
- 2.3. All participants, staff and volunteers should avoid touching one's face throughout the session.
- 2.4. All participants, staff and volunteers should cover their mouth and nose with a tissue when they cough or sneeze, or sneeze/cough into their elbow.
- 2.5. No sharing of water bottles, towels, or other personal items. No communal food items.

3. Facility Access

- 3.1. Ultimate may only take place on a field space with the agreement of local municipalities and other field stakeholders. OU's Return to Play plan may not be implemented until and unless local authorities have approved resumption of sports activities in their jurisdiction.
- 3.2. Care must be taken to avoid access "choke" points which run counter to physical distancing. In cases where multiple gates may be used to access the field area, separate entry and exit points should be communicated to participants. When possible, gates should be held in an open position to reduce touch points by participants.
- 3.3. For formal member-organized sessions, participants for each session must pre-register their attendance and pay online when possible. This registration

information must be kept by the hosting organization for future contact tracing if needed. See Appendix A - Sample Forms for information that may be captured during pre-registration.

- 3.4. Set a time when it is appropriate for participants to arrive in advance of their scheduled activity (example - participants should not arrive prior to 20 minutes before the scheduled start time or schedule enough time between sessions so participants or the early session do not cross paths with new arrivals).
- 3.5. The arrival and departure process for all sessions must maximize physical distancing of all involved parties. Where appropriate, consider designated drop-off and pick-up spaces.
- 3.6. At the end of their scheduled program/time slot participants should immediately leave the facility.

4. Facility Operations

- 4.1. Care should be taken to clean any communal surfaces at the playing facility. When possible steps should be taken to reduce the number of touch points. (See Section 3.2)
- 4.2. When fields have benches, these should be designated as closed. Each participant should have a personal area for their equipment and other items.
- 4.3. If not disabled by venue, participants should be dissuaded from using water fountains. All participants should arrive with water or other liquids in personal bottles which are clearly labeled.
- 4.4. In situations where physical distancing is unavoidable (e.g. shelter in place, limited shelter in adverse weather conditions), it is recommended that participants be prepared for and use enhanced measures (e.g. wearing a face mask or other personal protective equipment).

5. Staff and Volunteers

- 5.1. No person with symptoms may come to sport activities. Staff or volunteers with symptoms should self-isolate for a minimum of 14 days (unless otherwise directed by the Province of Ontario) before considering a return to activities. If unsure, please use the [Ontario COVID-19 Self-Assessment Tool](#) for a self diagnosis.
- 5.2. All staff and volunteers should consider their own risk. If they are at higher risk of experiencing serious illness from COVID-19, consider limiting or avoiding participation in sport activities.

- 5.3. Educate staff and volunteers on public health information and expectations related to the implementation of Return to Play. (See Appendix C - Resources)
- 5.4. Staff and volunteers running sport programs should be made familiar with this document (Ontario Ultimate - Return to Play).
- 5.5. Staff and volunteers should have their own resources/equipment (practice plans, clipboards, stopwatches, etc.) and avoid sharing these items with others.
- 5.6. In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first follow enhanced safety procedures (i.e. wearing a mask and gloves, or any other equipment as recommended by local public health authorities).
- 5.7. Staff and volunteers should be made aware of their Right to Refuse unsafe work, and procedures should be in place to respond to such concerns. (See Appendix C - Resources)

6. Participant Safety

- 6.1. Participants should consider their own risk. If they are at higher risk of experiencing serious illness from COVID-19, they should consider limiting or avoiding participation in sport activities.
- 6.2. All participants should answer the following questions prior to taking part in the session. Answering **YES** to any of these questions should disqualify a participant from the session.
 - 6.2.1. *Health Check:* Do you have fever, new or existing cough or difficulty breathing? (Yes / No)
 - 6.2.2. *Travel Check:* Have you traveled outside of Canada within the past 14 days? (Yes / No)
 - 6.2.3. *Contact Check:* Have you been in contact with someone who has been diagnosed with or is suspected of having COVID-19, or someone who has been in contact with a person or persons who have an acute respiratory illness and has been outside Canada in the previous 14-days? (Yes / No)
- 6.3. Size of Group
 - 6.3.1. Each individual session is limited based on the maximum number set by the Province of Ontario and each phase (See Appendix C - Resources). This includes the total number of participants, staff and volunteers.

As [mandated by the Province of Ontario](#) as of July 13, 2020:

For regions in Phase 2, the current maximum group size is 10 people with physical distancing, for training only and with no scrimmages

or games.

For regions in Phase 3, the current maximum group size is 50 people indoors with physical distancing, 100 people outdoors with physical distancing and 10 people outdoors without physical distancing.

- 6.3.2. Session organizers should take into consideration the age group of the participants as well as physical layout of the session practice area and determine a reasonable maximum number of participants.
- 6.4. Spectators/non-participants may view sessions from the perimeter of the field area but must maintain a physical distance of at least 2 meters (unless otherwise directed by the Province of Ontario).
- 6.5. All registered participants will be sent a session overview document which outlines expectations. See Appendix A - Sample Session Checklist.
- 6.6. Outbreak Mitigation and Recovery Plan
 - 6.6.1. Identify the roles and responsibilities of staff or volunteers if a case or an outbreak is reported. Determine who within the organization has the authority to modify, restrict, postpone or cancel activities.
 - 6.6.2. Advise affected individuals to:
 - Self-isolate.
 - Monitor their symptoms daily, report respiratory illness and not return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat, and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
 - 6.6.3. Individuals can call 911 if there is an emergency, or Telehealth Ontario 1-866-797-0000 for health advice. For assistance in determining if further assistance is needed, see [Appendix C for link to self-assessment tool](#).
 - 6.6.4. Report any suspected case(s) of COVID-19 like illness among participants or staff/volunteers to the Public Health Ontario.
 - 6.6.5. If a case or outbreak is confirmed, follow the orders of the Public Health Ontario.

7. Sport Programming

- 7.1. Sessions should be planned to be local and avoid having participants travel significant distances to attend.
- 7.2. Organizers should plan on starting with smaller groups and shorter session

durations to test out new ways of delivering activities.

7.3. Insurance/Waivers

7.3.1. Ontario Ultimate members named on the Ontario Ultimate Certificate of Insurance are covered for “All normal disc activities”, for which Return to Play qualifies under the current Ontario Ultimate Certificate of Insurance.

7.3.2. Members may require and collect additional agreements, waivers or consent from participants as required by local boards. See Appendix C - Sample Forms for examples with updated Covid-19 language.

7.4. Activities during the session will be restricted based on sport modifications contained within this document (See Sections 7.6, 7.7).

7.5. Activity is restricted to group training and practice in regions in Phase 2. No game competition in either a structured or informal “scrimmage” setting is permitted in regions in Phase 2.

7.6. Sport Modifications

7.6.1. League play and scrimmages in regions in Phase 3 may resume so long as they do not allow prolonged or deliberate physical contact between players or if they have modifications to avoid physical contact between players and ensure physical distancing during play. Member leagues must modify rules in order to comply with local and provincial public health directives. Such modifications and changes to the rules must be clearly communicated to their players.

7.6.2. Member leagues should think of aspects of the game which may require modification to comply with local and provincial public health directives, such as but not limited to:

- Usual marking distance of one (1) disc to be increased.
- Stall counting may be modified in order to minimize vocalization and spittle.
- Limit physical contact or distance when bidding for the disc or playing defense.

Alternatives to traditional play may include, but are not limited to:

- Mark the same player for the entirety of the game to minimize exposure.
- Have a designated player that is not the marker to verbalize the stall count.
- If the stall count is to be done by the defensive player who is marking, that the initial 6 stalls are silent;

- In lieu of a defensive player tapping the disc to resume play, players may ask if the opponent is ready and ground tap the disc to start play.

7.6.3. Leagues must contain no more than 50 participants total. If participants in a league exceed 50, the league may divide into sub groups of no more than 50 (e.g. sub league of 4 teams with 12 players on each team). Players are not yet permitted to play against players outside of their league or sub group.

7.6.4. Equipment, including discs, must be cleaned prior to each group session.

7.6.5. Alternative strategies to reduce risk factors:

- Focus on conditioning and stretching. Organizers should keep in mind that many participants may have a lower than normal level of fitness due to the recent health situation.
- Adapt “Spirit Games” which don’t rely on a high number of touch points to engage younger participants.
- Use training drills which focus on strength, mechanics, footwork, agility and speed to help increase participants' physical literacy.

7.7. Injury Prevention

7.7.1. Organizers should be aware of the level of fitness of participants as the sport returns to play. Sessions should be designed to start with a lower level of intensity and slowly increase over the course of several sessions.

7.7.2. Appropriate warm up and cool down time should be scheduled for all sessions.

7.7.3. Ensure that there is a clear procedure for handling any participant or coach in the event that they develop signs of cold, flu or COVID-19 during an activity. This should include identification of an isolation area, notification processes, and education of staff on the procedure.

7.7.4. Notify all participants of possible exposure to COVID-19 if you become aware of any suspected or confirmed cases that attended the activity.

7.8. Equipment

7.8.1. Sanitized equipment, including discs and cones will be provided by session organizers. No participant may bring their own equipment.

- In the case of private group or team sessions, an individual should be identified who will collect and clean the groups discs between sessions.

7.8.2. Suggested disc sanitizing process

- Wash the entire disc with hot soapy water.
- Cleaning the entire disc with disinfectant cloth or wipe. A single wipe may only be used for a single disc.

8. Equity, Diversity and Inclusion Considerations

8.1. Access to Transportation

- 8.1.1. Some players may have relied on public transportation to get to and from team activities, but those means of transportation may be unavailable or too risky during this time.
- 8.1.2. When coordinating practice sessions and cohort groups, stay conscious of the impact of limited access to transportation that may have on some of your players' ability to attend and participate in team activities.

8.2. Playing Space and Location

- 8.2.1. Available space may be limited due to multiple organizations looking to restart playing activities.
- 8.2.2. Some of your players may have trouble accessing previously used playing spaces and locations due to limited transportation.

8.3. Safe Equipment

- 8.3.1. Refrain from making it a requirement for players to bring their own cleaning / disinfecting materials (i.e., hand sanitizer) as not everyone may have access to them. Also be mindful that not every player has access to their own mask or cloth face covering. If possible, provide new or sanitized cloth face coverings or masks that the participant can keep. Do not collect, clean and reuse cloth face coverings or masks for participants.
- 8.3.2. While you may make it a requirement for participants to bring their own water bottle, as a general rule, pay attention to participants who may have difficulty meeting that requirement. Consider solutions such as providing a new or sanitized water bottle for them to keep.

8.4. Technology

- 8.4.1. When sending out communication to your players, do not assume all of them and their families have access to a cell phone or internet. You should be aware of any adjustments players have had to make due to the impact of COVID-19, and be prepared to make accommodations for those whose means of sending and receiving communication have changed.

8.5. Childcare Options

8.5.1. With many childcare options (schools, daycares, camps, etc.) closed down across the country, be mindful of your players' ability to attend and participate in team activities if they have a child, younger sibling or other family member to look after.

8.6. Adult Supervision

8.6.1. Similar to childcare options, you may face a situation where you have fewer chaperones or adult volunteers to assist with different group activities. Take this into account when deciding what type of activities to offer to your players.

8.7. Financial Assistance

8.7.1. There is a likelihood some players' and their families' income streams have been impacted by COVID-19. Be sensitive to this reality when asking for team fees to compete in activities.

8.8. Food and Housing Insecurity

8.8.1. Some players and their families may be experiencing food and/or housing insecurity. Take the time to check in with players to see if major changes are taking place in their home lives. While food should not be shared, consider providing individual wrapped snacks and, if possible, identifying local service organizations that may be able to assist families with food and shelter.

Appendix A – Sample Session Checklists

Organizers Checklist

Pre-Event

- Obtain permits for facilities.
- Collect *Pre-Registration Information* and print out participants list.
- Communicate to any participant who answered “Yes” to any of the screening questions that they are not eligible to attend the session.
- Send *Waiver* (adult participants) or *Assumption of Risk* (junior participants) form to participants with instructions to return them electronically prior to the session, or at the beginning of the session.
- Send *Participant Agreement* to participants with instructions to return them electronically prior to the session, or at the beginning of the session.
- Send pre-event communication confirming session expectations, including:
 - Session participant checklist
 - Session start and end times and drop off/pick up procedure
 - Indication of entry and exit gates (if applicable) and any closed areas at field space
 - Reminder of need for social distancing of at least 2 meters between participants at all times during session
 - Reminder that all discs will be provided by session organizers
- Disinfect all session discs and store in a clean rigid container (e.g. large storage bin) which can also be washed.
- Staff to use Ontario COVID-19 Assessment Tool within 24 hours of session.

During Event

- Clean common touch points such as entry gates with disinfectant.
- Reduce common touch points such as securing gates in open position.
- Indicate field area such as benches or other common areas which are closed for session.
- Designate individual participant areas, giving each participant enough space to place personal items while ensuring physical distancing.
- Provide hand sanitizer to all participants entering the field area.

- Collect *Waivers, Assumption of Risk* and *Participant Agreements* from all participants who have not provided those forms electronically.
- Record attendance and save information for future contact tracing purposes.
- Ask participants, individually or as a group, the Screening Questions:
 - Do you have fever, new or existing cough or difficulty breathing? Yes No
 - Have you traveled outside of Canada within the past 14 days? Yes No
 - Have you been in contact with someone who has been diagnosed with or is suspected of having COVID-19, or someone who has been in contact with a person or persons who have an acute respiratory illness and has been outside Canada in the previous 14-days?
Yes No

Should any participant answer “Yes” to any Screening Question they must remove themselves from participating in the session.

- Provide clean discs for all participants
- Remind participants to maintain physical distancing of at least 2 meters at all times during session.

Post Event

- Collect all discs from participants in storage container.
- Provide hand sanitizer to all participants leaving the field area.
- Wash or sanitize hands thoroughly at end of each session.

Participant Checklist

Pre-Event

Items to bring to session (please let organizers know if you don't have any of the following so that it may be provided):

- Water bottle, clearly labeled with your name. Water fountains should be avoided.
- Hand sanitizer to be used before, during and after sessions.
- Face mask (according to local public health guidelines).
- DO NOT bring any discs to the session. Clean discs will be provided by session organizers.
- Complete Participant Agreement and Waiver (Adult) or Assumption of Risk forms and return to session organizers electronically or bring completed form to session.

During Event

- Enter field area using designated "Entry" gate (if applicable).
- Only participants should enter the field area, spectators should remain on the field perimeter (outside the fence if applicable) and maintain physical distancing from other spectators.
- Use hand sanitizer when entering the field area.
- Place personal items in designated areas as indicated by session organizers.
- Maintain a physical distance of at least 2 meters from all other participants and coaches at all times.
- Only use your own water bottle.

Post Event

- Collect all of your personal items.
- Exit field area using designated "Exit" gate (if applicable).
- Use hand sanitizer when exiting the field area.
- Maintain physical distancing from other participants while exiting the field.

Appendix B – Sample Forms/Waivers

The following sample waivers and forms are available for OU members:

PRE-REGISTRATION FORM & INFORMATION COLLECTION

PARTICIPANT AGREEMENT

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

Appendix C – Resources

- [Province of Ontario self-assessment tool for COVID-19](#)
- [Government of Canada hand-washing guide](#)
- [Ontario Physical Distancing Rules](#)
- [Public Health Ontario - Hand Hygiene](#)
- [Public Health Ontario Cleaning and Disinfectants for Public Settings](#)
- [Resources to prevent COVID-19 in the workplace](#)
- [First Aid Protocols for COVID-19 - Red Cross](#)
- [Heart & Stroke - Modifications to hands-only CPR during COVID-19](#)
- [Ontario's Reopening Plan](#)
- [Updating your Waivers and Forms - Sport Law & Strategy Group](#)
- [Right to refuse or stop work](#)
- [Ultimate Canada Return to Play Guidelines](#)
- [Ultimate Canada Return to Play List of Activities](#)

Appendix D – Phase Alignment Diagram

