

## Return to Training - Alert Level 2 - Ultimate

The following document contains guidelines for returning to training for the sport of ultimate. These guidelines contain all requirements set forward by the Government of Newfoundland and Labrador, as well as sport-specific guidelines added by Ultimate NL in consultation with its stakeholders.

Competition within training groups, with implementation of sport modifications is permitted during Alert Level 2. No provincial championships, tournaments or league play is permitted during **Alert Level 2**.

Sport activity offerings for groups of 50 people or fewer (including coaches and athletes, but not including respite or care workers) may occur if the guidelines in this document can be followed.

Upon the start of Alert Level 1, further guidelines will be released with updated modifications for return to play.

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### Guidelines for Players

- All attendees must complete an [online self assessment](#) prior to activity.
- Employees, volunteers, coaches, athletes and attendees are required to stay home if they are unwell or symptomatic.
- Refrain from carpooling with participants outside your bubble.
- A minimum of 2 meters or 6 feet between all participants is recommended at all times. In the event that an outdoor space is sufficiently large, sport groups could consider having multiple groups of 50 participants engaged at the same time, as long as all other public health measures are in place and there is no intermingling of groups. Pylons may be utilized to define the group space.
- All attendees must refrain from touching their face.
- Water fountains/stations may not be used. Participants must bring their own water bottles and not share with other participants.
- Staff, volunteers and all participants must be able to follow social distancing guidelines while retrieving and returning equipment.
- Spectators must maintain physical distancing of two meters between household bubbles and spectator space should be clearly marked. The total number of spectators should be minimized to facilitate physical distancing of at least 2 meters. A limit of one spectator per participant household is recommended.
- Teams must use physical distancing measures in common team spaces, such as dugouts and team bench areas.
- Congratulatory gestures such as high fives and handshakes are not permitted.
- Group huddles between players, or players and coaches are not permitted.
- Spitting and nasal clearing is prohibited.
- Participants are prohibited from sharing athletic aids (e.g. foam rollers, bands, etc).

- Participants are prohibited from sharing water bottles and food.
- Post session/practices food or beverages, are not permitted to be provided for onsite consumption.
- After activities conclude, participants must leave the field/ building, but should maintain physical distancing in returning to vehicles. Lobbies and other locations should not permit participants to linger and where possible have separate entry and exit doors/ points.
- No socialization activities following sport and recreation activities at the facility are permitted.

## Return to Training - Alert Level 2 - Ultimate

### Guidelines for Coaches/Conveners

- All attendees must complete an [online self assessment](#) prior to activity.
- Employees, volunteers, coaches, athletes and attendees are required to stay home if they are unwell or symptomatic.
- All attendees must refrain from touching their face.
- Organizations must make a record of all players, coaches, team personnel, game officials, and care/respite workers who attend each sport activity. However, providing contact information is voluntary and individuals cannot be denied entry to an activity based on this choice. Records must be kept for 14 days to aid in contact tracing, should it be required.
- Coach/convener must record emergency contacts for all attendees. However, providing contact information is voluntary and individuals cannot be denied entry to an activity based on this choice.
- A minimum of 2 meters or 6 feet between all participants is recommended at all times. In the event that an outdoor space is sufficiently large, sport groups could consider having multiple groups of 50 participants engaged at the same time, as long as all other public health measures are in place and there is no intermingling of groups. Pylons may be utilized to define the group space.
- Employees, volunteers, coaches, athletes and attendees are required to stay home if they are unwell or symptomatic.
- If sport equipment is supplied by organizers or operators to participants (e.g., discs, pylons, etc.), all equipment must be sanitized before and after the activity, with contactless pick up and return being made available wherever possible (e.g. disc bags). Equipment should be provided by using clearly marked bins for sanitized equipment and used equipment.
- Staff, volunteers and all participants must be able to follow social distancing guidelines while retrieving and returning equipment.
- Teams must use physical distancing measures in common team spaces such as dugouts and team bench areas.
- Congratulatory gestures such as high fives and handshakes are not permitted.

- Group huddles between players, or players and coaches are not permitted.
- Spitting and nasal clearing is prohibited.
- Post session/practices food or beverages, are not permitted to be provided for onsite consumption.
- After activities conclude, participants must leave the field/ building, but should maintain physical distancing in returning to vehicles. Lobbies and other locations should not permit participants to linger and where possible have separate entry and exit doors/ points.
- No socialization activities following sport and recreation activities at the facility are permitted.

## Return to Training - Alert Level 2 - Ultimate

### Guidelines for Organizers

- All attendees must complete an [online self assessment](#) prior to activity.
- All attendees must refrain from touching their face.
- Refrain from carpooling with participants outside your bubble.
- Organizations must make a record of all players, coaches, team personnel, game officials, and care/respite workers who attend each sport activity. However, providing contact information is voluntary and individuals cannot be denied entry to an activity based on this choice. Records must be kept for 14 days to aid in contact tracing, should it be required.
- Organizer must record emergency contacts for all attendees. However, providing contact information is voluntary and individuals cannot be denied entry to an activity based on this choice.
- Employees of facilities and sport organizations must have access to disinfection products and use appropriate personal protective equipment (based on the product manufacturer's instructions).
- Water fountains/stations may not be used. Participants must bring their own water bottles and not share with other participants.
- If sport equipment is supplied by organizers or operators to participants (e.g., discs, etc.), all equipment must be sanitized before and after the activity, with contactless pick up and return being made available wherever possible (e.g. disc bags). Equipment should be provided by using clearly marked bins for sanitized equipment and used equipment.
- Staff, volunteers and all other participants must be able to follow social distancing guidelines while retrieving and returning equipment.
- Registration processes are encouraged to be completed online whenever possible; however, if in-person registration is required, physical distancing and sanitizing pens before and after use is required. Cashless payment is preferred; however, cash may be accepted where necessary.
- Spectators must maintain physical distancing of two meters between household bubbles and spectator space should be clearly marked. The total number of spectators should be minimized

to facilitate physical distancing of at least 2 meters. A limit of one spectator per participant household is recommended.

- Schedules are to be staggered adequately to ensure only the athletes involved are at the training or competition site.
- Teams must use physical distancing measures in common team spaces such as dugouts and team bench areas.
- Group huddles between players, or players and coaches are not permitted.
- Participants are prohibited from sharing athletic aids (e.g. foam rollers, bands, etc).
- Participants are prohibited from sharing water bottles and food.
- Post session/practices food or beverages, are not permitted to be provided for onsite consumption.
- Where possible, operators should remove opportunities for surfaces to be touched by patrons.
- Lobbies and other locations should not permit participants to linger and where possible have separate entry and exit doors/ points.
- For large recreation facilities, place arrows/markers to indicate one-directional traffic, where possible.
- No socialization activities following sport and recreation activities at the facility are permitted.

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### Guidelines for Venue Owners

- Employees of facilities and sport organizations must have access to disinfection products and use appropriate personal protective equipment (based on the product manufacturer's instructions).
- Public washrooms may open, but if washrooms are not monitored, cleaned and replenished with supplies at least twice daily when facilities are in use, they should remain closed.
- Maintain cleaning log sheets and an inventory of cleaning supplies, hand sanitizer, gloves and masks. Log sheets and inventories should be available for public view.
- Signage on the risks of COVID-19, proper cough etiquette and hand hygiene must be posted, at a minimum, in any common entrance to an outdoor/indoor sport facility  
[www.gov.nl.ca/covid-19/files/Covid19-Prevention-Poster.pdf](http://www.gov.nl.ca/covid-19/files/Covid19-Prevention-Poster.pdf)
- Spectators must maintain physical distancing of two meters between household bubbles and spectator space should be clearly marked. The total number of spectators should be minimized to facilitate physical distancing of at least 2 meters. A limit of one spectator per participant household is recommended.
- Facilities should create separate exit-only and entrance-only access points for all participants, which comply with physical distancing recommendations.
- Schedules are to be staggered adequately to ensure only the athletes involved are at the training or competition site.
- Dressing rooms and change rooms in arenas, may not be used during Alert Level 2. Participants must come prepared to participate in the activity, when they arrive, as change room/dressing room will not be open to participants (participants must have equipment on prior to arriving at the facility).
- Beverage, snacks and canteen services should not be supplied during sport programs, except for curbside pick-up or delivery.
- Facilities should provide access to hand washing stations or hand sanitizer stations that are vandalism-proof, as appropriate (i.e. near dugouts, entrances and exit points, picnic areas, washrooms, etc.). Hand sanitizer must contain at least 60 per cent alcohol.



- Trash containers should be made available for discarding trash, tissues and personal protective equipment (e.g., masks and gloves), which may otherwise become a public health hazard.
- All frequently touched surfaces should be cleaned and disinfected prior to a new group being provided access to field space (this could include bleachers, railings, picnic areas, gates, etc). (See <https://www.gov.nl.ca/covid-19/files/factsheetcovid-19-environmental-cleaning-NL.pdf>.)
- Facility operators are encouraged to establish and have user groups sign a 'Use Declaration Form', to ensure that groups understand the protocols in place and communicate information to participants before use of the facility.

### **First Aid Response:**

- First aid providers caring for individuals with suspected COVID-19, should follow standard precautions. If possible, have the unwell person place a mask over their nose and mouth and limit contact by staying back at least 2 meters, if possible, until the individual is wearing a mask.
- Try to limit the number of individuals in contact with the unwell person, individuals who provide direct care for an individual who may have COVID-19 should wear a mask and gloves.
- Following care, first aid providers should discard the mask and gloves and perform proper hand hygiene protocols.
- With respect to lifesaving, it should be noted that the Heart and Stroke guidelines state that hands-only CPR may be provided, if there are concerns about COVID-19 transmission. For more information visit [www.heartandstroke.ca/articles/modification-to-hands-only-cpr-during-the-covid-19-pandemic](http://www.heartandstroke.ca/articles/modification-to-hands-only-cpr-during-the-covid-19-pandemic).