



**MANITOBA  
ORGANIZATION  
OF DISC SPORTS  
(MODS)**

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**RETURN TO PARTICIPATE (RTP) for  
COVID-19**

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# Return to Participate

## Guidelines & Recommendations

In conjunction with Ultimate Canada, Sport Manitoba and other provincial disc sport associations, Manitoba Organization of Disc Sports has developed this plan for safely easing back into the sports of Ultimate & Disc Golf.

The plan uses a multistage approach that respects current Provincial protocols such as physical distancing, disinfecting and use of personal protective equipment that will permit the practice of various disc sport activities in a progressive, flexible plan that will evolve as our Province changes COVID-19 management requirements.

Please note that these precautions are temporary, and we will determine a timeline based on the provincial health authority guidelines. Timelines between stages may vary based on recommendations from the province or be changed at any time.



# Return to Participate Guidelines & Recommendations

## PRE-ACTIVITY ORIENTATION

- Review provincial health authorities' recommendations
- Review the MODS Return to Participate document
- Ensure you are a registered MODS member to enroll in any programs online
- Complete waiver forms and MODS assumption of risk

## WAIVER

- One-time waiver
- Must be completed by player and/or parent before participation
- Waiver provided by MODS
- To be submitted online before memberships are valid
- Participants must be registered with MODS before taking part in any scheduled activity

## SYMPTOM REPORTING

- Players who are experiencing symptoms: stay home, inform your organization, get tested
- If tested positive, inform MODS and you and your team must begin contact tracing

## RESPONSE ACTION PLAN

- If provincial health authorities determine that restrictions are to be reinstated, MODS will inform all members
- MODS, in conjunction with the provincial health authorities and Sport Manitoba, will determine which stage is appropriate at that time

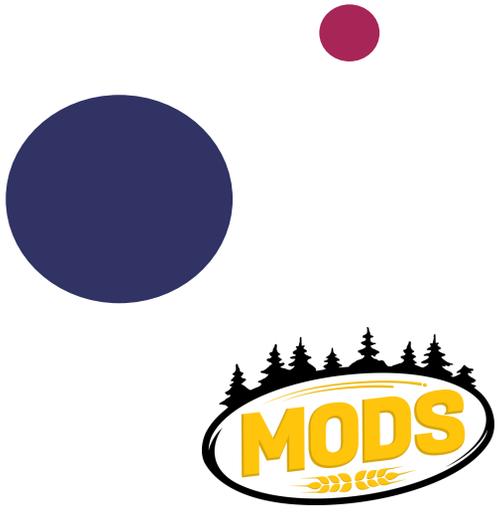


# Precautions for Stage 1 & Stage 2

- All players, coaches, and volunteers must self-assess  
<https://sharedhealthmb.ca/covid19/screening-tool/>
- All players, coaches and volunteers must stay informed about current pandemic status
- If any participant (players, coaches, volunteers, parents) has any symptoms, they shall not be permitted to participate or be present
- If any participants have previously been tested positive and has recovered, recommendations provided by the provincial health guidelines should be followed
- MODS and their members will follow provincial health authorities' regulations/guidelines for all areas (e.g. benches & sidelines)
- All participants are required to go through a pre-activity orientation regarding safety and public health
- A signed waiver is required (provided by MODS)
- Facility operator to provide signage outlining physical distancing and hygiene guidelines and should be visibly posted

<https://www.gov.mb.ca/covid19/resources/index.html#posters>

- Activities are to be outdoors only, and no indoor bathroom facilities are to be opened
- Travel is not authorized to events/competition outside of Manitoba



# Precautions for Stage 1 & Stage 2

All activities are required to have, at minimum, hand sanitizer readily available (provided by each player)

- o Hands must be washed or sanitized before and after each activity as monitored by a designated adult (coach, parent, volunteer)
- Coaches and players will be allowed to wear masks and eye protection during training – this will be at the discretion of each coach/player
- All participants are required to have their own labelled water bottle
- The owner of the equipment (discs, cones, etc.) must wipe down and sanitize all equipment before and after each training practice or game
- All players are to ensure their playing/training gear are washed immediately after each use
- No loitering in the parking lot before or after training or games for all participants
- If parents are allowed to be at a field, they must observe physical distancing regulations/guidelines
- Consider volunteers to disperse large crowds at fields to ensure physical distancing measures are observed
- No benches shall be used
- No handshakes at anytime
- Timelines between RTP stages will be based on provincial guidelines to facilitate monitoring of any possible COVID-19 transmission within a practice group. Contact health authorities if an athlete, coach, or observer has contracted COVID-19 and support the authorities in contact tracing.
- All injuries should be dealt with by a designated person (usually the coach) who should be wearing a mask and gloves while doing so

# Stage 1 – Non Contact Return for Ultimate// Modified Disc Golf Tournaments

- All precautionary measures are still in effect Disc Golf and Ultimate training may resume (outdoors only) if the occupancy and activity levels allow people to maintain a physical distance of at least two meters, except for brief exchanges.
- Public gathering numbers are restricted to provincial guidelines; indoor training is prohibited.
- Distancing between different groups who are training simultaneously, near one another must be at least 2 meters; increasing the distance is actively encouraged
  - o A full-sized field should have no more than 25 people (field size 37 meters wide by 100 meters long)
  - o Disc Golf groupings should remain at 4 or less people
- No opposition games in Ultimate where players will come into contact with each other
- Structure activities to maximize physical distancing
- Ultimate - Each player brings their own disc (if possible)
- Disc Golf - Each player brings their own discs, no sharing allowed
- Equipment that is shared (cones etc.) must only be handled (using hands) by the owner of the equipment (i.e., in most cases, a captain or MODS employee)
- No passing of the disc to other players
- Each player must bring their own tops (light & dark)
- No spectators are allowed at training except where having appropriately screened adults is required
  - o If able, watch from the car in the parking lot



# Stage 1 – Non Contact Return for Ultimate// Modified Disc Golf Tournaments cont'd...

- Any city owned/operated courses used for the purpose of Disc Golf should follow provincial health guidelines as they relate to occupancy and safety concerns, and should always have a city permit for the event in place
- All participants should come dressed, ready to participate to limit time in the parking lot at the fields or course.
- Training activities with a partner – limited to a maximum of 1v1
- Distancing between different groups who are training simultaneously, near one another must be at least 2 meters; increasing the distance is actively encouraged
- Prolonged physical contact (i.e. team/group meetings/discussions, embraces, etc.) is not allowed
- IJL Ultimate Park will follow provincial health guidelines as they relate to occupancy and safety concerns
- All participants should come dressed, ready to participate to reduce time in the parking lot and at the fields
- In person Coaching and Observer programming may resume following provincial guidelines

Players are recommended to come prepared with:

- Hand Sanitizer or Sanitizer Wipes
- Players must have their discs sanitized as well as all equipment and gear before arriving at the park.

# Stage 1 - Recommendations

## Facility Recommendations

To reduce the overlap of groups arriving and leaving the parking lot, it is recommended to add buffer times between practices, camps and clinics. For example, practice ends at 7.30, participants on field have until 7.40 to have left the premises, next practice begins 7.45 and athletes leave their vehicle and walk to fields between 7.40 and 7.45.

Provide information to coaches and parents about our Ultimate facility and the Disc Golf facilities in use. For example, which field access points will be used for entrance and exit of the field to reduce bottlenecks and facilitate physical distancing. Implement cleaning protocols as well as pick-up/drop-off and spectator procedures.

Adhere to facility restrictions or maximum capacities for facilities.

Develop protocols for thunder/lightning (“When thunder roars, go indoors”). Consider cancelling practices when the forecast calls for a chance of thunder/lightning.

Disc Golf will use covered baskets as targets, to prevent athletes from reaching into the shared space and chains.

## Coach/Staff Recommendations

Pre-activity orientation regarding safety – hand washing, non-illness related cough suppression, no spitting or ‘snot rockets’.

Regarding equipment cleaning, do not go home and then clean – contaminated items may not travel into coaches home environment. This should be done publicly. Only Coaches/Staff should handle equipment.

As per provincial health authority guidelines, wearing face masks is highly recommended (but not mandatory).

## Activity Recommendations:

- Structure activities to maximize physical distancing
- Limit throwing between partners or sharing a disc until Stage 2
- Design activities so athletes may stay within their existing small groups within Stage 2 to reduce amount of contact with different people.
- Regular sanitization breaks combined with water breaks.



# Stage 1 – Recommendations cont'd

## **Parent/Guardian Recommendations**

Ensure child is healthy and has no sign of symptoms.

Avoid carpooling.

Make sure child has all items they need to participate.

## **Player Recommendations**

Players are recommended to come prepared with:

Two (2) cotton masks – in case one gets soiled/dirty/compromised (optional)

Ziploc bag containing: (clearly labeled)

- Labelled water bottle - where mouth spout is covered by lid and not to open air
- Tissues for any allergies or to blow nose for non-illness related circumstances

At MODS Ultimate programs, we can loan discs to players if they do not have one.

Players are responsible to bring personal player equipment to the field in order to practice.





## Stage 2 – Resumption of Ultimate Games & Leagues

- All precautionary measures are still in effect
- Ultimate games/competition may resume (outdoors only) in all format types. Training may be increased to full, regular training provided general public health guidelines are followed.
- Games should be scheduled to consider reducing traffic between groups arriving and departing
- Recommend that game lengths be reduced in order to avoid fatigue, burnout and potential injury
- Athletes not in the game are required to observe physical distancing when on the bench/sideline (at least 2 meters) based on provincial health guidelines

# Stage 2 Recommendations

## Organization Recommendations

Stage 1 Recommendations still apply (AND)

> Consider shortening the length of matches and a reduction in the number of players assigned to teams (max roster) in Stage 2.

## Coach Recommendations

Stage 1 Recommendations still apply

## Player Recommendations

Stage 1 Recommendations still apply with modifications to throwing, partners and numbers

## Parent Recommendations

Stage 1 Recommendations still apply



# STAGES

1

2

Public gathering numbers are restricted to provincial guidelines; indoor training is prohibited	✓	✓
Distancing between different groups who are training simultaneously, near one another must be at least 2 metres; increasing the distance is actively encouraged	✓	✓
No opposition games where players will come into contact with each other	✓	
Structure activities to maximize physical distancing	✓	✓
Each player brings their own disc (if possible)	✓	✓
Each player can bring two of their own tops (light & dark)	✓	✓
No spectators are allowed at training.	✓	✓
All participants should come dressed; ready to participate	✓	✓
Prolonged physical contact (ie. team/group meetings/discussions/ embraces, etc.) should be actively discouraged	✓	✓
Benches should be removed	✓	✓
Scheduled competition may resume	✓	

## STAGE CHECKLIST

All precautionary measures are in effect through all stages





## Manitoba Organization of Disc Sports

For community

With love

Sharing Spirit of the Game