



# Return to Play 2021

## Message from the Board of Directors to all members of MODS and the Ultimate community

As Manitoba continues to ease restrictions and reopens the economy in a phased approach, the benefits of reopening need to be balanced with the risks of increased COVID-19 transmission. We also know that recreational activities have numerous physical, mental, and emotional health benefits. As we begin to allow these organized activities to operate again, we need thoughtful planning to reduce the risk of COVID-19 transmission.

Manitoba Organization of Disc Sports (MODS) initial Return to Play (RTP) plans in 2020 involved a phased in approach starting with controlled and limited approach followed weeks later by the approval of 7 vs 7 outdoor Ultimate competition and training. These outdoor plans were built upon with the support of Sport Manitoba and the Province of Manitoba, and MODS was able to deliver a Return to Play for indoor Ultimate in October 2020. We are now presenting RTP protocols for 2021 activity and planning, aiming to provide a safe way to return to our community and game we love, with the continued understanding that we cannot mitigate all risk related to COVID-19. We are currently in Stage 2 of our Return to Play guidelines. This permits us to run games and leagues with precautions in place as stated below.

It is important that all individuals understand that when you choose to participate in physical activities outside the home during the pandemic, you are at an increased risk of contracting COVID-19. This is an inherent risk of participating in non-essential activities in your community, a range of scenarios exist surrounding COVID-19, from very mild to fatal outcomes. Evidence suggests that COVID-19 generally affects older age groups and those with previously existing medical conditions more so than younger, and otherwise healthy, individuals. While a participant may not personally fall into one of the previously mentioned categories, others in their household may or you may encounter others who do. We all must take our responsibilities seriously to avoid contracting and spreading COVID-19.



## Purpose – Introduction

In conjunction with Ultimate Canada (UC), Sport Manitoba and other provincial disc sport associations, Manitoba Organization of Disc Sports (MODS) has developed this plan for safely easing back into the sport of Ultimate. The plan uses a flexible, multistage approach that respects current provincial protocols (such as physical distancing, disinfecting and use of personal protective equipment) and which will permit the practice and games of Ultimate activities. This plan will change in accordance with the province's Restart Manitoba Pandemic Response System ([Restoring Safe Services \(gov.mb.ca\)](https://www.gov.mb.ca/restoring-safe-services/)), which means there could be changes within MODS programs as Restart MB coding and directives change.

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.

## Before you play, please familiarize yourself with the rules for MODS programs

### General Rules

- All participants must be pre-registered with MODS including their full name, contact information and emergency contact information. No person will be allowed to participate without a complete registration and no walk-up registration/participation will be allowed
- All participants acknowledge and accept the risks associated with participation, including the risks of contracting COVID-19, by completing the MODS participation Waiver (Adult) or Assumption of Risk (Youth) forms



- All participants should know the common symptoms of COVID-19 and must stay at home if displaying symptoms as per local health requirements
- All participants & spectators (when allowed) must check-in upon arrival at facility with MODS Venue Staff and follow screening protocols
- At field check-in, all persons may be asked by MODS Staff to produce their personal ID so that we may verify their paperwork and membership status. There are no exemptions for those missing ID if it is required for verification. Those missing ID when asked to produce it will be asked to leave the venue
- All players, coaches, spectators and volunteers must self-assess using the provincial screening tool ([click here](#)) before checking in at the fields with MODS staff.
- 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
- All participants are required to go through a pre-activity orientation regarding safety and public health
- Travel is not authorized to events/competition outside of Manitoba
- All participants are required to have, at minimum, hand sanitizer readily available (provided by each player)

- All participants must wear a mask to and from their field. MODS encourages players to wear a mask on the sideline when they are not playing. Spectators must wear a mask if they are old enough.
- 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
- Players are exempt from maximum gathering size restrictions only for the length of the training session or game. No loitering in the parking lot before or after training or games for all participants. Once the game is over players are no longer exempt from the outdoor gathering size rule and must exit the park safely as soon as possible.
- If spectators are allowed to be at a field, they must observe physical distancing regulations & guidelines. Spectators are limited to the current outdoor gathering size restrictions and must not visit other fields or zones in the park. Where games are being played, the number of spectators of each team may not exceed half of the maximum current outside gathering size restrictions, and it is recommended that spectators be



limited as much as possible. Check league rules on spectators on the [adult](#) and [youth](#) registration / information pages.

- No benches shall be used
- No handshakes, high fives or spirit circles at anytime
- All injuries should be dealt with by a designated person (usually the coach or captain) who should be wearing a mask and gloves while doing so
- Participants must gather all their personal belongings and collect and properly dispose of all used personal items (tissues, wipes, cups etc.) before exiting the venue.

**MODS Venue check in protocol - This protocol must be followed by all persons attending MODS sanctioned activities (Participants, Staff, Coaches, Spectators, Observers)**

- Upon arrival to the venue, all persons must present themselves to MODS and/or VENUE staff or designated volunteer at the check-in/screening location
- All participants must have a completed and paid membership, completed and paid program registration and completed waivers on file with the office before arriving at the venue.
- Should a participant not comply with the request to complete all payments and paperwork, they will be denied access to the facility. Any disrespect to venue staff or failure to comply with COVID-19 protocols will not be tolerated.
- After you play, please remember to follow all protocols and exit the facility promptly.



Note: Check the current stage listed on the MODS COVID-19 page.

## Resumption of Games (Stage 2), Leagues and Competition

(see [Appendix A for Stage 1 info](#))

- All precautionary measures are still in effect
- Ultimate games/competition may resume (outdoors only) in all format types. Training may be increased to full volume and rules, provided general public health guidelines are followed
- MODS games and programs are being scheduled to consider reducing traffic between groups arriving and departing at our venues.
- All participants must immediately stop any activity, identify to staff, and follow protocol if displaying any COVID-19 symptoms, feeling generally unwell, or due to injury at any time during the activity.
- All participants must refrain from contacting other participants and attendees other than accidental and incidental contact.
- MODS may reduce game lengths if directed to do so, in order to avoid fatigue, burnout and potential injury.
- Athletes not in the game are required to observe physical distancing when on the sideline (at least 2 meters) based on provincial health guidelines and MODS rules. Masks on the sidelines are recommended.
- COVID-19 league rule amendments are distributed to captains for each league and season.
- Activities are structured to maximize physical distancing.
- Spectators are allowed within the legal group gathering size at the time. Refer to league rules for more specific information.
- All participants should come dressed, ready to participate to limit time in the parking lot at the field
- Prolonged physical contact (i.e. team/group meetings/discussions, embraces, etc.) is not allowed.



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.

**Code Red – Critical Level;** Community spread of COVID-19 is not contained and/or there are significant strains on our healthcare system

During a Code Red, MODS will only operate programs outdoors while following any and all directives set by the Provincial Health Authority. The MODS board of directors reserves the right to cancel, limit or modify programs at any time during a code red.



**Appendix A: Additional restrictions if MODS was to revert to Stage 1 protocols.**

Ultimate training may resume 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. Distancing

between different groups who are training simultaneously, near one another must be at least 2 meters; increasing the distance is actively encouraged

### **Other Considerations**

- No opposition games in Ultimate during Stage 1 including those where players may come into contact with each other.
- Each player brings their own disc (if possible).
- 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).
- Training activities with a partner – limited to a maximum of 1v1 (declare a partner at the start of the activity and maintain that partner throughout).
- In person Coaching and Observer programming may resume following provincial guidelines.
- Distancing between different groups who are training simultaneously, near one another must be at least 2 meters; increasing the distance is actively encouraged.
- Note - A full-sized field should have no more than 32 people (field size 37 meters wide by 100 meters long).

## **RESTORING SAFE SERVICES**

### **MANITOBA'S PANDEMIC AND ECONOMIC ROADMAP FOR RECOVERY**