



MODS INDOOR RETURN TO PLAY

COVID-19 Protocols and Safety Measures for
Indoor Ultimate Frisbee



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INTRODUCTION

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. 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) plan involved a phased in approach starting with controlled and limited training on June 22nd and then the approval of 7 vs 7 outdoor Ultimate competition and training starting on August 3rd, 2020. We are now presenting RTP protocols for indoor Ultimate activity aiming to provide a safe way to return to the indoor fields, with the continued understanding that we cannot mitigate all risk related to COVID-19.

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.

COMPARING OUTDOOR ULTIMATE AND INDOOR ULTIMATE

There are significant changes being made to indoor Ultimate to increase safety around COVID-19 concerns compared to the protocols that were created for outdoor Ultimate.

- MODS will not be using their own facility for indoor play, instead we are securing Winnipeg Soccer Federation venues which come with increased amounts of staff, more restrictions on entry and exit points, increased hand washing stations and specific protocols to ensure safety at their venues. Previously this had been on MODS to manage at our outdoor facility and fields, IJL Ultimate Park.
- Outdoor Ultimate has been played during August and September in a 7 v 7 format, for indoor Ultimate, no games will be allowed with a higher player count than 5 v 5. This will reduce the number of people on the playing field and also reduce the amount of people on a team, while increasing safety around cohorts and programs.
- Our normal indoor programming runs at 72 indoor mixed teams, we are reducing the number of total teams to 48 or less to help manage cohorts and bubbles.
- One element that will remain the same though is our attendance tracking to help with any need around contact tracing. With outdoor leagues, every team at every game has been handing in attendance sheets to track attendance. This practice will continue indoors for each team and game.

GENERAL CONSIDERATIONS REGARDING A RETURN TO PARTICIPATION

Under the current Province of Manitoba Restoring Safe Services Phase 3, organized activities, including team sports, can resume if precautions are taken, such as physical distancing and enhanced cleaning of equipment and indoor spaces. People must maintain a physical distance of at least two metres, except for brief exchanges.

Group sizes should always be minimized and must abide by current public health restrictions. Current Manitoba restrictions are 50 persons indoors and 100 persons outdoors. However, there are rules which allow facilities to separate into zones and use **cohorts** of up to 30% of venue capacities (essential for indoor sports venues and other large spaces such as warehouses).

OTHER CONSIDERATIONS INCLUDE (BUT ARE NOT LIMITED TO):

- Groups are also asked to minimize the total number of persons (participants, staff, spectators, etc.) in one space at any given time. The more people using the space, the higher the risk.
- Keep training and competition groups small and minimize or eliminate the movement of participants between training groups when possible.
- Only required equipment (field of play, seating, tables, etc.) should be made available and minimized where possible. Access to these items should be limited to staff or other designated personnel such as team captains or designated volunteers.

Public health information outlines those populations deemed to be at a higher risk of contracting COVID-19. Return to participation of individuals in this category should be carefully considered and likely discouraged.

DESCRIPTION OF INDOOR ULTIMATE ACTIVITIES WHICH CAN BEGIN NO EARLIER THAN OCTOBER 15TH, 2020:

- In addition to the outdoor Ultimate programming that was approved to resume effective June 22nd for stage 1 and August 3rd for stage 2, 2020, indoor Ultimate games and training will now be allowed.
- It is recommended that athletes should be assigned to a training cohort and not mix with other cohorts for the duration of the season/phase or program.
- Physical distancing of 2 meters must be maintained as often as possible when participating and maintained consistently when not actively participating in a drill.
- Since risk increases with the duration of the event, total on field time should not exceed 60 mins (MODS is currently planning 60-minute competitive programs to further reduce risk and enhance control mechanisms) or 120 mins. for programs that have the first hour as training with social distancing in place throughout.
- Full indoor game play will only be considered in a 5 on 5 format and not a 6v6 or 7v7 format subsequent Provincial government reopening phases.

DESCRIPTION OF FIELD PARAMETERS AND RATIONALE FOR SANCTIONED ACTIVITIES

- Playing Surface = 64m x 23m = 1472 sq. meters.
- Player physical distancing requirements = 16 sq. meters (2m on each side, in front of and behind each player)
- $1472/16 =$ a maximum of 92 persons could be accommodated in the field space, we would have no more than 10 per team for a total of 20 people adding extra spacing and reducing risk of transmission.
- Given the nature of the game being non contact and the movement involved, it would be a challenge to maintain required physical distancing at all times, however it does appear that the number of interactions inside of 2m would fall under the recommended cumulative amount of 10 minutes with teams of 10 people on the field for a 60 minute game.
- Recommendations suggest that a maximum of 10 players and 1 coach could safely be accommodated in this space providing the distancing rules are followed during play.
- The coach should remain outside the playing surface as much as possible and limit their interactions with players on the playing surface.
- MODS will not use benches for any leagues or games and will have players stand at minimum distances on sidelines when not on the field of play.

DESCRIPTION OF PARTICIPANT GUIDELINES

All persons attending or participating in a MODS sanctioned event agree to abide by the following guidelines:

BEFORE ACTIVITY:

- 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 Informed Consent (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 and spectators are asked to complete the Manitoba COVID-19 screening tool (*see link on last page) prior to arrival at the venue.
- All participants must check-in upon arrival at facility with 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 participants must be familiar with and adhere to the rules regarding the amount and type of personal equipment allowed at the venue.
- All participants should arrive to the venue dressed to participate or as close as possible. No changing areas will be available.
- All athletes will wait in a common area and will be notified by facility staff when their fields and sideline/bag area have been cleaned and can be approached by the group/team.
- All participants must be aware of the rules regarding the number of parent/guardian/spectators allowed for the different venues in use.
- All participants must be aware of the rules regarding athlete drop off and pick-up.
- All participants must wash or sanitize their hands upon arrival to the venue and proceed directly to their assigned field.
- All participants must always respect physical distancing requirements.
- All participants should bring their own hand sanitizer/wipes and personal equipment needed including filled water bottle. There may be no place to refill water bottles on site.
- Participants are required (mandatory by rule of facility) to use a mask, face guard or bandana when outside of the turf area within the building and they are recommended during games for use on sidelines.

DURING ACTIVITY:

- 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.
- Practice physical distancing always at the venue and minimize the number of brief exchanges during the activity where physical distancing is not maintained.
- Keep possession of and properly dispose of your personal drinking cups, bottles, or utensils used.

- Limit the number of and carefully track personal items used during the activity. (winter gear, glasses, hats, towels, water bottles, bags, etc.) Keep these items separate from those of other participants.
- Always abide by the court scheduling, entrance and exit points and training group assignments to limit the number of people you encounter during the activity and to allow for the organizer to monitor and trace contacts.
- Do not use or touch the belongings/equipment of another participant (other than sanitized discs).
- Do not use or touch the belongings/equipment of the venue.
- A participant is not permitted to leave the court area and enter the spectator area. Should a situation arise where a participant needs to interact with a spectator (parent, guardian) a designated space will be available at the venue.

AFTER ACTIVITY:

- 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. It is preferred to take all used personal items with you for disposal.
- Participants must wash or sanitize their hands upon the completion of their game or training session.
- Participants must follow the designated exit routes and leave the venue as soon as possible following the conclusion of their participation.
- Wash and sanitize all gear, uniforms and apparel used during the activity.
- Should a participant begin to feel unwell following participation, please follow Public Health guidelines.

DESCRIPTION OF MODS VENUE CHECK-IN PROTOCOL

This protocol must be followed by all persons attending MODS sanctioned activities.

(Participants, Staff, Coaches, Spectators, Referees)

- 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.
- All teams will be required to wait in designated areas after check in, to allow venue staff ample time to clean and disinfect the area before a new group will be signaled to enter that playing field.

LINKS AND RESOURCES

- **Government of Canada COVID 19 information:** <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html> Health Canada COVID-19
- **Disinfectants:** <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19.html>
- **Rule of Two:** <https://coach.ca/sites/default/files/2020-04/Rule%20of%20Two%20-%20Infographic%20%282020%29.pdf>
- **Ultimate Canada COVID-19 webpage:** https://canadianultimate.com/en_ca/return-to-play
- **Ultimate Canada Return to Throwing resource:** <https://docs.google.com/viewerng/viewer?url=https://d36m266ykvegv.cloudfront.net/uploads/media/1dwLbnR4x6/o/covid-19-return-to-throwing-tips.pdf>

MANITOBA ORGANIZATION OF DISC SPORTS CONTACT INFORMATION:

~ Sean Seywright – Business and Sport Development Director

(E) bsddirector@mods.mb.ca (O) 204-925-5655 (C) 204-807-3895

~ Corey Draper – Operations Director

(E) opsdirector@mods.mb.ca (O) 204-925-5665 (C) 204-232-7637