

Toronto Ultimate Club

Mandatory Safe Return to Play – COVID-19 Prevention Plan and Protocols

**THIS IS A WORKING DOCUMENT AS OF 3 FEBRUARY. THE TERMS HEREIN ARE SUBJECT TO
CHANGE WITHOUT NOTICE**

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1 Disclaimer

- 1) The purpose of this document is to outline plans, guidelines and procedures in contemplation of a Return to Play, addressing major areas of concern with respect to physical distancing and to provide a certain level of comfort to participants by outlining steps to be taken to help maximize their safety and well-being and allows for any enhanced TUC protocols that we might develop or that the Province of Ontario or The City of Toronto may require of us to rent a facility or venue space.

2 Introduction

- 1) Many parks and services, and as a result sports have been altered or suspended as a part of the Province's and City of Toronto's efforts to mitigate the spread of COVID-19.
- 2) Sport and recreation play a critical role in the social, emotional, physical, and mental well-being of individuals and our wider community. As we seek to restart Ultimate Activity, the items listed in this document are suggestions of recommended guidelines, measures, and safeguards to support our sport in resuming in a safe and responsible way. Members, staff, coaches, parents, and spectators must continue to follow Federal, Provincial and Local Governmental guidelines. Remember that information and recommendations during the pandemic are very fluid and are subject to change.



3 Key Dates

- 1) Stage 2 Re-Opening: 13 July 2020
- 2) Stage 3 Re-Opening: 31 July 2020
- 3) Stage 3 Changes to Gathering Limits: 18 September 2020. At this time, the City of Toronto, while still in Stage 3 of the Province's reopening framework, social gathering limits have been changed in light of the recent increase in cases to ensure continue health and safety. This change does not affect the Toronto Ultimate Club, as our events are monitored, staffed, and follow specific public health and safety guidelines, (the mandated protocols outlined below) to minimize and limit the spread of COVID-19.
- 4) Step 1 Roadmap to Re-Opening: 11 June 2021
- 5) Step 2 Roadmap to Re-Opening: 30 June 2021
- 6) Step 3 Roadmap to Re-Opening: 16 July 2021
- 7) Vaccination Certificates and Passports: 22 September 2021
- 8) Step 3 Modified Roadmap to Re-Opening: 28 January 2022

4 Purpose

- 1) To provide operational guidance on the re-opening of TUC activities.

5 Principles

- 1) The following principles were used in the development of these guidelines:
 - a) Safety of our membership – athletes/players, volunteers, employees, parents, and spectators.
 - b) Adherence to all health restrictions provided by municipal (local), Provincial/Territorial and federal health authorities. Returning to play should only occur if/when restrictions allow for it.
 - c) Phased system for Return to Play. Return to Play should have different phases of activity that progresses as health restrictions permit.
 - d) Alignment with our National and Provincial/Territorial Sport Organization's Return to Play guidelines.

6 Strategies for Modifications to Games and Activities

- 1) Games and activities will need to be modified to address restrictions.



- 2) Below are strategies that will be considered and employed throughout the guidelines:
 - a) Physical Distancing. Physical distancing is the most effective way to reduce risk.
 - b) Activity/Game Day Controls. Activity/game-day controls should be implemented to encourage physical distancing, and to improve safety when distancing is not possible.
 - c) Administrative Controls. Administrative controls and policies should be implemented to educate and create a safer sport environment and guideline compliance.
 - d) Personal Protective Equipment (PPE). PPE should be used if there is significant risk and other options are not available.
 - e) Limit time/intensity of contact:
 - i) Any task that can be done at home, should be done at home. Arrive, play/train, leave.
 - ii) Limit the length of the activity/game (i.e., shorter games/training sessions).
 - iii) Avoid/no unnecessary body-contact.
 - f) Reduce the number of contacts:
 - i) Limit group size (ex. Games are smaller than 7v7, likely 5v5, small group training sessions).
 - ii) Reduce touch points of equipment and facilities.
 - iii) Reduce shared equipment.
 - iv) Provide added spaces between participant groups/cohorts.
 - v) Control the movement/flow of participants at venues.
 - vi) Move activities and administration online whenever possible.

7 Risk Assessment

- 1) TUC shall assess our events following the Canadian Sport Institute of Ontario's (CSIO) Risk Assessment and Mitigation Checklist Toolset (COVID-19 Risk Assessment Tool for Sport and Club Risk Assessment and Mitigation Checklist Tool, Appendix B). The toolset aides in guiding and assessing risk associated with Return to Play activities, as well as provides guidance and strategies on mitigating risk.
- 2) This CSIO tool was "adapted from the World Health Organizations (WHO) Mass Gathering Risk Assessment and Mitigation Checklist and the Canadian RATs tool specifically for sport-specific clubs in Canada to conduct risk assessment and mitigation checklist to minimize the risk of COVID-19 transmission when resuming club-based training"¹.

8 Administration and Policies

- 1) Administrative changes and policies are applicable at all phases of Return to Play.
- 2) Identify a lead staff member or volunteer responsible for TUC's Return to Play strategy and implementation. This person should ensure that the plan is being implemented in accordance with health restrictions for the community and may need to reach out to municipal coordinators.

¹ Canadian Sport Institute Ontario, 2020, *Club Risk Assessment and Club Mitigation Checklist Tool, Appendix B*, <https://csiontario.ca/csio-resources/return-sport-group-training-risk-assessment-dr-doug-richards>



- 3) Develop and implement policies and procedures to address sickness. Key elements to be considered:
 - a) Participants (Members, coaches, captains, staff, etc.) must agree to **not play** if:
 - i) They have symptoms of COVID-19,
 - ii) They have been out of the country within the last 14 days,
 - iii) They have tested positive for COVID-19 in the last 14 days,
 - iv) They have been in contact with someone who has COVID-19 and they have not been tested,
 - **Exception:** Health Care Workers. A Health Care Worker includes health professionals and other workers in clinics, home and community care, health care facilities, and institutions who may be in contact with patients, residents, inmates, or other co-workers. Examples of Clinics, health care facilities, institutions and professional organizations include but are not limited to: primary care offices, hospitals, Long-Term-Care facilities, retirement homes, police stations, fire departments, and public health units.
 - v) Or a doctor, health care provider, or public health unit has advised them they should currently be isolating and staying home.
 - b) Waiver/declaration or participant agreement (for under 18 that includes parent/guardian signature) that participants should read and accept before every TUC session/event/game they attend.
 - c) Create an Emergency Action Plan for what to do if a participant shows COVID-19 symptoms. It should include:
 - i) How and where to isolate the individual who may become ill on-site.
 - ii) Steps coaches, captains and administrators take if someone shows COVID-19 symptoms.
- 4) All policies and procedures should be well communicated to participants and available on TUC's website.
- 5) Develop Return to Play requirements for someone with COVID-19. This could include a doctor's note and or meeting the Provincial criteria for a recovered case.
- 6) Take attendance at all in-person events to support contact tracing should a participant contract COVID-19. This may involve added staff or volunteer support at venues.
- 7) Create a process to advise/notify participants if there is a positive case of COVID-19 within the community while maintaining a privacy-first approach.
- 8) Develop coaching plan to address Rule of 2 considering changes to programming and level of risk.
- 9) Reduce in-person meetings (staff meetings, board of director's meetings, captain's meetings, etc.) and hold them virtually or by phone whenever possible.
- 10) Reduce or eliminate cash transactions and move to online payments or no touch payments.



9 Participant Education and Communication Program

- 1) Ensure that all participants (athletes, coaches, officials, parents, and spectators) are aware of Return to Play protocols and requirements. This affects all phases of Return to Play.
- 2) Parents, participants, and coaches must be aware of all new guidelines, protocols, and requirements. This could be done through clinics, webinars, or the distribution of documentation.
- 3) Participants must agree to new policies around sickness and any new participant requirements for programs. All participants should be screened at the start of each session.
- 4) Promote hygiene protocols. Hygiene protocols should be promoted online, in emails, and with posters at venues (if possible). Key items:
 - a) Hand washing,
 - b) Keep cough/sneeze covered,
 - c) Avoid touching own face,
 - d) And team disc/equipment sanitization.
- 5) Participants should bring their own equipment as much as possible and not share with others. This includes:
 - a) Water bottles,
 - b) Jerseys,
 - c) Footwear/cleats,
 - d) Sunscreen,
 - e) And hand sanitizer.
- 6) Promotion of training best practices. Training best practices should be promoted online, in emails, and with posters at venues (if possible). Key elements: "Arrive, train/play, leave" and at the first sign of symptoms to isolate immediately.
- 7) Promotion of modifications to game play and venues (varies by phase of Return to Play and local restrictions). Should be promoted online and through direct emails.
- 8) Participant programming during Return to Play is optional and will not be considered in determining future participation in programs.
- 9) Resources for vulnerable groups and what they should review before considering Return to Play.

9.1 Employee and Volunteer Training

- 1) Train employees and volunteers (coaches, captains, convenors, board of directors, etc.) around requirements. This is relevant at all phases.
 - a) Education on hygiene, sanitation, recognize symptoms, proper hand washing, and new policies.
 - b) Have a policy around sickness that should also address employees and volunteers who are sick.
 - c) Clean common equipment between different people (i.e., discs).
 - d) Hold meetings by phone/online whenever possible.



- e) Update volunteer/staff roles to enforce new policies.
- f) PPE available for tasks that are higher risk (if required).

10 Venue Protocols

- 1) Venue protocols for training and competition venues that are relevant at all phases. Overall goal is to limit contacts and follow the "Arrive, Train/Play, and Leave" model.
 - a) Consider participant flow and traffic corridors when determining site plans. Establish separate entrance and exit points for participants whenever possible and avoid having areas that encourage congregation.
 - b) Transportation protocols and expectations that are in-line with public health restrictions should be communicated to participants to address transportation to venues or as part of a program.
 - c) Stagger training and game start times to reduce on-site congestion for traffic corridors.
 - d) Install signage outlining physical distance guidelines if possible (this will be the responsibility of the Venue Provider as we are on public spaces/rented property).
 - e) Congregating in parking lots is not permitted.
 - f) Limit access time for teams. Have a set time for when teams/participants can arrive to the venue that is suggested to be no more than 10 minutes before a session begins.
 - g) If multiple user groups use a facility in a day, ensure there is sufficient time between groups to limit contact between user groups/cohorts.
 - h) Create a handwashing plan for the venue. This could be providing coaches/captains/convenors with a starter kit of sanitizing supplies or advising participants that they need to bring their own hand washing/sanitizing supplies.
 - i) Reduce facility use and sharing. No community use of showers and limit access to any indoor offices or clubhouses to meet physical distancing requirements.
 - j) Ensure proper distancing between fields. This may include the removal of common sidelines and added buffer space between fields to support physical distancing.
 - k) Limit number of participants on-site to meet public health restrictions.
 - l) Limit number of volunteers such as assistant coaches, extra medical staff, etc. per team.
 - m) Limit the number of spectators allowed. Consider age group when limiting spectators.
 - n) Have on-site staff or an appointed volunteer to greet participants. Their role is to screen participants for COVID-19 symptoms and receive acknowledgement that they are symptom free and have not travelled outside of Canada in the last 14 days, and to remind all participants about physical distancing requirements.
 - o) If possible, establish a specific space for each person's gear on the sideline that respects physical distancing guidance.

11 Participant Protocol Modifications

- 1) Below are suggested game play and training modifications:
 - a) Coaches, Captains, Volunteers and Players
 - i) Physical distancing must be respected at all times outside of the game/training environment.



- ii) Arrival times and departure times should be prescribed for players to limit people at venues.
- iii) Arrive ready to play; change/shower at home.
- iv) Bring your own water bottle (pre-filled) and identify it with your name.
- v) No food/beverages on-site; eat and drink off-site.
- vi) Build in handwashing breaks for training. Mandatory handwashing before, at half time and at end of each game/training session.
- vii) Sanitize discs at every opportunity. At a minimum before; at half time; after each game. For training sessions, discs can and should be sanitized more frequently.
- viii) No unnecessary body contact (high fives, hand shaking, fist bumps, spirit circles, etc.).
- ix) Bring own sanitary wipes/hand sanitizer.
- x) No spitting or nasal clearing onto the grass/ground.
- b) Coaches
 - i) Maintain physical distancing with participants.
 - ii) Consider wearing a mask for activities if physical distancing is challenging or is recommended by your Provincial/Territorial, or local public health authority.
- c) Sideline
 - i) No walking up and down sideline. Participants must stay 2-metres/6-feet apart and in the designated space.
 - ii) Teams/training groups to set up on opposite sidelines when possible, to increase space.
- d) Spectators
 - i) No spectators
 - **Exception:** Junior Programming. Parents/guardians to keep physical distancing at all times. Encourage one (1) parent/guardian per child/household for participants under 18 years of age. Please note that parents/guardians are considered in the participant numbers for gathering sizes.
- e) Volunteers
 - i) On-site volunteers to keep physical distance and position themselves at least 2-metres/6-feet from participants.

12 Phases of Return to Play

- 1) The following are suggested phases for Return to Play. Some important notes:
 - a) Phases should not be implemented unless they meet all local, Provincial/Territorial, and federal health restrictions.
 - b) A phase could vary within a province or territory based on health restrictions.
 - c) A phase could be skipped or have a short length if health restrictions allow.
 - d) Phase 1 is the base phase with modifications added to each subsequent phase.

12.1 Phase 1: Small group training

- 1) This first phase focuses on training and skill development in small groups. Activities will be related to skill development and will not include formal competition that could result in contact. Elements include:



- a) Organizational protocols addressing administration and policies, participant education programs, employee and volunteer protection and training, venue protocols, and participant protocol modification (items 1-5 above) must be established.
- b) Sanitization procedures for equipment (cones, discs, etc.) used need to be established and communicated with 1 individual in charge of shared equipment. This could include limiting who touches equipment, like cones, and who is responsible for bringing and sanitizing discs.
- c) Attendance must be taken and recorded at all sessions.
- d) Maintain physical distancing 2-metres/6-feet at all times.
- e) Number of participants permitted in a training group and participant to space ratios need to be established based on local health rules. Ideally there should be 10 or under in a small training group.
- f) Participants should all be from local community and only train with 1 training group within the sport.
- g) Throwing and catching of discs between participants is only permitted if local health regulations permit.
- h) Training should all occur locally.
- i) Training in small groups is only appropriate for those who can maintain physical distancing. As a result, it may not be appropriate for some participants, like small children.
- j) No spectators permitted.
 - **Exception:** Juniors. Athletes/participants under 18 years of age can have one (1) parent/guardian present per child/household.

12.2 Phase 2: Large group training

- 1) The second phase expands the training group and would allow for a more traditional practice to be held with a local group. The requirements from phase 1 are still in effect, except for the following changes.
 - a) Physical distancing requirements can be relaxed during some training activities but must be maintained while not actively training. Planning should be made to minimize activities with relaxed physical distancing and modifications considered to add some physical distancing in other activities (example: 1m away for a mark instead of a disc space).
 - b) Number of participants permitted and participant to space ratios will increase but must adhere to local health rules.
 - c) No scrimmages.

12.3 Phase 3: Competition within the club

- 1) The third phase expands on the training group that allows for scrimmages to take place. Changes from phase 2:
 - a) Scrimmages and games are now permitted.

12.4 Phase 4: Regional or Provincial competition

- 1) The fourth phase expands on phase 3 to now permit competition in a larger geographic area.
 - a) Training and competition can now be regional or provincial.



12.5 Phase 5: National

- 1) The fifth phase expands on phase 4 to allow for inter-provincial travel.
 - a) Training and competition can now occur interprovincially.

12.6 Tools and Ideas to Meet Health Restrictions (Mass Gathering Sizes)

- 1) **Game play or training permitted, but limitation on size restricted.** Below are some options if game play or training are permitted, but there are restrictions on the number of people who can be in attendance:
 - a) Reduction or ban on spectators.
 - b) Reduce number of staff or volunteers at venue.
 - c) Reduce or limit roster size.
 - d) Operate smaller-sized competition (5-on-5 or 4-on4)
 - e) Split venues with sufficient spacing that they are independent events.

13 Tournaments and Events

- 1) Tournaments and events will require that sufficient health restrictions be lifted and that the total number of participants involved does not exceed health restrictions. This is going to be a longer-term change. Should tournaments or events be permitted, the following guidelines are suggested:
 - a) Safety plan for someone who falls ill. Spaces for someone to go to if they are unwell and need to isolate.
 - b) No field food.
 - c) Potentially reduce number of contacts by reducing games and increasing time between games.
 - d) Potentially reduce intensity of contacts by reducing game times.
 - e) Physically keep teams in certain areas or in certain times (i.e., morning or afternoon).
 - f) Frequent cleaning of high touch areas (tournaments: tables, draw boards, scoreboards, etc.)

14 Mandatory Toronto Ultimate Club Protocols

14.1 Infection Prevention and Control Measures

The following **mandatory** mitigation protocols will help to reduce the risk and spread of respiratory infections including COVID-19.

14.2 Vaccination Policy

- 1) As a condition of participating in any sanctioned ultimate activities, TUC has established a policy requiring the following person ("Affected Person") to be fully vaccinated against COVID-19 (i.e.: including the 14-day period after received their completed dose) at least 14-days prior to the start of participation in TUC programming:
 - a) Participants born in 2009 or earlier
 - b) TUC Official (employees)
 - c) TUC volunteers (coaches, officials)
 - d) Spectators born in 2009 or earlier



- 2) All Affected Persons must present to TUC, as applicable, proof of completion of either a two-dose or one-dose vaccine series of an approved COVID-19 vaccination (accepted by Health Canada) at least 14-days prior to the start of participating in TUC programming.
- 3) TUC will comply with the [Ontario Human Rights Code \(OHRC\)](#) and provide accommodation up to the point hardship to any Affected Person who is unable to be vaccinated for substantiated medical reasons and/or on groups protected by the Human Rights Code (ex. creed/religious).
- 4) At the present time, the policy does not apply to participants born in 2010 or later.
- 5) For the complete policy, please see APPENDIX B – VACCINATION POLICY

14.3 Protocols: Before Arrival

- 6) **Screening** – Individuals must screen themselves to limit the introduction of infection:
 - a) Prior to leaving for the field, all participants (coaches, players, spectators, captains, etc.) are to complete a Wellness Check and if they do not pass the wellness check, they should remain home, and contact Telehealth Ontario (1-866-797-9000), their health care provider or visit the [City of Toronto's website](#) to determine if further care is needed and learn about [assessment centres](#).
 - b) All participants should be aware of [signs and symptoms of COVID-19](#), including:
 - i) Fever
 - ii) Cough
 - iii) Shortness of breath/Difficulty breathing (not related to other known causes or conditions like chronic heart failure, asthma, etc.)
 - iv) Muscles aches
 - v) Tiredness
 - vi) Sore throat
 - vii) Headache
 - viii) Runny nose (not associated with known conditions like seasonal allergies, postnasal drip, etc.)
 - ix) Stuffy nose (not associated with known conditions like seasonal allergies)
 - x) New loss of taste or smell
 - xi) Digestive issues (nausea/vomiting, diarrhea, stomach pain not related to other known causes or conditions)
 - c) The World Health Organization (WHO) advises that symptoms may appear in as few as 2 days or up to 10 to 14 days after contracting COVID-19. Those who are infected with COVID-19 may have few or no symptoms. Therefore, there is a possibility of asymptomatic and pre-symptomatic spread of COVID-19.
- 7) **Entrance Restrictions:**
 - a) Access to the field will be granted by the activity leader (TUC staff/board of directors, captain, coach, convenor) after an “on-arrival” wellness screening and the completion of the Declaration of Compliance.



- i) The activity leader (TUC Staff/board of directors, captain, coach, convenor), will track the attendance of all participants as a part of the “on-arrival” wellness screening procedure/process.
- b) Entrance/access to the field will be **denied** to participants as follows:
 - i) They are exhibiting symptoms of COVID-19,
 - ii) They have tested positive for COVID-19 in the last 14 days,
 - iii) They have had close contact with a confirmed case in the last 14 days,
 - **Exception:** Health Care Workers
 - iv) They have travelled outside of Canada in the last 14 days, and have been told by Federal Authorities to isolate/quarantine.
 - v) They have been advised by a doctor, health care provider, or public health unit that they should currently be isolating (staying at home).
 - vi) Participants who are denied entry per item b) above, will be advised to go home immediately (in a private vehicle if possible), self-isolate, and contact Telehealth Ontario (1-866-797-9000), their health care provider or visit the [City of Toronto’s website](#) to determine if further care is needed and learn about [assessment centres](#).
- c) Access to the field will be restricted to activity leaders (TUC staff/board of directors, coaches, captains, convenors), ultimate players and parent/guardians of our junior ultimate players.
- d) Lessons and clinics will be limited per session based on provincial/territorial and local public health restrictions on social gathering sizes.
- e) All participants at the entrance will be required to sanitize their hands before heading to the sideline of the field.
- f) For all **indoor venues**, participants must wear a mask as they enter and exit the facility. Participants *may* remove their mask when they are on the playing field.

14.4 Protocols: Participants Arriving Late

1) Late Arrivals – Screening and Entrance Restrictions:

- a) If a participant arrives late, and the activity (game, clinic, etc.) has already begun, participants must wait on the sideline, away from participants already granted entrance to the field, and must follow physical distancing measures.
- b) An activity leader (TUC staff, captain, coach) will come to the participant(s) who arrive late and will complete the “on-arrival” wellness screening as outlined above in section 14.2.7) before the participant(s) are granted access to the field of play.

14.5 Protocols: During Play

1) Reduce the risk of transmission during activities:

- a) Stay at home when you are ill (Pre-departure Wellness Screening)
 - i) The Wellness Screening will be available via the Javelin App or a Google form, which is linked to TUC’s Zulu attendance tracking feature.
- b) Practice physical distancing and maintain two (2) metres/six (6) feet distancing from others when at the field (parking lot, Wellness Screening check, on the sidelines, during training/play).
- c) Respect any Provincial Orders that prohibit social gatherings of a certain size, including the current gathering limits per the City of Toronto’s guidance.



- d) Participant attendance records must be kept to help support potential public health contact tracing as needed/required.

2) Practice proper hygiene and respiratory etiquette:

- a) Wash your hands often with soap and water for at least 15 seconds.
- b) If soap and water is not available, use alcohol-based hand sanitizer.
- c) Cover your cough or sneeze into a tissue. Immediately throw the tissue in the garbage and wash/sanitize hands.
 - i) If there is no garbage receptacle on-site, collect your personal garbage/trash in a plastic bag and bring it home with you for disposal.
- d) If you don't have a tissue, sneeze, or cough into your sleeve/arm.
- e) Avoid touching your face, nose, and mouth with unwashed hands.
- f) Non-Medical masks and face coverings:
 - i) Athletes/Active Participants born before 2010:
 - (1) Non-medical masks and face coverings are welcomed and encouraged but not mandatory.
 - (2) Athletes/active participants must maintain 2-metres/6-feet physical distancing on the sidelines. If physical distancing on the sidelines can not be maintained, non-medical masks or face coverings must be worn.
 - ii) Athletes/Active Participants born in and after 2010
 - (1) Non-medical masks and face coverings are required/mandatory.
 - (2) Non-medical masks and face coverings can only be removed if/when you are observing 2-metres/6-feet physical distancing measures to hydrate.
 - iii) Coaches
 - (1) Non-medical masks and face coverings are required/mandatory.
 - (2) Non-medical masks and face coverings can only be removed if/when you are observing 2-metres/6-feet physical distancing measures to hydrate.
 - iv) Spectators:
 - (1) Outdoor Venues: Non-medical masks and face coverings are required/mandatory. Non-medical masks and face coverings can be removed if/when you are observing 2-metres/6-feet physical distancing measures.
 - (2) Indoor Venues: Non-medical masks and face coverings are required/mandatory in all indoor public spaces, per [City of Toronto By-Law 541-2020](#).
 - v) Professional and Semi-Profession Ultimate Teams:
 - (1) Professional and or semi-professional teams associated with TUC must follow the Return to Play Protocols outlined by their League (AUDL, PUL).

3) Participants who become ill with signs and symptoms of COVID-19 while playing/on-site:

- a) TUC Staff or Activity Leader will activate TUC's Emergency Action Plan (EAP) COVID-19 Medical and Public Health Response Procedure for the specific venue:
 - i) Participants (staff, players, coaches, captains, spectators, etc.) who become ill at the field will be isolated and removed from the activity/event.
 - (1) TUC will designate an area at each field for isolation purposes.



- ii) The activity/event will be shutdown while:
 - (1) Equipment (discs) are cleaned and sanitized,
 - (2) Participants sanitize their hands.
 - iii) The Activity Leader (coach, captain, TUC staff, convenor, board of directors) will advise the unwell participant to don/continue to don a face covering or mask (if available) on their exit from the field.
 - iv) The Activity Leader (coach, captain, TUC staff, convenor, board of directors) will advise the unwell participant to go home immediately (in a private vehicle if at all possible) and self-isolate, and contact Telehealth Ontario (1-866-797-9000), their health care provider or visit the [City of Toronto's website](#) to determine if further care is needed and learn about [assessment centres](#).
 - (1) If leaving the field can not be done immediately (waiting for a private vehicle, or a parent/guardian), the participant will remain in the designated isolation area.
 - v) The Activity Leader (if not TUC staff) will advise TUC staff, so that the club can follow-up with the unwell participant, and aid public health authorities with potential contact tracing in the event the unwell participant tests positive for COVID-19.
- b) The Ontario Government now requires any individual who tests positive or is symptomatic for COVID-19 to inform their close contacts of their status. If a member participates in TUC programming and is required to notify their close contacts of possible COVID-19 exposure, that TUC member must inform TUC Staff of their status. TUC will ensure all close contacts are informed of possible exposure to COVID-19. That TUC will contact all impacted members does not negate the notification requirement set forth by the Province of Ontario and/or local public health. *Current definition of 'close contact' means contact with a person during the previous 48 hours prior to the onset of symptoms.*
- i) TUC will maintain a attendance listing record and advise participants if they have been in contact with a member who has tested positive for COVID-19 and to contact Telehealth Ontario (1-866-797-9000), their health care provider or visit the [City of Toronto's website](#) to determine if further care is needed and learn about [assessment centres](#).

Note: The privacy of TUC members will be maintained or disclosed in accordance with legislation; participants who may have been in close contact with a positive COVID-19 case will **only** be advised that someone at the training session/game has tested positive or is symptomatic.
 - ii) Symptomatic or COVID-19 positive cases, can only return to play after:
 - (1) A doctor's note is provided and received by TUC Leadership. Or,
 - (2) The local public health authority/unit has advised that the individual is considered recovered per Ontario/Toronto Public health guidelines and cleared to return to play/work. An attestation form from the participant will be required. Or,
 - (3) The isolation period has ended (5 days for fully vaccinated and otherwise healthy individuals or if the participant is under 12 years of age. 10 days for immune compromised individuals) and symptoms have been improving for over 24 hours (48 hours for gastrointestinal symptoms) and no fever. An attestation form from the participant will be required. Or,
 - (4) If the TUC member is symptomatic and tested negative for COVID-19 on a single PCR test or two rapid antigen test (RAT) taken 24-48 hours apart and their symptom(s) have



been improving for over 24 hours (48 hours for gastrointestinal symptoms) and they have no fever. An attestation form from the participant will be required.

14.6 Protocols: Specific Venue Provider's Operating Procedures for COVID-19

14.6.1 City of Toronto: Sports Fields and Multi-Use Fields and Adjacent Amenities

- 1) The following guidelines are from the City of Toronto regarding the use of their Sports Fields and Multi-Use Fields and adjacent amenities:
 - a. Nearby facilities (community centres, drinking fountains, public washrooms) may be closed.
 - b. City of Toronto Sports Fields and Multi-Use Fields will not be sanitized, including but not limiting to:
 - i. Net/Goal Posts/Uprights
 - ii. Wickets
 - iii. Practice cages
 - iv. Backstops/Dugouts
 - v. Lighting
 - vi. Benches
 - vii. Bleachers
 - viii. Seating
 - ix. Fences
 - x. Gates
 - xi. Water fountains
 - xii. Other apparatus
 - c. Sports Fields and Multi-Use Fields participants are advised to practice good hand sanitization/hand hygiene while using any part of the Sports Fields and Multi-Use Fields.
 - d. Fountains and water bottle filling stations may be closed, and patrons are asked to bring their own pre-filled water bottles.
 - e. Participants are asked not to loiter around the Sports Fields and Multi-Use Fields to assist in physical distancing and allow others the opportunity to utilize amenities.
 - f. Locker rooms, change rooms, showers, concession stands, storage and clubhouses in the facility should remain closed, except to the extent they provide access to a washroom or a portion of the facility that is used to provide first aid.
 - i. If Washroom facilities are available, they will be cleaned as per Toronto Public Health Guidelines.

14.6.2 Hanger Sport and Events Centre: Downsview Dome

- 1) Arrive prepared to play – showers and change rooms will not be available for use.
- 2) Washrooms will be for single use only.
- 3) No entry earlier than 15 minutes before the rental into the dome.
- 4) TUC representatives (staff, coaches, convenors, administrators), must screen and check in all athletes for each booking.



- 5) TUC representatives (staff, coaches, convenors, administrators), must track attendance for each session, and attendance sheets must be kept and maintained for a minimum of 30 days.
- 6) Attendance sheets must be submitted to the Hangar in advance.
- 7) No spectators permitted.
 - **Exception:** Athletes under the age of 18, permitted up to one (1) accompanying parent, guardian, or other adult for each athlete.
- 8) Any participants not on the field of play must sit on the players' benches at the designated markings, and otherwise keep a distance of two (2) metres apart on the sidelines.
- 9) Parents/spectators are not permitted to congregate in the parking lot.
- 10) Participants must leave immediately after their session has ended.
- 11) Face coverings must be worn at all times while in indoor spaces, except for when engaging in activity on the field of play.
- 12) All equipment should be disinfected prior to arrival.
- 13) All "non-essential" contact should be avoided (handshakes, fist bumps, high fives, etc.)
- 14) Do not spit at any time.

14.6.3 Razor Management Inc. Protocols: Monarch Park Stadium

- 1) In addition to the protocols outlined in TUC's protocols, RMI has the following additional protocols that TUC participants must adhere to:
 - a) Before You Arrive:
 - i) All users are asked to come ready for practice/play and to limit bringing anything extra into the facility (e.g. gym bags, extra clothes, etc.).
 - ii) Users will not be permitted to congregate in the facilities. All benches have been removed; change rooms, showers, water fountains, reception desks and concessions are all closed until further notice.
 - b) Upon Arrival:
 - i) Doors to the facilities will be open 10 minutes before a rental time begins.
 - ii) Users will enter the facilities through the front door left propped open.
 - iii) Users must wear masks at all times as they move through the clubhouse and dome.
 - iv) Users must enter the dome one at a time through the revolving door and stand two (2) metres apart as they wait for their turn.
 - (1) Users must sanitize their hands at the hand sanitizing station located inside the clubhouse before entering the revolving door.
 - v) Users must follow directional traffic once inside the dome.
 - (1) As users enter the dome through the revolving door, they will turn to their immediate right and walk along the track to their designated field.
 - (2) Users will enter their designated field through the opening in the track curtain.
 - vi) Users must wait on the track at the entrance to their field in the designated waiting area:
 - (1) Users must wear masks and keep two (2) metres apart at all times while waiting.
 - (2) No warm up is permitted on the track or side of the field.
 - vii) For users entering the field:



- (1) Users must wear masks as they enter the field; player masks can be removed once practice/play begins; coaches, parents and any other staff must keep their masks on.
 - (2) Users must store any bags along the exit side of the playing field and maintain two (2) metres apart at all times.
- c) During the Rental:
- i) Physical distancing of two (2) metres is in place at all times. Clubs must have physical distancing guidelines in place before arriving at any facility. Coaches and club staff are responsible for enforcing these guidelines during their rental.
 - ii) Once users are inside the dome, in and out privileges will be limited. Users should arrive with their water bottles full and limit washroom use.
 - (1) Users wishing to exit the dome during rental time will be required to follow directional traffic around the track to the revolving door.
- d) End of the Rental:
- i) Facility staff will blow a whistle with five (5) minutes left in the rental time. At this point, users on the playing field will begin to exit at the opposite side of the track from where the next rental group is waiting.
 - ii) For users exiting the field:
 - (1) Users must wear masks as they exit the field and make their way towards the exit.
 - (2) Users must exit the dome one at a time through the revolving door and stand two (2) metres apart while they wait for their turn.
 - (3) Users must sanitize their hands at the hand sanitizing station located inside the dome before entering the revolving door.
 - (4) Users must exit the clubhouse immediately.

14.7 Participants Protocols: After and Upon Departure

- 1) Upon completion of the activity/event/game, participants are asked to place their garbage into the receptacle if there is one on-site or into a plastic bag if a receptacle is unavailable and dispose of your personal garbage at home.
- 2) Participants will sanitize their hands prior to departure.
- 3) Activity leaders (captains, coaches, etc.) will sanitize equipment (cones, discs) prior to departure.
- 4) Participants will be advised to leave the field through the designated entry/exit point maintaining physical distancing of 2-metres/6-feet.
- 5) Participants will not congregate in the parking and leave immediately.
- 6) For all **indoor venues**, participants must don and wear a mask as they exit the playing field/facility.



15 Updated TUC Policies and Forms

- 1) The following TUC Policies have been updated with COVID-19 specific amendments:
 - a) [Bad Weather Policy](#)
 - b) [Discipline Policy](#)
- 2) The following TUC Forms have been updated to include COVID-19 considerations and guidance:
 - a) [Incident Report Form](#)

16 Resources

- 1) [Ultimate Canada Return to Play Guidelines](#)
- 2) [Canadian Sport Institute of Ontario, Club Risk Assessment and Club Mitigation Checklist Tool, Appendix B](#)
- 3) [Ministry of Ontario Self-Assessment Tool](#)
- 4) [City of Toronto COVID-19 Screening Survey](#)
- 5) [City of Toronto Guidelines for Permitting Sports Fields/Multi-Use Fields During COVID-19, City of Toronto, July 3, 2020](#)
- 6) [Workplace Safety & Prevention Services Guidance on Health and Safety for Outdoor Recreation and Drive-in/Drive-Thru Entertainment Settings during COVID-19, Workplace Safety & Prevention Services](#)
- 7) [Health and Safety Guidance During COVID-19 For Parks & Recreation Employers, Public Services Health & Safety Association.](#)
- 8) [COVID-19: Precautions When Working as A Parks & Recreation Worker, Public Services Health & Safety Association.](#)
- 9) [COVID-19 \(Coronavirus\) and Workplace Health and Safety, Government of Ontario, updated June 26, 2020](#)
- 10) [Develop your COVID-19 Workplace Safety Plan, Government of Ontario, updated June 23, 2020.](#)
- 11) [COVID-19 Guidance: Summer Day Camps, Ministry of Health Ontario, Version 2 – June 28, 2020.](#)
- 12) [COVID-19: Guidance for Day Camps, Toronto Public Health, June 15, 2020.](#)
- 13) [COVID-19: Precautions When Working in Day Camps, Public Services Health & Safety Association.](#)
- 14) [A Framework for Reopening our Province: Stage 2, Government of Ontario, June 8, 2020.](#)
- 15) [A Framework for Reopening our Province: Stage 3, Government of Ontario, July 13, 2020.](#)
- 16) [Government of Ontario's Reopening Ontario - Roadmap to Reopen - Step 3](#)
- 17) [Proof of Vaccination Guidance for Businesses and Organizations under the Reopening Ontario Act, Ministry of Health, Version 1 – September 12, 2021](#)
- 18) [Reopening Ontario \(A Flexible Response to COVID-19\) Act, O. Reg 364/20: Rules for Areas at Step 3 and at the Roadmap Exit Step, January 31, 2022](#)
- 19) [COVID-19 Integrated Testing & Case, Contact and Outbreak Management Interim Guidance: Omicron Surge, Ministry of Health Ontario, Version 2.0 - January 13, 2022.](#)
- 20) [COVID-19: What to Do if You Are a Close Contact, City of Toronto, February 4, 2022.](#)



21) [COVID-19 Screening Tool for Businesses and Organizations \(Screening Patrons\), Office of the Chief Medical Officer of Health, Version 10 - January 31, 2022.](#)

17 APPENDIX A – RETURN TO PLAY RULE MODIFICATIONS

1) [TUC COVID-19 Return to Play Rule Modifications](#)

18 APPENDIX B – VACCINATION POLICY

18.1 Purpose:

1) To continue to protect the health and safety of all TUC participants (athletes, coaches, etc.) by requiring that individuals be fully vaccinated as a condition of participating in TUC activities in accordance with defined timelines.

18.2 Definitions:

- a) **“Accepted COVID-19 vaccine”** means a COVID-19 vaccine that has been approved for use by Health Canada.
- b) **“Affected Persons”** means Vaccine-Eligible Players, TUC Officials, Coaches, Organization Officials, Spectators and Volunteers.
- c) **“Fully Vaccinated”** means having received the completed series of an Accepted COVID-19 Vaccine. An individual is considered Fully Vaccinated 14 days after receiving their completed dose.
- d) **“OHRC”** means Ontario Human Rights Commission.
- e) **“TUC Official”** means a member of the Board of Directors or a member of the staff, including interns, of the club.
- f) **“TUC”** means the Toronto Ultimate Club.
- g) **“Participant”** or **“participant”** means any person registered to / a member of the Toronto Ultimate Club, including the parents or legal guardians of any minor aged participant.
- h) **“Sanctioned Activity”** means any game, practice, clinics, development programs, tournaments, or any other activity involving participants, activities leaders and TUC Officials that is approved by the TUC
- i) **“Team”** means any group of individuals who gather for a Sanctioned Activity, including but not limited to players, captains, coaches, or volunteers.
- j) **“Activity Leader”** means a coach, assistant coach, manager, team captain, convenor or other team official registered with the TUC
- k) **“Vaccine-Eligible Player”** means any player born in 2009 or earlier.
- l) **“Volunteer”** means any person registered by the TUC as a volunteer.

18.3 Policy Statement:

1) All Affected Persons are required to be Fully Vaccinated against COVID-19 in accordance with this policy as a condition of participating in any Sanctioned Activities. As set out in more detail below, this policy does not apply to players born in 2010 or later, or to spectators, at the present time.



- 2) Sanctioned Activities, as well as this policy, will continue to be subject to federal, provincial, and local public health regulations related to the COVID-19 pandemic.
- 3) Public health guidance on measures for fully vaccinated, partially vaccinated, and unvaccinated individuals continue to evolve and could affect this policy.
- 4) This policy is effective immediately, with due regard for the availability of COVID-19 vaccines.

18.4 Reasons for this Policy

- 1) The health and safety of all Participants is the top priority of the TUC. The purpose of this policy is to protect the health and safety of all Participants by reducing the risk of exposure to and transmission of COVID-19, an infectious communicable disease, among all persons involved in the TUC, and to promote the health and safety of all members of the TUC community, through vaccinations against COVID-19.
- 2) This policy is necessary to prevent, respond to, and alleviate any outbreak of COVID-19 in the TUC because of the significant risk factors for COVID-19 infection that are present while participating in an organized hockey setting as a player and non-player, both on and off the ice. These risk factors include close contact in predominantly indoor closed-space environments (e.g.: arenas, dressing rooms, etc.).
- 3) The close contact nature of organized hockey makes compliance with social distancing impossible in certain circumstances and reduces the effectiveness of other infectious disease transmission protocols such as masking.

18.5 Vaccination Requirement and Records

- 1) All Affected Persons are required to be Fully Vaccinated (i.e.: including the 14-day period after receiving their completed dose) at least 14 days prior to the start of participation in TUC programming.
- 2) All Affected Persons must present to the TUC, as applicable, evidence demonstrating that they have received the completed series of an Accepted COVID-19 Vaccine at least 14 days prior to the start of participation in TUC programming.

18.6 Acceptable Documentation

- 1) Acceptable documents serving as evidence of COVID-19 vaccination include:
 - a) A digital or physical Dose Administration Receipt submitted via TUC/Zuluru's "Proof of COVID-19 Vaccination" Document submittal feature.
 - b) Medical records signed by a licensed health care provider on that provider's letterhead indicating vaccine name and date(s) of administration, submitted via TUC/Zuluru's "Proof of COVID-19 Vaccination" Document submittal feature.



18.7 Accommodation

- 1) The TUC will comply with the Ontario Human Rights Code (OHRC) and provide accommodation up to the point of undue hardship to any Affected Person who is unable to be vaccinated for substantiated medical reasons and/or on grounds protected under the OHRC.
- 2) If an Affected Person cannot provide the TUC with satisfactory evidence of vaccination, the following will be taken into consideration by the TUC:
 - a) The Affected Person's reason for not being vaccinated; and
 - b) Documentation to substantiate a medical or protected ground reason for not being vaccinated.
- 3) Any Affected Person requiring accommodation must provide the TUC with documentation to substantiate their reason for not being vaccinated. Where accommodation is not possible without undue hardship, the Affected Person will not be permitted to be involved in any Sanctioned Activity for the duration of the pandemic or until such time that COVID-19 no longer poses a significant public health risk.
- 4) TUC reserves the right to have accommodation medical documentation reviewed by applicable medical specialists and to make appropriate inquiries to verify the authenticity of a creed/religion-based claim.
- 5) Any Affected Person who is granted accommodation must undergo regular COVID-19 testing and must provide evidence to TUC Officials as applicable, or someone designated by TUC Officials, of a negative test taken not more than 24 hours prior to each Sanctioned Activity. They will also be required to complete an educational session
- 6) To begin the accommodation request process, please download the applicable Accommodation Form and submit it through TUC/Zuluru's "Proof of COVID-19 Vaccination" Document submittal feature:
 - a) Creed/Religious Accommodation Form
 - b) Medical Accommodation Form

18.8 Reporting and Record Keeping

- 1) All documentary records about COVID-19 vaccinations and accommodations for Affected Persons will only be collected, used, retained, or disclosed by TUC as may be necessary for legitimate operational purposes or as directed or requested by governmental authorities or as may be required for legal purposes.
- 2) Until no longer required, records must be held in a secure location (e.g.: a locked file cabinet). Once an Affected Person's vaccination status has been verified and it is determined that there is no further need for retention of such records, TUC will immediately destroyed in a secure manner (e.g.: shredding).



18.9 Unvaccinated Affected Person

- 1) Any Affected Person who has not received their completed series of an Accepted COVID-19 Vaccine 14-days prior to the start of TUC Programming, or who has not disclosed their vaccination status by that date, will not be eligible to participate in any Sanctioned Activity until such time as they present satisfactory evidence that they are Fully Vaccinated.
- 2) This Section does not apply any individual who has been granted an accommodation in accordance with Section 18.7.

18.10 Players born in 2010 or later

- 1) At the present time, no vaccines have been approved by Health Canada for children born in 2010 or later. However, once a vaccine has been approved, TUC will consider how this policy will be extended to players in those birth years.

18.11 Spectators

- 1) Due to Government legislation, TUC will be extending the requirements of this policy to spectators, including the parents or guardians of players, siblings, grandparents, partners, etc. as a condition of spectator involvement.
- 2) It should also be noted that a vaccination requirement for spectators may be imposed at any time by the owners/operators of any facility used by TUC.

19 APPENDIX C – COVID-19 MEDICAL AND PUBLIC HEALTH RESPONSE PROCEDURE

- 1) COVID-19 Procedure for when a Member Becomes Symptomatic