

## **Return to Sport - COVID-19 Protocols**

These Return to Sport/Training Protocols (Protocols) are Dodgeball Ontario's rules and policies intended to enable a safe return to the sport. These Protocols are based on current Ontario statutes and regulations, current public health requirements and directives, and Dodgeball Ontario's desire to make our sport safe for all. These Protocols may be updated at any time; please be sure that you are referring to the most recent version which will be available on Dodgeball Ontario's website at [www.dodgeballontario.org](http://www.dodgeballontario.org). These Protocols are subject to all federal, provincial and municipal laws, regulations, by-laws and orders as they may exist from time to time.

Provincial resources:

- <https://covid-19.ontario.ca/>
- <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>

### **General Guidelines**

Before participating in any activity, participants must validate that they have met the health prerequisites to participate in the activity and allow them to be identified in order to facilitate the work of public health and contact tracing should a case be detected among participants.

### **Health prerequisites for all participants and organizers**

- No symptoms associated with COVID-19 ([COVID-19 Self-Assessment](#))
- No contact with anyone who has tested positive for COVID-19 in the last 14 days

### **Participant Responsibilities**

- Do not attend league or practice if you are feeling unwell
- Avoid touching your face
- Sneeze and cough into your elbow
- Wash your hands with soap and water regularly
- Avoid close quarters and physical contact (e.g., high fives, huddling, hugging, etc.)

### **Organizer Responsibilities**

- Provide clear instructions to participants prior to each activity on the measures in place
- Implement and follow Dodgeball Ontario's COVID-19 protocols

**[COVID-19 response framework: keeping Ontario safe and open](#)**

Find out which level your region is in. Regions are based on public health unit boundaries.

[Find your public health unit.](#)

**Operations**

<b>ITEM</b>	<b>PROTOCOL</b>
Compliance with regulations	<p>All dodgeball activities must adhere to all federal, provincial, and municipal laws, regulations, by-laws and orders as they may exist from time to time. This includes but is not limited to compliance with:</p> <ul style="list-style-type: none"> <li>• Physical distancing measures</li> <li>• Health and safety regulations</li> <li>• Size of permitted gatherings</li> <li>• Dodgeball Canada rules, policies and procedures</li> <li>• Dodgeball Ontario rules, policies and procedures</li> <li>• All Safe Sport policies and procedures</li> <li>• Applicable occupational health and safety requirements</li> </ul>
COVID-19 education	<p>Each League or Club must ensure that its members receive education on new safety and hygiene protocols within the league as well as Government approved information on ways to limit the spread of COVID-19 including:</p> <ul style="list-style-type: none"> <li>• Respiratory etiquette</li> <li>• Hand hygiene</li> <li>• Physical distancing</li> <li>• Use of personal protective equipment (e.g. face masks)</li> </ul>
Health screening of individuals	<p>Conduct a screening protocol whereby individuals are screened on-site daily before participation in any league or training activities. This screening may be conducted verbally.</p>
Tracking of participants in league and training group	<p>Track all athlete / coach / volunteer participation in league or training activities daily. Participant tracking information must be recorded and kept on file to assist with contact tracing in the event of any positive COVID-19 cases within the league or training group.</p>

## Programming

ITEM	PROTOCOL
Programming	Leagues and training groups shall limit programs as per the Return to Play phases outlined in Appendix A.
Limitations on size of training groups	All training sessions must follow provincial and local public health as well as facility/permit guidelines with respect to the size of gatherings.
Shared equipment and cleaning guidelines	<p>Dodgeballs must be cleaned between each training session group and at minimum each hour.</p> <ul style="list-style-type: none"> <li>• Dodgeballs should be assigned to each group and not shared with other groups.</li> <li>• Allow transition time for groups to move in and out and for balls/equipment to be sanitized.</li> </ul>
Physical distancing	<p>Athletes must respect physical distancing guidelines within all parts of the site/facility by staying at least 2m apart at all times.</p> <ul style="list-style-type: none"> <li>• All warm-ups, on-court, and off-court training should comply with current physical distancing requirements.</li> <li>• Utilize visual cues (i.e. pylons, skipping ropes) to remind participants of 2m spacing.</li> <li>• Establish dodgeball specific physical distancing protocol including the elimination of handshakes, high fives, huddles, and participants switching sides.</li> </ul>

## Other Activities

ITEM	PROTOCOL
Facility access and traffic flow	<p>Individuals shall follow facility guidelines by using designated entry and exit doors in the facility and any guidelines to manage the flow of people within the facility.</p> <p>Ensure all participants leave the courts and venue immediately after the last match.</p>
No spectators	No spectators are permitted at the site/facility, other than up to one accompanying parent or guardian for each athlete under the age of 18. Anyone accompanying such an athlete is expected to follow facility guidelines with respect to physical distancing, must remain at least 2m apart, and is encouraged to wear a face mask.

<p>Personal hygiene</p>	<p>Individuals must follow the appropriate personal hygiene guidelines as recommended by public health agencies.</p> <p>Individuals should wash/sanitize hands upon entry to site/facility or training area, and at completion of training.</p> <p>All athletes and coaches must carry disinfectant wipes, hand sanitizer, and/or pump soap in their equipment bags.</p> <p>Discourage hand slapping, high fiving, and any other practices that do not adhere to physical distancing requirements.</p>
<p>Warm-up / Cool down</p>	<p>Warm-ups and cool downs must respect physical distancing protocols and all participants must remain at least 2m apart.</p>
<p>Personal Protective Equipment</p>	<p>Coaches and Officials:</p> <ul style="list-style-type: none"> <li>• Recommended to wear a non-medical face mask while coaching/officiating and during off court activity.</li> </ul> <p>Athletes:</p> <ul style="list-style-type: none"> <li>• Not required to wear a non-medical face mask while training.</li> <li>• Recommended to bring face masks to wear during off court activity.</li> </ul>
<p>Locker/change rooms</p>	<p>Athletes must arrive at the site/facility in their training clothes. Based on government regulations, dressing rooms, locker rooms, change rooms, showers, and clubhouses at the site/facility should not be used except to the extent they provide access to a washroom or a portion of the site/facility that is used to provide first aid.</p>
<p>Personal items</p>	<p>Athletes must use individual water bottles, chalk, tissue boxes etc. during training sessions. No sharing of these items is permitted.</p> <p>Officials should consider using hand whistles as opposed to regular whistles when possible.</p>

## APPENDIX A

### Dodgeball Ontario Return to Play Phases

These guidelines are intended to align with the stages of reopening. Public health protocols supersede these guidelines. If regions revert back to earlier stages, please adhere to the respective phase of return to play. The guidelines progress from individual training to multiplayer training within a context of maintaining physical distancing. Mitigation strategies will need to be practiced throughout all stages.

#### Outdoor Individual Training

- Training sessions for conditioning and to practice the basics of non-contact dodgeball.
- Virtual warm-up and conditioning workshops.
- Drills if the equipment allows (throwing at walls or nets; self-catching drills off walls).
- No activity with partners.
- Scrimmages, game play, and competition are not permitted.

Health and safety measures:

- Disinfect equipment and practice good hygiene.
- One person drills only.

#### Outdoor Training with a Partner

- Clinic and training sessions that will introduce sharing balls.
- Two player drills only, small groups of a maximum of 10 players.
- Individuals must stay at least 2m away from each other.
- Sessions must be designed to eliminate the risk of individuals breaking physical distancing.

Health and safety measures:

- We suggest that each ball can be distinguished from the others (e.g. different colours).
- Only throwing between two players (pairs), respecting the minimum distance of two meters, is allowed. In addition, the pair is at all times responsible for their ball and must be handled exclusively by them. If the ball must be changed, it must be disinfected as well as the new ball that will be used.
- If a face shot occurs, the ball must be disinfected immediately.
- Players must not bring the ball to their faces.

### **Multiplayer Training with Physical Distancing**

- Players are not yet permitted to play against players outside of their league or group.
- No substitute players may be used.
- If a face shot occurs, the ball must be disinfected immediately.
- Players must not bring the ball to their faces.
- Consideration must be given to ball retrieval to avoid players coming within 2m of each other.

#### Health and safety measures:

- Equipment must be cleaned and disinfected between halves and at the end of a game.
- Maximum of 2 teams at a time on the court.
- Retrievers must not put the ball directly into players' hands, i.e. always be 2m away.
- Officials must stand 2m from the sideline.
- League organizers must allow ample time (e.g. 30 minutes) in between sessions to allow for disinfecting and physical distancing between groups.

For specific sport and recreational activity information for measures under **Prevent, Protect, Restrict, and Control** - please refer to the [Government of Ontario Framework](#).