



parasport
New
Nouveau **Brunswick**

Return to play Wheelchair Rugby

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Return to Play

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Overview



In response to discussions with the Minister of Tourism, Heritage and Culture in conjunction with other provincial sports associations, Parasport New Brunswick has developed this plan for easing back into wheelchair rugby. The plan is based on COVID-19 Operational Plan Guide and uses a phased approach that respects Provincial protocols such as social distancing, disinfecting and use of personal protective equipment that will permit the practice of the various sport specific activities in a progressive, flexible plan that will evolve as the Province changes COVID management requirements. This plan will continue to evolve with guidance from the Provincial government and Wheelchair Rugby Canada.

Until such time as group competition activities are permitted, Parasport NB, including Parasport NB member activities, for returning to play will focus on the individual player development on the physical, technical and cognitive level. This puts individual players at the centre of our priorities with no competition that would contravene provincial health directives. Even though the current situation constitutes a major challenge, it becomes an opportunity for individual player development.

PLEASE NOTE: The directives of this plan are subject to change pending any new guidelines set out by the Government of New Brunswick or guidance provided by Wheelchair Rugby Canada's Return to Play Plan expected to be unveiled in the coming weeks. All changes will be communicated to the membership as soon as possible.

Guiding Principles

WILL MEET OR EXCEED THE CRITERIA OF DISTANCING AND SANITARY MEASURES

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Modified Games and Individual Skills Modified

- Wheelchair rugby games/competition is not permitted. The focus will be on the practice of wheelchair basketball skills including chair skills, techniques, and tactics for individual development. Athletes and coaches are permitted to share balls.

Group Size

- Up to 6 athletes, plus coach and equipment managers are currently permitted.

Guiding Principles

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Management of Equipment Personal Equipment

Personal equipment will be authorized under the following conditions:

- All equipment must be disinfected before entering the facility (indoor) or playing area (outdoor).
- The facility or outdoor playing area has a space dedicated for equipment and it can be separated or organized so participants can maintain social distance.
- Equipment must be limited to: a ball, a bottle of water (labelled with Player Name), a towel, tape, straps, a disinfectant solution or sanitizer as approved by the Province, medical items that are required for an individual's safe participation, additional Personal Protective Equipment (PPE) during arrival and departure such as a face mask, gloves, etc..
- All personal equipment items must be stored in a bag, and/or on their day chair (labelled) when not in use and separated 2m apart.
- Balls should not be shared between players until we have moved into a phase that allows sharing of equipment to take place.

Guiding Principles

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Equipment Management (continued)

Team Training Equipment:

Team equipment will be authorized under the following conditions:

1. Balls, cones, etc. must be disinfected before and after each training session.
2. Chairs, straps, wheels
3. Additional sanitizer must be available for coaches, court supervisors and others.
4. Personal Protective Equipment (mask, gloves, etc.) in case someone begins to feel unwell.

Guiding Principles

WILL MEET OR EXCEED THE CRITERIA OF DISTANCING AND SANITARY MEASURES



Supervisor Roles Individuals

(parents or volunteers) must be appointed and educated as supervisors to:

1. Ensure that the physical distance of 2 meters is respected at all times during training;
2. Coordinate access to the facility/playing area in order to meet the requirements for distance;
3. Ask screening questions related to the symptoms of COVID-19;
4. Ensure all participants (athletes and coaches) at higher risk of severe COVID-19 complications (e.g., people over 65 years of age or people with underlying health conditions) stay away from the facility or playing area;
5. Ensure parents/family remain outside the building (indoor facility) or away from the playing area (outdoors) if maximum numbers permitted have already been reached..

Guiding Principles

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Mandatory procedures and continuous re-evaluation

To ensure the safety of all participants and stakeholders, strict health protocols must be put in place by all Members for the organization of wheelchair rugby training sessions. These protocols are developed by Parasport NB to be consistent with this plan. Each participant must commit to following the requirements for each training session. If the protocols cannot be implemented or are not followed, it will be prohibited for a Member group to conduct training sessions. The priority, at all times, will be the protection of participants and the safety of everyone involved.

This plan will require regular review and updating as COVID-19 prevention/protection measures evolve. To be effective, any changes will be communicated to members by e-mail, the Parasport NB web site and social media as soon as practical so changes can be applied. A designate from each Member group must ensure follow-up with Parasport NB when changes are made.

Guiding Principles

WILL MEET OR EXCEED THE CRITERIA OF DISTANCING AND SANITARY MEASURES



Member program acceptance protocol

1. Parasport NB will provide a template for each Member group to use to demonstrate how they will meet Parasport NB's requirements for holding training sessions during the COVID-19 phased return to play process.
2. Each Member Group must create their own Operational Plan that respects/reflects the mandatory procedures for training sessions. Plans must be presented to Parasport NB for approval. Upon approval by Parasport NB, the Member group can start training activities.
3. As with the Parasport NB plan, a re-evaluation of each plan must be carried out after each new government directive. Follow-up and assistance will be available by Parasport NB.
4. Coaches and additional volunteers must review and be aware of all guidance documents, including their own operational plan, as well as the one completed by the facility or playing area they are using.

Roles and Responsibilities at the Facility



Reception Manager	Take attendance of ALL participants
	Administer the pre-participation questionnaire to all participants before they enter the facility/playing area
	Ensures that all stakeholders and participants who enter the court/facility disinfect their hands and equipment.
Facility/Playing Area Manager	Ensures that the health rules and regulations are respected at all times.
	Ensures that participant/space ratios and obligations are respected.
	Ensures that the equipment is disinfected and maintained in the dedicated area.
Coach	Manages the training content and the layout of the court (in order to promote social distancing).
	Manage players to ensure compliance with instructions.
Supervisor Marshall	Supervises players to ensure compliance with distance rules.
	Assists the Facility/Playing Area manager to manage the players.
	Can play the role of reception manager if necessary.
	Manage situation if a participant feels unwell.

Return to Play Phase 1

Content Training	Phase 1
Group training status	No in person training sessions are allowed in this phase. Each training session is home based virtually or by individual training
Group size (athletes)	Each athlete is training individually by following their individual strength and conditioning program or joining their group's virtual training sessions.
Group size (training staff)	No in person staff are allowed in this phase. All training activities will be done virtually or individually from home.
Training Environment	Athletes should only be in contact with their immediate household bubble

Return to Play Phase 1

Content Training	Phase 1
Permitted Activities	<p>All athletes training are home based. Strength and Conditioning programs and movement patterns by virtual sessions or individual training based on the equipment and space available to each athlete (indoor/outdoor).</p> <p>Individual technical skills plan focussing on ball handling, passing & catching (using wall). Wheelchair rugby homework that can include individual drills or watching videos followed by Zoom meetings</p>
Restricted Activities	All in person Local Club Practices, Scrimmages and Contact/competitive games

Return to Play Phase 2 A

Content Training	Phase 2 A
Group training status	Small in person group practices are allowed in this phase while following Public Health and the facilities guidelines and protocols.
Group size (athletes)	Small in person group practices of up to 6 athletes are allowed in this phase.
Group size (training staff)	Each group is allowed to have a Head Coach and a Equipment Manager at practice while adhering to the protocols in place.
Training Environment	The athlete's bubble should only include their local club athletes, coaching staff, immediate household as well as family and/or caregivers.

Return to Play Phase 2 A

Content Training	Phase 2 A
Permitted Activities	<p>Resume weight room work in compliance with local Public Health guidelines. Specific Speed and Agility work respecting social distancing Individualized conditioning programs based on available equipment or outdoors Individual technical skills plan focussing on ball handling, passing, catching and push mechanics are allowed in this phase.</p> <p>Wheelchair rugby homework that can include individual drills or watching videos followed by Zoom meetings as well as Face to Face tactical coaching with mitigation strategies are allowed in this phase</p>
Restricted Activities	<p>Athletes and coaches are not permitted to share balls, as well as playing Scrimmages and Contact/competitive games</p>

Return to Play Phase 2 B

Content Training	Phase 2 B
Group training status	Small in person group practices are allowed in this phase while following Public Health's and the facilities guidelines and protocols.
Group size (athletes)	Small in person group practices of up to 10 athletes are allowed in this phase.
Group size (training staff)	Each group is allowed to have a Head Coach and a Equipment Manager at practice while adhering to the protocols in place.
Training Environment	Local club athletes, caregivers and coaching staff are permitted

Return to Play Phase 2 B

Content Training	Phase 2 B
Permitted Activities	<p>Resume weight room work in compliance with local Public Health guidelines. Specific Speed and Agility work respecting social distancing Individualized conditioning programs based on available equipment or outdoors Brief contact passing drills as well as brief contact technical skills (give-n-go, chair position) are allowed in this phase.</p> <p>Athletes and coaches are permitted to share balls Wheelchair rugby homeworks that can include individual drills or watching videos followed by Zoom meetings as well as Face to Face tactical coaching with mitigation strategies are allowed in this phase</p>
Restricted Activities	Scrimmages and Contact/competitive games

Return to Play Phase 3

Content Training	Phase 3
Group training status	Training groups are not limited in size but must adhere to the indoor/outdoor regulations set by the Provincial Government.
Training Environment	New Brunswick athletes, family members, caregivers and coaching staff are permitted. Those not participating must comply with physical distancing and mask restrictions.
Permitted Activities	Scrimmaging up to 4 on 4, Small sided games, Individual and/or small group training, including player skill development and online activities.
Restricted Activities	Contact/competitive games

Return to Play Phase 4

Content Training	Phase 4
Group training status	Training groups are not limited in size but must adhere to the indoor/outdoor regulations set by the Provincial Government.
Training Environment	<u>Atlantic bubble</u> athletes, family members, caregivers and coaching staff are permitted. Those not participating must comply with physical distancing and mask restrictions.
Permitted Activities	All wheelchair rugby activities, including game play, is permitted within the Atlantic bubble
Restricted Activities	Competition/training camps outside the Atlantic bubble

Return to Play Phase 5

Content Training	Phase 5
Group training status	Training groups are not limited in size but must adhere to the indoor/outdoor regulations set by the Provincial Government.
Training Environment	<u>All</u> athletes, family members, caregivers and coaching staff are permitted. Those not participating must comply with physical distancing and mask restrictions.
Permitted Activities	All domestic wheelchair rugby activities, including game play, is permitted
Restricted Activities	No restrictions

Player Guidelines/Restrictions



The primary goal is taking every precaution to help keep all participants safe.

Players can enjoy the many physical and mental benefits that wheelchair rugby offers so long as everyone practices social distancing by keeping 2 meters apart from other players to ensure every individual is in a safe environment and follows all safety guidelines included below.

Before you Play

Communicate with your coach before arrival at the facility/playing area to understand how and when to access the facility to ensure distancing requirements. Players needing personal assistance must advise coaches before coming to practice to allow the coaches to manage and adhere to the facilities safety and protocol guidelines.

Player Guidelines/Restrictions



Participants are **NOT** permitted to play if you:

1. Have been in contact with someone with COVID-19 in the last 14 days or someone who has taken a COVID-19 test and is awaiting results.
2. Have travelled outside the province in the last 14 days.
3. Are exhibiting any two or more of the symptoms of COVID-19:
 - Fever over 38 degrees Celsius
 - Runny nose
 - A new onset of muscle pain
 - A new or worsening chronic cough
 - Headache
 - Diarrhea
 - Sore throat
 - A new onset of fatigue
 - Loss of taste or smell
 - In children, purple markings on their fingers and toes

Player Guidelines/Restrictions



Preparing to play: Protecting against infections

- Wash your hands with a disinfectant soap and water (for 20 seconds or longer), or use a hand sanitizer if soap and water are not readily available, before accessing the facility, court or playing area.
- Advise coaches if you need/will have a personal assistant during practice.
- Arrive at the facility/playing area in your training clothes.
- Clean and wipe down your equipment, including rugby chairs, ball and water bottles and do not share any of your equipment.
- Bring a full water bottle to avoid needing to refill it during the training session. The bottle must be labelled with the player's name.
- Consider taking extra precautions such as wearing a mask when arriving at the facility/playing area.
- If you need to sneeze or cough, do so into a tissue or upper sleeve.
- Arrive as close to the designated start time as possible.
- Avoid touching unnecessary surfaces. Wipes/hand sanitizer must be available.

Player Guidelines/Restrictions



While playing/practicing

- Remain at least 2 meters apart from other participants. Do not make physical contact with them (e.g. NO SHAKING HANDS, HIGH FIVES OR FIST BUMPS).
- Avoid touching your face after handling a ball, or other equipment. Wash your hands promptly if you have touched your eyes, nose or mouth.
- Do not share food, drinks or towels.
- Stay in your designated area of the facility/playing area.
- Remain apart from other players when taking a break.
- If a player's ball from another court comes to you, allow the other player to retrieve it by keeping a safe distance.

Player Guidelines/Restrictions



After playing

- Leave the facility/playing area immediately after training, obeying any required directional flow exiting the area.
- Wash your hands thoroughly or use a hand sanitizer after leaving the facility/playing area.
- Avoid using the locker room or changing area when possible. Shower at home.
- No social activity should take place. No congregating after training.

Insurance, Sanctioning & Waivers



Coverage

- TBD With Wheelchair Rugby Canada

Conclusion



The health and safety of our members will always be the number one priority of our Organization. We understand that each municipality has potentially different restrictions and limitations for facility/playing area bookings and activity, therefore, we advise everyone to work with your local city/municipalities to adhere to any appropriate requirements to ensure you are providing a safe environment for all participants.

We encourage all organizations to do what they feel is best for their participants and Parasport NB will be available to support our members as best as possible. We will continue to work collaboratively with our partners through the current situation and provide as up to date information as possible as the situation evolves.

The return of sport will have a major impact on the well-being, both physical and mental, of many New Brunswickers and we know basketball will play an important role in that process. We appreciate your respect and adherence to this plan and look forward to working with our Member groups to get our players, coaches, officials, volunteers and administrators back to basketball as soon as possible.

Thank you.