



**parasport**  
New  
Nouveau **Brunswick**

# Return to play Wheelchair Rugby

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# Return to Play

## Outline

- Overview
- Guiding Principles
- Roles & Responsibilities at the Facility
- Return to Play phases
- Player Guidelines & Restrictions
- Insurance, Sanctioning and Waivers
- Conclusion

# 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 or competition with less than 2 meters separation with teammates or opponents is not permitted. Single team practices are permitted with limited brief contact on the court.

## Group Size

Permitted player numbers will be calculated case-by-case based upon the space available and that is required for the designed training sessions. Players will be divided into small groups and limits on the number of participants will be strictly enforced. The player/area ratio must be respected at all times according to the standards determined by Parasport New Brunswick.

# 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 sharing is permitted however require sanitization as much as possible.

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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.

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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.



# Guiding Principles

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## Designated COVID-19 officer

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

1. Ensure that the physical distance of 2 meters is respected and masks are worn while off the court;
2. Ensure participants and volunteers sign and then collect the following:
  - Release of liability, waiver of claims and indemnity agreement
  - Declaration of Compliance
  - Informed consent and assumption of risk
3. Coordinate access to the facility/playing area in order to meet the requirements for distance;
4. Ask screening questions related to the symptoms of COVID-19;
5. 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;
6. Ensure parents/family remain outside the building (indoor facility) or away from the playing area (outdoors) if maximum numbers permitted have already been reached..

# Roles and Responsibilities at the Facility



Designated COVID officer	Collect signed waivers before athletes begin
	Complete contact tracing form
	Active Screening while in orange phase
	Ensures participants who enter the court/facility disinfect their hands and equipment.
	Supervises players to ensure compliance with 2m distance rules when applicable.
	Manage situation if a participant feels unwell.
Coach	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.
	Manages the training content and the layout of the court (in order to promote social distancing).
	Manage players to ensure compliance with instructions.

# Return to Play Phases

Effective February 27, 2021

	Red Lockdown	Red	Orange	Yellow	Green
<b>Screening</b>	No organized sport is permitted. All club and program activities must be virtual		Active Screen is required and contact tracing forms must be completed	Passive screening	All conditions are lifted, with the exception of face masks (facial coverings) which remain recommended to wear in public when ill.
<b>Group training status</b>			Single team	Travel within yellow health zones is permitted	
<b>Group size (athletes)</b>			All training is limited to a single team however may travel between health zones	No restrictions, comply with indoor/outdoor regulations set by the Public Health & facility	
<b>Training Environment</b>			Outdoor and indoor basketball courts that are open can be used. Groups must adhere to the facility operational plan.		
<b>Masks &amp; PPE</b>			The use of personal protective equipment is encouraged but not mandatory (i.e., masks must be worn when arriving or leaving, but not during play) Shared equipment must be sanitized as often as possible	The use of personal protective equipment is encouraged but not mandatory (i.e., masks must be worn when arriving or leaving, but not during play) Shared equipment must be sanitized as often as possible	
<b>Physical Distancing</b>			All participants (players, coaches, equipment managers) must follow the physical distancing rules of 2 meters at all times. Support for transfers or chair matineuse is permitted but masks must be worn and must sanitize	Brief contact in normal game play and scrimmage is permitted	
<b>Permitted Activities</b>			Ball sharing is permitted. Individual technical skills plan focussing on ball handling, passing, catching and pushing mechanics. Brief contact and scrimmages.	All wheelchair rugby activities are permitted in training	
<b>Restricted activities</b>			Games/competition	Competitive games	

# 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. While on the court, masks and physical distancing is not required.

## **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 spray/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.
- Wear 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 2m apart from other players when taking a break.



# 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.