

JRBC Safe Return to Sport Policy



Revised by the JRBC Board on September 21, 2020

Introduction

This document is intended to help Jump Rope BC (JRBC) clubs create their own COVID-19 Safety Plan, which will guide their reopening following the COVID-19 global pandemic. It includes requirements that clubs must implement as part of their reopening as well as tips to help implement those requirements.

This document includes all relevant information from the BC government (Provincial Health Officer), WorkSafeBC, and [viaSport](https://www.viasport.ca/sites/default/files/Phase%203%20Return%20to%20Sport%20Guidelines%20web%2009-10-2020.pdf), specifically the ViaSport Return to Sport Guidelines ([https://www.viasport.ca/sites/default/files/Phase 3 Return to Sport Guidelines web 09-10-2020.pdf](https://www.viasport.ca/sites/default/files/Phase%203%20Return%20to%20Sport%20Guidelines%20web%2009-10-2020.pdf)) Additionally JRBC member clubs can reference the Rope Skipping Canada Return to Play Guidelines ([https://www.ropeskippingcanada.com/uploads/1/0/5/7/105710151/rsc return to play guidelines as of june 14 2020 .pdf](https://www.ropeskippingcanada.com/uploads/1/0/5/7/105710151/rsc_return_to_play_guidelines_as_of_june_14_2020_.pdf))

WorkSafeBC requires that all businesses have **their own** publicly-posted COVID-19 Safety Plan at work sites as they return to operations . For clubs operating as businesses, this document should be each club's primary reference point in developing individual COVID-19 Safety Plans. In the event that a club is audited by WorkSafeBC, all club personnel will be required to demonstrate compliance to the club COVID-19 Safety Plan. WorkSafeBC regulations apply to any club operating as an employer

Every JRBC member club's COVID-19 Safety Plan must include clear policies to ensure the safety of all individuals taking part in club programming or entering the facility.

Further, each COVID-19 Safety Plan must be based on a thorough assessment of risk. This may involve consultation with employees (if applicable), volunteers, participants, and other individuals.

Each club must train and adequately supervise employees and volunteers to ensure they implement measures appropriately. Risks must be re-assessed and plans updated as needed, if regulations or circumstances change.

Prior to returning to operations, each club's Board of Directors or Owner must formally approve the club's COVID-19 Safety Plan. Club Board Members and Owners may be liable for the decisions and work of the club; therefore, the Board/Owner of each club should understand and be comfortable with the level of risk that the organization is taking on, and approve their clubs' COVID-19 Safety Plan before implementation occurs.

JRBC guidance and club COVID-19 Safety Plan requirements may change as government and provincial health requirements for businesses evolve.

Liability protection announcement: On June 10, 2020 the provincial government announced a ministerial order⁴ that protects amateur sport organizations, their employees and volunteers from damages resulting directly or indirectly, from COVID-19. This liability protection will be in place as long as sport organizations follow applicable guidance, such as viaSport's Return to Sport protocols and public-health guidance. This order is in place for the duration of the Emergency Program Act. The risk mitigation practices below still all apply. The Province has now acted to extend COVID-19 liability coverage to for-profit organizations through the COVID-19 Related Measures Act (CRMA). The regulation protects people (paid or volunteer) from proceedings for civil liability for damages resulting from transmission or exposure to the virus that causes COVID-19. The regulation is retroactive to January 1, 2020 and will remain in force unless and until the CRMA is repealed. This addresses the liability concerns of private LSOs. Read the regulation [here](#).

<https://viasport.us3.list-manage.com/track/click?u=b9a426897badc62c6c9b3bad4&id=d3f747c4cb&e=976094cd19>



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Steps to Reopen

In order to reopen, each JRBC member club must:

1. Create a COVID-19 Safety Plan that meets the requirements set out in this document;
2. Gain approval of the COVID-19 Safety Plan from club Board of Directors/Owner; and
3. Publish the approved COVID-19 Safety Plan electronically, front and center on club website home page and/or in hard-copy on the walls of the gym, in a conspicuous place.

Principles

The following five principles from BC's Restart Plan have been used to guide this document:

Personal Hygiene	Stay Home If Sick	Environmental Hygiene	Safe Social Interactions	Physical Modifications
<ul style="list-style-type: none">• Frequent hand-washing• Cough into your sleeve• Wear a non-medical mask if physical distancing is not an option• No hand shaking	<ul style="list-style-type: none">• Routine daily screening• Anyone with any symptoms must stay away from others• Returning travelers must self-isolate	<ul style="list-style-type: none">• More frequent cleaning• Enhance surface sanitation in high-touch areas• Touch-less technology or frequent sanitization	<ul style="list-style-type: none">• Meet with small numbers of people• Maintain distance between you and others• Size of room: the bigger the better• Outdoor over indoor• Good ventilation	<ul style="list-style-type: none">• Spacing within rooms or in transit• Room design• Plexiglass barriers• Movement of people within spaces• Individual equipment and storage



On May 6, 2020 the Government of B.C. announced B.C.'s Restart Plan: Next Steps to Move through the Pandemic. Via Sport has produced Return to Sports Guidelines to help guide sports organizations. Effective August 24, 2020, BC is in Phase 3 of the Return to Sport "Progressively Loosen".

SPORT ACTIVITY CHART

This chart outlines the types of activities that can be considered in the various return phases.

	Strictest Controls Phase 1	Transition Measures Phase 2	Progressively Loosen Phase 3	New Normal (Future date TBC)
Restrictions in Place	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel 	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel No group gatherings over 50 people 	<ul style="list-style-type: none"> Refer to PHO and local health authorities 	<ul style="list-style-type: none"> Refer to PHO and local health authorities
Enhanced Protocols	<ul style="list-style-type: none"> Increased hand hygiene 	<ul style="list-style-type: none"> Increased hand hygiene Symptom Screening in place 	<ul style="list-style-type: none"> Increased personal hygiene, cleaning protocols and symptom screening 	<ul style="list-style-type: none"> Increased hand hygiene
Facility	<ul style="list-style-type: none"> Outdoor or within home Facilities and playgrounds closed 	<ul style="list-style-type: none"> Outdoor is safest Indoor facilities slowly re-opening 	<ul style="list-style-type: none"> Participants should maintain physical distance while not on field of play 	<ul style="list-style-type: none"> Outdoor/Indoor
Participants	<ul style="list-style-type: none"> Individual activities 	<ul style="list-style-type: none"> Small Groups No or limited spectators 	<ul style="list-style-type: none"> Groups sizes increase based on sport type (i.e. level of contact). Participants and spectators must adhere to 50 people max per event public health guidance 	<ul style="list-style-type: none"> Large groups allowed No restrictions on spectators
Non-contact Activities	<ul style="list-style-type: none"> Low risk outdoor activities can occur (biking, running, etc.). Virtual activities 	<ul style="list-style-type: none"> Fundamental movement skills Modified training activities, drills 	<ul style="list-style-type: none"> Where feasible, limit contact (i.e. coming within two metres) in training and sport activities 	<ul style="list-style-type: none"> No restrictions on activity type
Contact Activities	<ul style="list-style-type: none"> Should not occur 	<ul style="list-style-type: none"> Should not occur Contact sports should look for non-contact alternatives to training 	<ul style="list-style-type: none"> Cohort model introduced for sports that cannot maintain 2m physical distancing. 	<ul style="list-style-type: none"> No restrictions on activity type
Competition*	<ul style="list-style-type: none"> Should not occur 	<ul style="list-style-type: none"> In club play or modified games may slowly be introduced 	<ul style="list-style-type: none"> Competition slowly introduced. Regional competition for sports in cohorts. 	<ul style="list-style-type: none"> Provincial competitions and larger scale events may return
Equipment	<ul style="list-style-type: none"> No shared equipment 	<ul style="list-style-type: none"> Minimal shared equipment Disinfect any shared equipment before, during and after use 	<ul style="list-style-type: none"> Enhanced cleaning protocols in place 	<ul style="list-style-type: none"> Shared equipment
Travel	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Limited 	<ul style="list-style-type: none"> Unlimited

*Introduction of competitive activities should be in alignment with sport-specific guidelines.



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Part I: Requirements and Tips

Part I of this document outlines requirements clubs must follow in order to resume and continue operations, as well as tips for ways to implement and adhere to requirements.

Facility Access

Requirements

- Assess facility traffic flow to ensure that two metre physical distancing is maintained at all times.
- Close unnecessary access points in order to monitor the number of people in the facility.
- Place two metre physical distancing markings outside and where needed inside of the facility.
- Club personnel must manage the flow of individuals entering the facility. If space is limited, staff should escort participants inside the facility. If possible, parents/guardians can pick up their child outside.
- Prior to entering the facility, all individuals must complete a Daily Screening Checklist (see Appendix 1 of this doc) in electronic or hard copy format. This includes coaching and non-coaching staff, participants, parents, etc. Parents/guardians of minors must collaborate with club staff to ensure that this process runs smoothly and efficiently. Clubs must keep completed checklists on file.
- Staff must ask participants to leave the facility immediately after their practice to prevent gatherings in the facility, or parking lot. *Parents should plan accordingly to be on time to pick up their child.*
- Participants must arrive dressed for activity. If locker rooms or cubbies must be used, access should be controlled so that physical distancing can be maintained.
- Prior to participating in any programming, required JRBC forms must be completed (to be shared separately).
- For contact tracing purposes, if sport organizations are not the owner or operator of the sport facility, they must provide the facility operator with the first and last names and telephone number, or email address of all participants. You can find the Ministerial Order here for more details
https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus?bcgovtm=20200506_GCP_E_AM_COVID_11_NOTIFICATION_BCGOVNEWS_BCGOV_EN_BC_NOTIFICATION

Tips

- Create a separate facility entrance and exit, if possible.
- Choose doors with an automatic function or prop doors to reduce contact with door handles.
- Request that only one parent/guardian accompanies their child inside the facility.
- stagger start/end times of various programming, to prevent overlap of participants
- Use contactless or online methods of registration and payment, if possible.



Facility Operations

Review protocols with staff regularly and adjust as needed.

Requirements

- Determine the maximum occupancy of all separated areas within the facility (e.g., main practice area, lobby, other rooms).
- No more than 49 people are ever allowed in the facility at one time (see [Government of BC ban on gatherings of 50 people or more](#), and [viaSport guidelines](#)) while respecting physical distancing requirements.
- Coordinate with other facility operators to determine occupancy limits in shared, large facilities (e.g., shared space in a rec center or school).
- Use cones, arrows and/or large signage to indicate pathways inside the gym.
- Remove or restrict the sharing of items that elevate the risk of transmission, such as coffee makers, shared office equipment, vending machines.
- Where possible provide athletes with their own items such as clickers, or other items typically shared
- Close areas of the facility that are not being used (e.g., storage, lockers, meeting rooms).
- Spectator seating: if used, consider using signage or partially closing seating areas to ensure adequate physical distancing between individuals/groups.
- Water fountains: close all water fountains except those used for filling water bottles. Do not allow individuals to drink directly from water fountain taps. Use signage to discourage individuals from touching surfaces of fountains and consider placing hand sanitizer adjacent to support hygiene and reduce transmission risk.

The Provincial Health Officer has banned gatherings of 50 or more. This ban is expected to remain in force until the end of the state of emergency.

Mass Gatherings Order:

<https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/reports-publications/covid-19-pho-class-order-mass-gatherings.pdf>

BC Recreation and Parks Association Guideline outlines that user groups rented municipal facilities are required to have a COVID-19 Safety Plan that clearly demonstrates how activities will be provided to align with the directives of the Provincial Health Officer, local authorities and other relevant regulators (i.e. WorkSafe BC).



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Cleaning

Requirements

Create cleaning and sanitation protocols. Facility owners/operators have the overall responsibility of cleaning protocols within the facility.

- Document the time when each specific area is cleaned (e.g., if working on a mat). Instructions should be accessible to parents and athletes.
- Club personnel must determine and communicate high touch-points to individuals responsible for cleaning.
- Entrance, gym lobby and other areas with high touch-points must be cleaned and disinfected frequently, preferably prior to and after each class. This may be done by the owner of the facility.
- If responsible for cleaning Clubs should ensure that surfaces with high touch-points must be cleaned at least twice per day (e.g., washroom counters, doorknobs, handrails, etc.).
- Disinfect equipment between each person; if not possible, properly disinfect all equipment after each practice and/or rotation
- Develop, teach and enforce clear sanitization routines around working with shared ropes (e.g. double dutch ropes)
- Equipment that cannot be cleaned cannot be used until an appropriate cleaning process is implemented.
- Communal and high-touch practice tools (e.g., iPads, computers, music systems) must be cleaned or sanitized between each use. If possible, coaches should come prepared with their own training tools and technology, and avoid sharing with other coaches.
- Once practice is over for the day and all athletes have left, all surfaces must be disinfected (e.g., floors, counters, washrooms, light switches, door handles, etc.). This must be done over and above regular cleaning requirements. Check with your facility that a regular cleaning routine is in place.
- Facilities must have lined garbage bins for the safe disposal of cleaning products, masks and other materials.

How to Clean

- Read the labels of cleaning products, and follow directions on the label. Wear gloves if necessary.
- Wash first, then disinfect. Use caution when mixing cleaning chemicals.
- Ensure that all cleaning products are authorized disinfectants against SARS-CoV-2, the coronavirus that causes COVID-19 (see example from [BC Centre for Disease Control](#) or [the Government of Canada](#)).
- Maintain adequate supplies for high frequency hand-washing and disinfection of surfaces (e.g., soap, paper towel, bleach solution).



Communication

Requirements

- Inform members of the new protocols before their first visit to the gym, to foster confidence in the club's commitment to keep everyone safe. Include information on club:
 - Member Communication regarding this Return to Sport Plan ([Appendix E pg 34 of via sport doc](#))
 - Participant Agreement ([Appendix D pg 33 of via sport doc](#))
 - Screening protocols
 - Daily/Daily Screening Checklist (see Appendix 1 at end of this doc)
 - Illness Policy ([See Appendix C pg 32 of via sport doc](#))
 - Personal hygiene requirements
 - Physical distancing requirements outside and inside of the facility
 - Cleaning protocols
 - contact tracing requirements
 - Programming changes (e.g., limitations on number of people permitted inside the facility at once, policies regarding working in small groups for double dutch, partner work, etc.)
- Post various resources provided by the BC Centre for Disease Control (BCCDC), WorkSafeBC and JRBC on the club's website, facility entrance, and in prominent places throughout the gym. Further details are provided in Part II of this document.
- Conduct virtual meetings with other coaches and parents, where required/available

Train Staff and Volunteers

Requirements

- All clubs formally operating as employers are required under the Provincial Health Order (May 17, 2020) must have a COVID 19 safety plan in place for employees in the workplace.
- Train staff and volunteers; continually review protocols so they understand their clubs' COVID-19 Safety Plan. Clearly identify their responsibilities in maintaining practice protocols.
- Club leaders and COVID-19 Club Representatives must hold a mock training session with staff and volunteers before the official opening of the gym to test protocols. As a group, discuss what worked, what didn't, and make adjustments before finalizing your COVID-19 Safety Plan and reopening.
- Discuss and determine with your coaches and volunteers the best approach to explaining the new protocols to children. Athletes and parents must be made aware of the club's new safety protocols and their responsibility in maintaining their health, and the health of others.
- Help staff and volunteers resolve conflict, manage anxiety, and balance competing priorities.
- Hand-washing or sanitizing must be frequent throughout practices, before/after breaks, and at a minimum, after each event practice (i.e switching from speed to freestyle), for participants, staff, and volunteers.
- Ensure physical distancing measures and cleaning protocols have been adhered to in all spaces.
- According to WorkSafeBC, staff have a right to refuse to work in unsafe conditions ([WorkSafeBC website](#)). Staff and supervisors must be prepared to respond to such concerns.
- Remind coaches and volunteers not to touch eyes, nose, or mouth.



Screening

Requirements

- Prior to entering the facility, all individuals must complete a Daily Screening Checklist (see Appendix 1 this doc) in electronic or hard-copy. The club must retain these checklists. As participants and parents enter the facility, everyone must respect the process to ensure that it is completed smoothly and efficiently.
- Individuals must stay home if they are unwell or if someone in their household is sick, even if the symptoms are mild. They must follow all directions of Regional Health authorities regarding self-isolation in the event of having been exposed to a confirmed case ([Refer to Illness Policy, Appendix C pg 32 via sport](#)).
- Unless individuals have been exempted from self-isolation, under the federal Quarantine Act. If an exempt individual is asymptomatic, others that live within the same household are not required to self-isolate, but should continue to monitor their health. Consider having proof of exemption on file with the club.

Tips

- o If an individual experiences seasonal allergies (or other flu like symptoms), they should get a doctor's note explaining their symptoms before entering the practice facility.
- o Immuno-compromised (high-risk) individuals should consult a medical practitioner before returning to practice. Clubs should look at how they can support higher-risk populations, where possible.
- o A club may choose to add temperature checks as part of their COVID-19 Safety Plan.

Personal Hygiene

Requirements

- Provide hand-washing and/or sanitizing stations at the entrance, exit, and throughout the facility. Ensure these stations are accessible for all individuals.
- Limit the items participants bring into the gym; participants must only bring what they need in a marked bag (e.g., ropes, full water bottle, hand sanitizer, etc.).
- Sharing of personal items including (but not limited to) food and beverages (e.g., water bottles) is forbidden.
- Individuals may choose to wear masks at any time, at their discretion. However, for safety reasons, athletes cannot be required to wear a mask during activities. Outside the field of play/the skipping court, masks must be worn in any situation where physical distancing of two metres is not possible.
- Participants and staff must wash and/or sanitize their hands prior to training. Hand-washing or sanitizing should be frequent throughout classes, and at a minimum, after each rotation, for participants, staff, and volunteers.

Tips

- Remind all facility visitors to avoid touching eyes, nose, and mouth.



Cohorts and Physical Distancing

Physical distancing has been shown to be one of the most effective ways of slowing/reducing the spread of COVID-19. What does physical distancing mean?

- Limit contact with people at higher risk (e.g. older adults and those in poor health).
- Where possible, keep a distance of at least 2 arms lengths (approximately 6 feet) from others. Steps to take to ensure physical distancing can include:
 - Avoid crowded places and gatherings.
 - Avoid common greetings, such as handshakes, a kiss or a hug. Greet with a wave instead of physical contact
 - Limit coach/athlete contact during practices. Coaches should use verbal cues when coaching
 - Practice plans should be adopted to ensure that athletes and coaches where possible are 2m apart.

PHASE 3 RETURN TO SPORT: PROGRESSIVELY LOOSEN

<https://www.viasport.ca/sites/default/files/Phase3ReturntoSportGuidelineswebV2.pdf>

British Columbia is in Phase 3 of the Restart Plan and as of August 24, 2020 sport has moved to the "Progressively Loosen" Phase. In this phase there can be a careful increase to the number of contacts and contact intensity in sport. Coaches and athletes may begin interactions via a low-medium number of contacts and low-medium contact intensity through a structured sports cohort model.

For Phase 3, sports have been divided into four categories. These categories are based on the number and intensity of contact within the sport. A breakdown of the sports in each of the four categories is in Appendix H pg 42 of via sport doc. The sections below cover recommended approaches to contact, cohorts, competition, high performance camps and travel.

For reference, the Sport Activity Chart

<https://www.viasport.ca/sites/default/files/SportActivityChartcolour.pdf> contains a detailed overall outline of allowable activities in each of the four Return to Sport phases. Please note that this guidance is subject to change at any time based on community transmission rates and the advice of provincial and/or local public health officials

In Phase 3:

- Close physical proximity should still be minimized as much as possible.
- In sports and activities that generally involve interaction between participants at a distance of less than two metres, sport organizations should:
 - modify the activity or rules to keep participants at a safe distance;
 - limit the number and duration of contacts between different participants (when physical distancing is not possible);
 - enforce physical distance when outside the field of play (e.g.- dressing rooms, hallways, team benches, staging areas, etc).
- Any introduction of activities involving either close proximity or physical contact should only occur within a sport cohort (see next section).



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Cohorts and Physical Distancing:

Effective August 24, 2020, the concept of sport cohorts was introduced.

In sport, a cohort is a group of participants who primarily interact with each other over an extended period of time (e.g. series of events).

- In this phase:
 - All guidance related to personal hygiene, cleaning protocols and symptom-screening still apply.
 - Cohorts should be used for activities in which it is not possible to maintain two metres physical distancing at all times. When in a cohort, while individuals do not need to maintain physical distancing during sport specific activities, minimized physical contact is still advised.
 - At least two metres distancing should be maintained between all participants when outside of the field of play (e.g. dressing rooms, hallways, team benches, staging areas, etc.). If physical distancing cannot be maintained masks should be worn.
 - Cohorts should be made up of individuals/teams of similar age or skill level.
 - Each cohort can consist of multiple teams in order to form a mini-league. With the use of cohorts, game play can resume between teams within the cohort.
 - Cohorts should not exceed the number outlined in [Appendix H pg 42 of via sport doc.](#)
 - Cohort sizes are different from maximum group sizes. When members of the cohort are gathering for games or activities, gatherings may not exceed 50 people (see PHO Order).
 - Coaches may be counted outside the total cohort number if they are able to maintain physical distancing at all times.
 - Keep players together in designated cohorts and make sure that cohorts avoid mixing with each other as much as possible.
 - Cohorts should remain together for an extended period of time. If looking to change cohorts, implement a two-week break between activities.
 - Individuals should limit the number of sport cohorts to which they belong in order to reduce the number of people they are interacting with (i.e. multi-sports athletes, that may belong to a cohort of athletes in another sport).
 - Where officials (if being used) are unable to physically distance, an official(s) should be assigned to a specific cohort and avoid having them interact with multiple cohorts.
 - Parents and spectators are not included in the cohort limits. They should continue to maintain physical distancing at all times and are subject to maximum capacity of the facility where play is occurring.

Cohorts in the context of Jump Rope

Jump rope would fall under Sport Type A ([pg 42 via sport doc](#)). This is a sport defined as “an individual sport that can maintain physical distancing” or “sports done in pairs or small teams (up to 10) where there is no contact with those outside your pair/team”. Jump rope as a sport with individual and small team events falls under both of these definitions, all as part of Sport Type A.



In Type A sports:

Contact – Maintain physical distancing. Where physical distancing is not possible within a pairing or small team, avoid switching partners/teams for training and competitive activities.

Cohort – In disciplines where physical distancing cannot be maintained modifications may be required or cohorts should be introduced up to a maximum of 100 people. **

Competition - Regional and provincial competitions may be introduced in accordance with viaSport Return to Sport and sport-specific guidelines. Pairs or small teams may compete against other pairs/teams but should maintain physical distancing with their opponents.

** For the purposes of this document and in the context of jump rope, JRBC will define two types of cohorts:

1. Inter-club cohorts: a defined group of clubs (and their athletes) across the provincial jump rope community that would interact together in competitions. See section on Considerations for Competition.
2. Intra-club cohorts: defined group (up to 10 athletes) of pairs or small teams that practice and train together in the jump rope team events, and where there is no contact with those outside your pair/team.

Since Jump rope is a sport where athletes never usually interact with other athletes from another club on the Field of play/court at the same time (within close proximity) there is no need to define Inter-club cohorts for the purposes of any jump rope competition. This means that at any competition there shall be no mixing of athletes from different clubs for any team events. Inter-club cohort size is not the same as maximum group size (provincial order of less than 50 people at events). Also note that all areas outside any field of play/court shall maintain all physical distancing controls ie. bleachers, marshalling areas, warm up areas, locker rooms. These areas still require all persons to be 2m apart, or if that is not possible to use masks or other physical barriers.

Intra-club cohorts shall be considered within a club for the purposes of practicing/training for events that require close interaction and/or sharing of ropes, where physical distancing and wearing masks are not possible (Double Dutch events, SR Pairs, SR Wheel, SR Team Freestyle). This would group athletes into groups of 10 or less, where these athletes can work interactively and collectively as a small group, but do not have close physical contact with other athletes in the same club. Intra-club cohorts must maintain physical distancing from other intra-club cohorts on the same team if practicing at the same time/location. Intra-club cohorts shall be assigned at the beginning of the season, and maintained throughout the season. If athletes are required to change intra-club cohorts throughout the season, all affected athletes must go back to individual training or non-interactive team training for 14 days before resuming interactive training within the new intra-club cohort.

Note the close contact of intra-club cohorts is applicable to the field of play/court only. All other aspects of training off the field of play/court (ie. arriving/leaving the gym, having break time etc.) will still require physical distancing controls, or wearing masks.

Tip

- o Use outdoor space where appropriate for conditioning and other safe activities assuming physical distancing requirements and cleaning requirements can be maintained.



Scheduling of Activities

Requirements

- Training groups should remain consistent for seasonal programming periods (including cohorts).
- Plan a progressive return to activities; create a phased programming plan that includes reducing the number of groups at a practice at any given time, and reduce class sizes to meet physical distancing requirements.
- Drop-in classes are prohibited.
- Detailed attendance and membership tracking are required for all activities. This includes staff, volunteers, and participants.

Tips

- o Set an appropriate time for participant arrival, prior to scheduled activities.
- o Stagger practices so group arrivals and departures do not overlap, and run fewer classes at a time.
- o Schedule longer breaks between departing and arriving groups to allow for cleaning.
- o Minimize athlete breaks during practices to prevent participants from congregating.

Injury Protocol

Requirements

- In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.
- A guide for employers and Occupational First Aid Attendants:
<https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>
- First aid protocols for an unresponsive person during COVID-19:
<https://www.redcross.ca/training-andcertification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-personduring-covid-19>
- Clubs must have personal protective equipment (PPE) on hand (i.e., gloves and masks), stored separately from first-aid kit in case of emergency.
- Each club must have a well-stocked first aid kit in case of emergency.
- As per RSC guidelines, each coach must have first aid training.

Tip

- o Separate PPE storage could be located in multiple areas of the gym or carried in fanny packs worn by coaches.

Illness Policy

Requirements

- Adopt and adhere to the club Illness Policy outlined in Appendix 2 of this doc.
- Have a zero tolerance policy for 'playing while sick' - ensure that participants do not participate if they are symptomatic



Requirements

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An "outbreak" is two or more cases; a "case" is a single case of COVID-19.

- Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Determine who within the organization has the authority to modify, restrict, postpone or cancel activities.
- If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility operator right away.
- Implement your illness policy (see above, and Appendix 2) and advise individuals to:
 - follow all directions given by the Regional Health authority, if applicable
 - self-isolate
 - monitor their symptoms daily, report respiratory illness and not return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, and loss of appetite.
 - use the [BC COVID-19 Self-Assessment Tool](#) to help determine if further assessment or testing for COVID-19 is needed.
 - Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - Individuals can learn more about how to manage their illness [here](#).
- In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your Illness Policy and your enhanced measures.
- If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.



Part II - Communications

Ensuring safety measures are met and adhered to depends on everyone being aware of and understanding requirements they must follow. Communication of requirements to participants and spectators is vital.

JRBC has developed and compiled a number of resources to help your club communicate the health and safety measures being taken within your facility.

Requirements

Clubs must post the following posters in visible spaces at their facilities:

- [Hand-washing poster \(more detailed\)](#)
- [Physical distancing](#)
- [Entry check for visitors](#)
- [Occupancy limit poster](#)
- [Cover coughs and sneezes](#)

JRBC clubs must also communicate the health and safety measures being taken within their facilities/operations in writing to all appropriate individuals, including members, staff, and volunteers.

Optional Posters

WorkSafeBC (for Employers):

- o [How to use a mask](#)
- o [Entry check for workers](#)
- o [Handwashing instructions](#)

BC Center for Disease Control:

- o [Personal protective equipment](#)

Government of Canada:

- o [Stop the spread](#)
- o [About COVID-19](#)
- o [Cleaning](#)
- o [Hand-washing](#)



Part III: Coaching Tips and Resources

Considerations as Athletes Return to the Gym

PSYCHOLOGICAL CONSIDERATIONS

What is often neglected or not considered during a return to play protocol is the psychological safety and mental health of athletes and volunteers. COVID-19 not only disrupts the physical, but also has a profound impact on psychological well-being. It is imperative then, that considerations be made on how to manage a crisis through understanding its effect on mental health. The following information is provided to assist coaches in understanding some of the psychological considerations of returning to sport during the COVID-19 pandemic. Coaches are not trained to provide mental health support or counselling and should refer participants to a professional.

There are three main challenges for returning to training:

- Managing the emotions and insecurity associated with losing your bearings/the familiar/what's "normal"
- Giving meaning to the situation and the necessary change
- Mobilizing energy to adapt to new realities, master new habits, or skills and achieve revised goals

This is influenced by the different ways athletes, coaches, and staff may return. We return with different experiences, attitudes, opinions, and fears. Individuals may be categorized as:

- Happy to be back
- Resistant to return
- Indifferent or careless to return or about the situation
- Directly impacted by the situation

It is important to be aware of the various states' individuals will return with, and be mindful and empathetic with their concerns. Just because the head coach feels safe to return does not mean all athletes will share the same view. In light of this, the COVID-19 Mental Health & Mental Performance task force proposes three phases in needs and goals in return to training. It is worth noting, these phases are not necessarily linear.

Emotional Phase (Empathy)

- Be prepared to listen, show understanding and compassion
- Offer space and time for everyone to be social and reconnect
- Pay attention to body language
- Prioritize relationships and reconnection over training
- Be adaptable and follow public health guidelines and Return to Training (RTT) protocols
- Share information and USE FACTS – AVOID OPINIONS
- Help athletes visualize the new training environment – be as specific as possible (use examples, videos, visuals to understand changes)
- Move cautiously so as not to overwhelm



Rational Phase (Realism)

- Important to acknowledge where the athlete is, not where they need to be right now
- Revise and set realistic goals together
- Recovery strategies & injury prevention
- Team building, mental skills
- Be creative in implementation of programs
- Talk about WHY

Practice

The practice protocols for competitive athletes below are intended to be generic suggestions only. Clubs are responsible for adapting the protocols to reflect their facility and municipal health guidelines.

1. Clubs/Coaches should stress the **importance of taking it slow**; athletes are not returning from a four-week summer vacation and getting back into training with the rest of their group. Everyone has had a significant de-training period over the past 10-12 weeks. A coach's biggest challenge will be to pace the return and keep participants from pushing too soon. Overuse injuries and new quickly-progressing chronic injuries should be of concern. Remember, it is not a race to get back to 'normal'. When athletes return, there will be a significant transition phase in an annual athlete development plan. Use this time to build up fitness and develop safety routines.
2. Clubs may consider use of outdoor space for whole group warm up purposes as outdoor spaces are generally safer, better ventilated, and able to accommodate physical distancing. Clubs using outdoor facilities should consider: the ability to control group sizes and proximity within the environment and; compliance with BC Parks and Recreation Association Guidelines. Rope skipping clubs should also consider the impact of hard surfaces on the joints. Jumping on concrete is not recommended.
3. To avoid sharing of items and cross contamination, it is a good idea for athletes to have their supplies contained. Suggested contents for individual gym bags (final list should be provided to families by club):
 - a. Mask worn if necessary for entering/exiting and when physical distancing outside of small cohort is not possible
 - b. Washable light gloves
 - c. Clicker
 - d. Full water bottle
 - e. Snacks (if allowed in the facility)
 - f. Skipping ropes
 - g. Socks / clean indoor gym shoes
 - h. Personal hand sanitizer
 - i. Hair ties
 - j. Reusable mask in clean ziploc bag (handy to have a second clean mask in case one becomes contaminated)
 - k. Notebook and pen if requested

Coaches

- Coaches should model good health and safety practice at all times.
- If coaches are interacting with more than one cohort at the same practice, including with other coaches who are working with different cohorts, masks should be worn.
- Coaches should regularly monitor and reinforce the importance of athletes following safety protocols.



Tips for warm up:

- Athletes should remain in their designated bag/personal area until the coach indicates the start of warm up is about to start
- Athletes warm up in rows/lines - all spaced two meters apart in their own spot if whole group is warming up together. Athletes will not be facing towards each other, and spacing will be indicated with pylons or tape and explained by coach/volunteer at practice
- Coaches will do/watch the warm-up - facing the athletes but positioned more than 2 meters apart
- The number of athletes attending each practice will be dependent on the size of the practice space.

Stretches (Optional Organization)

- Athletes will remain distanced in 2 lines for dynamic stretches or whatever is optimally available for the practice space
- Depending on the size of the practice area, coaches may have to modify stretches to remain in their warm-up/practice zones for stretches.

Conditioning (Optional Organization)

- For individual conditioning exercises and speed/power drills, athletes could be positioned the same as warm up, in their practice zones. In lines and distanced, all facing the same direction. Coaches will be positioned at the front, like warm up, but may also walk around the perimeter and designated aisles, to help with form and to coach, given there is enough space to do so.
- Any equipment, i.e. ropes, rollers or yoga mats, will not be shared unless sanitized in between use.

Event Practice

The limitations that may exist for each practice event will be determined by the phase of returning to Jump Rope in accordance with directives issued by the Provincial Health Officer and Via Sport

Single Rope Speeds

- For practicing individual speed events and counting each other's scores, athletes may have partners who will count their speed, but the athlete should face away from the counter.
- Alternatively, athletes may be counted by coaches. Athletes will face a wall and coaches will count from behind or beside the athlete. This will be dependent on the



number of coaches at practice. The counter should consider being further away from the athlete than the recommended distance due to the exertion required to perform speed events. Also consider not directly facing the athlete due to the increased risk of airborne droplets.

For Single Rope Speed Relay and Single Rope Pairs Double Unders, athletes will be in their teams/partner groups, but will remain in the same area as their assigned cohort and not mix with other cohorts.

Single Rope Freestyle

- Individual Freestyle will be practiced in the athlete's own space, keeping distance from other athletes. Coaches can assist/watch routines, and help with skills, from a distance.
- Single Rope Team Freestyle and Single Rope Pairs Freestyle will be practiced in their teams/pairs, distanced from other athletes and keeping teammates distanced as much as possible. Interactions/partner skills should be practiced in a limited fashion, where athletes are minimizing close physical proximity or touching.

Double Dutch Speed and Double Dutch Freestyle

- Limit to skill development - minimize switches or interaction between athletes for Freestyle and ensure proper disinfecting of rope handles and hands before and after each session.
- Practice turning and shadow jumping initially for Double Dutch speed
- Opportunity to really focus on these fundamental skills (turner involvement)

Double Dutch Speeds (Phase 3 onwards)

- The counter should consider being further away from the athlete than the recommended distance due to the exertion required to perform speed events. Also consider not directly facing the athlete due to the increased risk of airborne droplets.
- Each team should be assigned a set of Double Dutch ropes that they will use each time.
- Ropes should be sanitized at the end of use by that team/group of athletes.



Double Dutch Freestyle (Phase 3 onwards)

- DDSF will be practiced in teams, keeping to the same cohort (ideally 10 or less athletes) and distanced from other athletes. (No interaction if there is a return to phase 2)
- No Double Dutch Pairs Freestyle if there is a return to phases 1 or 2)
- Each team should be assigned a set of Double Dutch Freestyle ropes that they will use each time.
- Ropes and hands should be sanitized at the end of use by that team/group of athletes

Transitions

When transitioning between events/activities at practice, athletes should be instructed by the coach or volunteer on where to go and how to transition. Athletes should be instructed to return to their bag/staging area and wait for instruction on how/when to proceed to the next activity.

Music

- If possible only one coach will be able to use the sound system at each practice
- Other coaches can play music or call outs, provided they are able to connect to the system through Bluetooth and are using only their own personal phone/device.
- Athletes will not be allowed to use the club's music equipment.

Equipment/Ropes

- Single ropes (beaded, long handled, and speed) and speed balls cannot be shared among athletes
- Everyone must use their own ropes.
- Double Dutch Freestyle and Double Dutch Speed ropes will be assigned to a group and will always be used by the same groups. Ropes will be sanitized at the end of each practice, and between uses if they will be being used by different jumpers at the same practice or if the previous users return to the same ropes after working with different ropes. Consider removing tape from rope handles, as it prevents effective sanitization.
- Clickers will not be shared except within the same family cohort. They should be sanitized between use by different athletes, even if in the same cohort. It is preferable for athletes to have their own clickers.
- If necessary, pylons or tape will be used at each practice to divide space and assist with keeping distancing. Pylons should be sanitized after each practice and will only be touched by coaches or a Safety Protocol Volunteer.



Disinfecting

- A list of items or equipment requiring disinfecting after each practice needs to be maintained.
- This checklist should be documented and kept as part of completion of the task file.

Club Recreational Return to Jump Rope

- The practice protocols for recreational athletes are intended to be generic suggestions only and are very similar to those for competitive athletes. Clubs are responsible for adapting the protocols to reflect their facility and municipal health guidelines.
- No drop ins should be allowed.
- All health and safety measures outlined above should be implemented for recreational programs



Revised by the JRBC Board on September 21, 2020

Considerations for Competition

<https://www.viasport.ca/sites/default/files/Phase3ReturntoSportGuidelineswebV2.pdf>

Competition

Purpose: to introduce competitive sport activities. This includes formal, organized games, matches and tournaments between participants where scores are recorded and standings are kept.

Competitive activities fall under the following categories:

- Club play: games or competitive activities that are occurring within the team or club members.
- Regional competition: games or competitive activities occurring between clubs or individuals within a region.
- Provincial competition: games or competitive activities that are sanctioned by the Provincial Sport Organization and draw individuals or teams from all areas of the province.
- Inter-provincial competition: games or competitive activities that draw individuals or teams from outside the province.

In this phase 3:

- Upon the release of this document, if a sport has not yet resumed activities, activities should continue to be slowly phased in. Return to sport activities should not jump straight to competition or high risk activities without having tested safety protocols. Organizations should begin with training activities and slowly layer in different levels of competitions advised by the JRBC Board
 - Competitive activities may be expanded outside club play to include regional play as outlined in Appendix H if deemed appropriate by the provincial sport organization.
 - Provincial sport organizations can define regional play based on applicable regions within their sport.
 - Inter-provincial competitions should not occur at this time.
 - All competitions are required to have a detailed safety plan in place.
 - Contact a Regional Health Authority if you have questions or require additional guidance for competitions.
 - Provincial Health Office (PHO) Orders related to group gatherings are still in effect, limiting group numbers to 50 people.
 - Limit contact as much as possible:
 - o Plan arrivals and departures of different teams/groups to avoid co-mingling
 - o Avoid participants waiting on site between events if they cannot physically distance
 - o Discourage groups of people gathering before or after competitivet activities (e.g. social events)
 - o Schedule activities over a longer period of time (days or weeks) or at different locations or virtually
 - Conduct symptom-screenings using the BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/covid19/en>
 - Develop a strategy to manage increased levels of staff/volunteers required to host a competition and ensure an illness policy is in place.
 - Community spectators (i.e. those who are outside of the participant's immediate family) are not encouraged until Phase 4. If parent and guardian spectators are permitted, implement a strategy to ensure that physical distancing is maintained and minimize opportunities for interaction between athletes and the public while at the venue.
 - Participants may be fit and healthy, but groups need to consider the demographics of staff, coaches and volunteers and how to mitigate risk to those individuals.
 - Ensure that an outbreak plan is in place and that there are dedicated spaces that can be used for isolation if an athlete/other personnel develop COVID-19 symptoms.
 - If outbreaks occur, organizers may be asked to postpone or cancel competitions or activities, therefore a cancellation policy is recommended.
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Considerations for Travel

<https://www.viasport.ca/sites/default/files/Phase3ReturntoSportGuidelineswebV2.pdf>

Travel

Purpose: while provincial travel restrictions have been lifted as of June 25, 2020, travel for the purposes of sport and group activities should still be slowly introduced.

In Phase 3:

- It is recommended that individuals remain primarily within their region when travelling for sport in order to limit the number of groups that they are coming into contact with. Exceptions may include travel to attend a high performance training camp or provincial championship, if available in their sport.
- Inter-provincial and international travel are not endorsed at this time.
- If an individual chooses to travel internationally, they are required to self-isolate for 14 days under both provincial and federal orders upon return to Canada.
- If choosing to travel, the following recommendations are in place for individuals:
 - o Check before you go - consider the number of active cases in the community/region to which you are travelling and respect travel advisories
 - o If sick, stay home, even if symptoms are mild
 - o Wash your hands often
 - o Practice safe physical distancing, two meters distance from others
 - o Wear a mask if you cannot keep a safe distance from others

Competition in the context of Jump Rope in BC

- Due to the factors listed above regarding Competition restrictions and travel parameters, at this time, JRBC is not
- endorsing any in-person competitions outside local regions. Modified competitions may happen in person only if the following conditions can be met
 - o there is no travel outside the region (ie consider the regions defined by the Regional Health Authorities)
 - o all group gatherings can be less than 50 people (including all athletes, coaches, officials and spectators) as outlined by the Provincial Health Order
 - within that gathering, all parameters of physical distancing can be maintained
 - a detailed safety plan is in place for the competition and facility, including screening and contact tracing, engineering controls, administrative controls and PPE where necessary
- These competition parameters are subject to change with any changes to Provincial Health Orders, or recommendations in the ViaSport Return to Sport Guidelines.

Appendix 1:

Sample Daily Screening Checklist

This checklist may be updated as the situation progresses over the next weeks and months.

Daily Screening Checklist

Today's Date:

Activity Start Time:

Participant Name:

Activity/Group:

1. Do you have any of the symptoms below? Please circle your answer.

• Fever (greater than 38.0°C) and/or chills	Yes	No
• Coughing	Yes	No
• Sneezing	Yes	No
• Sore throat and/or painful swallowing	Yes	No
• Stuffy and/or runny nose	Yes	No
• Fatigue related to illness*	Yes	No
• Loss of appetite	Yes	No
• Shortness of breath	Yes	No
• Loss of sense of smell	Yes	No
• Headache	Yes	No
• Muscle aches related to illness*	Yes	No
2. Have you, or has anyone in your household travelled outside of Canada in the last 14 days?

Yes	No
-----	----
3. Have you, or has anyone in your household been in contact in the last 14 days with someone who is being investigated or who has a confirmed case of COVID-19?

Yes	No
-----	----
4. Are you currently being investigated as a suspect case of COVID-19?

Yes	No
-----	----
5. Have you tested positive for COVID-19 within the last 10 days?

Yes	No
-----	----

Participant or
Parent/Guardian name:

Signature

Emergency Contact #:

Staff Name:

Signature

*Note: fatigue and muscle aches may be expected as athletes return to sport. All participants, parents/guardians of minors, and club personnel must determine the difference between this and symptoms of illness.

Appendix 2:

Sample Illness Policy from viaSport

In this policy, "Team member" includes an employee, contractor, volunteer, participant or parent/spectator.

- 1. Inform an individual in a position of authority (coach, team manager, program coordinator) immediately if, you feel any symptoms of COVID-19** such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, loss of appetite, nausea or diarrhea.

See BCCDC website for a full list of symptoms:

<http://www.bccdc.ca/health-info/diseasesconditions/covid-19/about-covid-19/symptoms>

2. Assessment

- Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
- If Team Members are unsure please have them use the BC COVID-19 self-assessment tool <https://bc.thrive.health/covid19/en>.
- Managers/coaches may visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.

3. If a Team Member is feeling sick with COVID-19 symptoms

- They should remain at home and contact Health Link BC at 8-1-1.
- If they feel sick and /or are showing symptoms while within the sport environment, they should be sent home immediately and contact 8-1-1 for further guidance.
- No Team Member may participate in a practice/activity if they are symptomatic.

4. If a Team Member tests positive for COVID-19

- Follow the direction of health officials.

5. Quarantine or Self-Isolate if:

- You have travelled outside of Canada within the last 14 days.
- You have come into close contact with someone who has tested positive for COVID-19.
- You have been advised to do so by health officials.

Appendix 3: Sample JRBC Club Member Communication

Dear <<PARTICIPANT, COACH, PARENT>>,

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, Jump Rope BC has been working with viaSport and the Province of British Columbia to understand the recommendations of our Chief Provincial Health Officer and how they best apply within sport. The attached <<CLUB NAME>> COVID-19 Safety Plan has been developed in order to ensure:

- the health and safety of all individuals is a priority
- activities are in alignment with provincial health recommendations
- modifications to activities are in place in order to reduce risks
- our sport is united and aligned on a plan to reopen throughout the province

While we do hope things will return to normal in the not too distant future, this COVID-19 Safety Plan will be the 'new normal' until we are advised otherwise by public health authorities.

If you choose to enter the club facility and/or participate in activities, you must follow these rules:

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have (or if someone from your household has) traveled outside of Canada, you are not permitted at the facility until you have self-isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, please stay home.
- Wash your hands before participating, and frequently during participation.
- Bring your own equipment, water bottle and hand sanitizer.
- Comply with physical distancing measures at all time.
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Leave the facility as quickly as possible after you finish.
- <<INSERT ADDITIONAL INFORMATION IF NEEDED>>

Our Return to Sport Plan is based on current public health guidance. While we are all doing our best to minimize the risk of exposure to COVID-19, while the virus circulates in our communities it is impossible to completely eliminate the risk. Each participant must make their own decision as to whether it is in their best interest to resume participation at this time. As such, you must consider your own circumstances and make a decision that is right for you. Should you choose to join us, we require your full cooperation with our COVID-19 Safety Plan.

Sincerely,

<<INSERT CLUB NAME>>