



**BRITISH COLUMBIA
ULTIMATE SOCIETY**

BC Ultimate Society
RPO King Edward Mall
PO Box 38097
Vancouver, BC
V5Z 4L9
bcultimate.ca
@bcultimate

BC Ultimate - Return to Play COVID-19 Exposure Control Plan

Version - 3.4 (Step 3)

This document has been reviewed and approved by the BC Ultimate Society board of directors on SEP 29, 2021, and includes changes in line with Step 3 of [B.C.'s Restart Plan](#) as updated on September 1st, 2021.

The BCU Return to Play plan will be reviewed and updated by the BCU Board for the duration of the current health crisis. Updated versions will be posted on BCU platforms and distributed to member organizations.



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Guideline for BCU Members and how to mitigate risk for Ultimate Activities

With guidance from The Ministry of Tourism, Arts, Culture and Sport and viaSport, this document is BC Ultimate's Return to Play Control Plan. BCU is encouraging our members to use this plan to guide the implementation of ultimate activities in their communities as we Return to Play.

Sport and physical activity play an important role in the physical, psychological and emotional well-being of BCU members. For these and other reasons we are all eager to resume activities. However, the health and safety of all participants and citizens of BC must remain the number one priority.

BC Ultimate requests the support of members, participants, organizers, coaches, parents/guardians and teams in following these guidelines for the safe resumption of our sport. Since the inception of ultimate, our sport has proudly been self-officiated and has relied on Spirit of the Game to maximize the enjoyment and safety of everyone. These core principles have never been more important than at this time as we will require the entire community's help to safely Return to Play.

B.C.'s Restart Plan

This version of the BCU Return to Play plan is to be used during Step 3 of the BC Government's [Restart Plan](#). Updates to the BCU plan will be made for subsequent steps in the B.C. Restart Plan. viaSport has also released a [Return to Sport 2.0](#) information sheet with additional sport specific information.

Transition between the steps will be dependent on case counts, hospitalizations, and vaccination rates. Estimated dates have been announced for future Steps, but the official move to subsequent Steps will be made by the government when appropriate benchmarks have been achieved. At that time sport specific COVID-19 guidance documents and safety plans will be updated.



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1. Return to Play Principles

- 1.1. Adhere to all public health restrictions in your community.
- 1.2. Continued focus on personal hygiene recommended.
- 1.3. If you are sick, stay at home.

2. Hygiene Recommendations

- 2.1. All participants, staff and volunteers are encouraged to practice enhanced hand-cleaning prior to and following activities.
- 2.2. All participants, staff and volunteers should cover their mouth and nose with a tissue when they cough or sneeze, or sneeze/cough into their elbow.
- 2.3. Participants are encouraged to not share water bottles, towels, or other personal items. Activities should not provide communal food items to participants.

3. Facility Access

- 3.1. Ultimate may take place on outdoor field space or indoor facilities with the agreement of local municipalities and stakeholders. BCU's Return to Play plan may not be implemented until and unless local authorities have approved resumption of sports activities in their jurisdiction.
- 3.2. Proof of Vaccination is not required for any participants of outdoor sport activities.
- 3.3. Proof of Vaccination by way of the [BC Vaccine Card](#) is required for participants of indoor adult sport activities.
 - 3.3.1. Proof of single vaccination is needed as of September 13th, 2021.
 - 3.3.2. Proof of double (full) vaccination is needed as of October 24, 2021.
- 3.4. Proof of Vaccination is not required for participants of indoor junior sport activities. This includes athletes and support personnel including coaches, trainers, volunteers, officials or staff.
 - 3.4.1. Junior is defined as a program catering to players who are under 22 years of age (U22).



4. Facility Operations

- 4.1. All participants, staff and volunteers must follow guidelines of host facilities.

5. Staff and Volunteers

- 5.1. No person with symptoms or possible exposure to COVID-19 should come to sport activities.
 - 5.1.1. BC COVID-19 Self-Assessment Tool [LINK](#)
- 5.2. All staff and volunteers should consider their own risk. If they are at higher risk of experiencing serious illness from COVID-19, consider limiting or avoiding participation in sport activities. Vaccinations are not required for staff or volunteers, but should be considered as a means of reducing the risk to all participants.
- 5.3. Educate Staff and Volunteers on public health information and expectations related to the implementation of Return to Sport. (See [Appendix A - Resources](#))
- 5.4. Staff and volunteers running sport programs should be made familiar with this Return to Sport Plan.
- 5.5. Staff and volunteers should have their own resources (practice plans, clipboards, stopwatches, etc.) and avoid sharing these items with others.
- 5.6. Staff and volunteers should be made aware of their Right to Refuse unsafe work, and procedures should be in place to respond to such concerns. If the matter is not resolved, those involved should contact [WorkSafeBC](#).

6. Participant Safety

- 6.1. No person with symptoms or possible exposure to COVID-19 should come to sport activities.
 - 6.1.1. BC COVID-19 Self-Assessment Tool [LINK](#)
- 6.2. Up to 5000 spectators, or a number equal to 50% of the venue capacity, whichever is greater, may view activities.



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7. Sport Programming

- 7.1. Activities should be planned to be locally, provincially or nationally based. Participants may not travel from outside of Canada to take part in sporting activities.
- 7.2. Insurance/Waivers
 - 7.2.1. BC Ultimate members named on the BCU Certificate of Insurance are covered for “All normal disc activities”, for which Return to Play qualifies under the current BCU Certificate of Insurance.
 - 7.2.2. The Province has acted to provide COVID-19 liability coverage to PSOs, LSOs and for profit sport 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 until December 31, 2021. View order [HERE](#).
- 7.3. Communication Procedure
 - 7.3.1. Notify all participants of possible exposure to COVID-19 if you become aware of any suspected or confirmed cases that attended the activity.



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Appendix A - Resources

- [BC's Restart Plan](#)
- [Communicable Disease Prevention: A Guide](#)
- [viaSport Return to Sport Information](#)
- [viaSport Restart Plan 2.0](#)
- [Travel Restrictions in BC](#)
- [Gathering and Events Order](#)
- [BC Center for Disease Control](#)
- [Province of BC self-assessment tool for COVID-19](#)
- [Mask Mandate Order](#)
- [WorkSafe BC](#)
- [BCCDC Physical Distancing Poster](#)
- [BCCDC Handwashing Poster](#)
- [BCCDC Cleaning and Disinfectants for Public Settings](#)
- [Guide for Occupational First Aid Attendants](#)
- [Order in Council 459 - COVID 19 \(Limits on Actions and Proceedings\) Regulation](#)
- [BC Vaccine Card](#)
- [PHO September 10, 2021 \(Proof of Vaccination Status\)](#)