

BCDS Return to play plan

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Disc golf is an individual sport and well suited to reintroduction into competitive play in regional communities. By its nature, it is often social, but has much of the physical distancing required built into it already. Precautions will be needed pre- and post-play to ensure safety is maintained, and minor changes are required to ensure physical distancing is planned for and enforced. Individual players and others involved with the sport must agree to adhere to the Personal Illness plan outlined in Appendix 2.

Focus of current phase

See Table 1 for an overview of requirements. We are now in Phase 3. Events approved for Phases 1 and 2 are also allowed in Phase 3. This plan covers organized sport sanctioned by the BCDS and implemented by clubs and tournament directors. Informal play continues to fall under previous provincial guidelines enforced at the municipal level. Member clubs and Tournament Directors (TDs) are responsible for ensuring all guidelines are enforced.

Table 1: Phased Return to 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: Avoid cross-regional, inter-provincial or cross-country travel. No international travel. | <ul style="list-style-type: none"> Unlimited |

Complimentary documents

This document will be continuously reviewed in conjunction with mandates from the Provincial Health Authority and the most recent edition of viaSport's *Return to Sport Guidelines* (<https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>), which provides information pertaining to sport in general. BC Disc Sport's document provides guidance on how to alter disc golf-specific activity based on the August 24, 2020 version of the *Guidelines*. Both documents are necessary to ensure adequate consideration of changes to protocols. Neither document supersedes directives issued by the Provincial Health Authority.

Our Mandate

The Return to Sport Guidelines require every organization's Return to Sport Plan to include clear policies to ensure:

- no one with symptoms comes to work or to the sport activity, and staff are able to be off sick or work at home to enable self-isolation for ten days (at minimum)
- employees have fewer workplace contacts (shorter times, fewer people), through such measures as staggered shifts, smaller teams, occupancy limits, virtual meetings, continuing to work from home
- higher levels of frequent cleaning of 'high touch' areas of facilities and equipment, availability of hand sanitizer and encouraging good hygiene

Disc Golf courses in the Province are generally managed by local municipality parks and recreation or by volunteers (or both). In general disc golf courses do not have employees, so our focus in this document is on ensuring no one with symptoms participates in disc golf activities and on maintaining appropriate cleaning of equipment and player hygiene, based on a current risk assessment.

Risk Assessment

Disc golf is by its nature a solitary noncontact sport with individual's competing alone or against others in small groups. In assessing risks we looked at six variables identified by ViaSport (contact intensity; number of contacts; physical distancing measures; engineering controls; administrative controls; and non-medical masks and PPE) across four key areas (Facility Access, Facility Operations, Participants and Programming). Appendix 1: Risk Assessment (page 9) includes a summary of this review.

Disc golf courses protocols

Based on the Risk Assessment, there are a number of policies that need to be put into place for disc golfers to return to sport. These protocols are identified below and organized by the four Key Areas.

Facility Access

Disc golf facilities are courses located outside on open air wide spaces. Some activities, such as putting leagues, may be offered indoors, particularly during inclement weather. ***At this time all indoor activity is prohibited under these guidelines.***

Normal access and safety considerations continue to be in force, with the addition of:

- Increased social distancing between players. Players must commit to maintaining six feet of separation in accessing the course.
- limited group sizes. Players must access the course in groups of four or fewer players.
- Waiting lines will be enforced with a minimum distance back from the next tee. Groups shall not proceed to the tee until the previous group has cleared the area.
- Occupancy rules – For play supported under this plan, not more than 50 individuals (including players and nonplaying staff or officials) can be on a course at any one time. The use of tee times to minimize group presence is strongly encouraged. No spectators, nonplaying friends or family, or caddies are permitted during play. Parents/guardians are permitted when supervising minors, but are included within the 50-person limit.
- Clubs must screen all individuals entering the course for COVID 19, including volunteers, guardians, participants, and officials. Screening will include visible and verbal checks of each individual.
- Congregating in parking lots and common areas before and after play must be monitored and discouraged. At no time will more than 50 participants be allowed on the course or in nearby common areas.
- Whether an athlete is brought to the venue or travels on their own, an area and plan for arrival and departure is needed. The plan must consider ingress and egress of vehicles, physical distancing of occupants once leaving the vehicle, or while waiting for the vehicle to arrive.
- Players must adhere to the Personal Illness Plan found in Appendix 2.
- Players in Sanctioned Events must sign the Player Agreement in Appendix 3.

Facility Operations

Disc golf facilities are courses located outside on open air wide spaces. They are generally managed by municipalities and parks and recreation departments. There are also a small number of disc golf courses on private land and on traditional golf courses. Because play on these courses follows the play of golf, for these disc golf courses their risks and return to sport guidelines would fall under the requirements for golf courses, available at: [http://britishcolumbiagolf.org/images/documents/bylaws-policies/Return to Sport - test pages2.pdf](http://britishcolumbiagolf.org/images/documents/bylaws-policies/Return%20to%20Sport%20-%20test%20pages2.pdf).

Occupancy Limits

- The number of people present in any single venue including participants and spectators will not exceed 50 (or the limit listed on the Provincial Health Order).
- Individuals involved in maintenance of courses supervised by BCDS member clubs must maintain social distancing at all times
- Individuals involved in maintenance of courses supervised by BCDS member clubs are further encourage to wear masks and PPE.
- Public facilities are administered by local municipalities and fall under provincial and municipal guidelines and policies.

Signage

There will be signage at the first tee of all venues indicating the following:

- Requirement for physical distancing
- Prohibition from participation if symptomatic
- Copy of the distancing rules and protocols for the specific venue
- Each venue will be marked in such a way that:
 - Areas for waiting are clearly marked
 - Distancing points within these areas are clearly marked

Cleaning Procedures

- Baskets to be disinfected every three hours – before and after event rounds.
- Clubs must ensure that facilities have adequate amounts of hand sanitizer available for players to use prior to—and upon completing—play.
- Benches, tables, bag hanging posts, and other common equipment will be roped off to prevent use or disinfected every three hours—before and after club rounds.

Equipment Sharing

- Disc golfers have their own equipment (discs, bags, rags and stools) and are not allowed to share equipment with others during event rounds. Any common equipment such as targets/baskets will be wiped down with antiseptic or sprayed with a bleach solution every three hours.

Participants

Disc golf is a sport that can be played individually or in small group play. The sport is noncontact, although there is some shared equipment (baskets, benches, picnic tables, etc.)

Health

Prior to any athlete participating, the group will be canvassed, as part of the safety briefing to ensure no one is symptomatic or at high risk. Should an athlete reveal that they are, they will immediately be removed from the group and distanced, and advised to wear a facemask until they can return home. Play will not be allowed to proceed until screening is complete and high-risk individuals have left.

The screening questions will be, Does anyone in the group:

1. Feel unwell?
2. Have a cough or cold?
3. Have a fever?
4. Been in contact with someone who is known to have COVID-19 in the last 14 days?

Group size

The maximum group size will be the lesser of:

1. The number of people that can be adequately distanced, according to this plan
2. The number of people determined by Public Health for groups gathering for any reason.
3. Four players per hole

At no time will the total group size at the facility (course) be allowed to exceed 50 individuals.

Spectators

A plan specific to spectators must be in place, or no spectators will be allowed. The spectator plan must include adequate entrance and egress, distancing between spectators and distancing to the athletes. At this time, no spectators are allowed as part of club play, other than the parents or guardians of players under the age of 13 (required) or under the age of 18 (optional). Parents and guardians are counted within the group size limits at each hole and across the facility.

Player Interaction

Players will follow PDGA guidelines for interaction as appropriate. These include:

- A. Anyone who is in a vulnerable category as noted by the BC Centers for Disease Control and Prevention are encouraged not to participate in organized events. Vulnerable populations include:
 - i) Seniors are a vulnerable population for COVID infection. Special care should be taken to ensure they, and those around them, follow these guidelines. Wearing face masks should be encouraged.
 - ii) Those with chronic illness, especially respiratory or immune compromise, are at risk. Special care should be taken to ensure they, and those around them, follow these guidelines. Wearing face masks should be encouraged.
- B. Participants should not touch discs, bags, carts, or any other property belonging to another participant.
- C. Participants should bring and control their own food for the entire day. Players should carry as much water on the round as they can reasonably manage.
- D. If using a digital scorecard, the players in a group may agree on a single player to keep score electronically, or the digital scorecard should be virtually handed off to another player when it is their turn so they can use their own device whenever possible. Mobile devices should not be shared among players.
- E. If using paper scorecards is the only option, the players in a group should agree on a single person to keep score to prevent the passing of a scorecard from player to player. Scores recorded on paper should be verbally reported.

Programming

Events

In Phase 3, Competition is slowly re-introduced and regional competition is allowed. Clubs and individuals wishing to offer BCDS or PDGA sanctioned competitive events with a regional draw may do so with approval from the BCDS/PDGA as appropriate. Contact the BCDS (<https://www.bcdiscsports.com/contact.html> and PDGA https://www.pdga.com/general-contact?role_id=70) for details.

Per Provincial Health Authority orders and ViaSport, no participants are allowed to travel to an event from other Provinces or from outside of Canada (e.g. the United States).

Rule enforcement

Any outbreak or rule infringement can reflect on the entire sport and cause all courses to be closed. Reopening a second time will be much more difficult.

It is the responsibility of all participants and spectators to ensure these rules are followed. It must also be stressed to everyone present that violation of these rules is a safety infraction, and they may be asked to leave.

Clubs and TDs have the responsibility to set local procedures and protocols that ensure these rules are implemented, followed, and enforced locally. The practical application of these rules requires local knowledge and customization. Any gross change to these rules by local clubs or the TD must be authorized by BC Disc Sports.

Best Practices (adapted from the PDGA guidelines)

Club activities should follow the following guidelines where appropriate.

- A. Activities should avoid physical group settings such as player meetings, award ceremonies, vending, or any other ancillary activity that brings participants together.
- B. For communication needs with participants, clubs/TDs should provide all information (course rules, FAQs, etc.) electronically (email, Facebook Live, YouTube, or another streaming service) wherever possible to avoid the need for larger gatherings like player meetings.
- C. Activities should avoid designating a central area where players might congregate. Instead, there should be a segregated staff area where only staff are allowed.
- D. Player check-in should be handled via drive-up at one or more locations at a time, but one vehicle at a time per location without participants leaving their vehicle. If drive-up check-in is not practical, use multiple separated check-in locations with metering of players to provide physical distancing.
- E. When considering practice putting and warm-up areas, be sure to use multiple practice baskets or driving nets which are located far enough apart to ensure proper physical distancing measures. If it is not possible to safely establish a warm-up area, encourage players to use other methods for warming up their bodies.
- F. Flex start and tee time formats are preferred over shotgun starts, as they provide better distancing of players without as much potential for mass gatherings.
 1. Scoreboards or score cards should not be used. Event scoring and player tee times or hole assignments should be handled electronically or by personal recording and verbal reporting.
 2. Advise players before arrival to avoid congregating in any area (parking lot, practice baskets, bathroom areas, staffing area, etc.).
- G. Hand wash/sanitation stations must be available before and after all club activities.

Insurance

Each BCDS-affiliated club will need to evaluate their risk. There is no liability coverage for COVID-19 related claims. COVID-19 is viewed as a risk management issue rather than an insurance issue. Any reopening should be carefully tailored to the circumstances of each club, considering all aspects covered in this plan, and that the plan is rigorously followed.

Outbreak Response

Contact Tracing

All league/event players will sign in electronically with the organizer. Information collected will identify the participant by name and address, and at least one means to contact them (phone/e-mail). The sign in sheet will specify the event, the venue, the date, and all participants present. This should provide sufficient information for contact tracing in the event of an outbreak. Records of each event will be kept in a secure location by each club/TD for a minimum of 4 weeks and destroyed upon expiry of this term.

Provincial Sport Level (PSO)

The PSO is responsible for informing local clubs/TDs of the requirements, following up on any complaints received, and helping the local clubs develop and implement local protocols. The BCDS will share relevant information from viaSport or the Provincial government as it is received.

Education, communication of new rules

Disc golfers will be made aware of the BCDS' COVID-19 safety plan and rules via email, social media and the BCDS' website prior to playing, and the rules relevant to the venue will be reviewed via a safety briefing at the beginning of any session.



Appendix 1: Risk Assessment

| Contact intensity | Number of contacts | Physical distancing | Engineering controls | Administrative controls | Non-medical masks (and PPE) |
|--|---|---|--|---|--|
| Facility Access | | | | | |
| Disc golf facilities are courses located outside on open air wide spaces. Some activities, such as putting leagues, may be offered indoors, particularly during inclement weather. At this time all indoor activity is prohibited under these guidelines. | | | | | |
| Because the sport is played outside on open courses, access does not involve contact with other players or staff. | Because the sport is played outside on open courses, access does not involve contact with other players or staff. | Because the sport is played outside on open courses, access does not involve contact with other players or staff. Physical distancing is easily maintained. | There are no engineering controls involved with disc golf. | Access to disc golf courses is governed by the municipalities in which they are located and fall under municipal guidelines and policies. | Access to disc golf courses is unrestricted. No contact is required to access public courses and as such there is no need for PPE. |
| Facility Operations | | | | | |
| Disc golf facilities are courses located outside on open air wide spaces. They are generally managed by municipalities and parks and recreation departments. There are a small number of disc golf courses on private land and on traditional golf courses. ¹ | | | | | |
| Courses in parks in BC are unstaffed. Courses maintained by municipalities are regulated by those municipalities. Some courses rely on maintenance by volunteers, which can be regulated through social distancing. Some equipment (e.g. baskets, benches, tables, etc.) may involve contact. Equipment can be sanitized or access restricted. | Since public courses in BC are unstaffed the number of contacts is minimal. Facility operations do not involve contact with other players or staff. | Since public courses in BC are unstaffed the number of contacts is minimal. Facility operations do not involve contact with other players or staff. Physical distancing is easily maintained. | There are no engineering controls involved with disc golf. | Public facilities are administered by local municipalities and fall under municipal guidelines and policies. | Access to disc golf courses is unrestricted. No contact is required to access public courses and as such there is no need for PPE. |

¹ There are a small number courses on private land and on traditional golf courses. Because play on these courses follows the play of golf, for these disc golf courses their guidelines would fall under the requirements for golf courses: [http://britishcolumbiagolf.org/images/documents/bylaws-policies/Return to Sport - test pages2.pdf](http://britishcolumbiagolf.org/images/documents/bylaws-policies/Return_to_Sport_-_test_pages2.pdf). BCDS Return to Play Plan rev. Sept. 1, 2020. <https://www.bcdiscsports.com/covid-19.html>.



Participants

Disc golf is a sport that can be played individually or in small group play. The sport is noncontact, although there is some shared equipment (baskets, benches, picnic tables, etc.)

| | | | | | |
|--|--|---|--|---|--|
| Outdoor play involves individual or small groups of players throwing on a hole together. Contact between players is not part of the sport. Touching may occur in handling of equipment and social interaction, which can be regulated and mitigated. | Disc golf play occurs in groups ranging in size from individual play to small groups. To minimize the number of contacts, groups sizes can be limited. | Because the sport is played outside on open courses, social distancing is easily implemented and group sizes can be restricted both hole by hole and across the course. | There are no engineering controls involved with disc golf. | Disc golf is a non-contact sport. The PDGA has released adapted rules designed to further reduce risk of COVID transmission among players. These rules will be in force during our Return to Sport. | Non-medical masks and PPE are not needed to protect players from contact due to the non-contact nature of play. Players may still choose to wear masks or PPE as such protections are not barriers to participation. |
|--|--|---|--|---|--|

Programming

Disc golf programming is provided provincially through competitive tournaments sanctioned by the BCDS. **Currently all competitive tournaments have been cancelled.** Additional programming is provided by local clubs affiliated with the BCDS and may include putting leagues, tag matches, and weekly club play, all of which fall under the requirements in this Return to Sport plan. **All indoor programming is cancelled.**

| | | | | | |
|--|---|---|--|---|--|
| Programming is delivered individually or in small groups. Because the sport is noncontact, contact is limited to shared equipment (e.g. baskets, benches, picnic tables, etc.) Such equipment can be sanitized or access restricted. | Disc golf programming is delivered in groups ranging in size from individual play to small groups. To minimize the number of contacts, groups sizes can be limited. | Because the sport is played outside on open courses, social distancing is easily implemented and group sizes can be restricted both hole by hole and across the course. | There are no engineering controls involved with disc golf. | The PDGA has released adapted rules designed to further reduce risk of COVID transmission among players. These rules will be in force during our Return to Sport. | Non-medical masks and PPE are not needed to protect players from contact due to the non-contact nature of play. Players may still choose to wear masks or PPE as such protections are not barriers to participation. |
|--|---|---|--|---|--|

Appendix 2: Personal Illness Plan

ILLNESS POLICY

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

1. Inform an individual in a position of authority (Event TD, BCDS Board member, PDGA Provincial 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/diseases-conditions/covid-19/about-covid-19/symptoms>

2. Assessment

a. 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.

b. If Team Members are unsure please have them use the BC COVID-19 self-assessment tool <https://bc.thrive.health/covid19/en>.

c. 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

a. They should remain at home and contact Health Link BC at 8-1-1.

b. 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.

c. No Team Member may participate in a practice/activity if they are symptomatic.

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

a. Follow the direction of health officials.

5. Quarantine or Self-Isolate if:

a. You have travelled outside of Canada within the last 14 days.

b. You have come into close contact with someone who has tested positive for COVID-19.

c. You have been advised to do so by health officials.

Appendix 3 – Participant Agreement

Sample Agreement

*Modify agreement as appropriate where the participant is a minor and the agreement is signed by a parent or guardian

Application - all athletes, coaches, members, volunteers, participants and family members of participants while in attendance at club activities (“Participants”)

Participants of all British Columbia Disc Sport Society events agree to abide by the following points when entering facilities and/or participating in disc golf activities under the COVID-19 Response plan and RTP Protocol:

- I agree to symptom screening checks, and will let my club know if I have experienced any of the symptoms in the last 14 days.
- I agree to stay home if feeling sick, and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
- I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided by the club (shared and personal equipment).
- I agree to continue to follow social distancing protocols of staying at least 2m away from others.
- I agree to abide by all of my club’s COVID-19 policies and guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the activity for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in temporary suspension of my membership.
- I acknowledge that there are risks associated with entering facilities and/or participating in disc golf activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Date: _____

Signature: _____

Appendix 4 – Member Communication

Email or letter template message: Return to our sport with respect to COVID-19



Dear <<BCDS Member / Participant>>

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, the British Columbia Disc Sport Society has been working with viaSport and the Province of British Columbia to understand the recommendations our Chief Provincial Health Officer and how they best apply within sport.

The Return to Sport Plan (<https://www.bcdiscsports.com/covid-19.html>) has been developed for our sport in order to ensure:

- 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 the risks to each sport organization and its participants
- 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, currently this Return to Sport Plan will be the new normal until we are advised otherwise by public health authorities.

If you choose to participate, you must continue to follow these rules in Phase 3:

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have 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
- Bring your own equipment, water bottle and hand sanitizer
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Leave the field of play as quickly as possible after you finish

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. You must take into account your own circumstances and make the decision that is right for you. Should you choose to join us, we require your full cooperation with our Return to Sport Plan.

Sincerely,

Craig Sheather

President, BCDS