

## BCDSS Return to Sport Phase 3 Guidelines

Disc golf is an individual sport and well suited to reintroduction to competitive play. By its nature it has much of the physical distancing required built into it already. Precautions are needed pre- and post-play to ensure safety, and minor changes are required to ensure physical distancing is planned for and enforced.

### Personal Screening

Do not come to the event if you are experiencing ANY COVID symptoms:

- Fever (see below), Chills, Cough or worsening of chronic cough, Shortness of breath, Sore throat , Runny nose, Loss of sense of smell or taste, Headache, Fatigue, Diarrhea, Loss of appetite, Nausea and vomiting or Muscle aches.
- While less common, symptoms can also include: Stuffy nose, Conjunctivitis (pink eye), Dizziness, confusion, Abdominal pain, Skin rashes or discoloration of fingers or toes.

### Event requirements:

- Tournament Directors and staff must screen players for COVID 19. Screening includes a visual and verbal checks of each player, Has/does anyone in the group:
  1. Feel unwell?
  2. Have a cough, cold, or fever?
  3. Been in contact with someone who is known to have COVID-19 in the last 14 days? Individuals answering yes should not come to the park and cannot be allowed to play.
- Events must have hand sanitizer available for players to use prior to and upon completing play.
- The ability to support contact tracing is required but should be possible using registration data.

### Standards for play:

- Do not gather in a large group before or after play. When waiting for play, maintain social distancing.
- Players must follow all municipal rules posted at the course.
- Players must commit to socially distance.
- Group size should be limited four players.
- Only one group on a tee at a time. Social distancing should be maintained while waiting to throw.
- Participants should not touch discs, bags, carts, or any other property belonging to another participant.
- Participants should bring and control their own food and beverages for the entire day.
- Scores should be kept individually or without sharing/passing a scoring device (card/phone). If paper cards are used, one player should maintain control of the card with another keeping separate score for verification.
- When warming-up, be sure to use multiple practice baskets to avoid large groups.

This plan covers organized sport sanctioned by the BCDS and implemented by clubs and tournament directors. Informal play continues to fall under provincial guidelines enforced at the municipal level. Member clubs and Tournament Directors (TDs) are responsible for ensuring all guidelines are enforced. This document will be continuously reviewed in conjunction with mandates from the [Provincial Health Authority](#) and the phase appropriate edition of viaSport's [Return to Sport Guidelines](#). See the [BCDS Covid page](#) for more details.