



# ISPARC

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## Return to Activity Guidelines

August 6, 2020

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**ISPARC**

Indigenous Sport,  
Physical Activity & Recreation Council

Returning to Sport, Physical  
Activity, Recreation, and  
Healthy Living Activities

## DECLARATION

*The information in this document is current as of August 6, 2020.*

The Indigenous Sport, Physical Activity & Recreation Council (I-SPARC) has compiled these guidelines based on recommendations published by provincial and municipal Health Authorities as well as provincial sport and recreation organizations.

They are the currently understood best practices at time of publication and were approved by I-SPARC's Board of Directors.

It is the responsibility of all participants to assess their own risks and the safety/preparedness of facilities when considering returning to activity.

I-SPARC will continue to monitor the COVID-19 situation and will adapt this plan as required by consulting public health authorities and medical experts. All future updates will be posted on I-SPARC's website at [isparc.ca](https://isparc.ca).

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## BACKGROUND

In response to the global COVID-19 pandemic, I-SPARC program activities were suspended as of March 12, 2020. We are dedicated to doing our part to reduce the potential exposure of COVID-19 to participants and Indigenous communities, especially our most vulnerable community members.

We recognize the toll the impacts of the pandemic have taken within Indigenous communities as participation in sport, physical activity, recreation, and healthy living activities are vital to our individual and collective wellness.

On May 6, 2020, the Government of BC announced [\*BC's Restart Plan: Next Steps to Move through the Pandemic\*](#). The goal with this plan “is to slow the spread of COVID-19, protecting our most vulnerable and ensuring our health-care system can respond to increased demand while we develop a vaccine.”

As outlined in BC's Restart Plan, sport activities can resume in a limited way. Restarting is not mandatory but prior to restarting, sport organizations must have a plan in place to implement and support the recommended measures from the Provincial Health Officer over the next 12 to 18 months. Using the provincial plan, viaSport's recently published [\*Return to Sport Guidelines\*](#), and BC Recreation and Parks Association's [\*Recreation and Parks Sector Guideline for Restarting Operations\*](#) as a starting point, I-SPARC has created its own Return to Activity Guidelines.

Our guidelines rely, in large part, on the plans and protocols of our partners. This includes First Nations, Métis Chartered Communities, Friendship Centres, the [\*sport-specific guidelines\*](#) developed by each of the Provincial Sport Organizations, and the activity guidelines developed by host facilities. As we support a return to activity, I-SPARC will work collaboratively amongst its partners to develop specific program delivery plans that meet the highest health and safety standards.

Building a healthy future for our Indigenous communities is our mandate. Planning needs to not only ensure program design continues to be community-driven and culturally relevant, but is also safe and mitigates risk to all participants. As this situation is rapidly evolving, I-SPARC encourages everyone to check our website frequently ([isparc.ca](http://isparc.ca)), for changes and updates to these guidelines.

I-SPARC would like to acknowledge and thank the following organizations for their contributions to this document:

- Province of BC, Provincial Health Office (PHO)
- Ministry of Tourism, Arts and Culture, and Ministry of Health
- First Nations Health Authority
- BC Association of Aboriginal Friendship Centres
- Métis Nation BC
- viaSport
- BC Recreation and Parks Association
- Canadian Sport Institute - Pacific
- Judy Joseph-Black Consulting
- WorkSafeBC

# 1. INTRODUCTION

In Phase Three of BC's Restart Plan, the easing of restrictions is enabling certain activities to operate within the recommendations of the Provincial Health Officer (PHO). This is not a return to normal, but rather to a "new normal," where everyone is being asked to modify their behaviour, stay informed, apply protective measures and follow public health advice. For now, it is being seen as a temporary adjustment, a new way of living and going about our lives until a reliable treatment or vaccine has been developed.

The health and safety of all participants is of utmost importance for I-SPARC. As the COVID-19 situation continues to evolve, it is imperative that I-SPARC staff, volunteers, coaches, leaders, and participants follow the outlined guidelines and protocols.

The purpose of this document is:

- To provide information regarding public health and infection prevention and control measures.
- To provide information, tools, and strategies for decision-making regarding safe operations that will limit the transmission of COVID-19 within I-SPARC programming.
- To communicate the approach that can be applied to I-SPARC programming in Phases 1 through 3 of BC's Restart Plan, and which reflects a collaborative effort among host community partners, sport and health sector partners, and partner agencies.
- To provide strategies for program areas that are flexible and adaptable to the varied needs of communities.
- To provide a series of steps to follow when restarting sport, recreation and physical activity and for the expansion (and possible retraction) of activities depending upon the progress of the pandemic.
- To assist with aligning the above goals with broader guidelines and directives inclusive of PHO and FNHA guidelines, etc.



## 2. WHAT DO WE KNOW ABOUT COVID-19

COVID-19 is a new disease caused by the novel coronavirus. In March 2020, the World Health Organization (WHO) declared COVID-19 a global pandemic.

### TRANSMISSION

COVID-19 is transmitted via liquid droplets when a person coughs or sneezes but also potentially when they are talking near another person. The virus in these droplets can then enter the body of another person when that person breathes in the droplets or when the droplets come in contact with their eyes, nose, or throat.

This is referred to as “droplet” transmission and is believed to be the primary way COVID-19 is transmitted. For this to occur, you need to be in close contact with someone with the virus. This is why “physical distancing” of six feet or two meters is recommended.

COVID-19 can also be transmitted through droplets in the environment if someone touches a contaminated area and then touches their face without cleaning their hands. The virus does not enter the body through skin, only through the eyes, nose, or mouth when the person touches their face. Unfortunately, we all touch our faces often throughout the day, much more than we realize. Therefore, regular, thorough handwashing and frequent cleaning of high-touch surfaces is very important.

There are some emerging indications that there are people who can shed the COVID-19 virus 24 to 48 hours prior to symptom onset, but at present it is not known whether this is a significant risk factor for transmission.

Droplet transmission is much more likely when in close contact in an indoor setting. Transmission is less likely in an outdoor setting, where there is more space for people to maintain physical distance. However, in the context of sports and physical activity, even outdoors there can be risks from high-touch surfaces because many sports involve objects that are normally shared among players, coaches, or volunteers (balls, equipment, etc.).

### SYMPTOMS

The symptoms of COVID-19 are like other respiratory illnesses, including the flu and the common cold. Common symptoms include fever, chills, cough, shortness of breath, sore throat and pain while swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, and loss of appetite.

People infected with COVID-19 may experience little or no symptoms, and the presentation of the illness can range from mild to severe. Some people are more vulnerable to developing severe complications from COVID-19, including older people and those with chronic health conditions.

The [BC COVID-19 Self-Assessment Tool](#) is available for anyone that develops symptoms and can be used to help determine if you need further assessment or testing for COVID-19.

### 3. GUIDING PRINCIPLES

I-SPARC senior management has been keeping up to date with the Public Health Officer (PHO) orders, notices, and guidance throughout the pandemic. We recognize that the responsibility of the PHO is to monitor the health of the population across the province, while working with the Centre for Disease Control and Prevention, and BC's Medical Health Officers, and we have used the PHO's guiding principles to reduce and prevent the transmission of COVID-19 as a base as we develop our Return to Activity Guidelines.

We have also been in constant consultation with our stakeholders and partners throughout the province. Senior management continues to monitor updates from the PHO and meet often to discuss the impacts, challenges, and solutions for safely running our programs and services in a pandemic.

As a collaborator with provincial and local sport organizations, recreational centres, schools

The following principles from BC's Restart Plan<sup>1</sup> have been used to inform and guide the development of this document and our procedures.

#### Five Principles For Every Situation

Personal Hygiene	Stay Home if You Are Sick	Environmental Hygiene	Safe Social Interactions	Physical Modifications
<ul style="list-style-type: none"><li>• Frequent handwashing</li><li>• Cough into your sleeve</li><li>• Wear non-medical mask</li><li>• No handshaking</li></ul>	<ul style="list-style-type: none"><li>• Routine daily screening</li><li>• Anyone with any symptoms must stay away from others</li><li>• Returning travellers must self-isolate</li></ul>	<ul style="list-style-type: none"><li>• More frequent cleaning</li><li>• Enhance surface sanitation in high-touch areas</li><li>• Touchless technology</li></ul>	<ul style="list-style-type: none"><li>• Meet with small numbers of people</li><li>• Maintain distance between you and people</li><li>• Size of room - the bigger the better</li><li>• Outdoor over indoor</li></ul>	<ul style="list-style-type: none"><li>• Spacing within rooms or in transit</li><li>• Room design</li><li>• Plexiglass barriers</li><li>• Movement of people within spaces</li></ul>

<sup>1</sup> Diagram from [BC's May 6, 2020 Restart Plan PowerPoint](#); derived from [BC's Restart Plan](#) principles, p5.

## 4. RISK MANAGEMENT

When determining whether to resume activities, it is important to note that at the time of publication of this document, most insurance policies would not cover any claims relating to communicable diseases or pandemics and that most policies, including Directors and Officers Insurance, now include specific pandemic exclusions.

On June 10, 2020, BC Premier John Horgan announced the provincial government's support for amateur sport to resume. The Province committed to protecting amateur sport organizations from COVID-19 liabilities, **provided they are complying with public health orders and provincial sport guidelines.**

A ministerial order has been created that protects amateur sport organizations, their employees, and volunteers from damages resulting, directly or indirectly, from COVID-19. For example, a sports organization or its representatives will not be liable for a participant in their sports program being exposed to COVID-19. That liability protection remains in place as long as the organization follows applicable guidance, such as [viaSport's Return to Sport](#) protocols and public-health guidance on how to prevent the spread of the virus, including encouraging proper handwashing, regular disinfecting, limiting shared equipment, physical distancing measures and the use of wellness questionnaires and health self-assessment tools.

### RISK MITIGATION

Reopening plans should start with an assessment of the risks and the development of an activity-specific plan. BC health officials have outlined that the risk of transmission is subject to two variables that need to be modified to reduce transmission risk:

- Contact intensity – how close you are to someone and for how long
- Number of contacts – how many people are in the same setting at the same time

Modifying from high to low can be based on a range of controls. Different actions have differing levels of protection. Whenever possible, use the action that offers the most protection.

The following are listed from highest level of protection to lowest:

- Physical distancing measures – to reduce density of people, (number and duration of contacts)
- Engineering controls – physical barriers, increased ventilation, traffic flow
- Administrative controls – rules and guidelines
- Non-medical masks and other Personal Protection Equipment (PPE)

Program plans should be based on a risk assessment and analysis that considers the risks presented by the type of activities and the place where the activities occur, who is involved and their risk profile, and what measures can be implemented to mitigate the risk of an individual being exposed to or infected with the virus.



A program plan must be made easily available to staff, volunteers, participants, and other stakeholders, through a website or posted in the facility. Staff, volunteers, and participants should be trained on the Return to Activity Plan (as appropriate to age/role).

The program plan must be consistent with the guidelines and directives set by government, WorkSafeBC BC and health authorities. Any implementation of return to activity should be monitored and updated as necessary when circumstances or provincial guidance changes.

Participants should be asked to sign a participant agreement (Appendix C) acknowledging their acceptance of the risks. Existing waivers, releases and/or participant agreements should be reviewed to confirm that they are broad enough to encompass COVID-19-related risks. Consider revising such documents to explicitly reference COVID-19-related risks. Further consider whether any such documents that were completed by participants before the COVID-19 pandemic should be reviewed and completed again before activities resume.

## RISK REVIEW PROCESS

Health & Safety	Risk Review & Considerations	Local Gov't Strategies & Guidelines	Service Readiness	Monitor & Evaluate
<ul style="list-style-type: none"> <li>• PHO Orders &amp; Recommendations</li> <li>• Sport and Health Authorities</li> <li>• Staff &amp; Participant Safety</li> <li>• Outbreak Mitigation &amp; Recovery</li> </ul>	<ul style="list-style-type: none"> <li>• Participants</li> <li>• Number of Contacts</li> <li>• Contact Intensity</li> <li>• Ability to Modify</li> <li>• Phasing Framework</li> </ul>	<ul style="list-style-type: none"> <li>• Band Offices</li> <li>• Friendship Centres</li> <li>• Provincial Sport Organizations</li> <li>• Local Sport Organizations</li> <li>• Host Community</li> </ul>	<ul style="list-style-type: none"> <li>• Capacity</li> <li>• Site Review</li> <li>• Service-Level Decisions</li> <li>• Cleaning</li> <li>• Financial Review</li> </ul>	<ul style="list-style-type: none"> <li>• Monitor risks and review effectiveness of plan</li> </ul>

## 5. RETURN TO ACTIVITY

Physical activity and sport play an important role in the physical, psychological, and emotional well-being of our Indigenous communities and citizens. For this and other economic and social reasons, we are all eager to resume sport and healthy living activities. However, the health and safety of all participants must remain the number-one priority.

Returning to activity requires a gradual, thoughtful approach. The provincial government is lifting restrictions in deliberate phases, while closely monitoring population health patterns to minimize risk to all British Columbians. As of June 24, BC entered Phase Three of BC's Restart Plan. Phase Four is set to follow in the coming months (conditional on transmission rates remaining low or in decline). We all need to be mindful of the specific phase that the province is in and avoid introducing activities (such as high-contact activities) prematurely.

Accordingly, in the short-term, modifications will need to be made to programs and activities to ensure that they meet provincial guidelines and are consistent with the limits inherent in Phase Two, and subsequently Phase Three, of the Restart Plan. For the foreseeable future, sport and physical activity will focus on community participation and training rather than games and provincial competition.

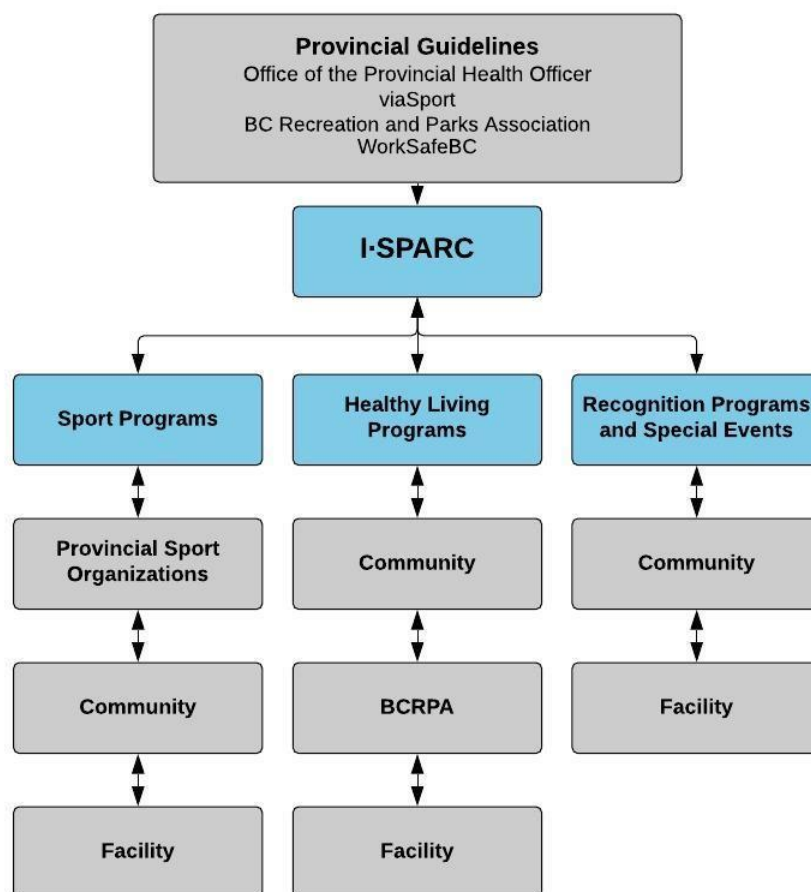
### I-SPARC RETURN TO ACTIVITY

As we restart the delivery of programming throughout BC, I-SPARC will take an active and pivotal role to ensure compliance with the Office of the Provincial Health Officer as well as other key provincial agencies.

I-SPARC programming involves a range of participant types, host community partners, sport and health sector partners, and facilities/venues owners.

During the planning phases of any activity, I-SPARC will work with its partners to establish a clear understanding of jurisdiction and accountability for implementing health and safety measures, so that all programs are delivered safely (see diagram).

## Program and Activity Planning



## I-SPARC Programs and Activities

Sport	Healthy Living	Recognition & Special Events
<ul style="list-style-type: none"> <li>Community Sport Development Camps and Coaching/Officiating Clinics</li> <li>Sport for Life Programs</li> <li>BC Indigenous Provincial Championships and Athlete Development Camps</li> <li>Team BC selection or training events for the North American Indigenous Games (NAIG)</li> <li>Team BC Player Selection Camp for the National Aboriginal Hockey Championships (NAHC)</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Living Leader Training Sessions</li> <li>HealthBeat Community-Based Screenings</li> <li>Indigenous RunWalk</li> <li>Honour Your Health Challenge</li> <li>FitNation</li> <li>Warriors of Wellness</li> <li>Aboriginal Youth FIRST</li> <li>Physical Activity and Physical Literacy programs</li> </ul>	<ul style="list-style-type: none"> <li>Premier's Awards for Indigenous Youth Excellence in Sport, Regional and Provincial Ceremonies</li> <li>Regional Engagement Meetings</li> </ul>

## 6. PARTICIPANTS

When planning delivery of programming, we need to consider our participants, the size of the group, the expectations of participants, and the communication and enforcement of those expectations.

Participants can include athletes, program participants, volunteers, coaches, leaders, and any spectators that may be permitted to attend an activity. I-SPARC understands that participants (including parents/guardians of participants) and our host community partners may have concerns with returning to or taking part in programming and activities during this time.

Restarting and participation is not mandatory. Individuals must be made aware of the risks to participation but the decision to participate is up to the individual (or their parent/guardian). The exception is if the individual is displaying signs and symptoms of COVID-19.

### HEALTH OF PARTICIPANTS

The following protocols are in place to protect the health of the participants:

1. An Illness Policy that outlines procedures for participants that may be experiencing symptoms. See Appendix A.
2. Participants must complete and sign a Participant Agreement (See Appendix C) at time of registration.
3. Conduct routine daily symptom screenings for all participants by answering a health questionnaire or completing the [BC COVID-19 Self-Assessment Tool](#).
4. Participants are to practice enhanced hygiene protocols:
  - a. Frequent and proper handwashing (Health Canada Guidelines<sup>2</sup>)
  - b. Avoid touching their eyes, nose, and mouth
  - c. Sneeze/cough into their elbow

Reminders to participants:

You should **not** take part in the activity/program, or come to the facility if:

- you don't feel well or are displaying symptoms of COVID-19
- someone in your household has COVID-19 or is showing symptoms of COVID-19
- you have traveled outside of Canada within the last 14 days
- someone in your household has traveled outside of Canada within the last 14 days

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<sup>2</sup> Health Canada handwashing guidelines:

<https://www.canada.ca/content/dam/phacaspc/documents/services/diseases-maladies/reduce-spread-covid-19-wash-your-hands/eng-handwashing.pdf>

Assess your own risk — if you are at higher risk of experiencing serious illness from COVID-19, consider limiting or avoiding participation in the activities for the time being.

Participants will be subject to removal from activities and/or facility should they fail to comply with outlined protocols.

## PARTICIPANT GROUPS

Other considerations may be required for different population/participant groups. I-SPARC will look at options to support vulnerable populations, where possible.

Vulnerable populations may include<sup>3</sup>:

- Elders and older adults
- those with underlying medical conditions and/or compromised immune system
- individuals that experience barriers such as communication, transportation, economic hardship, rural and remote communities with limited services

Examples of modifications:

- Offering low-risk programming (dedicated time slots, reduced group sizes, no contact options, etc.)
- Alternative delivery platforms: offering programming via interactive digital platforms (e.g. Zoom, Facebook Live)
- Ensuring information is easily accessible to participants (e.g. offering various forms of communication in support of those with visual/hearing impairments)

## GROUP SIZE

B.C.'s Public Health Officer has issued an order barring gatherings of 50 or more people. However, we need to consider other factors to decide what is appropriate for a particular space to ensure maintaining physical distancing is possible.

This means that in a smaller room, occupancy limits may be much less than 49. Maximum group size counts need to consider staff, coaches and spectators as well as the participants. Facilities have received guidelines on determining their maximum capacity and the specific facility safety plan for the applicable host community or venue will need to be followed (see reference to unencumbered floor space in section on Facility Access & Use, page 15).

We must also consider the type of activity and the appropriate group sizes in order to ensure proper physical distancing, as well as coach/facilitator/staff to participant ratios. While the Return to Sport

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<sup>3</sup> Health Canada Vulnerable Populations:

<https://www.canada.ca/content/dam/phacaspc/documents/services/publications/diseases-conditions/coronavirus/covid-19-vulnerable-populations/covid19-vulnerable-populations-eng.pdf>

guidelines suggest reducing non-essential personnel, other safety considerations such as the Rule of Two should be maintained so not to expose participants to other risk factors.

## REGISTRATION

- Where feasible, all participant registration should be done online, including collection of payment where applicable.
- Program organizers should take attendance and keep a record of all participants in case of an outbreak (see Section on Outbreaks for further details).

## COMMUNICATION

Ensuring safety measures are being met and adhered to depends on everyone being aware of and understanding the healthy living and sport-specific guidelines. Communication of the guidelines to your participants and spectators is an important component of this plan.

See Appendix B for a sample letter that can be adapted for your sport and/or program.

Participants will be asked to sign a participant agreement acknowledging they have read the guidelines and understand the risks before participating.

## 7. PROGRAMMING

We recognize that every activity is different and may have additional considerations or aspects that are unique. The following section outlines general guidelines that can be applied related to activity type.

### ACTIVITY TYPE

In the Transition Stage outlined in this Return to Activity Guidelines (see page 13), physical activity, healthy living, and sport will be able to operate under enhanced protocols including:

1. Allowing participants to maintain physical distancing
  - 2 meters (6 feet) apart from one another
  - Non-contact activities only
  - No handshaking, high fives, hugging, etc.
2. Looking to reduce touch points with respect to equipment
3. Focusing on skill development or low-risk activities
  - Sport and physical activities should be those typically done in practice and/or training environments; coaches/leaders may be required to provide a sport/activity specific plan outlining low-risk activities
  - Individuals will have had limited exposure to physical activity for the last 6+ weeks while confined to their homes. Ensure that activities consider their ability that day (not where they previously may have been) and have injury prevention top of mind
4. Remaining community focused
  - Stay within the home community or club(s) where participants are members
  - [Travel within BC and Canada](#) is currently allowed; however, the precautions you take at home should also be taken when you are away. Some Indigenous communities in BC are not welcoming visitors at this time. It's important to do your research before travelling and respect individual communities' wishes.
  - International travel is still subject to quarantine rules and raises other risks including unpredictable flight schedule changes and cancellations, and the potential for sudden changes to border controls.

Not in scope during this phase are:

- activities that cannot maintain physical distancing (including contact activities)
- activities that have a high risk of injury
- competitive activities that encourage large group gatherings
- large public events or gatherings of over 50 people

- activities that require travel

## CONSIDERATION FOR DAY CAMPS/TRAINING CAMPS/DAILY PROGRAMMING FOR YOUTH

All organizations intending to run camps in 2020 must have procedures in place to conduct daily wellness checks, implement cleaning and disinfecting practices, and exclude children, parents and staff who are sick or symptomatic.

The following considerations and procedures should be implemented where possible for these camp-like settings:

- Clearly communicate with parents and caregivers that they must assess their child daily for symptoms of common cold, influenza, COVID-19, or other infectious respiratory disease before sending them to camp. Alternatively, conduct and document daily checks at drop-off each morning by asking parents and caregivers to confirm their child(ren) do not have any of the listed symptoms.
- Staff should assess themselves for symptoms of common cold, influenza or COVID-19 prior to attending camp.
- Clear procedures for participants and staff who develop the symptoms of a cold, flu, or COVID-19 should be in place. Those with COVID-19 symptoms should contact 811 or the HealthLink BC call centre to inquire about testing.
- Avoid close greetings and regularly remind campers to keep hands to themselves.
- Reduce the ratio of children to staff
- A staff person not overseeing a group of children can help to support sign-in and sign-out procedures to help maintain physical distancing in the reception area that may become a choke point.
- A staff person should be available in case a child starts to feel unwell and needs to be separated from the group until their parents arrive
- Outdoor programming should be offered wherever possible
- Each staff member should have access to hand sanitizer and tissues for children who may be sneezing or coughing.
- Stagger pick up and drop off times
- Encourage frequent handwashing

For detailed information on running camps, please read BC Recreation and Park Association's [Guidance and Consideration for Children's Day Camps during COVID-19 Pandemic](#).

The following tables outline the general guidelines applied to program/activity type in alignment with the BC Restart Phases, BCRPA Framework, and viaSport Return to Sport Guidelines.



## Restart Phases and Activity Charts

BC Restart Plan Phases	Phase One <i>Up to May 19, 2020</i>	Phase Two <i>May 19 onward</i>	Phase Three <i>~ June to September</i>	Phase Four <i>TBD</i>
Restrictions	Essential Services only	Stay close to home; avoid any non-essential travel between communities	If transmission rates remain low or in decline, people may be able to begin travelling throughout BC	Conditional on at least one of: wide vaccination, "community" immunity, or broad successful treatments

BCRPA Framework	Level One	Level Two	Level Three	Level Four
Levels of Increased Restarting of Recreation Operations	<ul style="list-style-type: none"> <li>Limited # of outdoor facilities are open for casual use</li> <li>Indoor facilities closed</li> <li>Programming is all online</li> </ul>	<ul style="list-style-type: none"> <li>Expanded # of outdoor facilities are open for modified casual use</li> <li>Limited access to indoor facilities where physical distancing can be achieved</li> <li>Programming is limited outdoors, continues online</li> </ul>	<ul style="list-style-type: none"> <li>Progressive expansion from some to all outdoor facilities open for modified casual use (e.g. sport groups begin to use amenities)</li> <li>Progressive expansion from some to all indoor spaces open with measures to ensure physical distancing</li> <li>Programming is expanded outdoors, is expanded indoors from limited to extensive, continues online</li> </ul>	<ul style="list-style-type: none"> <li>All outdoor and indoor facilities open for "new normal" use</li> <li>Full programming in "new normal" phase continues online</li> </ul>

Recreation service specific measures planning found at: <https://www.bcrpa.bc.ca/media/242766/bcrpa-restarting-guidelines-final.pdf>

viaSport Return to Sport (RTS)	Strictest Controls <i>Up to May 19, 2020</i>	Transition Measures <i>May 19 - September</i>	Progressively Loosen <i>TBD</i>	New Normal <i>TBD</i>
Restrictions	<ul style="list-style-type: none"> <li>Maintain 2m physical distance</li> <li>No non-essential travel</li> </ul>	<ul style="list-style-type: none"> <li>Maintain 2m physical distance</li> <li>No non-essential travel</li> <li>No group gatherings over 50 people</li> </ul>	<ul style="list-style-type: none"> <li>Refer to PHO and local health authorities</li> </ul>	<ul style="list-style-type: none"> <li>Refer to PHO and local health authorities</li> </ul>
Enhanced Protocols	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> <li>No shared equipment</li> </ul>	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> <li>Symptom screening in place</li> <li>Minimal shared equipment; disinfect any shared equipment before, during, and after use</li> </ul>	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> <li>Some shared equipment; enhanced cleaning protocols</li> </ul>	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> </ul>
Facility	<ul style="list-style-type: none"> <li>Outdoor or within home</li> <li>Facilities, playgrounds closed</li> </ul>	<ul style="list-style-type: none"> <li>Outdoors is safest</li> <li>Indoor facilities slowly re-opening</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor/Indoor</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor/Indoor</li> </ul>
Participants	<ul style="list-style-type: none"> <li>Individual activities</li> </ul>	<ul style="list-style-type: none"> <li>Small groups</li> <li>No or limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>Group sizes may increase</li> <li>Limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>Large groups allowed</li> <li>No restrictions on spectators</li> </ul>
Activities	<ul style="list-style-type: none"> <li>Non-contact, low-risk outdoor activities (e.g. biking, running)</li> <li>Virtual (online) programming and activities</li> </ul>	<ul style="list-style-type: none"> <li>Fundamental movement skills</li> <li>Modified training activities, drills</li> <li>Contact sports to seek non-contact alternatives to training</li> <li>No competitions: in-club/in-community play or modified games may be slowly introduced</li> </ul>	<ul style="list-style-type: none"> <li>Expansion of training activities</li> <li>Introduction to pairs or small groups for contact skills</li> <li>Interclub or regional game play may be considered</li> </ul>	<ul style="list-style-type: none"> <li>No restrictions on activity</li> <li>Provincial competitions and larger scale events may return</li> </ul>

\* Sport-specific guidelines found at: <https://www.viasport.ca/sport-specific-guidelines>

I-SPARC Programs	Transition Stage <i>May 19 - September</i>		Reignite Stage <i>TBD</i>	Stage Four <i>TBD</i>
Community Sport Development:  <ul style="list-style-type: none"> <li>Camps and Clinics</li> <li>Sport for Life Programs</li> </ul>	Restrictions	<ul style="list-style-type: none"> <li>As per viaSport RTS above</li> </ul>	<ul style="list-style-type: none"> <li>Refer to PHO, local health authorities and updated sport sector guidelines</li> </ul>	<ul style="list-style-type: none"> <li>Refer to PHO, local health authorities and updated sport sector guidelines</li> </ul>
	Enhanced Protocols	<ul style="list-style-type: none"> <li>As per viaSport RTS above</li> <li><b>Sport activities must follow sport-specific guidelines issued by respective PSO</b></li> <li>I-SPARC Participant Agreement/Assumption of Risk Form upon registration</li> <li>Symptom screening prior to event start</li> <li>Host Community Agreement to be signed</li> </ul>	<ul style="list-style-type: none"> <li>As per viaSport RTS above</li> <li>Sport activities must also follow sport-specific guidelines issued by respective PSO</li> </ul>	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> </ul>
	Facility	<ul style="list-style-type: none"> <li>Outdoors is safest</li> <li>Indoor activities to only be hosted at venue reopened with a facility safety plan</li> <li><b>Must also follow venue-specific safety guidelines of the host community/host facility</b></li> </ul>	<ul style="list-style-type: none"> <li>Outdoor/Indoor</li> <li>Follow venue specific safety guidelines of the host community/host facility</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor/Indoor</li> </ul>
	Participants	<ul style="list-style-type: none"> <li>Community-focused small groups; no or limited spectators</li> <li>Group size permitted based on applicable sport-specific and venue-specific guidelines</li> <li>Camp leaders/facilitators identified within local community/area</li> </ul>	<ul style="list-style-type: none"> <li>Inter-community-focused groups; no or limited spectators</li> <li>Regional coaches</li> </ul>	<ul style="list-style-type: none"> <li>Larger groups and spectators allowed</li> </ul>
	Activities	<ul style="list-style-type: none"> <li>Sport activities allowable as per sport-specific guidelines issued by respective PSO</li> <li>Fundamental movement skills</li> <li>Modified training activities, drills</li> <li>In-community modified play or games</li> <li>Coaching/Officials clinics delivered online where possible</li> </ul>	<ul style="list-style-type: none"> <li>Group size permitted based on applicable sport-specific and venue-specific guidelines</li> </ul>	<ul style="list-style-type: none"> <li>No restrictions on activity and larger scale camps may return</li> </ul>

I-SPARC Programs (Cont'd)	Transition Stage May 19 - September		Reignite Stage TBD	Stage Four TBD
Performance Sport Programs:  <ul style="list-style-type: none"> <li>BC Indigenous Provincial Championships and Athlete Camps</li> <li>Team BC NAIG Selection or Training Events</li> <li>Team BC NAHC Player Selection Camp</li> </ul>	Restrictions	<ul style="list-style-type: none"> <li>As per viaSport RTS above</li> </ul>	<ul style="list-style-type: none"> <li>Refer to PHO, local health authorities and updated sport sector guidelines</li> </ul>	<ul style="list-style-type: none"> <li>Refer to PHO, local health authorities and updated sport sector guidelines</li> </ul>
	Enhanced Protocols	<ul style="list-style-type: none"> <li>As per viaSport RTS above</li> <li><b>Sport activities must follow sport-specific guidelines issued by respective PSO</b></li> <li>I-SPARC Participant Agreement/Assumption of Risk Form upon registration</li> <li>Symptom screening prior to event start</li> </ul>	<ul style="list-style-type: none"> <li>As per viaSport RTS above</li> <li>Sport activities must also follow sport-specific guidelines issued by respective PSO</li> </ul>	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> </ul>
	Facility	<ul style="list-style-type: none"> <li>Outdoor is safest</li> <li>Indoor activities to only be hosted at venue reopened with a facility safety plan</li> <li><b>Must also follow venue-specific safety guidelines of the host community/host facility</b></li> </ul>	<ul style="list-style-type: none"> <li>Outdoor/Indoor</li> <li>Follow venue specific safety guidelines of the host community/host facility</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor/Indoor</li> </ul>
	Participants	<ul style="list-style-type: none"> <li>Community-focused small groups (e.g. members of Team BC Development Squads from same community); no or limited spectators</li> <li>Group size limitation based on applicable sport-specific and venue-specific guidelines</li> </ul>	<ul style="list-style-type: none"> <li>Regional or inter-community participants focused groups</li> </ul>	<ul style="list-style-type: none"> <li>Larger groups and spectators allowed</li> </ul>
	Activities	<ul style="list-style-type: none"> <li><b>No competitions or provincial camps; in-community focus in this stage</b></li> <li>Sport activities allowable as per sport-specific guidelines issued by respective PSO</li> <li>Practice and skills development focus via modified training activities, drills</li> <li>Conduct outstanding phase of Team BC selection processes online for applicable sports</li> <li>Identify performance sport programming and training options to offer virtually</li> </ul>	<ul style="list-style-type: none"> <li>Regional based camps and training may be allowable as per PHO and PSO guidelines</li> </ul>	<ul style="list-style-type: none"> <li>Provincial events, competitions and camps resume with no limits on travel</li> </ul>
Healthy Living Activities:  <ul style="list-style-type: none"> <li>Healthy Living Leader Training Sessions</li> <li>HealthBeat</li> <li>Indigenous RunWalk</li> <li>Honour Your Health Challenge</li> <li>FitNation</li> <li>Warriors of Wellness</li> <li>Physical Activity and Physical Literacy Programs</li> <li>Aboriginal Youth FIRST</li> </ul>	Restrictions	<ul style="list-style-type: none"> <li>As per BCRPA Restart guidelines</li> </ul>	<ul style="list-style-type: none"> <li>Refer to PHO, local health authorities and updated health sector guidelines</li> </ul>	<ul style="list-style-type: none"> <li>Refer to PHO, local health authorities and updated health sector guidelines</li> </ul>
	Enhanced Protocols	<ul style="list-style-type: none"> <li><b>Activities must follow BCRPA guidelines</b></li> <li>I-SPARC Participant Agreement/Assumption of Risk Form upon registration</li> <li>Symptom screening prior to event start</li> <li>Host Community Agreement signed</li> </ul>	<ul style="list-style-type: none"> <li>As per BCRPA Restart guidelines above</li> <li>Activities must also follow venue specific guidelines issued by municipalities</li> </ul>	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> </ul>
	Facility	<ul style="list-style-type: none"> <li>Outdoor is safest</li> <li>Indoor activities to only be hosted at venue reopened with a facility safety plan</li> <li><b>Must also follow venue specific safety guidelines of the host community/host facility</b></li> </ul>	<ul style="list-style-type: none"> <li>Outdoor/Indoor</li> <li>Follow venue specific safety guidelines of the host community/host facility</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor/Indoor</li> </ul>
	Participants	<ul style="list-style-type: none"> <li>Community-focused small groups; no or limited spectators</li> <li>Group size limitation based on applicable venue-specific guidelines</li> </ul>	<ul style="list-style-type: none"> <li>Regional or inter-community participants focused groups</li> </ul>	<ul style="list-style-type: none"> <li>Larger groups and spectators allowed</li> </ul>
	Activities	<ul style="list-style-type: none"> <li>Activities allowable as per Host Community protocols and BCRPA guidelines</li> </ul>	<ul style="list-style-type: none"> <li>Regional based programming may be allowable as per PHO guidelines</li> </ul>	<ul style="list-style-type: none"> <li>Province-wide programs begin with no limits on travel</li> </ul>

## 8. FACILITY ACCESS AND USE

Public health officials have indicated that the use of outdoor facilities is generally safer as there is greater ventilation and ability to physically distance. This does not limit indoor activities from reopening, but it does increase the risk factor and therefore adds further considerations related to facility operations.

The Provincial Health Officer has banned gatherings of 50 or more. This ban is expected to remain in place until the end of the state of emergency. The measure applies to events that could result in people gathering closely together, but where the space is large enough to allow appropriate distancing between people. Indoors, it is recommended that facilities should have five square meters of “unencumbered floor space” per person. “Unencumbered floor space” is the total floor space minus the amount of space taken by built-in fittings, counters, closets, etc.

Those that use outdoor facilities will need to consider:

- The ability to control group sizes and proximity within the outdoor environment.
- Booking procedures that may be in place with the community/nation for use of fields, etc.
- The ability to safely access public areas such as beaches, open water, trails, etc., while ensuring COVID-19 measures in the programmer’s plan can be applied.

Those that use indoor facilities will need to consider:

- Whether it is possible to re-locate activities to the outdoors – if so, investigate how to obtain a permit.
- Whether they are the owner, operator, or renter/user of the facility as each will have different implications and responsibilities.
- Additional municipal guidelines that may be in place.
- Whether multiple groups/activities will be held within the same facility.

[\*BC Recreation and Parks Association Guidelines\*](#) outline that user groups renting 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 (e.g. [WorkSafeBC](#)).

## 9. WORKPLACE HEALTH AND SAFETY PLAN AND PROTOCOLS

Recognizing that every activity is different and may have additional considerations or aspects, as per WorkSafeBC, part of the safe return to operations includes the development of a [COVID-19 Safety Plan](#). The COVID-19 Safety Plan is a requirement by the Provincial Health Office and must be completed and posted at each workplace.

Employers are required to develop a COVID-19 Safety Plan that outlines the policies, guidelines, and procedures they have put in place to reduce the risk of COVID-19 transmission. The document, along with guidance provided by WorkSafeBC, will assist employers in developing their plan. An element of this plan is to establish policies regarding who can be at the workplace, and how to address illness that may arise at the workplace. See References (page 21) for more details. A fillable PDF is provided so employers can tailor it to their needs.

The Safety Plan is based on the following six steps:

### **Step 1: Assess the risks at your workplace**

The risk of person-to-person transmission increases the closer you come to other people.

### **Step 2: Implement protocols to reduce the risks**

Select and implement protocols to minimize risks of transmission.

### **Step 3: Develop Policies**

Develop the necessary policies to manage the workplace, including policies around who can be at the workplace and how to address illness that arises at the workplace.

### **Step 4: Develop communication plans and training**

Ensure that everyone entering the workplace knows how to keep themselves safe while at the workplace.

### **Step 5: Monitor your workplace and update your plans as necessary**

Things may change as the business operates. Be prepared to update policies and procedures accordingly.

### **Step 6: Assess and address risks from resuming operations**

Address risks arising from restarting the activity.

## GENERAL HYGIENE GUIDELINES

- All participants, coaches, leaders and staff should [wash their hands](#) before and immediately following participation in activities.
- Employ scheduled breaks to ensure handwashing or sanitizing at intervals throughout the activity.
- All participants, coaches, leaders and staff should avoid touching one's face and when needed should sneeze/cough into their elbow.
- No sharing of water bottles, towels, or other personal items.

- No handshakes or other unnecessary physical contact.
- Participants, coaches, leaders and staff should consider wearing a mask if 2-meter (6 feet) physical distancing rules cannot be met.

## ADMINISTRATIVE MEASURES

- I-SPARC staff will be encouraged to work from home when possible.
- Staff will continue to provide remote services where appropriate and work with their respective programs to co-ordinate a safe return to program delivery.
- I-SPARC programming will be scheduled so that numbers are confirmed and adhere to the public health recommendations prior to program start, to avoid overlap between groups and to ensure that appropriate service support is provided.
- The I-SPARC staff member who is overseeing programming must ensure the documentation of the sport or activity group(s) including date, arrival time, number of participants, names, nature of the session, other staff involved and departure time is completed.
- I-SPARC staff entering a program delivery environment(s) must have their plan approved with their program lead. They must also provide evidence of a sport/activity-specific plan and demonstrate that education/staff knowledge has been completed (including hygiene and cleaning protocols).
- I-SPARC staff will not physically attend programming if they have symptoms of COVID-19, have had contact with a known or suspected case of COVID-19 or if they have traveled outside of Canada in the last 14 days.
- Physical distancing of at least 2 meters (6 feet) should always be maintained when physically leading a program.
- I-SPARC staff are required to wear a mask when attending an I-SPARC program. In some situations, gloves or enhanced handwashing may also be required when physical distancing cannot be maintained.
- I-SPARC staff will minimize the number of staff in a facility and use virtual communication whenever possible. However, in all instances they will strive to maintain the fundamental safe sport principles including maintaining the rule of two and working in open and observable environments.
- I-SPARC will review protocol and provide updates as new and available information informs changes to existing operational procedures.
- Staff and volunteers will be encouraged to use the British Columbia [COVID-19 Self-Assessment Tool](#) and staff should be involved in developing a COVID-19 Safety Plan.

## 10. RESOURCES FOR INDIGENOUS COMMUNITIES

I-SPARC recognizes that Indigenous communities and organizations, including First Nations, Métis Chartered Communities, and Friendship Centres, are making informed decisions for the re-opening of their communities or organizations and the safe restarting of their operations. This includes developing their own unique restarting and safety plans and providing supports to help keep their members safe with the ongoing presence of COVID-19.

As outlined in BC's Restart Plan, sport and recreational activities can resume in a limited way under a phased approach and enhanced protocols. However, restarting is not mandatory. We respect that Indigenous communities and organizations will be in varying stages of readiness to engage in modified sport, physical activity, recreation, and healthy living activities.

Information presented in this document outlines starting points and guidelines for I-SPARC to return to activity and acknowledges that this can only happen when working together with Indigenous communities and organizations and our sport and health partners to collectively respect and adhere to the applicable safety plans in designing or delivering programs. As this situation is rapidly evolving, I-SPARC encourages everyone to monitor our website frequently ([isparc.ca](https://isparc.ca)) for changes or updates.

Indigenous communities and organizations, as they develop their own restarting and safety plans, will adopt their own specific protocols relating to sport, physical activity, recreation, and healthy living activities. Below is a list of resources that may be helpful in developing your community/organization plans:

### FIRST NATIONS HEALTH AUTHORITY (FNHA)

FNHA is working with provincial and federal partners to actively monitor and respond to the pandemic. FNHA has created a web portal and developed resources, guides, and videos to help BC First Nations, their community leaders, healthcare providers, and citizens get the information they need to deal with the challenges posed by the pandemic and keep themselves and others safe.

Please visit [www.fnha.ca](https://www.fnha.ca) for the most up-to-date information. Resources include:

- [A Guide to COVID-19: Caring for Yourself and Your Loved Ones](#)
- [Community COVID-19 Safety Planning Guide](#)
- [Services Resumption Planning Guide](#)



## MÉTIS NATION BC (MNBC)

MNBC has created a web portal to share the latest COVID-19 information, resources, and supports for Métis citizens. Visit [mnbcb.ca](https://mnbcb.ca) for updates on how MNBC plans to adapt to the new normal, health and wellness resources, ways to stay in touch with your community and your culture, and more.

- [MNBC – COVID-19 Web Portal](#)
- [MNBC – COVID-19 Health & Wellness Resources](#)

## BC ASSOCIATION OF ABORIGINAL FRIENDSHIP CENTRES (BCAAFC)

BCAAFC has created a COVID-19 Support Resources page at [bcaafc.com](https://bcaafc.com) for their members.

- [BCAAFC – COVID-19 Support Resources](#)

## INDIGENOUS SERVICES CANADA

The Government of Canada and Indigenous Services Canada (ISC) has provided several resources and information pertaining to COVID-19 and Indigenous communities on their website. This includes [public service announcements](#) regarding COVID-19 provided in various Indigenous languages.

- [ISC – COVID-19 and Indigenous Communities](#)

## SPORT, PHYSICAL ACTIVITY, RECREATION SECTOR

### British Columbia Recreation and Parks Association (BCRPA)

BCRPA released a Recreation and Parks Sector Guideline for Restarting Operations to help local and regional governments restart their recreation services and amenities and operate them safely. The Guideline addresses the health and safety requirements across the entire field of Recreation and Parks, applying to both private and public facilities and service providers, and all facility types, sizes, and locations.

- [Recreation and Parks Sector Guideline for Restarting Operations, COVID-19: Recovery Through Recreation & Parks](#)
- [Guidance and Consideration for Children's Day Camps during COVID-19 Pandemic](#)

### viaSport

At the request of the Province of BC, viaSport led the creation of a set of guidelines on how to resume sport while operating safely during this pandemic – the Return to Sport Guidelines. viaSport also assembled resources to help organizations navigate the planning of return to sport.

- [Return to Sport Guidelines for BC](#)
- [Sport Specific Guidelines](#)

## 11. DISCLAIMER

I-SPARC's Return to Activity Guidelines are intended to be used for the purposes set in this document. While we aim to provide relevant and timely information, because information known about COVID-19 and recommended health and safety measures can rapidly change, we encourage you to keep informed on the latest information provided by the BC Provincial Health Officer. We will update this document as we enter into Phase Four.

It is important to note that the Return to Activity Guidelines is not a legal document and is to be used as a guide only. It is not a substitute for actual legislation or orders of the PHO. In the event of an ambiguity or conflict between the Return to Activity Guidelines and the Public Health Act, regulations, or orders thereunder, the Act, regulations and orders prevail. Each community member organization should comply with the requirements of the provincial and local government and health officials in terms of public gatherings and sporting and activity events when determining when it is safe to return to activities. Nothing in this document is intended to provide legal advice. Do not rely on this document or treat it as legal advice.

This document contains links to third party websites. Links are provided for convenience only and I-SPARC does not endorse the information contained in linked web sites nor guarantee their accuracy, timeliness, or fitness for a particular purpose. The information in those links may be updated from time to time. We do not monitor those sites and are not responsible for updates. You should check back regularly to ensure your Plan is up to date.

Anyone using the Return to Activity Guidelines does so at their own risk. I-SPARC shall not be responsible for any loss or damage of any kind arising directly or indirectly from the use of the Return to Activity Guidelines including, without limitation, reliance on the completeness or accuracy of the information provided.



## 12. REFERENCES AND LINKS

The knowledge in this Guideline is based on the following reliable sources:

**BC Association of Aboriginal Friendship Centres (BCAAFC):** [bcaafc.com](http://bcaafc.com)

[BCAAFC – COVID-19 Support Resources](#)

**BC Provincial Government**

BC's Restart Plan:

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/bc-restart-plan>

BC's Key Steps to Safely Operating Your Business or Organization:

[https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/gdx/go\\_forward\\_strategy\\_checklist\\_web.pdf](https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/gdx/go_forward_strategy_checklist_web.pdf)

BC COVID-19 Go-Forward Management Strategy:

[https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/bc\\_covid-19\\_go-forward\\_management\\_strategy\\_web.pdf?bcgovtm=20200506\\_GCPE\\_AM\\_COVID\\_9\\_NOTIFICATION\\_BCGOV\\_BCGOV\\_EN\\_BC\\_NOTIFICATION](https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/bc_covid-19_go-forward_management_strategy_web.pdf?bcgovtm=20200506_GCPE_AM_COVID_9_NOTIFICATION_BCGOV_BCGOV_EN_BC_NOTIFICATION)

B.C. Go Forward Strategy Checklist:

[https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/gdx/go\\_forward\\_strategy\\_checklist\\_web.pdf](https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/gdx/go_forward_strategy_checklist_web.pdf)

PHO Orders:

<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>

**BC Centre for Disease Control**

About COVID-19: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/how-it-spreads>

CDC COVID-19 Symptom Self-Assessment Tool:

<https://bc.thrive.health/covid19/en>

**British Columbia Recreation and Parks Association**  
Guideline for Restarting Operations

COVID-19: Recovery Through Recreation & Parks:

<https://www.viasport.ca/return-sport>

Guidance and Consideration for Children's Day Camps during COVID-19 Pandemic:

<https://www.bcrpa.bc.ca/media/244229/summer-camps-covid-19-guidelines-considerations.pdf>

**First Nations Health Authority**

FNHA Services Resumption Planning Guide:

<https://www.fnha.ca/Documents/FNHA-Services-Resumption-Planning-Guide.pdf>

**Government of Canada**

Government of Canada COVID-19 Prevention and Risks:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html>

Taking care of your Mental Health:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/mental-health.html>

**Métis Nation BC (MNBC):** [mnbcb.ca](http://mnbcb.ca)

[MNBC – COVID-19 Web Portal](#)

[MNBC – COVID-19 Health & Wellness Resources](#)

**viaSport**

Return to Sport Guidelines for B.C.:

<https://www.viasport.ca/return-sport>

Sport Specific Guidelines -

<https://www.viasport.ca/sport-specific-guidelines>

**WorkSafeBC**

WorkSafeBC's Returning to Safe Operation:

<https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation>

COVID-19 Safety Plan:

<https://www.worksafebc.com/en/resources/health-safety/checklist/covid-19-safety-plan>

Staying Safe at Work:

<https://www.worksafebc.com/en/about-us/covid-19-updates/health-and-safety/staying-safe-at-work>

## APPENDIX A – ILLNESS POLICY

Illness Policy (Adapted from Allied Golf Association of BC)

In this policy, “Participant” includes a staff, volunteer, program 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**, including fever, chills, cough, shortness of breath, sore throat and pain while swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, and loss of appetite.
2. **Assessment**
  - a. Participants must complete the self-assessment each morning before their shift/practice/activity to attest that they are not experiencing any of the COVID-19 symptoms using the applicable health questionnaire or the self-assessment tool at <https://bc.thrive.health/covid19/en>.
  - b. Managers/coaches will visually monitor participants 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 Participant 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 at work, they should be sent home immediately. Have them contact 8-1-1 or a doctor for further guidance.
  - c. No participant may participate in a practice/activity if they are symptomatic.
4. **If a Participant tests positive for COVID-19**
  - a. The participant will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
  - b. Any participants who work/play closely with the infected participant will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
  - c. Close off, clean and disinfect their work/practice/facility area immediately as well as any surfaces that could have potentially be infected/touched.
5. **If a Participant has been tested and is waiting for the results of a COVID-19 Test**
  - a. As with the confirmed case, the participant must be removed from the workplace/practice/facility.
  - b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of BC.
  - c. Other participants who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
  - d. The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

6. **If a Participant has come in to contact with someone who is confirmed to have COVID-19**
  - a. Participants must advise their employer/coach if they believe they have been exposed to COVID-19.
  - b. Once the contact is confirmed, the participant will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Participants who may have come into close contact with the participant will also be removed from the workplace for at least 14 days.
  - c. The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
7. **Quarantine or Self-Isolate if:**
  - a. Any participant who has travelled outside of Canada within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
  - b. Any participant with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
  - c. Any participant from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
  - d. Any participant who is in quarantine or self-isolating because of contact with an infected person or in families who are self-isolating is not permitted to enter any part of the facility.

## APPENDIX B – PARTICIPANT COMMUNICATION

### PARTICIPANT COMMUNICATION (Email or letter template message):

Subject: Return to our programming with respect to COVID-19

Dear <<PARTICIPANT, COACH, PARENT>>

As British Columbia public health authorities develop guidelines to lift some restriction on gathering in a responsible way, < I-SPARC and the XXX PROGRAM> have been working with viaSport and the Province of British Columbia to understand the recommendations of our Provincial Health Officer and how they best apply within our programming.

The attached Return to Activity Plan has been developed for our program 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 to reduce the risks to our programs and its participants
- our program is united and aligned on a plan to reopen throughout the province

While we do hope things will return to normal soon, currently this Return to Activity Plan will be what we follow until we are advised otherwise by the public health authorities. If you choose to participate, we ask that you follow these rules:

- If you do not feel well or are displaying symptoms of COVID-19, please stay home.
- If you have traveled outside of Canada, please avoid 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 or if you do not have access to clean water, please use hand sanitizer.
- Always use physical distancing measures.
- 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 Activity Guidelines are based on current public health guidance. While we are all doing our best to minimize the risk of exposure to COVID-19, as long as the virus circulates in our communities, it is impossible to eliminate the risk. Each participant has to be comfortable and decide whether it is in their best interest to resume participation. Take into consideration your own circumstances and make the decision that is right for you. Should you choose to join us, we request your full cooperation with our Return to Activity Guidelines.

Sincerely,

## APPENDIX C – PARTICIPANT AGREEMENT

### SAMPLE AGREEMENT

Application – all program participants, athletes, volunteers, coaches, leaders, family members of participants while in attendance at program activities (“Participants”).

All Participants of <NAME OF PROGRAM> agree to abide by the following points when entering program facilities and/or participating in I-SPARC activities under the COVID-19 Response Plan and Return to Activity Protocol:

- I agree to daily symptom screen checks and will let my program leader 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 with soap or sanitizer upon entering and exiting the facility.
- I agree to follow social distancing protocols of staying at least 2 meters (6 feet) away from others.
- I agree not to share any equipment during training or activity times (shared and personal equipment).
- I agree to sanitize the equipment I use throughout my program with approved cleaning products provided by the club/program/sport leader (shared and personal equipment).
- I agree to abide by all applicable COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the policies/guidelines, I may be asked to leave the program 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 the temporary or permanent suspension of my attendance at the activity or program.
- I acknowledge that there are risks associated with entering program facilities and/or participating in program activities, and that the measures taken by the program, the host community, facility, and participants, including those set out above and under the COVID-19 Response Plan and Return to Activity Protocols, will not entirely eliminate those risks.

**Participant:**

**Parent / Legal Guardian (If participant is a minor):**

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

## APPENDIX D – OUTBREAK PLAN

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.

1. Prior to program implementation, 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.
2. 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 right away.
3. Implement your illness policy and advise individuals to:
  - a. Self-isolate
  - b. Monitor their symptoms daily, report respiratory illness and following the onset of any symptoms (e.g. fever, chills, cough, shortness of breath, sore throat and pain while swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite), do not return to activity until otherwise directed by physician or public health authority.
  - c. Use the COVID-19 self-assessment tool at [BC COVID-19 Self-Assessment Tool](#) to help determine if further assessment or testing for COVID-19 is needed.
  - d. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
  - e. Individuals can learn more about how to manage their illness here: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>
4. 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.
5. If your organization is contacted by a medical health officer during contact tracing, please cooperate with local health authorities.

## APPENDIX E – RETURN TO ACTIVITY PLAN SAMPLE

### HOST COMMUNITY/ORGANIZATION RETURN TO ACTIVITY PLAN

#### OVERVIEW

In order to restart operations and return to activity during the COVID-19 pandemic, while maintaining compliance with the Provincial Health Officer, our community is following guidelines set out by our provincial organization, and the Indigenous Sport, Physical Activity and Recreation Council (I-SPARC), in accordance with the viaSport Return to Sport Guidelines for BC (or BC & Parks Association Guideline for Restarting Operations).

The five guiding principles for this Return Plan are as follows:

#### Five Principles For Every Situation

Personal Hygiene	Stay Home if You Are Sick	Environmental Hygiene	Safe Social Interactions	Physical Modifications
<ul style="list-style-type: none"><li>• Frequent handwashing</li><li>• Cough into your sleeve</li><li>• Wear non-medical mask</li><li>• No handshaking</li></ul>	<ul style="list-style-type: none"><li>• Routine daily screening</li><li>• Anyone with any symptoms must stay away from others</li><li>• Returning travellers must self-isolate</li></ul>	<ul style="list-style-type: none"><li>• More frequent cleaning</li><li>• Enhance surface sanitation in high-touch areas</li><li>• Touchless technology</li></ul>	<ul style="list-style-type: none"><li>• Meet with small numbers of people</li><li>• Maintain distance between you and people</li><li>• Size of room - the bigger the better</li><li>• Outdoor over indoor</li></ul>	<ul style="list-style-type: none"><li>• Spacing within rooms or in transit</li><li>• Room design</li><li>• Plexiglass barriers</li><li>• Movement of people within spaces</li></ul>

We require all participants to read and understand this plan and sign a copy of the attached “PARTICIPANT COVID-19 AGREEMENT” prior to involvement in any community event.

Our community has appointed <NAME OF APPOINTEE HERE> as our primary point of contact regarding this document and our COVID-19 Return to Activity process. Any questions or communications around these matters, including reports of cases of COVID-19 among participants, should be directed to <NAME OF APPOINTEE HERE> to ensure our policies are being fully adhered to.

This plan has been approved by <I-SPARC staff program lead>, <DATE>

## 1. PROCESS TO OPEN SAFELY

1. To ensure a safe opening we will not allow participation by the following individuals or groups:
  - a. People who are currently infected with COVID-19
  - b. Anyone who is under quarantine or who has symptoms of respiratory infection such as fever, sore throat, runny nose, cough, or general disorders
  - c. People who are immunocompromised or believed to be at-risk for COVID-19
  - d. Community members who do not submit a properly signed “Participant COVID-19 Agreement”
  - e. Members who do not follow the instructions or guidelines provided in this Return to Activity Plan and/or the Participant COVID-19 Agreement
2. Every program activity will have a designated responsible organizer who will maintain a complete list of participants that will be made available to our community’s COVID-19 Return to Activity primary contact person.
3. Facilities have been thoroughly cleaned and new cleaning regimes have been put in place to maintain a high level of sanitization. There may be new signage at the facility further explaining these procedures, as well as changes to maximum occupancy, and we ask that all members read and abide by the new rules.
4. High risk activities will be avoided. We will be focusing on skill development and fitness during this time.
5. There must be good hygiene practices in connection with the activity, e.g. access to hand sanitizer, routine handwashing, and thorough cleaning of equipment before and after the activity.
6. We ask that any person/s participating monitor potential symptoms and use the COVID-19 self-assessment tool found at <https://bc.thrive.health>.
7. When an activity is being held at a facility, our members must also agree to follow the venue’s guidelines.

## 2. MEASURE TO KEEP PEOPLE SAFE TO AVOID FURTHER OUTBREAKS

1. All types of training activities must be carried out in a way that ensures the Government of BC’s recommendations on distance between people and group gathering are complied with, i.e. keeping a 2-meter (6 feet) distance between participants at all times.
2. No sports activity or training involving a group of more than 50 people shall be carried out if at least 2 meters of distance between individuals cannot be properly maintained.



3. Participants are recommended to only use their own equipment. Any shared equipment needs to be properly sanitized immediately after each use.
4. Physical contact is not permitted.
5. In activities for children and adolescents, an adult who can ensure the activity is carried out in accordance with the requirements and recommendations of public health authorities and special COVID-19 rules must be present.
6. No common change rooms or showers should be used. Participants are encouraged to arrive ready to participate.
7. If toilets are to be used, there will be good routines in place for frequent cleaning.
8. Participants are encouraged to avoid the use of public transport to and from sports/program activities.
9. Everyone attending an activity will have easy access to handwashing with soap and water or hand sanitizer.

### 3. OUR PLAN IN THE EVENT THAT A CASE OR OUTBREAK SHOULD OCCUR

1. If someone shows symptoms of COVID-19 they must immediately let the organizer know and isolate themselves.
2. We will cancel, postpone, or modify any activity if one or more cases of potential infection are reported.
3. We will promptly communicate all information regarding reported cases at any event with everyone who has participated or been involved.
4. Any person/s showing symptoms must self-isolate as per BCCDC guidelines.

#### 4. PARTICIPANT COVID-19 AGREEMENT

Application — all athletes, coaches, members, leaders, participants, and family members of participants while in attendance at community activities (“Participants”)

All participants agree to abide by the following points when entering community facilities and/or participating in activities under the COVID-19 Response Plan and Return to Activity Protocol:

- I agree to daily symptom screening checks and will let my program leader know if I have experienced any 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 with soap or sanitizer upon entering and exiting the facility.
- I agree to follow social distancing protocols by staying at least 2 meters away from others.
- I agree to not share any equipment during training or activity times (shared and personal equipment).
- I agree to sanitize the equipment I use throughout my program with approved cleaning products provided by the club/program/sport leader (shared and personal equipment).
- I agree to abide by all applicable COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the policies/guidelines, I may be asked to leave the program 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 the temporary or permanent suspension of my attendance at the activity or program.
- I acknowledge that there are risks associated with entering program facilities and/or participating in program activities, and that the measures taken by the program, the host community, facility, and participants, including those set out above and under the COVID-19 Response Plan and Return to Activity Protocols, will not entirely eliminate those risks.

**Participant:**

**Parent / Legal Guardian (If participant is a minor):**

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

## APPENDIX F – HOST COMMUNITY/ORGANIZATION AGREEMENT



### HOST COMMUNITY/ORGANIZATION COVID-19 AGREEMENT

Host Community/Organization Name: \_\_\_\_\_

Host Community/Organization Representative Name: \_\_\_\_\_

Safety Representative Name: \_\_\_\_\_

Safety Representative Email: \_\_\_\_\_

Safety Representative Mobile Phone: \_\_\_\_\_

**Attention: All Host Communities/Organizations must comply with this agreement.**

I-SPARC requires its Host Communities/Organizations to adhere to compliance requirements outlined in its Return to Activity Guidelines. The requirements outlined in the Return to Activity Guidelines are based on viaSport's Return to Sport Guidelines, PHO orders and recommendations, BC Recreation and Parks Association, and WorkSafeBC requirements. These are intended to safeguard the health and safety of individuals within each community to mitigate transmission of COVID-19.

Host Communities/Organizations that do not adhere to or are unable to agree to the terms outlined in this document are not permitted to deliver I-SPARC programming.

I, the undersigned Host Community/Organization Representative, hereby understand, acknowledge, and agree to the terms and information outlined in this document on behalf of my community:

1. The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and is extremely contagious. I-SPARC's Return to Activity Guidelines outlines requirements Host Communities/Organizations must adhere to in order to mitigate the risk of transmitting COVID-19.
2. Each Host Community/Organization must create and communicate their own specific COVID-19 Safety Plan with their members. This plan must be publicly displayed and available for review. A copy of the community/organization-specific COVID-19 Safety Plan must be submitted to the I-SPARC staff program lead prior to reopening.
3. Each participant must complete I-SPARC's Participant COVID-19 Agreement Form and I-SPARC's Assumption of Risk and Informed Consent for Participants Form prior to participating in any activities. These documents must be kept on file and be readily available upon request.

4. Each Host Community must implement and document daily screening processes that aim to prevent exposure to, and transmission of COVID-19 within the community facility and during community activities.
5. Each community's COVID-19 Safety Plan must adhere to all requirements set out in I-SPARC's Return to Activity Guidelines.
6. This Host Community Agreement will remain in effect until further notice.
7. I-SPARC may take a variety of actions to manage and address compliance issues if I-SPARC determines that a Host Community is not compliant with the requirements outlined in I-SPARC's Return to Activity Guidelines.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Host Community/Organization Representative

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Safety Representative