

**MANITOBA WHEELCHAIR SPORT ASSOCIATION**

**RETURN TO SPORT PLAN**

**TEAM SPORTS**

**VERSION 1.4 - MARCH 9, 2021**

# Team Sports – Introduction

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This document outlines Manitoba Wheelchair Sport Association's (MWSA) COVID-19 safety plan and pathway for the safe reopening of team sports in response to the COVID-19 global pandemic. This plan outlines a phased approach to returning back to sport and the requirements that athletes, coaches, and volunteers need to follow to ensure a safe sporting environment.

This plan is based off of information received from our National Sport Organizations and from the Province of Manitoba.

All staff, coaches, athletes, and volunteers are required to adhere to the protocols established in this document as approved by MWSA's Board of Directors. All individuals are responsible for understanding these protocols prior to returning back to MWSA programming.

**Important Disclaimer:** MWSA's insurance will not cover sickness claims related to the transmission of COVID-19. The absence of coverage relating to COVID-19 is common across the entire sport industry and is not unique to our insurance provider. All individuals assume increased risk in participating in returning to sport, and are encouraged to discuss with their medical provider the suitability of their return to our programming.

MWSA has developed several risk-management documents which must be completed by all individuals prior to attending our programming. These documents include an assumption of risk or waiver document and a declaration of compliance with our protocols.

Everyone's health and safety is crucial to our successful return to sport. Through these phases, it is our plan to eventually achieve the new normal of team sports in our association. MWSA's Board of Directors will evaluate each phase and shall determine the progression of each phase.

Any questions regarding this document and MWSA's COVID-19 protocols may be directed to:

Samuel Unrau

Executive Director – Manitoba Wheelchair Sport Association

Ph: (204) 925-5790

Email: [office@mwsa.ca](mailto:office@mwsa.ca)

**Board of Director's Approval Date: March 9, 2021**

**Programming Resumes – Phase 3 (Modified to Provincial Health Orders)**

# Principles of our Plan

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The following principles have been used to guide the creation of this document:

Personal Hygiene	Staying Home When Sick	Environmental Considerations	Social Interactions
<ul style="list-style-type: none"><li>▪ Frequent Handwashing or sanitization</li><li>▪ No handshaking</li><li>▪ Promotion of healthy respiratory practices</li><li>▪ Wearing PPE when in close proximity</li></ul>	<ul style="list-style-type: none"><li>▪ Routine screening using a COVID-19 screening tool</li><li>▪ Requiring those who are ill/not feeling well to stay home</li><li>▪ Requiring those who have travelled to self-isolate</li></ul>	<ul style="list-style-type: none"><li>▪ Frequency of use of equipment</li><li>▪ Shared equipment</li><li>▪ Shared specialized equipment (ie. Sport wheelchairs)</li><li>▪ Enhanced sanitization</li></ul>	<ul style="list-style-type: none"><li>▪ Smaller group limits</li><li>▪ Maintaining distance during programming</li><li>▪ Outdoor over indoor</li><li>▪ User groups in a location (multiple courts)</li></ul>

## Athlete Demographic

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MWSA provides programming to a wide variety of abilities in our sports which includes potential high-risk considerations for the athlete should they contract COVID-19. These can include:

- Chronic medical comorbidities
- Systemic immune suppression
- Required caregiver support
- Need for assistance in certain tasks (ie. help getting their wheelchair from a vehicle or storage)
- Common ailments that share symptoms of COVID-19 (autonomic dysreflexia, UTI's, etc.)
- Lack of function may mask symptoms
- Hygiene difficulties with manual chair use

Currently, there are limited cases involving athletes with a spinal cord injury (SCI) globally, and in the absence of data, it is difficult to distinguish what potential symptoms would be dominant in this particular population. As MWSA serves athletes with varying abilities, MWSA acknowledges the increased potential risk for our athletes in returning to sport. Therefore, MWSA will implement a phased plan that addressing the potential increased risk of our athletes.

# A Plan for All Phases

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MWSA will require the following throughout all phases of its Return to Sport Plan (RSP) until the mitigation of the COVID-19 virus. These requirements will be implemented system wide and includes all sports and programming offered by the association. These measures include:

## REQUIRED FORMS

All staff, coaches, athletes, and volunteers will be required to fill out COVID-19 related forms, including:

- COVID-19 Declaration of Compliance
- Assumption of Risk Form (for individuals under the age of majority)
- Waiver Form (for individuals over the age of majority)

All individuals will be encouraged to discuss with their family doctor about the risks associated with them returning to sport while COVID-19 is active in our communities. Individuals will not be required to obtain physician approval prior to returning to our programming, however, individuals should consider their personal health in determining their ability to return to sport.

All individuals will be notified that MWSA's insurance does not cover claims associated with COVID-19. This lack of coverage is consistent with multiple insurers across Canada. All individuals involved in MWSA programming will be required to acknowledge the lack of coverage for this specific case

## SCREENING

All individuals will be required to self-screen prior to attending sport programming provided by MWSA. Individuals involved in MWSA programming will be required to use the Shared Health Self-Screening tool provided by the Province of Manitoba. Program leaders will be responsible for asking the participants the screening questions upon their arrival at the program.

## HANDWASHING

All individuals will be required to handwash upon arrival and prior to departing sport programming provided by MWSA. For indoor venues, individuals will be asked to wash their hands with soap and water in a washroom or will be provided access to use an alcohol-based hand sanitizer.

All individuals who utilize a manual or power wheelchair will be required to sanitize the surface of their chair that is frequently touched by their hands (ie. push rims, joy sticks, etc.). This measure will improve the effectiveness of handwashing as it will reduce the contaminated surfaces the individual touches.

All individuals who have come in physical contact with a used piece of equipment (sport wheelchair, etc.) will be required to wash or sanitize their hands.

## CHANGING

Individuals will be strongly encouraged to arrive to programming in suitable clothing that does not require changing at the venue. In situations where an athlete may require a space to change, MWSA will ensure access to sanitization supplies that the athlete can use to disinfect the space prior to using it to change.

## PERSONAL PROTECTIVE EQUIPMENT

All individuals will be encouraged to utilize personal protective equipment in the following situations:

- In areas that are deemed high traffic
- During transport to/from the venue if using other transportation than a personal vehicle
- In situations where physical distancing is not able to occur

Further, the use of a mask will be mandatory in the following situations:

- Assisting an athlete in transferring between their primary wheelchair and their sport wheelchair
- Assisting an athlete who has tipped their wheelchair and requires assistance to be uprighted
- Assisting an athlete with adjusting their equipment while the athlete is in the wheelchair
- Other situations where an athlete requires physical assistance that cannot be done with physical distancing

Prior to assisting an athlete in the above situations, the individual shall wash their hands with soap and water for a minimum of 20 seconds or apply an alcohol-based hand sanitizer to their hands. After assisting the athlete, the individual must re-wash or sanitize their hands. If contact with another athlete or equipment occurs while assisting the athlete, the individual must re-wash or re-sanitize their hands prior to continuing to assist the athlete.

## ATHLETE ILLNESS

Any athlete exhibiting potential symptoms of COVID-19 will not be allowed to participate in MWSA programming. MWSA acknowledges that there are other non-infectious conditions which may contribute to relatable symptoms of COVID-19, such as UTIs. In all situations, regardless of the source of the illness, any symptomatic individual will be requested to stay home.

If an athlete develops or presents symptoms related to COVID-19 at the program, the facilitator shall:

- Acquire and wear personal protective equipment prior to assisting the individual
- Ask the individual to wear personal protective equipment as soon as possible
- Isolate the individual from the rest of the program group, including removing them from the programming space
- Assist the individual in arranging transportation home, if required
- File an incident report with the MWSA office to ensure follow-up on the individual's health

## ATTENDANCE

All program facilitators will be required to maintain a daily attendance record of all individuals, including support personnel and parents, and will submit the record to the MWSA office at the conclusion of the night's program. This information will be maintained should a suspected or probable case arise with a program athlete/participant and will assist in contact tracing, if required.

## TRANSPORTATION

MWSA will make considerations for athletes who utilize public transportation or private transportation in order to attend programming. Services such as Winnipeg Transit Plus often do not prescribe pick-up or drop-off times that coincide with the start or finish of a program. Individuals utilizing a transportation service with non-dependable pick-up and drop-off times will be prescribed a designated area that they can wait where there is a lesser chance of high-frequency traffic from the general public. MWSA will recommend where possible to obtain reliable pick-up and drop-off times that are consistent with the program times.

# COVID-19 Case Response Plan

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The following protocol will be implemented through all phases of MWSA's Return to Sport Plan until COVID-19 is considered mitigated.

The following measures will be implemented should a suspected or probable case of COVID-19 occur with an individual involved in MWSA programming:

## 1. ATHLETE TESTING

MWSA will encourage all athletes who are exhibiting symptoms of COVID-19 to be tested to confirm or rule out the virus. If an athlete tests positive for COVID-19, or if an individual at a facility or venue from another program tests positive for COVID-19, MWSA will implement the next stage of the protocol.

## 2. CONTACT TRACING

MWSA will compile attendance records for dates the individual was involved in MWSA programming and develop a list of other potentially affected athletes within the previous 14 days. MWSA will then notify all affected individuals of the case and recommend individuals self-isolate. MWSA will also notify all affected individuals should a suspected or probable case arise at a facility/venue in which programming has occurred. All attendance records will be provided to public health officials promptly upon request.

## 3A. INDIVIDUAL AT FACILITY TESTS POSITIVE

Upon identifying a lab-confirmed case of an individual who utilized the same facility or venue as our programming, MWSA will:

- Immediately suspend all programming that utilizes that venue
- Notify all individuals in MWSA programming that could be affected by this exposure
- Deep clean all equipment utilized at that venue and any vehicles or trailers that may have been in contact with contaminated equipment
- Work with the facility or venue to ensure the program location is properly cleaned prior to resuming programming
- Once sanitized, programming will revert back to a delivery method that allows for increased physical distancing. This will be implemented for a minimum of fourteen (14) days prior to resuming the current phase.

### 3B. INDIVIDUAL AT PROGRAM TESTS POSITIVE

Upon identifying a lab-confirmed case of an individual who has participated in MWSA programming has occurred, MWSA will:

- Immediately suspend all programming run by MWSA
- MWSA will notify the venue at which the program was held at to inform other potential users of the location of the positive case
- Notify all individuals involved in MWSA programming of the potential exposure to a confirmed case of COVID-19
- Deep clean all equipment, storage spaces, office spaces, transport vehicles/trailers, and any other potential cross-contaminated space that MWSA has had cross contact with in the previous fourteen (14) days.
- After fourteen (14) days of program suspension, MWSA will evaluate the planned return to programming in consultation with the Province of Manitoba. The minimum period of suspension will be no less than twenty-one (21) days. This period will be extended indefinitely if there is documented spread amongst individuals involved in MWSA programming



# Education

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Education will be a strong component in ensuring all individuals' safety in returning back to sport. Prior to the start of sport programming, and continuing thereafter, MWSA will offer the following training and orientation opportunities:

## FACILITATOR ORIENTATION SESSION

All individuals involved in running MWSA's programming will be required to attend an orientation session on MWSA's Return to Sport Plan. This session will cover important aspects of our protocols to ensure MWSA is delivering the safest venue possible. It will also highlight the importance of screening and ensuring individuals who may appear unwell are not allowed to participate within our programs.

## TRAINING OPPORTUNITIES

MWSA will work with Sport Manitoba, Coaching Manitoba, our National Sport Organizations, and other parasport PSOs across Canada to create educational opportunities for coaches who may be experiencing challenges in creating programming that adheres to the phased approach of our return to sport plan.

## ONLINE EDUCATIONAL MATERIALS

Once programming has resumed, MWSA will provide timely information bulletins on its website as well as educational resources related to COVID-19. Key tools, including the self-screening questionnaire will be linked on all sport pages, and a dedicated COVID-19 page will be implemented on the programs tab of our website.

## PHYSICAL SIGNAGE AND MATERIALS

MWSA will ensure venues have proper signage displayed in public areas. If absent, MWSA will develop their own signage to be posted in the facility. These signs will include:

- Encouraging physical distancing where possible
- Information about screening for COVID-19
- Hand-washing information

# Equipment

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Compared to able-bodied sports, MWSA's sports and programs utilize more equipment that is shared amongst athletes/participants. This will require increased sanitization to lessen the chance of spread of this virus. MWSA's key considerations for equipment are included below.

## STORAGE ROOM ACCESS

Storage room access will be limited to the facilitators of the program. No athlete or participant will be allowed in this space, and must receive their equipment from the facilitator. Once outside of the storage room, athletes or participants will be allowed to handle equipment.

## GENERAL SPORT EQUIPMENT

General Sport Equipment refers to common equipment used in our sports, such as basketballs, rugby balls, tennis racquets and balls, etc. MWSA will ensure that facilitators sanitize each piece of equipment that is used at the end of each program session. This equipment will last be handled by the program facilitators who will ensure the safe storage of the equipment.

## SPORT WHEELCHAIRS

Sport wheelchairs are used by multiple individuals due to the limited number of sport wheelchairs. These are the highest level of contact points between the athlete and the equipment as they remain in contact throughout the entirety of the day's program. Therefore, there is an inherent increased risk of transmission through the use of this specialized equipment.

In consideration of our athletes, MWSA will act on the following principles related to the use of sport wheelchairs owned by MWSA:

- Where possible and where numbers permit, athletes who have the ability to transport a sport wheelchair to and from a program will be allowed to take the wheelchair home with them
- Where equipment remains in the custody of MWSA, MWSA will work to ensure that specific wheelchairs are matched with specific athletes/participants where possible. Limits to this part will include:
  - Number of wheelchairs available
  - Sizes of wheelchairs and their ability to match the body types of the athletes/participants
  - Frequency of the participation of the athlete/participant
  - Location of the programming (some equipment may need to be transported to other programming groups in order to facilitate that activity)
- Ensure the sanitization of sport wheels and frames before and after the program
- Ensure the sanitization of seat upholstery at the conclusion of each program
- Limit the number of wheelchairs that travel between programs (example: chairs that serve both a basketball and a tennis program)

## STORING PERSONAL SPORT WHEELCHAIRS

On a case-by-case basis, MWSA will evaluate the need for athletes who wish to store their personal chair in the storage room. If permitted, the wheelchair must be sanitized prior to entering the storage facility and must be placed in the storage facility by a program facilitator.

## EQUIPMENT SANITIZATION PROTOCOL

The following protocol is developed to ensure MWSA's and athlete's equipment are properly sanitized at the conclusion of the program.

1. All equipment that leaves the storage facility, or enters the programming space, must be sanitized at the conclusion of the program;
2. All equipment must be sanitized with an approved cleaner or disinfectant as provided by MWSA;
3. Equipment is to be sanitized by:
  - a. Applying the sanitizing solution to a cloth to dampen;
  - b. Physically applying the dampened cloth to the surface and applying friction;
  - c. Leaving the surface wet for a minimum period of one (1) minute;
  - d. Placing the rag in a "used" bin for further cleaning
  - e. Returning the equipment to storage as soon as possible without other instances of contamination
4. Equipment should only be sanitized with new or cleaned cloths or rags. All used rags will need to be separated for regular cleaning.
5. Gloves may be utilized for those who are uncomfortable in directly handling the sanitizing solution. If gloves are used, the individual's hands must be washed with soap and water or with hand sanitizer upon immediate removal of the gloves
6. Program facilitators may allow athletes to participate in the sanitizing process. However, they must ensure these surfaces have been properly cleaned at the conclusion of the program.

## PERSONAL EQUIPMENT

Personal equipment, such as gloves, shall not be shared between athletes/participants. For sports requiring protective equipment in order to participate, MWSA will stock basic equipment that can be distributed to athletes on an as-needed basis. Personal equipment should not be placed in the storage room, instead, it should be taken home with the athlete each night.

Athletes will also be required to bring their own materials, such as tapes, with them to each practice. Sharing of these peripherals will not be allowed between athletes. MWSA will provide some of these peripherals at its programs, and once distributed, will be in the possession of the athlete and should not be returned to storage.

Athletes will be required to bring a bag in order to properly dispose of personal peripherals at the end of practice. Where possible, athletes should refrain from using their mouth/teeth in order to remove items such as tape at the end of a practice.

Athletes should arrive with enough water or other hydration beverages for the entire program. Athletes should assume that facilities such as water fountains will be unavailable. At no point should athletes share water bottles between each other. All hydration bottles must be clearly labelled with the athlete's name.

## DAY WHEELCHAIRS AND NON-SPORT PERSONAL EQUIPMENT

All day wheelchairs and other non-sport personal equipment should be placed in a safe, low traffic area of the venue where it can be distanced from other user groups of the facility/venue and from the program itself. Personal equipment should be appropriately spaced from each other to reduce the likelihood of close interactions between athletes.

All day wheelchairs, backpacks, and other bags should be positioned to allow for easy access from the sport wheelchair. If an athlete/participant requires assistance in reaching their personal belongings, the program facilitator shall handwash and/or sanitize their hands prior to and immediately after assisting an athlete with their personal belongings.

## FIXING EQUIPMENT

Fixing equipment provides for situations where physical distancing may not be possible. When assisting an athlete in their sport wheelchair, both the athlete and the person assisting should wear personal protective equipment. When assisting in fixing equipment where the athlete is not presently using it, the individual should sanitize the equipment prior to making the repair. Wherever possible, the athlete should conduct their own repairs of their equipment.

# Team Sports - Return to Sport Phases

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The return to sport for team sports will be implemented in a phased approach that aligns with the reduction of the ongoing public health concern surrounding COVID-19. This approach will encompass the following phases:

**Phase 1:** Education and Individual Training

**Phase 2:** Small Group Training Begins

**Phase 3:** Increase in Group Training Size

**Phase 4:** Moderate Group Training/Minimal Contact Permitted

**Phase 5:** Return to Local Competition

**Phase 6:** Return to Competition outside of Manitoba

## PROVINCIAL HEALTH ORDERS

It may be experienced that items outlined in the provincial health orders do not directly align with the protocols outlined in this document. In any circumstance, the health orders of the Province will override any protocol contained in this protocol.

As a guideline, MWSA will follow the spirit of general health protocols even at times where the orders may not directly apply to sport and recreation. Specifically, these considerations may reflect the number of individuals allowed in the programming space at a given time.

In considering how many participants may be allowed in our spaces, MWSA may refer to restrictions on public gatherings in general indoor spaces; including:

1. Indoor Gathering Limit under 10: Programming will be suspended unless specific health orders allow for specific training guidelines to be held (example: one-on-one coaching).
2. Indoor Gathering Limit under 20: The maximum number of individuals allowed in the programming space will be strictly limited to the number provided in the public health order. This maximum number will include athletes, coaches, volunteers, and support/attendant personnel.
3. Indoor Gathering Limit 20 or above: The maximum number of individuals allowed in the programming space will be determined by the Return to Sport phase that MWSA has authorized. In this, parents of youth under the age of 12 and/or support individuals for athletes will be exempt from this number.

If the province provides specific orders on recreation and sport that do not necessarily fit into this document, MWSA will move to a phase of the plan that allows for the letter or spirit of the order to be upheld.

## DEFINITIONS

<b>Group:</b>	The term group is used to identify the entire group of athletes training in a given session. The group will encompass both athletes and coaches.
<b>Shared Wheelchair:</b>	Shared wheelchair refers to all instances where the association actively stores, transports, and allows the use of the wheelchair at training sessions where multiple athletes may use the same wheelchair over multiple sessions
<b>Direct Contact:</b>	Direct contact refers to the physical contact that occurs between two individuals, whether it's person to person or wheelchair to wheelchair.
<b>Indirect Contact:</b>	Indirect contact refers to contact through the shared use of an item, object or shared piece of equipment.

# Phase 1: Education and Individual Training

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The following is related to the implementation of Phase 1 of MWSA's return to team sports:

## INTRODUCTION

This phase is the initial phase of reopening team sports at Manitoba Wheelchair Sport Association. This phase focuses on individual practicing and skill work with the intention of minimizing all potential close contact between athletes. Physical distancing remains a crucial part of this introductory phase.

## TRAINING GROUP SIZE

Group sizes in this phase will be limited to two athletes per half court up to a maximum of six athletes and two coaches/equipment managers. If completing shooting drills, the court space shall be limited to a maximum of one (1) person per basket. Groups training in this phase should be consistent and athletes should not be allowed to transition between training groups.

The program facilitator may elect to have a reduced number of athletes than what the maximum provides if it provides more space for athletes to complete their training while maintaining physical distancing.

## PHYSICAL DISTANCING

All athletes and coaches will adhere to physical distancing at all times (minimum 4m<sup>2</sup> of separation). Coaches should instruct from a centralized location while maintaining physical distance from all athletes. In this phase, all forms of physical contact between athletes is prohibited.

## TRAINING CONDITIONS

Training permitted in this phase is limited to individual skill work. Athletes may practice cardiovascular exercises, individual or shooting drills and/or challenges provided that appropriate physical distancing can be maintained and provided they can be completed on their own. All drills that involve contact, both direct (ex. chair contact) and indirect (ex. Passing a ball) are prohibited in this phase. Competition between athletes is not permitted in this phase.

All strength and conditioning programs will be conducted on an individual basis. Athletes connected with other service providers (such as CSCM) will complete their training in accordance with COVID-19 policies outlined by their provider.

## EQUIPMENT

Sharing of equipment is prohibited in this phase. Each athlete should have their own ball or other implement to complete their drills and should refrain from retrieving another athlete's equipment.

In this phase, the use of shared sport wheelchairs will not be permitted. Where possible, athletes should transport their own sport wheelchair to and from the training session. Athletes who are unable to transport their own wheelchair will have their chair stored and/or transported for them after it is sanitized prior to and after the training session. Sport chairs should be organized to prevent multiple athletes from using the same chair.

The use of sport wheelchairs provided by MWSA will be done in conjunction with the approved phase in the "MWSA Sport Wheelchair Protocol".

## OTHER CONSIDERATIONS

Observers will not be allowed in the court space. Exceptions to this include:

- Parents/guardians that are providing care to a youth aged 12 or under will be permitted on the court.
- Athletes in this phase needing personal assistance for transfers, etc. will be allowed to bring someone to assist them.
- All additional individuals must be recorded in the program's attendance records, and must sign all MWSA documents in order to access the programming space.

In situations where the athlete requires assistance for transfers, etc. from a coach/instructor, they may assist the athlete provided appropriate PPE and hand sanitization is completed.

In this phase, coaches may personally follow-up with athletes through virtual communication channels or one-on-one outdoors.



# Phase 2: Small Group Training Begins

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The following is related to the implementation of Phase 2 of MWSA's return to team sports:

## INTRODUCTION

Phase 2 increases the number of athletes in the court space but still requires athletes to continue to work on individual skills and drills. This phase allows for athletes to challenge each other one-on-one while maintaining their own equipment.

## TRAINING GROUP SIZE

Group sizes in this phase will be limited to ten athletes per court and up to two coaches and/or equipment personnel. If completing shooting drills, no net should have more than two athletes shooting at the same net. Athlete sharing a basket will always remain at the same basket. Athletes should not switch between partners and/or baskets. Wherever possible, training in this phase should be consistent and athletes should not be allowed to transition between training groups.

## PHYSICAL DISTANCING

All athletes and coaches will adhere to physical distancing at all times (minimum 4m<sup>2</sup> of separation). Coaches should instruct from a centralized location while maintaining physical distance from all athletes. In this phase, direct and indirect contact between athletes is prohibited.

## TRAINING CONDITIONS

Training permitted in this phase is limited to individual skill work. Athletes may practice individual shooting, dribbling, and/or other cardiovascular drills, challenges or individual skill work provided that appropriate physical distancing can be maintained. All drills that involve contact, both direct and indirect (ex. passing a ball) is prohibited in this phase. All other forms of competition between athletes is prohibited in this phase.

All strength and conditioning programs will be conducted on an individual basis. Athletes connected with other service providers (such as CSCM) will complete their training in accordance with COVID-19 policies outlined by their provider.

## EQUIPMENT

Sharing of equipment is prohibited in this phase. Each athlete should have their own ball or other implement to complete their drills and should refrain from retrieving another athlete's equipment.

In this phase, the use of shared sport wheelchairs will not be permitted. Where possible, athletes should transport their own sport wheelchair to and from the training session. Athletes who are unable to transport their own wheelchair will have their chair stored and/or transported for them after it is sanitized prior to and after the training session. Sport chairs should be organized to prevent multiple athletes from using the same chair.

The use of sport wheelchairs provided by MWSA will be done in conjunction with the approved phase in the “MWSA Sport Wheelchair Protocol”.

## OTHER CONSIDERATIONS

Observers will not be allowed in the court space. Exceptions to this include:

- Parents/guardians that are providing care to a youth aged 12 or under will be permitted on the court.
- Athletes in this phase needing personal assistance for transfers, etc. will be allowed to bring someone to assist them.
- All additional individuals must be recorded in the program’s attendance records, and must sign all MWSA documents in order to access the programming space.

In situations where the athlete requires assistance for transfers, etc. from a coach/instructor, they may assist the athlete provided appropriate PPE and hand sanitization is completed.

In this phase, coaches may personally follow-up in-person with athletes on an individual basis while maintaining social distancing.

# Phase 3: Increase in Small Group Training

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The following is related to the implementation of Phase 3 of MWSA's return to team sports:

## INTRODUCTION

Phase 3 provides for a small increase in the size of the training group. More importantly, Phase 3 allows for the sharing of equipment. Physical distancing still remains an important part of this phase, however, it allows for a small increase in the density of the training group.

## TRAINING GROUP SIZE

Group sizes in this phase will be limited to a maximum of twelve athletes and up to three coaches and/or equipment personnel. If completing shooting drills, no net should have more than three athletes shooting at the same net. Athletes sharing a basket should always remain at the same basket. Wherever possible groups training in this phase should be consistent and athletes should not be allowed to transition between training groups.

## PHYSICAL DISTANCING

All athletes and coaches will adhere to physical distancing where possible (minimum 4m<sup>2</sup> of separation). Coaches should instruct from a centralized location while maintaining physical distance from all athletes. In this phase, all forms of direct contact between athletes are prohibited.

## TRAINING CONDITIONS

Training permitted in this phase will continue to focus on individual skill work with the introduction of small group work. Drills that involve indirect contact (ex. passing a ball) will be permitted in this phase. Individual drills/exercises may continue to be completed as outlined in previous phases.

Athletes may challenge each other provided that physical distancing is maintained and that there is no direct contact between athletes. All other forms of competition involving direct contact is prohibited.

All strength and conditioning programs will be conducted on an individual basis. Athletes connected with other service providers (such as CSCM) will complete their training in accordance with COVID-19 policies outlined by their provider.

## EQUIPMENT

Sharing of sport-specific equipment (ie. basketball, rugby ball) is permitted in this phase.

In this phase, the use of shared sport wheelchairs will not be permitted. Where possible, athletes should transport their own sport wheelchair to and from the training session. Athletes who are unable to transport their own wheelchair will have their chair stored and/or transported for them after it is sanitized prior to and after the training session. Sport chairs should be organized to prevent multiple athletes from using the same chair.

The use of sport wheelchairs provided by MWSA will be done in conjunction with the approved phase in the "MWSA Sport Wheelchair Protocol".

## OTHER CONSIDERATIONS

Observers will not be allowed in the court space. Exceptions to this include:

- Parents/guardians that are providing care to a youth aged 12 or under will be permitted on the court.
- Athletes in this phase needing personal assistance for transfers, etc. will be allowed to bring someone to assist them.
- All additional individuals must be recorded in the program's attendance records, and must sign all MWSA documents in order to access the programming space.

In situations where the athlete requires assistance for transfers, etc. from a coach/instructor, they may assist the athlete provided appropriate PPE and hand sanitization is completed.

In this phase, coaches may personally follow-up in-person with a group of up to three (3) athletes while maintaining social distancing.

# Phase 4: Moderate Group Training

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The following is related to the implementation of Phase 4 of MWSA's return to team sports:

## INTRODUCTION

This phase builds upon the loosening of contact restrictions in the previous phase and introduces direct contact between athletes. Physical distancing in other aspects is still highlighted in this phase, however, the introduction of basic competition in the training group is now permitted.

## TRAINING GROUP SIZE

Group sizes in this phase will be limited to a maximum of fifteen athletes and up to three coaches and/or equipment personnel. Groups training in this phase should be consistent and athletes should not be allowed to transition between training groups wherever possible.

## PHYSICAL DISTANCING

Physical distancing will no longer be required within divided teams/cohorts during training sessions. However, in other circumstances (ie. water break, timeouts, etc.) physical distancing should continue to be observed.

## TRAINING CONDITIONS

All training permitted in previous phases will be allowed to continue with the addition of light direct contact between athletes. Activities permitted in this phase include small sided games, 5v0 play, or internal 3v3 drills and competition.

Teams should maintain the same equipment throughout the training session (ie. if playing 3v3, Team A and Team B maintain their own ball and Team C and Team D maintain another ball). Passing is allowed within these assigned teams.

MWSA may introduce small group strength and conditioning sessions for its athletes, up to a maximum of 6 athletes per session. Athletes connected with other service providers (such as CSCM) will complete their training in accordance with COVID-19 policies outlined by their provider.

## EQUIPMENT

Sharing of sport-specific equipment (ie. basketball, rugby balls) is permitted in this phase. In this phase, the use of shared sport wheelchairs will resume. Wherever possible, athletes utilizing shared sport wheelchairs should utilize the same sport wheelchair. Wheelchairs shall be regularly sanitized at the beginning and conclusion of the training session. Where possible, athletes should transport their own sport wheelchair to and from the training session. Athletes who are unable to transport their own wheelchair will have their chair transported for them after it is sanitized prior to and after the training session.

## OTHER CONSIDERATIONS

Observers will not be allowed in the court space. Exceptions to this include:

- Parents/guardians that are providing care to a youth aged 12 or under will be permitted on the court.
- Athletes in this phase needing personal assistance for transfers, etc. will be allowed to bring someone to assist them.
- All additional individuals must be recorded in the program's attendance records, and must sign all MWSA documents in order to access the programming space.

In situations where the athlete requires assistance for transfers, etc. from a coach/instructor, they may assist the athlete provided appropriate PPE and hand sanitization is completed.

In this phase, coaches may personally follow-up in-person with a group of up to five (5) athletes while maintaining social distancing.

# Phase 5: Return to In-Province Competition

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The following is related to the implementation of Phase 5 of MWSA's return to team sports:

## INTRODUCTION

In Phase 5, we see the return of local competition to our team sports. In this phase, the need for physical distancing is no longer required and competition is permitted within the organization.

## TRAINING GROUP SIZE

Whole team is permitted to practice with no limits on players, coaches, or staff unless otherwise regulated by provincial health orders. However, the use of cohorts has the ability to reduce potential infections and should be implemented where feasible.

## PHYSICAL DISTANCING

Physical distancing will no longer be required amongst all athletes. Physical distancing is still recommended in circumstances where possible (ie. water break, timeouts, etc.). Indirect and direct contact between athletes is permitted.

## TRAINING CONDITIONS

Training is permitted with indirect and direct physical contact. Competition is limited to athletes within the Province of Manitoba. Drills/activities are allowed to utilize a similar level of contact to prepare for out-of-province competition. Competitions up to internal 5v5 games are permitted.

MWSA may introduce group strength and conditioning sessions for its athletes with no stated maximum. Athletes connected with other service providers (such as CSCM) will complete their training in accordance with COVID-19 policies outlined by their provider.

## EQUIPMENT

Sharing of sport-specific equipment (ie. basketballs, rugby balls) is unrestricted in this phase.

In this phase, the use of shared sport wheelchairs will be permitted. Wherever possible, athletes utilizing shared sport wheelchairs should utilize the same sport wheelchair. Wheelchairs shall be regularly sanitized at the beginning and conclusion of the training session.

Where possible, athletes should transport their own sport wheelchair to and from the training session. Athletes who are unable to transport their own wheelchair will have their chair transported for them after it is sanitized prior to and after the training session.

## OTHER CONSIDERATIONS

Observers will not be allowed in the court space. Exceptions to this include:

- Parents/guardians that are providing care to a youth aged 12 or under will be permitted on the court.
- Athletes in this phase needing personal assistance for transfers, etc. will be allowed to bring someone to assist them.
- All additional individuals must be recorded in the program's attendance records, and must sign all MWSA documents in order to access the programming space.

In situations where the athlete requires assistance for transfers, etc. from a coach/instructor, they may assist the athlete provided appropriate PPE and hand sanitization is completed.

In this phase, coaches may conduct group/team meetings in-person while optimizing physical distancing where possible.



# Phase 6: Return to Interprovincial Competition

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The following is related to the implementation of Phase 6 of MWSA's return to team sports

## PREVIOUS LOCAL RESTRICTIONS

All restrictions that were in effect in previous phases are now lifted for local programming. Equipment sanitization will continue and other health considerations are encouraged to continue where possible.

## EXTERNAL GROUPS

External groups, such as practicum university students, may be permitted to resume attending MWSA programming. This will be evaluated by MWSA's Executive Director to ensure reintegration into MWSA's programs is appropriate. MWSA's Executive Director will take into consideration the travel history of students and other COVID-19 risk factors prior to admitting a student into MWSA's programs.

## COMPETITIONS RESUME

In this phase, out-of-province competitions and competitions with visiting teams are permitted. In this phase, the following should be considered prior to attending a tournament:

1. Teams participating in the tournament have followed a phased approach to reintroducing their sport into their community;
2. Athletes participating in the tournament have not travelled outside of Canada as prescribed by local health authorities;
3. No players, staff, coaches, etc. present any COVID-19 symptoms;
4. Location of tournament does not have any active travel restrictions related to COVID-19

## LOCAL CONDITIONS, TRAVEL AND SPECTATORS

Prior to attending a tournament, staff and coaches shall evaluate the local risk of COVID-19 in the region where the competition is being held. Travel arrangements that are made should provide for the greatest level of infection control, including:

1. Travelling by road via personal vehicles
2. Travelling by road via coach/bus rental
3. Travelling by plane directly to location
4. Travelling by plane that utilizes a lower risk connection
5. Travelling by plane where infection risk may be higher but no other connections are available

Accommodations should be arranged by the team/MWSA office and athletes should be grouped together in a wing of the hotel.

Spectators for local and regional competitions are permitted. It is recommended that all spectators or visitors continue to observe recommended physical distancing measures.

# Acknowledgements & Disclaimer

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This document is developed based on information provided by our National Sport Organizations and is adapted from guidelines such as Canada Basketball/Wheelchair Basketball Canada's Return to Sport Guidelines version 1.1.

## LEGAL DISCLAIMER

The information provided is current as of the time of publishing and is aligned with recommendations from multiple agencies. Dependant on local, regional, national, and global COVID-19 situation reports, the recommendations contained herein may change. When anything in this guide conflicts with public health authorities or applicable law, individuals must comply with the applicable law or public health order and adapt their approach.

As information continues to be made available, efforts will be made to update and revise this document and to circulate revisions to members. The information contained in this plan should be used to evaluate the unique risks that each training environment presents.

Individuals, in consultation with a medical professional, are also required to assess and evaluate their own personal risks prior to their return to sport.

## LIMITATIONS

This document sets forth protocols for activities and programs sanctioned and/or operated by Manitoba Wheelchair Sport Association. MWSA recommends in all circumstances that individuals follow the general guidelines set forth in this document. However, MWSA recognizes that conditions contained herein may not be enforceable with outside community groups and non-sanctioned providers.