



PentaSport - Return to Play
COVID-19 Exposure Control Plan

Version 2.1

This document has been reviewed and approved by the PentaSport Board of Directors on
September 21st, 2021

The PentaSport Return to Play Plan will be reviewed and updated by the PentaSport Board of Directors monthly for the duration of the current health crisis. Updated versions will be posted on PentaSport platforms and distributed to members.

Background/Purpose

[On September 2, 2021](#), British Columbia's Provincial Health Officer (PHO) announced updated provincial restrictions on BC's restart plan. In this update, it was stated that adult and youth outdoor and indoor group and team sports were allowed. This includes games, competitions, and practices. For indoor sport activities, up to 50 spectators are allowable or 50% of seated capacity, whichever is greater.

[On September 8, 2021](#), it was announced that proof of vaccination would be required to access certain events, including indoor adult group and team sports for people 22 years or older. Proof of partial vaccination will be required as of September 13th, and proof of full vaccination will be required as of October 24th. Proof of vaccination guidance was released by the PHO September 9th 2021 and in a press conference, Dr. Bonnie Henry noted that the check would only need to be performed once if activities are recurring and individuals are familiar.

Accordingly, PentaSport has developed this Return to Play Plan to outline how Provincial mandates will impact the operations of the league. It should be noted that PentaSport is committed to taking a conservative approach which includes reducing competitive play by cancelling playoffs, and implementing processes beyond provincial requirements to reduce risk and ensure the health and safety of the PentaSport community; including players, partners, and spectators. PentaSport will work collaboratively with venue partners in particular to ensure that we are also adhering to any venue-specific protocols and rules.

This Return to Play Plan outlines the general guidelines and protocols developed to support and guide the cautious, step-by-step safe return of PentaSport during this pandemic. The health and safety of our league participants and broader community are of highest priority. In this plan, we also include an implementation plan, as well as the draft waivers, forms, and key documents which will be used to communicate and enforce these guidelines.

Return to Sport Governing Guidelines

This Return to Play plan has been developed in consideration of and with reference to the guidelines and requirements set out by the following organizations:

1. [Province of British Columbia Proof of Vaccination and the BC Vaccine Card](#)
2. [viaSport Return to Sport Guidelines](#)
3. [Urban Rec Return to Play Protocol](#)

Table of Contents

Background/Purpose	1
Return to Sport Governing Guidelines	1
General Return to Play Principles/Considerations	3
General Hygiene Requirements	3
Vaccination Requirements	3
Facility Access, Operations, and Equipment Requirements	4
Participant Guidelines and Processes	5
Registration Period	5
Day of Arrival	5
During the Session	6
Wrap Up/Departure	6
Between Sessions	6
After Sessions	6
Communication	6
League Rep Role and Guidelines	7
Participant Safety	7
Vaccination card checks	7
Spectator Group Size	7
Organizing Committee Presence	7
League Rep	7
First Aid Plan	8
COVID Case Plan	8
Implementation and follow-up	8
Appendix A - Sample Forms/Waivers - Release of Liability	10
Appendix B - League Rep Checklist	12
Appendix C - Health and Safety Feedback survey	13
Appendix D - Resources	14
Appendix E - League Representative Waiver	15

General Return to Play Principles/Considerations

- Adhere to all public health requirements
- Increased focus on personal hygiene and sanitation
- If you are sick, stay at home (no exceptions)
- Maintain physical distancing of at least 2 metres when appropriate and feasible
- Reduce touch points as much as possible (facilities, equipment, etc.)
- Stay community focused

General Hygiene Requirements

The requirements outlined below will be communicated to participants ahead of registration and are expected to be respected throughout the duration of the session.

Handwashing/ Hand sanitizer	Required upon arrival, halfway through sessions, and recommended prior to departure. Where handwashing facilities are not available, hand sanitizer will be provided.
Water bottles and personal equipment	Water bottles, towels and other personal items should not be shared between participants.
Masks	Masks are required to be worn by everyone upon entry and everywhere in the facility with the exception of the playing surface during play time. Masks do not need to be worn while playing or waiting to substitute in.
Contact	Handshaking or any form of contact (ie. hugs and high fives) are not permitted.
Touching	Avoid touching eyes, nose, or mouth throughout the session.
Social distancing	An effort should be made to physically distance (minimum 2 metres) from others where possible and feasible (ie. spectators) when not on the playing surface.
Common surfaces	Be mindful of common surfaces and limit touch points.
Coughing and sneezing	Please cough or sneeze into your elbows or tissue and sanitize when able.

Vaccination Requirements

Per PHO, proof of vaccination will be required for indoor adult group and team sports for people 19 years or older. Verifying proof of vaccination is a two-step process. Step 1 can be performed in two ways: using the app to verify QR codes, or visual verification. Step 2 involves reviewing ID to match the name listed on the BC Vaccine Card with the person being verified.

We note that in the registration process, all players will sign a waiver that includes a declaration that they have been fully vaccinated.

- As per press conference on September 9, 2021, it was stated that proof of vaccination would only need to be performed once if the individual is familiar. The familiarity requirement is met at PentaSport given that players are registered in teams to play for the duration of the season, and attend games weekly. As such, players' proof of vaccination will only need to be checked once.
- League Reps will be tasked with performing vaccination checks for players upon entry using the QR code reader app and reviewing IDs. League Reps will document the result of checks so that PentaSport has a record of all players who have been checked. Checks will be performed weekly until all registered players have been checked.
- In accordance with Provincial regulations, some public shared venues, like the Richmond Olympic Oval, may perform vaccination checks upon entry as part of their own protocols. PentaSport will not have access to these records, nor rely on these checks.
- All players, league reps, and spectators participating or attending a PentaSport event will be required to show proof of vaccination to League Reps.

Facility Access, Operations, and Equipment Requirements

To create a safe and healthy environment for the PentaSport community, we will work closely and collaboratively with our facility partners. PentaSport notes that the below may be adjusted (to be more conservative) if venues communicate additional venue-specific requirements. The following outlines some of the additional steps and precautions we will take at our facilities and with our equipment.

- Limiting spectators
 - For the first 3 weeks, spectators will not be permitted. This conservative approach will allow the league and League Reps a grace period to focus on player vaccination checks and managing a smooth return to play.
 - After week 3, the organizing committee, along with the Board of Directors will re-evaluate the feasibility of inviting spectators.
 - We note that when spectators are invited, we will take precautions to ensure spectators are seated and limited to the greater of 50 people or 50% of capacity. Vaccination checks will be performed for all spectators, in accordance with PHO requirements.
- Reducing “choke” points
 - Care will be taken to avoid access “choke” points which run counter to physical distancing.
 - In cases where multiple gates may be used to access the playing area, separate entry and exit points should be communicated to participants. When possible, gates should be held in an open position to reduce touch points by participants.

- Vaccination checks will be performed outside the facility. Players will be asked to arrive 15 minutes prior to the start of their game and wait outside to ensure a smooth process. Players will be asked to form an orderly line with social distancing in mind and will not be permitted to enter the facility until players from any previous sessions have departed.
- Reducing group size
 - In an effort to manage group size, participants will be instructed to leave immediately after the end of the event to minimize contact and allow time for proper sanitization between sessions.
 - Reducing touch points
 - Participants will be encouraged to arrive in appropriate attire for the session to reduce restroom use and traffic.
 - Participants will be encouraged to arrive with water or other fluids in personal bottles which are clearly labelled/recognizable instead of using shared water fountains.
 - Communal surfaces like doorknobs and water fountains will be cleaned regularly by League Reps (LR) with disinfecting wipes. Consideration will be made to reduce the number of touch points.
- Equipment
 - Equipment used will be sanitized by League Reps before sessions, midway through the session, and at the end of sessions.

Participant Guidelines and Processes

We have included the protocols that will be followed from registration to post-game feedback survey below.

Registration Period

- Circulate this document for review
- Registration waiver will include the following COVID-19 related topics:
 - Attestation of vaccination status
 - Agreement to following the health and safety protocols outlined in this document

Day of Arrival

- Participants will check-in with LRs upon arrival outside of the venue
 - Participants will sanitize hands
 - LRs will check proof of vaccination and IDs for every person entering the venue and note in the master participant list if the person is fully vaccinated. In subsequent weeks, if the participant has already been checked, they will not need to be checked upon arrival
 - LRs to provide guidance on where to wait/stand prior to the start of the session
- Signage at registration to remind participants about mask guidance and social distancing requirements

During the Session

- No tournament-style competitive games will be played
- Equipment will be [sanitized](#) by LRs before, during, and after each session.
- League reps will be required to wear masks

Wrap Up/Departure

- All participants are expected to depart from the venue immediately after the session and to avoid loitering in or around the parking lot or entrance of the venue
- LRs will remind participants to collect any belongings, pre-sanitize any equipment prior to returning, and encouraged to wash and/or sanitize their hands
- LRs will provide verbal instructions on the flow and direction of exit from the venue
- LRs will remind participants that a feedback survey will be sent out and encourage people to complete it
- LRs will not invite players in the following game to enter the venue until the area is clear

Between Sessions

- To reduce exposure between groups, teams will be asked to wait outside of the venue until the prior team has vacated the premise
- Equipment will be resanitized by LRs
- LRs will ensure that all personal belongings have been collected
- OC will inquire with facilities about cleaning and sweeping floors (what equipment is available, what is permitted to be used or what cleaning will be performed by the facility staff)

After Sessions

- Feedback surveys will be sent to all participants within 2 days after the session. See Appendix C for sample questions in the survey
- Questions seek to understand the effectiveness of communication, coordination, and health and safety measures in place, and how measures can be improved upon

Communication

- This Return to Play Plan will be posted to the PentaSport website
- In weekly league communications, we will include a link to this document and remind participants of the waiver signed which includes the following attestation:
 - I will not participate in the Activities, if we have (1) experienced in the prior 14 days flu-like symptoms or symptoms of any infection/disease; or (2) been in close contact in the prior 14 days with any person diagnosed with COVID-19; or (3) been advised by the B.C. Centre for Disease Control, government agency, or healthcare professional to self-isolate due to possible exposure.

League Rep Role and Guidelines

Due to new protocols in place, existing League Rep responsibilities will be adjusted. Given the unique circumstances and changes, we will be hosting an online virtual training session ahead of the season's start.

They will be reminded that they may opt out of participating and volunteering should they be at higher risk of experiencing serious illness, come into contact with someone with COVID-19 or experience any symptoms themselves. They will be made aware of this Return to Play Plan .

League Reps responsibilities (in addition to [typical responsibilities](#)):

- Download the Vaccination card reader
- Manage the check-in process prior to games (including vaccination card check)
- Document vaccination card checks
- Manage and sanitize equipment
- Keep track of time
- Facilitate the flow of traffic in and out of the facility as well as during the midway break
- Manage the spectator area to ensure capacity restrictions are adhered to, when spectators are invited

We note that League Reps will also be required to wear masks for the duration of the session. A waiver relating to League Rep vaccination status and ability to participate will be required to be signed in the League rep registration sign up process. See [Appendix E](#).

Participant Safety

In addition to the general hygiene requirements outlined [above](#), the following expectations and protocols will be in place:

- Vaccination card checks
 - See [Vaccination Requirements](#)
- Spectator Group Size
 - See [Limiting Spectators](#)
- Organizing Committee Presence
 - A member of the organizing committee will be in attendance at the first 3 in-person sessions to help League Reps and Activity Leads facilitate. They will ensure protocol and processes outlined in this document are followed
- League Rep
 - Online virtual training will ensure that league reps are aware of protocols and equipped to execute and manage games in accordance with them
 - Weekly feedback survey

- First Aid Plan
 - In case first aid is needed to be administered and social distancing cannot be observed, League Reps will be provided with masks and gloves in the LR equipment bag
 - League reps will provide the same level of assistance as previous seasons (ie. bandages and ice)
- COVID Case Plan
 - Individuals who are sick or are exhibiting COVID-19-like symptoms as described by [BCCDC](#) should stay home and not attend a PentaSport activity or event
 - Individuals can take the BC COVID-19 self-assessment tool located [HERE](#) to determine their next steps in regards to testing
 - Individuals can also call 811 for health advice, or 911 if there is an emergency.
 - Individuals & PentaSport should report any suspected case(s) of COVID-19 like illness among participants, staff/volunteers, or spectators to the local Health Authority Medical Health Officer as well as to PentaSport (info@pentasport.ca)
 - If a case or outbreak is confirmed, follow the orders of the local Health Authority
 - When a positive case is identified, provincial health authorities follow a rigorous protocol:
 - Contact tracing is initiated to determine how the individual was infected and whom they were in close contact with.
 - Close contacts that are at an increased risk are identified and notified and advised to self-isolate and monitor for symptoms for 14 days. Only health authorities can determine who is a close contact.
 - The Health Authority will advise the league if we need to alert venues, players or the league as a whole.
 - In addition to following health authorities' instructions, upon confirmation of a positive case, the PentaSport Organizing Committee and Board of Directors will hold a meeting to determine next steps with regards to league wide communication and the feasibility and safety of continuing the league

Implementation and follow-up

The communication plan to share, explain and address concerns will be completed and executed by the Organizing Committees Communications Teams. Channels and plans include but are not limited to: Facebook and Instagram posts, emails to newsletter subscribers, a live and virtual league-wide townhall meeting and direct messages to leaders like past Captains and League Reps.

The Health and Safety Committee will also continue to stay up to date and monitor any changes and update plans and protocols as required, in addition to reviewing feedback received from participants post-session. Special consideration will be made to ensure that Provincial, municipal, viaSport and facility guidelines are followed. Adjustments will be made in a timely

manner. Any changes or updates will be discussed by the Health and Safety Committee and approved by the Board.

Appendix A - Sample Forms/Waivers - Release of Liability

PENTASPORT MINISTRIES PARTICIPANT'S ASSUMPTION OF RISKS, WAIVER OF CLAIMS, RELEASE OF LIABILITY, COVENANT NOT TO SUE, & INDEMNIFICATION AGREEMENT (collectively this "Agreement")

PLEASE READ CAREFULLY.

By reviewing and signing this Agreement, I for myself and any of my minor children under age 19 assume all risks, dangers, hazards of participation, waive any and all rights to sue and rights to claim compensation, release of any and all liabilities in favor of PentaSport Ministries, any and all their associated entities, successors, predecessors, directors, officers, employees, agents, sponsors, assigns, contractors, representatives, volunteers (collectively "**PentaSport Ministries**").

I know and understand that many risks, dangers, hazards are involved in my or my minor's participation in athletic, fitness and related activities such as those undertaken with PentaSport Ministries including but not limited to practices, games, events, warm-ups, stretching, walking, running, catching, throwing, checking, pursuing, defending, slips, trips, falls, over-exertion, contact/collision with other participants/objects/spectators/bystanders, blind spots, reduced visibility, facilities/ equipment defective/not, the outdoors, terrain, vehicular traffic, the weather (collectively, the "**Activities**").

I, for myself and my minor child (if any) FREELY, WILLINGLY, VOLUNTARILY ASSUME all risks, dangers, hazards, losses, damages, injuries, illnesses, COVID-19, other diseases, temporary/permanent disabilities, or death that may result from my or my minor's participation in PentaSport Ministries or the Activities, or that may result from acts, omissions, breach of any duty, negligence, carelessness or fault of PentaSport Ministries including but not limited to failure of PentaSport Ministries to take reasonable or any steps to protect me or my minor child (if any).

I understand PentaSport Ministries is a not-for-profit organization. In good and sufficient consideration of PentaSport Ministries agreeing to and permitting my participation or my minor's participation and for all other valuable consideration, the receipt of which is acknowledged, I, for myself, my minor child (if any) and anyone entitled to act on my behalf or my minor's behalf including but not limited to heirs, assigns, executors, administrators, next-of-kin, successors WAIVE, FOREVER RELEASE, FULLY DISCHARGE PentaSport Ministries from all past, present, future claims and liabilities for any losses, damages, injuries, illnesses, COVID-19, temporary/permanent disabilities, or death, of any kind known or unknown, arising out of my or my minor's participation, due to any cause whatsoever, including but not limited to acts, omissions, breach of duty, negligence, carelessness or fault of PentaSport Ministries or failure of PentaSport Ministries to take reasonable or any steps to protect me or my minor from risks, dangers, hazards. I PROMISE NOT TO SUE AND I WILL NOT SUE PentaSport Ministries.

I certify and warrant that (1) I am over age 19 and of full capacity to enter into this Agreement; OR I am the parent/legal guardian of the minor child, and of full capacity and lawful authority to

enter into this Agreement on my minor's behalf; (2) I am or my minor child is medically able, physically fit, mentally capable; and received two doses of the COVID-19 vaccine Pfizer, Moderna, AstraZeneca or one dose of the COVID-19 vaccine Johnson & Johnson on or before September 13, 2021; (3) I am or my minor is properly prepared and sufficiently trained for participation; (4) I have not or my minor child has not been advised by a healthcare professional not to participate; (5) I have no or my minor has no health-related reasons or other problems precluding participation. I alone am responsible for my own safety and well-being; OR I as the parent/legal guardian am always solely responsible for my minor child's safety and well-being.

I and my minor child if any will not participate in the Activities, if we have (1) experienced in the prior 14 days flu-like symptoms or symptoms of any infection/disease; or (2) been in close contact in the prior 14 days with any person diagnosed with COVID-19; or (3) been advised by the B.C. Centre for Disease Control, government agency, or healthcare professional to self-isolate due to possible exposure. I and my minor child, if any, will comply with all regulations of PentaSport Ministries and of the B.C. Public Health Officer concerning matters relating to COVID-19 or other disease. I, for myself and my minor, consent to receive medical treatment that may be deemed advisable as per B.C.'s Public Health Officer concerning matters of health and safety specifically as they relate to COVID-19 or other disease, arising from my or my minor's participation.

I, for myself, my minor and anyone entitled to act on my behalf and/or my minor's behalf – including but not limited to heirs, assigns, executors, administrators, next-of-kin, successors – consent and agree to FULLY INDEMNIFY AND HOLD HARMLESS PentaSport Ministries relating to any and all liabilities, claims, losses, damages, costs, expenses, legal fees, arising from my or my minor's participation, however caused, including but not limited to acts, omissions, breach of duty, negligence, carelessness or fault of PentaSport Ministries, and failure of PentaSport Ministries to take reasonable or any steps to protect me and my minor child from risks, dangers and hazards.

I understand that while participating in PentaSport Ministries or the Activities, I and my minor child (if any) may be recorded, photographed, or filmed. I consent and authorize PentaSport Ministries to use any photographs, videos, films, motion pictures, or any other record of my participation or my minor's participation, without remuneration or other credit to me and my minor child, if any.

In entering into this Agreement, I, for myself and my minor child (if any) am not relying on any oral or written representations or statements respecting participation in PentaSport Ministries or the Activities, other than what is expressly set out here. I, for myself and my minor if any consent to be bound by all written provisions of this Agreement and in accordance with the laws of B.C.

Appendix B - League Rep Checklist

Set Up:

- Help set-up courts/nets/equipment
- Set up sanitization areas/registration
- Set up signage to ensure orderly check-in line up and entry in to the venue
- If indoors, mark indoor space with tape as needed

Participant and Spectator Arrival:

- Ask participants to sanitize hands upon arrival
- Vaccination card check (green = fully vaccinated)
- Document vaccination status shared Google document
- Remind participant of social distancing rules
- Remind spectators of mask rules

During Session:

- Help maintain social distancing where feasible/appropriate
- Mid-way point sanitization break
 - Facilitate flow of participants to ensure social distancing
 - Sanitize all high-touch surfaces and equipment
 - Encourage hand hygiene before returning to play

Wrap up/Departure:

- Encourage participants to exit the venue to allow for sanitization and cleaning of the equipment and/or venue
- Ask participants to perform hand hygiene before departing
- Provide verbal instructions on flow of exit
- Remind participants of feedback survey
- Sanitize and clean venue as venue dictates
- If between sessions, begin set-up for next session

Appendix C - Health and Safety Feedback survey

- Contextual information (venue, sport & time) will be asked
- Respondents will be asked to rate the following statements on a scale of 0 (disagree) to 5 (agree). A small text box will appear after each to provide an opportunity for further elaboration:
 - Overall, I am satisfied with PentaSport's planned Health & Safety protocols
 - Expectations, requirements, and processes around the check-in process were clearly communicated and effectively managed
 - Expectations, requirements, and processes around safe game play were clearly communicated and effectively managed
 - Health and safety protocols were consistently communicated, followed, and enforced throughout the session
- The following questions will be open ended text boxes:
 - Do you have any other comments or questions?

Appendix D - Resources

Federal and Provincial (BC) Tools and Resources

- [Proof of Vaccination Information for Businesses](#)
- [Province of British Columbia Proof of Vaccination and the BC Vaccine Card](#)
- [Government of Canada hand-washing guide](#)
- [Province of BC self-assessment tool for COVID-19](#)
- [Ministerial Order M183 \(Protection Against Liability in Sports\)](#)

BCCDC

- [BCCDC Physical Distancing Poster](#)
- [BCCDC Handwashing Poster](#)
- [BCCDC Cleaning and Disinfectants for Public Settings](#)

WorkSafeBC

- [WorkSafeBC COVID-19 guidance](#)
- [Guide for Occupational First Aid Attendants](#)
- [WorkSafeBC Cleaning Protocol](#)

viaSport and Other League Resources

- [viaSport Return to Sport Guidelines for B.C.](#)
- [viaSport Sport Specific Guidelines](#)
- [Urban Rec Return to Play Protocol](#)
- [BC Ultimate Return to Play](#)
- [BC Recreation and Parks Association Guideline for Restarting Operations](#)

Appendix E - League Representative Waiver

I as a league representative certify and warrant that I and my team members (1) are medically able, physically fit, mentally capable; (2) received two doses of the covid19 vaccine Pfizer, Moderna, AstraZeneca or Johnson & Johnson on or before September 13, 2021; and will abide by all protocols relating to the prevention and mitigation of Covid19 as per the BC public health officer; (4) are properly prepared and sufficiently trained for participation; (5) have not been advised by a healthcare professional not to participate; (6) have no health-related reasons or other problems precluding participation.