

## COVID-19 Specifics:

- **Government Restrictions: All leagues and programs are being run in a cohort structure as per the [June 12 Provincial Guidelines for Organized Sports](#).**
  - **Players can be a part of at most one sport cohort of up to 50 people at a time.** Participation in multiple sports cohorts (without physical distancing during play) at the same time is not allowed.
  - If a player cannot attend, subs in their place will NOT be allowed.
  - Within a cohort, physical distancing and masks will not be required while actively playing (exception: marking distance increased to 1m). While not playing (e.g. on the sideline, half time / time outs, putting on cleats, etc.), physical distancing of 2m should be observed.
  - Good sanitation and hygiene must be practiced within and outside your cohort.
  - Any spectators or family members who are not part of the cohort MUST practice  $\geq 2m$  physical distancing if they come to a league event. In so much as possible, please avoid bringing spectators.
  - A two week break without participation in any sport cohort and without COVID-19 symptoms is required before switching cohorts.
  - Participating in a cohort league increases your risk of exposure to COVID-19. The cohort league structure merely limits the potential for spread in case of exposure. **If you or people in your cohort family are part of particularly vulnerable groups (e.g. seniors, have respiratory illness, or are immunocompromised), we discourage participation in our cohort leagues (but please know, we miss you!).**
  
- **Player Screening Protocols:**
  - A parent/guardian must complete the [CJU Game Day Self-Screening Google Form](#) for each child prior to every session and take appropriate action as required.
  - Players must follow [Alberta Health Services isolation requirements](#).
  - **If you or one of your close contacts test positive for COVID-19, you must follow the directions of the AHS representatives and immediately notify us by emailing [league@calgaryultimate.org](mailto:league@calgaryultimate.org).**
  - If you are unable to attend a game for any reason, do **NOT** arrange for a sub.
  
- **Rapid Response to Symptomatic Individuals:**
  - Anyone (participants, spectators, staff/volunteers) who becomes COVID-19 symptomatic during a CU event is required to immediately isolate from others and must return home immediately.
    - Arrange safe travel home (e.g. no public transit; our Coaches are trained with advice on options as needed)
    - If the symptomatic person has been in close contact ( $< 2m$ ) with other attendees, the CU / CJU event should be cancelled for the day, all participants should sanitize and wash their hands as soon as possible,

and all equipment that may have come in contact with the symptomatic participant should be cleaned and disinfected.

- The Coach will immediately report the incident to CU who will follow up with participants as soon as possible.

- **Sanitation, Hygiene, and Other Player Protocols:**

- CJU will provide all discs for play. Please do not bring discs from home.
- When not actively playing on the field, keep physically distant and practice good hygiene.
  - Keep 2m of distance between players whenever not playing (e.g. on the sidelines, half time, time outs, warm up, clearing/de-clearing, entering/exiting the field).
  - Practice good hand hygiene: wash hands before and after activity; use hand sanitizer when hand washing is unavailable.
  - Please bring and use your own hand sanitizer (we will have limited quantities on site)
  - Keep bags 2m apart.
  - No handshakes or other celebratory contact.
  - No sharing of water, clothing, or other equipment.
  - Avoid excessive cheering and yelling that presents a high risk of spreading droplets.
  - Refrain from touching your eyes, nose, mouth, and face while participating or while wearing sporting gloves.
  - Exhibit good respiratory etiquette (e.g., cough/sneeze into a tissue that is then promptly disposed of; no spitting).
  - Come as ready to play as possible.
- Masks:
  - Participants can wear masks when they are not engaging in intense physical activity.
  - AHS advises that masks should NOT be worn when conducting intense physical activity (due to some evidence suggesting possible negative health effects and/or because masks cannot be assured of staying in place).
- Follow all posted facility and field rules, including COVID-19 guidelines related to entry, exit, and movement flow.
- In the event of a storm/weather delay, assuming there is enough time to safely get to your own vehicle, we recommend taking shelter in your own vehicle, rather than congregating in groups under an awning/shelter.

- **Coaches**

- 1-2 Coaches will be assigned to each cohort.
- Coaches are responsible for overseeing compliance with COVID-19 safety guidelines.
- Coaches will be responsible for discs and scoreboards.
  - Discs and scoreboards will be sanitized before arrival and again upon conclusion of play.

- Discs will be sanitized at regular intervals throughout the session.
    - Coaches or someone they nominate should be the only participants to adjust the scoreboards.
  - Coaches will record player attendance. This information will only be used in the event that an attendee tests positive or an outbreak occurs, so that we can contact participants about potential exposure and support public health contact tracing efforts.
  - Both players and parents / spectators must adhere to Coach instructions.
  - If a player is in non-compliance with CU's guidelines, the Coach:
    - Will remind the person of the guidelines and that non-compliance puts people at risk.
    - If the player continues non-compliance after being reminded, the Coach reserves the right to remove the player from participation and contact the parent / guardian; these incidents will be reported to CU's Executive Director who will then follow up with the removed player's parent / guardian.
- **Spectators**
  - Any spectators or family members who are not part of the cohort **MUST** practice  $\geq 2$ m physical distancing if they come to a league event. In so much as possible, please avoid bringing spectators.
  - It is recommended that all spectators wear masks. Cheering and yelling is strongly discouraged at this time as it presents a high risk of spreading droplets.
- **General Recommendations**
  - We recommend all our players complete the [AHS asymptomatic COVID-19 self test](#) prior to participating in our cohort leagues to ensure you are not bringing the virus into the league as an asymptomatic carrier.
  - The AB Government encourages use of the [ABTraceTogether app](#) to assist public health officials with contact tracing if an outbreak were to occur.