

## ULTIMATE CANADA COVID-19 EVENT GUIDELINES

As we seek to restart Ultimate at the national level, Ultimate Canada has prepared guidelines to outline COVID-19 safety measures for our events. These guidelines are **subject to change at any time**.

Individuals are responsible for assessing their personal risk in consultation with medical professionals and for the outcome of their decisions and actions.

This document was last updated on: August 4, 2021.

### PRINCIPLES

- Participant safety is paramount
- Adhere to all health restrictions provided by local, provincial/territorial & federal health authorities. Returning to play should only occur if restrictions allow for it
- Protocols are subject to change.

### 1. PARTICIPATION REQUIREMENTS (Applies to participants, coaches, volunteers, and spectators)

- Screening requirements. All individuals attending an Ultimate Canada event must complete a COVID-19 screening for COVID-19. The screening requirements will align with local health authority requirements at the time of an event and are subject to change. Requirements as of August 2021 include the following:
  - If an individual is feeling ill or showing any symptoms (fever, cough, sore throat, runny nose, shortness of breath, difficulty breathing or headache) they may not attend the event.
  - If an individual has been exposed to or been in close contact with anyone who has tested positive for COVID-19 in the past 14 days, they must follow local health authority requirements around isolation.
  - If an individual is required to isolate by a public health authority they may not attend the event.
  - Individuals who contracted COVID-19 may not participate until cleared by public health authority rules.
- Refunds. A participant who must withdraw from an event or program due to COVID-19 screening requirements and has not participated in the event or program is entitled to an exception to the Ultimate Canada refund policy and will receive a full refund less a \$5 administrative processing fee. Ultimate Canada normally does not provide a refund for a late withdrawal, but is doing so to remove financial penalties for those who are keeping the community safe by not participating in events or programs.
- Screening procedures. The following procedures will be used to address screening:
  - Event sites will have signage (passive screening) indicating screening requirements.



- All individuals are required to be actively screened prior to attendance at an event. This will be completed via online screening or by on-site staff at entry.
- Attendance.
  - Captains and coaches will be responsible for taking attendance of participants for their program. This will be reviewed at the captain's meeting.
  - For Ultimate Canada events with no captains (tryouts, prospect camps, etc.) Ultimate Canada coaches or volunteers will take attendance.
  - Ultimate Canada will appoint a representative to take attendance of staff and volunteers at a site.
- Vaccination.
  - Ultimate Canada does not require COVID-19 vaccination for participation, but strongly encourages all participants to get fully vaccinated to help protect themselves, fellow participants, and the community.
- Masking policy.
  - Participants, volunteers, and spectators will wear a mask while attending Ultimate Canada events and program venues unless: (a) they are fully vaccinated against COVID-19, (b) they have a negative PCR test from within 72-hours before the event, (c) they recently recovered from COVID-19 in the past 3 months, or (d) they are under the age of two years old. Ultimate Canada encourages all participants who are more comfortable competing in a mask at events and programs to do so.

## 2. SANITIZATION AND HYGIENE

- All participants and coaches are required to sanitize their hands before each game at a tournament or before participating in activities at other Ultimate Canada events.
- Participants that leave a game or program (e.g., bathroom break) will be required to re-sanitize their hands before rejoining the group.
- Disc cleaning. Teams are encouraged to sanitize game discs at the start of games and at half.

## 3. VENUE PROTOCOLS

- Participants should limit interactions with participants from other teams when 2 meters of physical distancing cannot be maintained (e.g. speaking with a friend).
- Where feasible, traffic corridors will be established to reduce congestion.
- Where feasible, fields will be allocated by division to reduce movement of participants between areas.
- Spectators may not enter the Ultimate field proper and must maintain 2 meters distance from other individuals whenever possible.
- Signage outlining physical distance guidelines will be posted.
- Signage of spectators assuming risks of COVID-19 will be posted.

## 4. PARTICIPANT PROTOCOL MODIFICATIONS

- Coaches and Players



- There are no in-competition modifications to game play.
- Participants should bring their own equipment as much as possible and not share with others. This includes water bottles, jerseys, footwear, and hand sanitizer.
- No spitting or nasal clearing onto the grass/ground.
- Sideline
  - Teams set up on opposite sidelines when possible to increase space.
  - Recommend keeping physical distancing with other team (2m) outside of game play.
- Spectators
  - Spectators may not enter the Ultimate field proper and must maintain 2 meters distance from other individuals whenever possible.
- Volunteers
  - On-site volunteers will keep physical distance from participants whenever possible.
- Spirit Circles
  - Teams should not have traditional spirit circles, but are encouraged to make spirit presentations that maintain physical distancing between teams for most of the presentation (e.g. It is okay to hand a spirit prize to the winner).
  - Teams are encouraged to have elbow bumps or foot bumps at the end of games rather than handshakes.

## 5. REDUCING PARTICIPANT RISKS WHEN TRAVELLING TO EVENTS

- Ultimate Canada does not take responsibility for participants who are negatively affected by COVID-19 while travelling to our events or programs. It is up to each individual to weigh their own risk and take responsibility on how to address their situation.
- Vaccination. Being fully vaccinated against COVID-19 is an important step participants can take to reduce their risks. This includes both health risks and financial risks.
- Travel insurance. The situation around COVID-19 is unpredictable and participants, particularly those with flights, are encouraged to address their financial risk by obtaining travel insurance in case of cancellation or unexpected changes to travel plans.
- Limit interactions while travelling. When travelling participants are encouraged to limit the number of individuals they are in close contact with; particularly indoors. Consider having fewer people share accommodations and grouping participants in pods of no more than four (4) individuals are carpooling or sharing accommodations for the duration of the event and related travel.
- Wear a mask. When on public transportation and physical distancing cannot be maintained participants are encouraged to wear a mask to reduce risk.
- Contingency plan. Participants are encouraged to have a contingency plan should there be a positive case on your team or someone has to isolate away from home. Some cities, have voluntary isolation centres, that can provide an option to support accommodations.

## 6. ADMINISTRATIVE PROTOCOLS



- A lead staff member or volunteer will be appointed to ensure that the plan is being implemented in accordance with health restrictions for the community that an event takes place.
- Participants must accept the organization's waiver of liability.
- An Emergency Action Plan for positive case with symptoms will be developed as part of the safety plan for each site.
- Organizational guidelines will be made available on the Ultimate Canada website and directly emailed to captains and coaches or participants. Signage will be provided onsite.
- Additional sanitization stations will be made available by Ultimate Canada at events.
- Teams will be encouraged to limit congregating at events. Common resources, like field food, will be removed.
- Employees and volunteers will be provided with training regarding COVID-19 protocols. PPE equipment will be made available for employees and volunteers. Common equipment must be sanitized after each individual has used it.
- Captains' meeting will be held online.
- The merchandise tent will have capacity limits and physical distancing will be required for lines.  
Masks may be required at the merchandise tent.
- Masks may be required when receiving medical treatment from athletic therapists/physiotherapists.