



BC Wheelchair Sports Association - Return to Sport Restart

*Following recent announcements from the Public Health Office and the release of the viaSport Return to Sport Restart 2.0 Chart BC Wheelchair Sports is releasing updated Return to Play Guidelines for our sports. As restrictions continue to lift this document has been reduced to contain only the most relevant sport information as it pertains to **Wheelchair Tennis, Wheelchair Rugby, and Wheelchair Athletics**. Participants including athletes, coaches, and volunteers are encouraged to stay up to date on additional Public Health measures at the links below.*

While we are optimistic and excited for the progression of the restart plan, we must all continue to follow Public Health Guidance as we return to the sports we know and love. Diligence in this transition period will ensure that we can get back to normal sport settings as soon as possible.

Any questions regarding the information contained in this document or the RTS process in general should be directed to Program Manager Michelle McDonell at michelle@bcwheelchairsports.com or the BCWSA Program Staff responsible for each sport.

General Guidelines – effective June 15, 2021

- All activities must be in alignment with the [viaSport Return to Sport Restart 2.0 Chart](#)
- All activities must follow all [Government of BC COVID-19 Restrictions and Orders](#)
- All participants (or their parents for participants under 18) will be required to sign an updated BCWSA Waiver or Assumption of Risk AND COVID-19 Declaration and must follow all BCWSA Policies and Protocols (linked below).
- All individuals must complete a [BCWSA - Personal Health Attestation](#) before each session certifying that they are in good health. **Individuals who cannot complete the attestation as written should not attend programming until they have communicated with their program staff.**
- All participants and coaches will be required to practice good hygiene (frequent hand washing with soap and water and use of hand sanitizers; avoid touching one's face; respiratory etiquette; disinfect frequently touched surfaces).
- Attendance in all programs must be tracked diligently (including program, date, other attendants) and contact details maintained for all attendees.
- Physical Assistance may be offered to athletes as required but all parties (including athletes) must wear a mask while within 2m of each other whether indoors or outdoor.
- Participants should bring their own water bottle.
- Physical distancing is required off the field of play whether indoors or outdoors.

Sport Guidelines

Sport restrictions now differentiate between indoor versus outdoor sport and adult versus youth sport only.

- Indoor sports (ie. rugby) which are taking place outdoors may follow outdoor restrictions.
- Sports which combine adult and youth participants must follow adult restrictions.

Indoor

- Participation is limited to no more than 50 participants at one time
 - Participants include athletes, coaches, trainers, officials and any individual present in an official capacity
- Physical distance (2m) must be maintained off the field of play only
- No spectators are permitted indoors unless necessary to provide physical assistance or care to a participant
- Masks must be worn except when participating in sport on the field of play

Outdoor

- Adult participation (22+) is limited to no more than 50 individuals at one time
 - Participants include athletes, coaches, trainers, officials and any individual present in an official capacity but **does not** include spectators
- There is no limit on **outdoor children and youth participation**
- Physical distance (2m) must be maintained off the field of play only
- No more than 50 spectators may be present at one time and those spectators must maintain a physical distance of 2m from each other unless they reside in the same household or are seated
- Masks are not required except when physical distancing cannot be maintained (ie. providing physical assistance)

Permitted Activities

For all BCWSA sports all related activities including training, competition and intraprovincial travel may resume so long as the above requirements are met.

For clarity:

- All sport participants (whether targeted or not) may now resume sport activity
- Full contact is now permitted on the field of play
- The cohort model which was previously part of the Return to Sport plan is no longer required

High Performance Sport

CSI-P identified athletes do not have a maximum group size for outdoor sport activities, but must adhere to all other requirements above

Resources

BC Wheelchair Sports Resources

[Waiver/Assumption of Risk](#)

[COVID-19 Declaration](#)

[Illness Policy](#)

[Outbreak Response Protocol](#)

[Personal Health Attestation](#)

Government Resources

[Province-Wide Restrictions - Province of British Columbia](#)

[Travel and COVID-19 - Province of British Columbia](#)

[EPA Order on Masks in Public Indoor Settings](#)

[PHO Order on Gatherings and Events](#)

Other Resources

[WorkSafeBC](#)

[viaSport Return to Sport Restart 2.0 Chart](#)