

December 29, 2020

A new Provincial Health Officer Order was put in place for all individuals, places of work and businesses across the Province.

While these new restrictions challenge us all, it important that we all do our part to help prevent the spread of COVID-19. Below we have worked to identify how these new restrictions impact BC Athletics and its members.

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1. Adult Group Sport (i.e. sport for those 22 years of age or older)

- Means a sporting activity involving more than one person and includes training and practice for an individual or a team sport, but does not include sport for children or youth, varsity sport or high-performance athlete sport
- A person may participate in group sport, if the following conditions are met:
 - a) if the group sport is indoors, only **two** persons participate;
 - b) if the group sport is outdoors, only **four** persons participate;
 - c) the participants maintain a distance of three metres from one another while engaged in the group sport, unless the participants reside in the same private residence;
 - d) there are no spectators, unless the presence of a spectator is necessary in order to provide care to a participant.
- No person may travel for group sport, including for training and/or practice.
- Adults may train individually or under the supervision of a personal coach.
 - An individual athlete may meet their personal coach for a training session if the following conditions are met:
 - a) For the safety of both athletes & coaches, coaches are required to ensure that an open and observable environment is used for all interactions between adults and participants. (i.e. Community Track & Field Facility)
 - b) A coach may not hold a training session for a group of individual athletes training on their own.
- Physical Distancing

- Athletes & coaches are asked to maintain a physical distance of three metres from one another and do not engage in handshaking, high fives, or similar behaviour.

2. Sport for Children or Youth (i.e. sport for those under 22 years of age)

- A person may participate in sport for children or youth, if the following conditions are met:
 - a) participants maintain a physical distance of three metres (3m) from one another and do not engage in handshaking, high fives, hugging or similar behaviour;
 - b) the focus is on activities that have a low risk of COVID-19 virus transmission;
 - c) no person is present as a spectator, unless the presence of the person is necessary in order to provide care to a child or youth who is a participant.
- Current guidelines limit group gatherings to a maximum of 50 and continued use of physical distancing and hygiene measures.
- Social Gatherings
 - a) No in-person social gatherings of any size (indoor and/or outdoors).
- Training Environment Safety - Daily Screening
 - a) A daily screening should already be included in every club and training groups existing COVID-19 safety plan. Conduct routine daily symptom screenings for all coaches, volunteers, and participants. Wellness questionnaires and use of self-assessment tools are recommended.
 - [BC COVID-19 Self-Assessment Tool.](#)
 - [SAMPLE Athlete Check-In Document](#)
- Attendance Tracking
 - a) Organizers must collect the first and last names and telephone number, or email address, of everyone who attends a training session or competition.
 - b) Retain this information for thirty days in case there is a need for contact tracing on the part of the medical health officer, in which case the information must be provided to the medical health officer.
 - c) Destroy the information after thirty days
 - d) *Avoid having athletes change training groups from day to day or week to week
- 2nd Claim Club Memberships
 - a) Athletes who hold a 2nd Claim Club Membership, are asked to select a single club for this period and train exclusively with that club.

- Mask requirements in public indoor settings
 - a) As outlined in the mask mandate order, masks are required for everyone in many public indoor settings. A face shield is not a substitute for a mask as it has an opening below the mouth.
 - b) Masks are required in many indoor public settings. This includes:
 - Community Centres
 - Recreation Centres
 - Sport or fitness facilities when not working out
 - c) There are exemptions for:
 - People with health conditions or with physical, cognitive, or mental impairments who cannot wear one
 - People who cannot remove a mask on their own
 - Children under the age of 12

- Spectators
 - a) No spectators are allowed at any youth sport activities under the order. The only people allowed to attend sport activities are those that provide care to a participant or player. For example, coaches or person designated to provide first aid.

- Competitions
 - a) During the period covered by this order the only competitions that may be held are “In-Club”.
 - b) “In-Club” is defined as, only those athletes who regularly train as part of a BC Athletics member club or training group.
 - c) There shall be no “special” exceptions made.

3. High Performance Sport

- High performance athletes, professional athletes and professional performers are not included in the order. To qualify as a high performance athlete, you must be:
 - a) Identified by the Canadian Sports Institute Pacific as a high-performance athlete affiliated with an accredited provincial or national sports organization.
 - b) Continuing to follow the safety guidelines of your provincial sports organization.
- Current guidelines limit group gatherings to a maximum of 50 and continued use of physical distancing (3m) and hygiene measures.

4. Varsity Sport

- A person may participate in varsity sport, if the following conditions are met:
 - a) The participants are members of a varsity sport team;

- b) Individuals of any age may participate in varsity sport if they are a member of a varsity sport team and they only train or practice with the post-secondary institution with which they are enrolled.
 - c) participants maintain a physical distance of three metres from one another when engaged in sport and do not engage in handshaking, high fives, hugging or similar behaviour;
 - d) the focus is on activities that have a low risk of COVID-19 virus transmission;
 - e) no person is present as a spectator, unless the presence of the person is necessary in order to provide care to a participant;
 - f) a participant only trains or practices with
 - a. the post-secondary institution with which the participant is enrolled, or
 - b. with respect to which the participant is a confirmed recruit, as permitted by and in accordance with the requirements of the body which governs the varsity sport.
- Current guidelines limit group gatherings to a maximum of 50 and continued use of physical distancing (3m) and hygiene measures.

5. Travel Restrictions

- No person may travel for children and youth sport or group sport, including for training and/or practice.
- Travel restrictions do not apply to travel by a person to the person's home club sports facility at which the person regularly trains or practices.
- Individuals should not carpool with other participants.

As a reminder, this PHO Order is in place until January 8, 2021, at which time government officials will determine if extensions or changes are required based on COVID-19 transmission data. For now, we ask that you share this information through your membership as soon as possible, however, recognize the challenge this may pose during the holiday season.

More information on BC Athletics "Return to Sport" policies and guidelines can be found online [here](#).