



**ONTARIO PARA
NETWORK**

RETURN TO SPORT

**PHASE 2: Individual Training and Practice
Effective July 20, 2020**



BACKGROUND

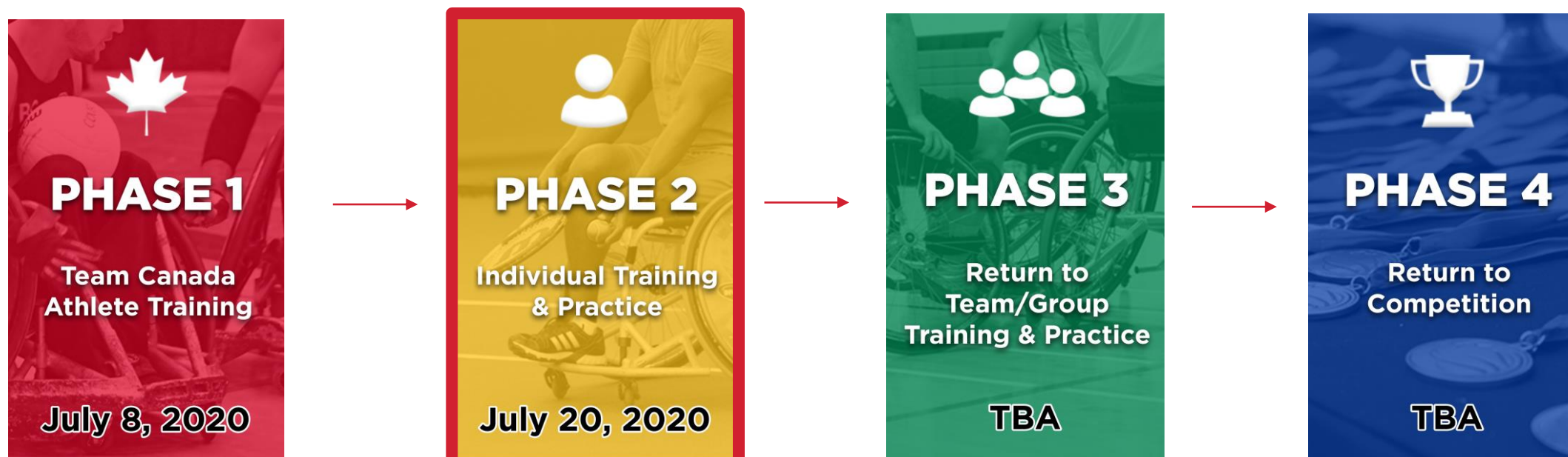
The novel coronavirus, COVID-19 has been declared a global pandemic by the World Health Organization. COVID-19 is extremely contagious and is known to spread mainly by contact from person to person. Consequently, local, provincial and federal governmental authorities recommend various measures and prohibit a variety of behaviors, in order to reduce the spread of the virus.

We know that many of you are anxious to get back to sport. We are too. The following is a list of guidelines developed in alignment with resources from Wheelchair Basketball Canada, Wheelchair Rugby Canada, Ontario Basketball, the Ontario Tennis Association, and the Province of Ontario. It is important to note that all athletes must comply with the requirements and recommendations of Ontario Public Health and their local municipal health authority. Links to those resources can be found at the end of this document.

Be well and stay safe!



ONPARA's Phased Approach to the Return of Sport



Expansion of National Training Groups to include NextGen Athletes (NSO directed)

Individual Training and Practice: All Athletes

It is important to note that these phases do not coincide directly with the Province of Ontario's Framework for Recovery or the phases of our National Sport Organizations. It is possible for ONPARA to be in Phase 1 while the province/NSO is in Phase 2 etc. ONPARA may stay within a level or revert back to a previous level if it is deemed necessary to mitigate risk of transmission within our programming. Prior to participating in any activities, participants should consult their [local public health unit's or municipality's website](#) to review health and safety protocols.

Health and Safety

Our primary goal is to protect the health and safety of our athletes, coaches, officials, volunteers and our entire wheelchair sports community. We are looking forward to returning to the field of play when it is safe to do so, but until then, we encourage our athletes to limit their activity to individual training sessions or sessions as per the guidelines for **Phase 2: Individual Training and Practice.**



ASSUMPTION OF RISK

Without a vaccine or cure for COVID-19 there will always be a risk of contracting the virus when participating in any public activity. The Ontario Para Network does not carry insurance that covers pandemic diseases or contagions including COVID-19. When practicing and/or training independently, participants are responsible for their surroundings, equipment and their own safety and assume all risks associated with participation in physical activity.

General Guidelines

- All activities must be in alignment with the current stage of the [Province of Ontario's Reopening Guidelines](#)
- All activities must follow all national, provincial, municipal and local orders as well as all Provincial Health Officer orders and recommendations
- Individuals including but not limited to participants, volunteers and coaches **MAY NOT PARTICIPATE** in any programming if they:
 - Exhibit any symptoms of a cold, flu or COVID-19 including a fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite or have had any of the above symptoms in the last 10 days
 - Individuals experiencing any of the above new symptoms or anyone who is concerned they may have COVID-19 should [visit a COVID-19 assessment centre](#)
 - Are under the direction of the provincial health officer to self-isolate
 - Have travelled outside of Canada in the last 14 days
 - Have been in contact with someone with COVID-19 in the last 14 days
- Any player with a medical condition which may elevate the risk of serious COVID-19 symptoms is encouraged to consult their medical professional before beginning participation
- All participants and coaches will be required to practice good hand hygiene (frequent hand washing with soap and water and use of hand sanitizers, avoid touching the face), respiratory etiquette, and disinfection of frequently touched surfaces

Facility Guidelines

- Clubs and sporting facilities must have operational security procedures in place during the crisis related to COVID-19. These procedures must be well displayed and communicated to all users. Athletes and coaches should be aware of all policies laid out by the facility they are using
- Ensure the facility has been cleaned according to Public Health Ontario guidelines for [Cleaning and Disinfecting for Public Settings](#)
- Personal hygiene and protection against COVID-19 posters should be displayed prominently throughout the facility
- The use of outdoor courts and facilities is preferred whenever possible. Public Health officials have indicated that the use of outdoor facilities is generally safe as there is greater ventilation and ability to physically distance
- All doors accessible to the public must remain open to avoid contact with door handles unless automatic
- Soap and/or hand sanitizer must be made available to all clients in various locations throughout the facility including at all entrances and exits
- Access to the locker rooms should be limited as much as possible
- Bins should be available to dispose of wipes and PPE



Wheelchair Basketball – Phase 2

1. Only outdoor individual training is strongly recommended at this time
2. Physical distancing of 2m must be maintained at all times
3. No sharing of equipment:
 - “One player, one ball, one basket”
 - No passing, unless between persons from the same immediate household
 - No other person should interact with the ball
4. Athletes must use and transport their own sport wheelchairs
 - Sport wheelchairs and other equipment should not be stored at a facility
5. If assistance is required (e.g. transferring, taping, etc.), the assistant must be someone from the athlete’s immediate household
 - Assistants can only assist their own immediate household members
6. No contact
7. No scrimmages or competition



Wheelchair Basketball – Phase 2 (continued)

8. No sharing of personal items including water bottles, towels, snacks, sanitizing products, or basketball equipment (chair, ball, etc.)
9. Athletes should not use outdoor public facilities such as water fountains, washrooms, locker rooms/changerooms, etc.
 - Athletes should bring their own water bottles filled from home
10. Players should regularly sanitize their basketball and other equipment including push rims and other high-contact touch points before and immediately after playing. Although some facilities may provide sanitizing supplies, athletes are encouraged to bring their own
11. Use of public transit (including taxis & rideshares) is discouraged at this time. Athletes should travel independently or only with those from their immediate household
 - Carpooling is discouraged unless with persons in athlete's immediate household

Wheelchair Tennis – Phase 2

1. Physical Distancing of 2m must be maintained at all times
2. Tennis Balls:
 - Athletes should each have their own set of labelled tennis balls, and should avoid serving or picking up the other player's tennis balls
3. Ball Machines:
 - Ball machines should be used with heightened caution at this time
 - Balls should be changed/replaced between users and the machine sanitized to prevent cross-contamination
 - Only the individual operating the ball machine should touch the tennis balls at any time
4. Athletes must use and transport their own sport wheelchairs
 - Sport wheelchairs and other equipment should not be stored at a facility



Wheelchair Tennis – Phase 2 (continued)

4. Each athlete must have their own racquet which should be cleaned before and after each session
5. Players should bring their own water bottles filled from home and not at the facility
6. Players should sanitize their racquet and other equipment including push rims and other high contact touch points before and immediately after playing. Although some facilities may provide sanitizing supplies, players are encouraged to bring their own
7. Use of public transit (including taxis & rideshares) is discouraged at this time. Athletes should travel independently or only with those from their immediate household
 - Carpooling is discouraged unless with persons in athlete's immediate household

Wheelchair Rugby – Phase 2

1. Only outdoor individual training is permitted at this time
 - Athletes must take necessary precautions to avoid overheating such as avoiding training during hot weather, limiting training time and using spray bottles, using spray bottles and ice packs to provide relief
2. Physical distancing of 2m must be maintained at all times
3. No sharing of equipment:
 - “One player, one ball”
 - No passing, unless between persons from the same immediate household
 - No other person should interact with the ball
4. Athletes must use and transport their own sport wheelchairs
 - Sport wheelchairs and other equipment should not be stored at a facility
5. If assistance is required (e.g. transferring, strapping, taping, etc.), the assistant must be someone from the athlete’s immediate household
 - Assistants can only assist their own immediate household members
6. No contact



Wheelchair Rugby – Phase 2 (continued)

7. No scrimmages or competition
8. No sharing of personal items including water bottles, spray bottles, gloves, tape, towels, snacks, sanitizing products, or rugby equipment (chair, ball, etc.)
9. Athletes should not use outdoor public facilities such as water fountains, washrooms, locker rooms/changerooms, etc.
 - Athletes should bring their own water bottles filled from home
10. Players should regularly sanitize their rugby ball and other equipment including push rims and other high-contact touch points before and immediately after playing. Although some facilities may provide sanitizing supplies, athletes are encouraged to bring their own
11. Use of public transit (including taxis & rideshares) is discouraged at this time. Athletes should travel independently or only with those from their immediate household
 - Carpooling is discouraged unless with persons in athlete's immediate household

Wheelchair Athletics

Athletics Ontario is the official Provincial governing body for para athletics. All para track and para throws athletes should follow the return to play guidelines set by Athletics Ontario. [AO's COVID guidelines](#)



Resources

There are a high number of para athletes with compromised immune/respiratory systems. Anyone who is at higher risk to COVID-19 is advised to seriously consider engaging in any public activity.

Province of Ontario

- COVID-19 Self-Assessment: <https://covid-19.ontario.ca/self-assessment/>
- Framework for Reopening the Province: <https://files.ontario.ca/mof-framework-for-reopening-our-province-en-2020-04-27.pdf>
- Reopening in Ontario: What's in Each Stage: <https://www.ontario.ca/page/reopening-ontario-whats-each-stage#s-25>
- COVID-19: Stop the Spread: <https://www.ontario.ca/page/covid-19-stop-spread#section-6>
- Resources to Prevent COVID-19 in the Workplace: <https://www.ontario.ca/page/resources-prevent-covid-19-workplace>

Public Health Ontario

- COVID-19 Public Resources: <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>
- [Physical Distancing Fact Sheet](#)
- [Handwashing Fact Sheet](#)

Resources (continued)

International Tennis Federation

- Return to Tennis Guidelines: <https://www.itftennis.com/media/3446/return-to-tennis-guidelines-eng.pdf>

Ontario Basketball

- Return to Play Guidelines : Phase 2 : <https://basketball.on.ca/ontario-basketball-releases-return-play-guidelines-phase-2/>

Red Cross

- First Aid protocols for an unresponsive person during COVID-19:
- www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-person-during-covid-19

Tennis Canada

- COVID-19 Updates on Tennis in Canada: <https://www.tenniscanada.com/covid19/>

Spinal Cord Injury Canada

- Hand Hygiene for People with Spinal Cord Injury: <https://sci-can.ca/resource/preventing-covid-19-hand-hygiene-people-spinal-cord-injury>

Wheelchair Basketball Canada

- Return to Wheelchair Basketball Guidelines: https://www.wheelchairbasketball.ca/news_press/canada-basketball-and-wheelchair-basketball-canada-publish-back-to-basketball-return-to-sport-guidelines/