



**ONTARIO PARA  
NETWORK**

**RETURN TO SPORT**

**STEP 2: OUTDOOR LEAGUES**  
**Effective June 30, 2021**



# BACKGROUND

Ontario's [Roadmap to Reopen](#) is a three-step plan to safely and cautiously reopen the province and gradually lift public health measures.

The plan is based on:

- the provincewide vaccination rate
- improvements in key public health and health care indicators

The following is a list of guidelines developed in alignment with resources from 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



## STEP 1: Outdoor Training



**Effective: June 11, 2021**



## STEP 2: Outdoor Leagues



**Effective: June 30, 2021**



## STEP 3: Indoor Training



**Effective: TBD**

It is important to note that ONPARA may stay within a step or revert back to a previous step 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 **STEP 2**.

**ONPARA has implemented the following protocols, applicable to all sanctioned clubs, programs, and events in operation under STEP 2 guidelines:**

- [Screening & Health Attestation Tool](#)
- [Risk Mitigation Strategy & Outbreak Protocol](#)
- [Attendance Tracking Sheet](#)



## **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, coaches, and volunteers 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 athlete 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

- Businesses, organizations, and facilities must comply with the advice, recommendations and instructions of public health officials. This includes advice, recommendations or instructions on: face coverings, physical distancing, cleaning or disinfecting, and screening. For the full list of public health measures, please visit <https://covid-19.ontario.ca/public-health-measures#businesses-organizations-and-facilities>
- Facilities must have a [screening process](#) and [safety plan](#) with additional requirements
- Athletes, coaches, volunteers, and all others participating in sport, recreation, and fitness activities should be aware of all policies & protocols mandated by the facility they are using.
- Only outdoor fitness classes, outdoor training, and outdoor sports or games that have been modified to avoid contact are open under **STEP 2** guidelines.
  - The use of indoor facilities is not permitted, with limited exceptions and conditions, including accessing washrooms
- Spectator capacity is limited to 25% of the usual seating capacity for facilities with designated spectator seating, or 25% capacity using the calculation in the [Capacity limits](#) section for facilities without designated spectator seating.



# Wheelchair Basketball – STEP 2

1. Outdoor training sessions and are permitted for up to a maximum of 25 people at one time **including** coaches, athletes, volunteers and assistants.
  - a) Note: 25 people maximum provided that physical distancing of 2m can be maintained
2. Physical distancing of 2m must be maintained at all times.
3. No personal contact is permitted.
4. Passing drills and sharing of basketballs is allowed. Basketballs should be regularly sanitized between uses.
5. No scrimmages or competitions permitted at this time.
6. Sharing of equipment (other than basketballs) is not recommended. Athletes are encouraged to use their own sport wheelchairs whenever possible.
7. If assistance is required (e.g. transferring, taping, etc.), it is recommended that the assistant be someone from the athlete's immediate household.
8. No sharing of personal items including water bottles, towels, snacks etc. Athletes should bring their own water bottles filled from home.
9. Players should regularly sanitize their basketball and other equipment including push rims and other high-contact touch points before and immediately after playing.
10. Use of public transit (including taxis & rideshares) and carpooling is discouraged at this time. Athletes should travel independently or only with those from their immediate household. Face masks that cover the mouth and nose must be worn when physical distancing is not possible.
11. All sanctioned clubs, programs, and events in operation under Step 2 guidelines must adhere to ONPARA's Screening, Tracking, and Risk Mitigation Protocols (see page 4 – Health & Safety).



# Wheelchair Tennis – STEP 2

1. Outdoor training sessions, matches, and league events are permitted for up to a maximum of 25 people at one time **including** coaches, athletes, volunteers and assistants.
  - a) Note: 25 people maximum provided that physical distancing of 2m can be maintained
2. Physical distancing of 2m must be maintained at all times.
3. Sharing of equipment (other than tennis balls) is not recommended. Athletes should use their own sport wheelchair whenever possible.
4. Players should sanitize their racquet and equipment including push rims and other high contact touch points before and immediately after playing.
5. No sharing of personal items including water bottles, towels, snacks etc. Athletes should bring their own water bottles filled from home.
6. If assistance is required (e.g. transferring, taping, etc.), it is recommended that the assistant be someone from the athlete's immediate household.
7. Use of public transit (including taxis & rideshares) and carpooling is discouraged at this time. Athletes should travel independently or only with those from their immediate household. Face masks that cover the mouth and nose must be worn when physical distancing is not possible.
8. All sanctioned clubs, programs, and events in operation under Step 2 guidelines must adhere to ONPARA's Screening, Tracking, and Risk Mitigation Protocols (see page 4 – Health & Safety).



# Wheelchair Rugby – STEP 2

1. Outdoor training sessions are permitted for up to a maximum of 25 people at one time **including** coaches, athletes, volunteers and assistants.
  - a) Note: 25 people maximum provided that physical distancing of 2m can be maintained
2. Physical distancing of 2m must be maintained at all times.
3. No personal contact is permitted.
4. Passing drills and sharing of rugby balls is allowed. Rugby balls should be regularly sanitized between uses.
5. No scrimmages or competitions permitted at this time.
6. Sharing of equipment (other than rugby balls) is not recommended. Athletes are encouraged to use their own sport wheelchairs whenever possible.
7. If assistance is required (e.g. transferring, strapping, taping, etc.), it is recommended that the assistant be someone from the athlete's immediate household.
8. No sharing of personal items including water bottles, towels, snacks etc. Athletes should bring their own water bottles filled from home.
9. Players should regularly sanitize their rugby ball and other equipment including push rims and other high-contact touch points before and immediately after playing.
10. Use of public transit (including taxis & rideshares) and carpooling is discouraged at this time. Athletes should travel independently or only with those from their immediate household. Face masks that cover the mouth and nose must be worn when physical distancing is not possible.
11. All sanctioned clubs, programs, and events in operation under Step 2 guidelines must adhere to ONPARA's Screening, Tracking, and Risk Mitigation Protocols (see page 4 – Health & Safety).



# 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. Any athlete with a medical condition which may elevate the risk of serious COVID-19 symptoms is encouraged to consult their medical professional before beginning participation.

## Province of Ontario

- COVID-19 Self-Assessment: <https://covid-19.ontario.ca/self-assessment/>
- Framework for Reopening: [Reopening Ontario | Ontario.ca](https://www.ontario.ca/page/reopening-ontario)
- 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>

## 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](http://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/](https://www.wheelchairbasketball.ca/news_press/canada-basketball-and-wheelchair-basketball-canada-publish-back-to-basketball-return-to-sport-guidelines/)

**ONPARA COVID-19 Updates: <https://onpara.ca/covid-19-information-and-resources/>**