



**ONTARIO PARA  
NETWORK**

**RETURN TO SPORT**

**STEP 1: OUTDOOR TRAINING**  
**Effective June 11, 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: TBD**

## 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 1.

**ONPARA has implemented the following protocols, applicable to all sanctioned clubs, programs, and events in operation under STEP 1 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, 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
- Only outdoor training is permitted in **STEP 1**. Public Health officials have indicated that the use of outdoor facilities is generally safe as there is greater ventilation and ability to physically distance
- Soap and/or hand sanitizer must be made available to all clients in locations throughout the facility including at all entrances and exits
- Access to the locker rooms should be avoided as much as possible
- Bins should be available to dispose of wipes and PPE



# Wheelchair Basketball – STEP 1

1. Only outdoor training is permitted at this time for up to 10 people including coaches, athletes, volunteers and attendants
2. Physical distancing of 2m must be maintained
3. Sharing of equipment is not recommended
4. Athletes should use their own sport wheelchair
5. If assistance is required (e.g. transferring, taping, etc.), the assistant should be someone from the athlete's immediate household
6. No contact
7. No scrimmages or competition
8. No sharing of personal items including water bottles, towels, snacks etc.
9. 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.
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. Face masks that cover the mouth and nose must be worn when physical distancing is not possible.



# Wheelchair Tennis – STEP 1

1. Only outdoor training is permitted at this time for up to 10 people including coaches, athletes, volunteers and attendants
2. Physical distancing of 2m must be maintained at all times
3. 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
4. Athletes should use their own sport wheelchair
5. Players should sanitize their racquet and other equipment including push rims and other high contact touch points before and immediately after playing.
6. Players should bring their own water bottles filled from home and not at the facility
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. Face masks that cover the mouth and nose must be worn when physical distancing is not possible.



# Wheelchair Rugby – STEP 1

1. Only outdoor training is permitted at this time for up to 10 people including coaches, athletes, volunteers and attendants
  - Athletes must take necessary precautions to avoid overheating such as avoiding training during hot weather, limiting training time and using spray bottles and ice packs to provide relief
2. Physical distancing of 2m must be maintained at all times
3. Sharing equipment is not recommended
4. Athletes should bring their own water bottles filled from home
5. If assistance is required (e.g. transferring, strapping, taping, etc.), the assistant should be someone from the athlete's immediate household
6. No contact permitted
7. No scrimmages or competition
8. No sharing of personal items including water bottles, spray bottles, gloves, tape etc.)
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) is discouraged at this time. Athletes should travel independently or only with those from their immediate household. Carpooling is discouraged. Face masks that cover the mouth and nose must be worn when physical distancing is not possible.



# 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: [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/)