



**ONTARIO PARA  
NETWORK**

**RETURN TO SPORT**

**STEP 3: INDOOR TRAINING & LEAGUES**  
**Effective July 16, 2021**



Last updated:  
September 22, 2021

# Ontario's Roadmap to Reopen

Ontario's [Roadmap to Reopen](#) is a three-step plan to safely and cautiously reopen the province and gradually lift public health measures, based on the provincewide vaccination rate and 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. Our primary goal is to protect the health and safety of our athletes, coaches, officials, volunteers and our entire wheelchair sports community.

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.

Public health and safety measures will continue to apply across all steps, including maintaining physical distance, abiding by facility capacity limits, and wearing face coverings in indoor spaces and whenever physical distancing is a challenge.

Be well and stay safe!



## **ASSUMPTION OF RISK**

**Even with a vaccine 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.**

# ONPARA's Phased Approach to the Return of Sport

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## STEP 1: Outdoor Training



**Effective: June 11, 2021**

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## STEP 2: Outdoor Leagues



**Effective: June 30, 2021**

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## STEP 3: Indoor Training & Leagues



**Effective: July 16, 2021**

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.

# Key Steps for a Safe Return to Sport

Prior to resuming activities, all ONPARA clubs and programs must:

1. Ensure that all members are **registered with ONPARA for 2021/2022** (effective Oct 1 – Sept 30)
2. Obtain an updated Certificate of Insurance for all club activities/events
3. Review ONPARA's current Return to Sport guidelines
4. Review and follow ONPARA's **Screening & Health Attestation Tool** and **Risk Mitigation Strategy & Outbreak Protocol**
5. Develop a **safety plan** aligned with ONPARA's current Return to Sport guidelines. Safety plan must be available upon request.
6. Share information with all members



According to ONPARA's Risk Mitigation Strategy & Outbreak Protocol, individuals **MAY NOT PARTICIPATE** in any programming if they:

- Exhibit any symptoms of a cold, flu or COVID-19 or 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

Individuals experiencing symptoms or individuals concerned they may have COVID-19 should [visit a COVID-19 assessment centre.](#)

# Facility Guidelines and Spectator Capacity

- 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.
  - Please note that some facilities may choose to set stricter guidelines for their patrons than those recommended by their local public health officials
- Facilities must have a [screening process](#) and [safety plan](#) in place.
- 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.
- Under **STEP 3** guidelines, facilities used for indoor or outdoor sports and recreational fitness activities may open, with spectator capacity limits. Spectator capacity must be limited to:
  - Indoors: 50% capacity or up to 1000 people
  - Outdoor: 75% capacity or 5000 people unseated/15,000 seated



For more information on facility and spectator capacity limits, please visit <https://www.ontario.ca/laws/regulation/r21520> (in Sports & Fitness section)

# Proof of Vaccination Guidelines (Summary)

On September 14, the Government of Ontario released detailed information regarding the upcoming Proof of Vaccination requirements. **These come into effect on September 22, 2021.**

- Patrons seeking access to **indoor areas of facilities used for sports and recreational fitness activities\*** must show **proof of identification and proof of being fully vaccinated against COVID-19** before they can enter the area, with limited exceptions.
- Patrons with a [medical exemption](#) are required to present identification and a written document stating the individual is exempt for a medical reason to the business or organization.

## **Exemption for Youth Organized Sports:**

Youth under 18 years of age actively participating in an organized sport, including training, practices, games and competitions are exempt from the proof of vaccination and identification requirements. Examples include: sports leagues, organized pick-up sports, dance classes, martial arts, swimming classes.

Note: The exemption does not apply to youth who are spectators at sporting events.

## **\*includes:**

gyms, fitness/sporting/recreational facilities, pools, leagues, sporting events, waterparks, and indoor areas of facilities where spectators watch events.

Limited exceptions apply.

- ONPARA-affiliated clubs and programs, as well as sanctioned events should follow the rules in the [Ontario Regulation 645/21](#) in accordance with the [Proof of Vaccination Guidance document](#). Club operations and events run at municipal or private recreation & sport facilities should follow the rules, guidelines, and relevant directions of the facility's owner/operator.
- ONPARA highly encourages all its eligible members to get fully vaccinated in support of the Province's [Last Mile Strategy](#).

# Sport-Specific Guidelines – STEP 3

## Wheelchair Basketball, Wheelchair Tennis, Wheelchair Rugby

1. Full practices, training sessions, games, and events may resume – no limitations on in-sport contact.
  - a) All non-essential contact should be avoided (handshakes, high 5s, etc.).
2. Physical distancing of 2m should be maintained at all times when not on the field of play.
3. When indoors, masks or face coverings that cover the mouth and nose must be worn by:
  - Coaches and assistants at all times;
  - Spectators and volunteers at all times;
  - Officials when not actively officiating games;
  - Athletes when not participating in physical activity
4. When outdoors, masks or face coverings are recommended whenever physical distancing of 2m is not possible.

**Clubs/programs may choose to set stricter mask guidelines for members than those recommended by their facilities or local public health officials.**



# Sport-Specific Guidelines – STEP 3 (cont.)

## Wheelchair Basketball, Wheelchair Tennis, Wheelchair Rugby

5. If assistance is required (e.g. transferring, strapping, taping, etc.), it is recommended that the assistant be someone from the athlete's immediate household, whenever possible.
6. Athletes are encouraged to arrive to practices/games “dressed and ready to play”. The use of changerooms, locker rooms, club houses, etc. is permitted, though may be subject to facility-specific capacity limits.
7. No sharing of personal items including water bottles, towels, snacks, etc. Athletes should bring their own water bottles filled from home and avoid the use of public water fountains when possible.
8. All equipment including balls, push rims, and other high-contact touch points should be cleaned and disinfected before and immediately after playing.
9. It is recommended that athletes travel independently or only with those from their immediate household whenever possible.
10. All ONPARA-sanctioned clubs, programs, and events in operation under Step 3 guidelines must follow the ‘Key Steps for a Safe Return to Sport’ (page 4). Coaches and administrators are responsible for:
  - Contact Tracing ([Attendance Tracking Sheet](#))
  - Screening ([Screening Tool](#))
  - Risk Mitigation ([Risk Mitigation & Outbreak Protocol](#))



# Sport-Specific Guidelines (Summary)

<b>Indoor and outdoor activities</b>	Permitted		
<b>Use of indoor facilities and changerooms</b>	Permitted (with restrictions)		
<b>Scrimmages and Competitions (including in-sport contact)</b>	Permitted		
<b>Travel to other cities/regions within province</b>	Permitted (independent/household travel recommended)		
<b>Club/Program Safety Plan</b>	Required		
<b>Contact Tracing</b>	Required		
<b>Equipment disinfecting after each game/practice</b>	Required		
<b>Maximum Number of Participants</b>	No restrictions		
<b>Maximum Number of Spectators</b>	Indoors: 50% capacity	Outdoors: 75% capacity	
<b>Face Masks</b>	<u>Indoors</u> Athletes: Required when not playing Coaches, Assistants, Spectators: Required Officials: Required when not officiating	<u>Outdoors</u> Recommended when physical distancing of 2m cannot be maintained.	
<b>Physical Distancing</b>	<u>Athletes &amp; Coaches</u> On court/bench: No Everywhere else: Yes	<u>Officials &amp; Assistants</u> On court: No Everywhere else: Yes	<u>Spectators</u> Required at all times

# 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](#)
- Proof of Vaccination: [Proof of Vaccination Guidance for Businesses and Organizations under the Reopening Ontario Act](#)
- 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>
- Liability Protection: [Bill 218, Supporting Ontario's Recovery and Municipal Elections Act, 2020](#)

## 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: [Physical Distancing Fact Sheet](#)
- Hand Hygiene: [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/>**