

RETURN TO JUMP ROPE GUIDELINES

A RESOURCE FOR ORGANIZATIONS AND CLUBS IN CANADA

Produced by a Pan-Canadian COVID-19 Task Force
IN SUPPORT OF THE CANADIAN JUMP ROPE COMMUNITY

AUGUST 25, 2020

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ONTARIO ROPE SKIPPING ORGANIZATION (ORSO)

RETURN TO JUMP ROPE GUIDELINES

September 8, 2010

SECTION 1: OVERVIEW

1.1. Disclaimer

These Return to Jump Rope guidelines were drafted by a group of volunteers based on the latest information available to date from third-party sources, including Rope Skipping Canada (RSC), World Health Organization (WHO), Public Health Agency of Canada (PHAC), Alberta Health, Ontario Ministry of Health and other provincial and national sport organizations. Recommendations of these organizations may change depending on daily provincial, local and global COVID-19 situation reports.

Sincere appreciation is extended to members of Canada's amateur sport community who willingly shared their experiences, promising practices and examples of their guidelines and documents.

This document is meant to provide information and guidance as to best practices based on current information available as per the publication date. It is intended to serve as a framework for Jump Rope clubs and organizations across Ontario to use as a reference, and for clubs and organizations modify it to include considerations unique to their province, municipality, facility and club needs. Each Jump Rope club or organization should have its final protocols approved by its Board of Directors, owner or management team.

These guidelines and appendices are intended to provide general guidelines and educational awareness training and are not an all-encompassing return to Jump Rope plan for all. This document is to supplement and not replace applicable law and the information provided by public health authorities. Each club/organization is responsible for assessing the risks in their particular environment and establishing the appropriate safety procedures to minimize those risks, while following the advice and instructions of public health, government authorities, municipalities and facilities.

Each person should consider this protocol and the appendices in light of their specific situation, local laws, regulations, by-laws and ordinances as well as local health authority orders, directives, guidelines and recommendations. Each person should consult other sources and experts in order to customize their own plans. Individuals, in consultation with a medical professional, should also assess and evaluate their own personal risks.

No legal or medical advice is being provided in these guidelines or the appendices. The purpose of these guidelines and appendices is to support Jump Rope clubs and organizations to reduce the risk of liability. These guidelines and appendices are not a safety program and do not guarantee the

safety of athletes, coaches, volunteers, parents/guardians, spectators, household members or other third parties.

1.2. Purpose and Definitions

The purpose of this document is to have in place an explicit plan to guide a cautious, phased return of the sport of Jump Rope for Ontario clubs during the COVID-19 pandemic. ORSO appreciates that athletes and coaches are anxious to return to the levels of training and competition that were both an important and large part of our daily lives prior to COVID-19. The priority of ORSO has always been and will always be the safety of our athletes, coaches, volunteers and families involved in the sport of Jump Rope.

As ORSO clubs resumes offering programs within the ongoing COVID-19 situation, structure and program delivery will occur in many new formats. The goal is to continue to seek out tools and resources to assist in the delivering of safe, fun, and effective programming. As ORSO moves forward, we encourage all within the Jump Rope community to develop and grow the foundation of the movement on which our sport is built while focusing on participant safety.

We acknowledge the many struggles clubs' programs have faced this past year and we thank you for your continued collaboration, resiliency and creativity we have shown during this difficult time.

ORSO is targeting the fall season for a phased re-launch of programs. While optimistic that we may proceed at that time, ongoing monitoring of COVID-19 and changes to provincial or national health and safety requirements may impact the targeted re-launch date. Even once re-launched, ORSO will continue to monitor and be flexible to changing requirements and recommendations.

For the purposes of this document, the following definitions are used:

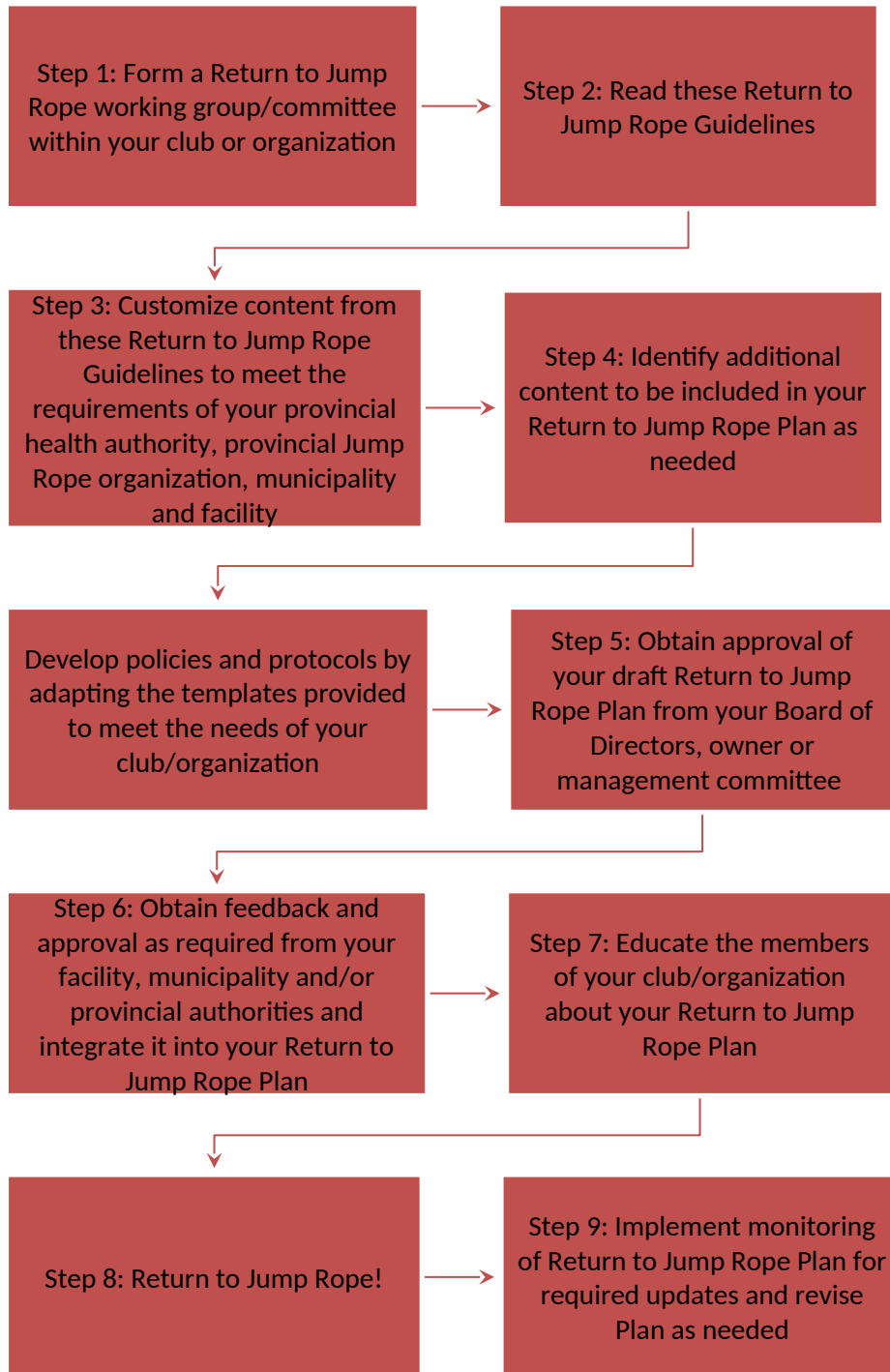
- *Jump Rope* is defined as both jump rope and rope skipping.
- *Program* is defined as any organized activity that is facilitated by ORSO for its members.
- *Volunteer* is defined as any administrative volunteer, program volunteer, or coach.
- *Athlete* is defined as any participant in a registered program.
- *Guardian* is defined as any parent, guardian, caregiver or primary support worker of an athlete or minor registered as an ORSO member club.
- *Participant* is defined as anyone involved in ORSO club activities including athletes, coaches, volunteers and parents/guardians.
- *Event* is defined as any practice, competition, workshop, meeting, demonstration, performance, fundraiser or other activity of ORSO.

1.3. Acknowledgements

In July 2020, a COVID-19 Task Force was launched with the objective of creating Return to Jump Rope Guidelines that would support Jump Rope clubs and organizations in their efforts to safely return athletes to the sport of Jump Rope. Volunteers from Jump Rope clubs across Canada were invited to participate and the Task Force was formed with a cross-section of coaches, former athletes, judges, club directors, professionals and general volunteers from Alberta and Ontario. The COVID-19 Task Force has extended an invitation to any club or organization to use these guidelines, as a whole or in part, to support the building of their own Return to Jump Rope Plans. Appreciation is extended to all members of the COVID-19 Task Force for their contributions. The Guidelines developed by the Task Force have been the grounding document for these as approved by ORSO.

1.4. How to Use These Guidelines Guidelines

Jump Rope clubs and organizations are encouraged to use the guidelines, in whole or in part, to develop their own Return to Jump Rope Plan. Clubs should follow all directions established by their provincial health authority, provincial Jump Rope organization, municipality and facility. Clubs must also be diligent in monitoring developments that result in changes to their own Return to Jump Rope plans.



SECTION 2: COMMITMENT TO SAFETY

2.1 COVID-19 and Transmission

COVID-19 is transmitted via respiratory droplets when an infected person coughs or sneezes but also potentially when talking in very close proximity to another person. The virus in these droplets can enter the body of another person when infected droplets are inhaled or when the droplets come in contact with the eyes, nose or throat of that person.

This requires individuals to be in close contact – less than the recommended physical distancing of 2 meters (six feet). This is referred to as ‘droplet’ transmission and is believed to be the primary way COVID-19 is transmitted.

COVID-19 can also be transmitted through droplets in the environment if someone touches a contaminated area then touches their face without cleaning their hands. The virus does not enter the body through skin, it enters through the eyes, nose or mouth when a person touches their face. Unfortunately, human beings touch their faces very often throughout the day, much more than they realize. Regular hand washing and cleaning of high-touch surfaces is important.

For COVID-19 there are some emerging indications that there are people who can shed COVID-19 virus 24 to 48 hours prior to symptom onset, but at present, it is not known whether this is a significant risk factor for transmission.

Droplet transmission is much more likely when in close contact in an indoor setting. Transmission is less likely in an outdoor setting, where there is more space for people to keep physically distanced. However, in the context of sports, even outdoors there can be risks from high-touch surfaces because many sports involve objects that are normally shared among players, coaches or volunteers. For the sport of Jump Rope, this may include ropes, counting devices and speakers.

For current information about COVID-19 and its transmission, and symptoms, please visit <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

2.2 Symptoms of COVID-19

The symptoms of COVID-19 are similar to other respiratory illnesses, including the flu and the common cold. These symptoms include fever, dry cough, fatigue, shortness of breath, chills, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, and loss of appetite.

Individuals infected with COVID-19 may experience little or no symptoms, with illness ranging from mild to severe.

Some members of the population are more vulnerable to developing severe illness or complications from COVID-19, including the elderly and those with chronic health conditions.

2.3 Risk Management

The ORSO Board of Directors, similar to the Board of individual clubs, is responsible for the oversight of risk. A Board may delegate much of the work involved in managing risk but cannot delegate its responsibility for oversight. Boards of Directors are encouraged to customize this resource in building their own Return to Jump Rope Plan.

[Note: Insert content for owner or management committee, as appropriate.]

2.4 Risk Mitigation

In the "[Good Practices for Risk Mitigation](#)" resource prepared by Fasken for the Canadian Olympic Committee, Fasken states,

Waivers of liability are just one component of a well-developed risk mitigation plan. A waiver of liability should be used in conjunction with the development and implementation of reasonable precautionary measures based on provincial health guidelines to protect the health and safety of participants from the risk of contracting COVID-19 or from injury otherwise. Some such precautionary measures could include:

1. Designing a system in which facilities and equipment are regularly and thoroughly sanitized, inspected, and maintained;
2. Develop a general safety plan that addresses foreseeable dangers that could lead to liability;
3. Keep a written record of the safety plan along with a diary of steps taken to address safety concerns;
4. Post visible and clear signs or pictures to inform participants of the inherent risks associated with the attending at the facility or event;
5. Educate and inform coaches, staff, volunteers, and administrators of the various ways liability can be incurred and train them never to admit liability.

Program re-launch is planned around assessing the risks and developing a Jump Rope-specific plan to take all necessary precautions to mitigate the risk of an individual being exposed to or infected with the virus.

- The Return to Jump Rope Plan developed by individual clubs are to be based on a risk assessment and analysis that considers the risks presented by the type of activities and the place where the activities occur, who is involved and their risk profile, and what measures can be implemented.
- The Return to Jump Rope Plan will be available to staff, volunteers, participants and other stakeholders, through the organization's website, electronic copy or in hard copy format.
- Staff, volunteers and participants will be trained on the Return to Jump Rope Plan (as appropriate to age/role).
- The Return to Jump Rope Plan will be consistent with the guidelines and directives set by the Province of Ontario and local public health authorities.

- Implementation of the Return to Jump Rope Plan will be monitored and updated as necessary when circumstances or provincial guidance changes. The ORSO Board of Directors has fiduciary responsibilities and are accountable for the decisions and work of the organization. The Board of Directors will understand and be comfortable with the level of risk the organization is assuming and approve the adoption of ORSO's Return to Jump Rope Plan before implementation begins.
- ORSO expects its clubs to acknowledge the risks associated with reopening and their agreement to follow ORSO's Return to Jump Rope Guidelines.
- Once approved, all activities sanctioned by ORSO are to follow the guidelines.
- Participants will be asked to sign a participant agreement and waivers as described in Section 9 of these guidelines.
- Existing waivers, releases and/or participant agreements will be reviewed to confirm that they are broad enough to encompass COVID-19 related risks.

Health officials outline that the risk of transmission is subject to two variables that we need to modify to reduce transmission risk:

- Contact intensity – how close you are to someone and for how long
- Number of contacts – how many people are in the same setting at the same time

Modifying from high to low can be based on a range of controls. Different actions have differing levels of protection and whenever possible use the action that offers the most protection. The following are listed from highest level of protection to lowest:

- Physical distancing measures – to reduce density of people, (number and duration of contacts)
- Engineering controls – physical barriers, increased ventilation, traffic flow
- Administrative controls – rules and guidelines
- Non-medical masks (and other PPE)

To mitigate risks related to the facility access the following controls will be considered in consultation with the facility owners:

1. Restricted Access

- Limit access to those that are essential to the approved activities (e.g. participants, coordinators, coaches)
- Parents may be allowed, but would need to be factored into the maximum group size and must also adhere to physical distancing guidelines

2. Points of Access

- Consider designated drop-off and pick-up spaces
- Determine the number of access points and consider closing some in order to monitor how many people are entering the facility

- Prop doors to reduce contact with door handles and use automatic door to limit hand contact (if possible)
- Consider how to manage the flow of people and put signage, directional limitations in place (e.g. all individuals must use one door for entry and a different door for exit, arrows or other directional instructions on the floor)

3. Registration

- Individuals should register in advance online or by phone

4. Arrival and Departure

- Set a time in which it is appropriate for participants to arrive in advance of their scheduled activity (example – participants should not arrive earlier than 10 minutes before the scheduled start time, and there should be sufficient space for physical distancing while lining up or waiting to begin)
- At the end of their scheduled program/time slot, participants must immediately leave the facility
- Staggered start times to account for individuals moving in and out of the facility/playing area

5. Signage and additional restrictions

- Do not allow individuals to drink directly from water fountain taps
- Use signage to discourage individuals from touching surfaces of fountains and consider placing hand sanitizer adjacent to support hygiene and reduce transmission risk
- Signage within the facility is important to ensure that participants are aware of expectations related to use of the facility and best practices related to maximum capacity, physical distancing, personal hygiene and protection against COVID-19

2.5 Coaches and Volunteers

Where the club/organization owns and operates a facility, “staffing” encompasses all facility staff (management, administration, maintenance, etc.). If the club/organization is a renter or facility user, “staffing” may refer to program staff such as coaches, volunteers, etc.

Organizations that rely on volunteers also need to take steps to ensure the safety of volunteers. Many provincial occupational health and safety acts consider volunteers to be employees of the organization.

Risk mitigation measures related to staffing:

1. Educate staff on public health information and expectations related to the implementation of the Return to Jump Rope Plan.
2. Develop and implement an Illness Policy that outlines procedures for staff and participants that may be experiencing symptoms and ensures no one attends any event when sick or symptomatic.
3. Conduct routine symptom screenings for all staff and participants. Wellness questionnaires and use of self-assessment tools are recommended.
4. Implement enhanced hygiene protocols:
 - Frequent and proper handwashing
 - Ensure adequate and accessible hand-washing facilities or sanitizer
 - Implement policies around when staff need to wash hands (upon arrival, before/after breaks, after touching common equipment (ropes) or floor)
 - Reminders to avoid touching eyes, nose and mouth
 - Reminders to use cough and sneeze etiquette: Cough and sneeze into your elbow.

- Implement an enhanced cleaning protocol for common areas and common equipment. Ensure cleaners have adequate training and tools.
5. Implement measures for staff to maintain physical distancing.
 - Consider adding pylons for proper spacing
 - Limit in-person meetings, training and staff engagements; work virtually where possible ex. Communicate where possible through email, text and/or phone
 6. Ensure Personal Protective Equipment (gloves, masks, face shield) is on hand and available to staff. Where risk of exposure is high (cannot maintain physical distancing), Personal Protective Equipment (PPE) should be required. Staff are encouraged to wear a face mask during practise due to indoor space.
 - Train staff on how to put masks and gloves on and off to avoid cross-contamination. Ensure that PPE is not used as a substitute for more effective safety measures (distancing, hygiene).
 7. Minimize use shared equipment.
 - Identify 'high-touch' objects as part of the assessment (ropes, music, rope bags, pylons)
 - Each staff person/volunteer should disinfect any shared equipment/surfaces they have come in contact with after each use.
 8. Ensure staff and volunteers understand the Right to Refuse unsafe work and procedures are in place to respond to such concerns.
 9. Assign a Safety Protocol Volunteer to ensure implementation of safety protocols during programming.

2.6 Role of Safety Protocol Volunteer

This volunteer position will support the Head Coach in ensuring that all COVID-19 safety protocols and processes for the program are in place and adhered to by all participants. Several Program Safety Volunteers may support a program, depending on program size.

This volunteer will participate in the necessary COVID-19 related learning sessions prior to the program starting so that they understand the expectations in place to provide a safe and positive return to Jump Rope for all involved (coaches and other volunteers are still required to participate in learning sessions).

Documentation of completion of training and ongoing documentation of task completion be maintained and retained for minimum of two years.

Duties include:

- Ensures program has sufficient amount of hand sanitizer and cleaning supplies prior to start
- Assists coaches in ensuring physical distancing rules are followed upon arrival, during, and departing the program
- Ensures signage and physical distancing barriers are in place prior to athletes arriving

- Ensures that the Attendance Protocol and Tracker is completed as each participant enters the program
- Ensures screening and attendance is recorded at each program, and that emergency contact information is on hand at every program
- Ensures all health protocols are followed during the program
- Ensures coaches have gloves, shields and masks available for situations requiring first aid or medical attention until first responders arrive
- Ensures participants know where hand sanitizer/hand washing station is located and that each participant washes their hands prior to and during the program
- Supports athletes in recognizing if washroom facilities are available, and ensures that only one person is using the facilities at a time (this may differ based on facility protocols)
- Assists coaches in making sure athletes are not sharing equipment or personal items such as water bottles
- Ensures all athletes have been picked up or left the program area at the end of each session
- Ensures that all equipment used is cleaned at the end of each session
- Supports the execution of Emergency Action Plans

2.7 Facility Cleaning Protocols

During the pandemic, enhanced cleaning protocols should be used to minimize transmission risk. If the club/organization owns and operates a facility (an “Owner”) implementing enhanced cleaning protocols are the responsibility of the Owner, who will have employees or contractors for these purposes. If the club/organization is a renter or facility user, it is important to understand what protocols are in place at the facility in order to assess the level of risk involved in utilizing the facility.

As a renter or user, each club needs to be satisfied as to the sufficiency of the cleaning protocols in relation to the risks posed by your activities. All clubs are encouraged to work cooperatively with Owners to support each other in ensuring that everyone understands the risks of their activities.

Considerations include:

- How do people who use the facility move through the spaces, use any equipment, and who are they?
- Are the participants children (likely to need lots of supervision and reminders about touching and hygiene, and more cleaning of walls, equipment and other items at child-height) or seniors or other groups more vulnerable to serious illness (this may trigger a need for additional enhanced cleaning protocols)?
- What are the protocols for changeroom and washroom access and cleaning?

Recommendations (or be informed if renting by the Owner):

1. Develop a touch map that outlines high touch areas such as:
 - Doorknobs, door push bar, door handles
 - Bathroom countertops, sinks, taps, toilets, stall doors, door handles and locks, shelves, hooks, waste disposals, bathroom paper dispensers, soap dispensers, support bars
 - Benches, mats and other equipment within gymnasia
2. Increase the frequency of cleaning and disinfection of high-touch surfaces and high traffic areas.
 - According to provincial health guidelines, general cleaning and disinfecting of surfaces should occur at least once per day.
 - Surfaces that are highly touched should be cleaned at least twice per day.
3. Place hand sanitizer stands at entrances, in washrooms and other high traffic areas. Ensure that sanitizer stations are at an accessible height for all participants.
4. Wear disposable gloves when cleaning and disinfecting surfaces. Train staff on how to avoid cross-contamination when removing gloves.
5. Follow Health Canada guidelines on products approved for cleaning and disinfecting.
6. Ensure garbage bins are available for responsibly disposing of hygienic materials such as tissues and any PPE that is used during activities.

SECTION 3: PARTICIPANT CONSIDERATIONS

When considering delivery of Jump Rope programming, organizations need to consider who their participants are, the size of the group, expectations of participants and the communication and enforcement of those expectations in relation to provincial requirements.

3.1 Health of Participants

Similar to expectations of staff, the following should be in place to protect the health of the participants.

1. Develop and implement an Illness Policy that outlines clear procedures for participants that may be experiencing symptoms.
2. Conduct daily symptom screenings for all participants by having them answer a wellness questionnaire or complete a self-assessment.
3. Have a zero tolerance policy for 'playing while sick' - ensure that participants do not attend if they are symptomatic.
4. Implement enhanced hygiene protocols:
 - Frequent and proper handwashing, or use of hand sanitizer
 - Use of masks when recommended by the local health authority
 - Avoid touching eyes, nose and mouth
 - Cough into your sleeve
5. Have participants sign a participant agreement or waiver.
6. Issue frequent reminders to participants: You should not participate or come to the facility if they answer "yes" to any of the following:
 - Do you have COVID-19?
 - Are you experiencing any known symptoms of COVID-19, such as fever, cough, shortness of breath or feeling unwell?
 - Have you travelled internationally during the past 14 days?
 - Have you, in the past 14 days, knowingly come into contact with someone who has COVID-19, who has known symptoms of COVID-19, or is self-quarantining after returning to Canada?
 - Have you been following government recommended guidelines for COVID-19 including practicing physical distancing?

Participants must consider their own risk - if they are at higher risk of experiencing serious illness from COVID-19, they should consider limiting or avoiding participation in the club's activities until they consult with a health care professional.

All participants will be required to sign a Participation Agreement (Appendix A), Informed Consent and Assumption of Risk Agreement [Minor] (Appendix B) or Liability, Waiver of Claims and Indemnity Agreement [Adult] (Appendix C) and a COVID-19 Declaration and Agreement (Appendix D) before

returning to programming. Participants and attendees will also be required to attest to their health at each event.

3.2 Participants with Higher Risk Conditions

Some people might be at a higher risk of infection or severe illness because of their age or underlying medical conditions, which could put them at greater risk of being exposed and acquiring the infection.

According to Special Olympics Canada, the known underlying health conditions that put one at greater risk for COVID-19 include:

- Endocrine disorder (like diabetes)
- Metabolic disorders
- Brain and spinal cord disorders (i.e. cerebral palsy, epilepsy, stroke)
- hypertension
- asthma
- chronic lung disease
- severe heart conditions
- chronic kidney disease
- obesity
- weakened immune system

What does this mean for the return to Jump Rope programming?

As programs approach return to Jump Rope initiatives there are potential interventions worth considering for athletes and participants with higher risk conditions including:

- Delaying a return to programs
- Greater focus on individual training or virtual training
- Maintaining physical distancing measures
- Delay the return of athletes and participants at higher risk to the training environment and provide virtual support
- Consideration given to timelines and the need to be adjusted based on a vulnerable sector
- Selecting activities based on minimal risk, human contact and opportunity for sharing of equipment

The foundation of these guidelines is to return to Jump Rope programs that will maintain the health, safety and well-being of our community, especially athletes and volunteers.

It is recommended that the final decision for involvement by participants with higher risk conditions be done in consultation with a healthcare provider and guardian and be based on the guidelines and recommendations from the provincial health authority.

3.3 Group Size

Clubs must comply with provincial and local health regulations. These regulations are different for every region and are subject to change. For example:

- Public Health Ontario / Government of Ontario has issued an order barring indoor gatherings of 50 or more people.

Each club will need to consider other factors to determine what is appropriate for their space to ensure the ability to maintain physical distancing. Maximum group size counts need to consider staff, coaches, participants, spectators, etc., and the size of the indoor space is also a key factor. There must be sufficient space in the room to allow for physical distancing between people; this means that in a smaller room, occupancy limits may be much less than 50. Facilities have received guidelines on determining maximum capacity within their facilities. Clubs should consider the activities that they are looking to deliver and the appropriate group sizes to ensure proper physical distancing. They should also outline expectations related to coach to participant ratios.

3.4 Registration

Where feasible, all participant registration should be done online, including payments. Limit the use of cash and cheques and use proper hand washing/sanitation should there be a need to handle cash or cheques.

Ensure that all registrants provide complete guardian and emergency contact information and emphasize the importance of keeping contact information current should there be the need to contact them during training or another event.

Detailed registration information and attendance tracking is critical should there be a COVID-19 outbreak. This information may only be used if requested by a health authority for contact tracing, as per the individuals consent and notification.

3.5 Communication to Participants

Ensuring safety measures are being met and adhered to depend on everyone being aware of, and understanding, the health and Jump Rope-specific guidelines. Communication of the guidelines to participants and spectators is an important component of each club's Return to Jump Rope Plan.

A sample introduction letter that can be used by clubs to introduce their club's Return to Jump Rope Plan is provided in Appendix E.

Participants should be asked to sign several waivers and participation agreements (Appendices A, B and C) acknowledging they have read the guidelines and understand their risk before participating. It is recommended that all waivers and agreements be reviewed with participants and their legal guardians before signing to ensure there is awareness and understanding of the contents of these documents. There should be a record of this review maintained by each club. This includes an emphasis that participants are subject to removal from activities/facility use should they fail to comply with outlined protocols.

3.6 Safe Sport

ORSO believes that everyone has the right to enjoy the sport at whatever level or position they participate. Athletes, coaches, officials and volunteers have the right to participate in a safe and inclusive training and competitive environment that is free of abuse, harassment or discrimination.

The focus of these guidelines is the safe return to Jump Rope while continuing to focus on the Safe Sport movement and ensuring that our athletes, volunteers, coaches and other stakeholders are all protected. Although the overall Safe Sport movement covers a number of topics and issues (Canadian SafeSport Hotline, concussion policy and protocol, training, etc.) in the context of this resource, the focus is on supervision and responsible coaching during all contexts of a phased return to Jump Rope.

All programs, coaches, volunteers and staff should visit <https://coach.ca/sport-safety> for additional information. As recommended by the Coaching Association of Canada (CAC):

Rule of Two: To be considered and followed in all phases of program delivery

The goal of the Rule of Two is to ensure all interactions and communications are open, observable, and justifiable. Its purpose is to protect participants (especially minors) and coaches in potentially vulnerable situations by ensuring more than one adult is present. There may be exceptions in emergency situations.

Rule of Two in a virtual setting:

- The Rule of Two should continue to apply to all minor athletes in the virtual environment during the COVID-19 pandemic (additionally, for those athletes under age 16, a parent or guardian should be present during the session where possible);
- ORSO recommends applying the Rule of Two to non-minor athletes, as well, in the current circumstances;
- For every session, the Rule of Two would require two adult coaches be present, or one coach and one adult (parent, guardian, volunteer, program administrator) – one-on-one sessions should be prohibited;
- Parents/guardians should be fully informed beforehand about the activities undertaken during the sessions, as well as the process of the virtual session;
- Parents/guardians should be required to consent to virtual sessions prior to each session, if irregularly scheduled, or prior to the first session if there is a series of regularly scheduled sessions;
- Communication during each session should be in an open and observable environment (i.e., avoid bedrooms) in the athlete's home (athlete's parents'/guardians' home), and the coach must initiate the session from an appropriate location (i.e., avoid bedrooms or "overly personal"/unprofessional settings);
- It is recommended to record sessions where that capacity exists;
- Prohibit one-on-one texting, emailing or online contact between coach and athlete – any texting, emailing or online contact should be limited to group text/email that includes at least two adults

(two coaches or one coach and one adult (parent, guardian, volunteer, program administrator), and limited to coaching (non-social) matters, and parents of minor athletes should be provided the opportunity to receive these texts/emails;

- Social media contact by coach to athlete should be prohibited (including the sharing of memes, non-training video, etc.);
- Encourage parents/guardians to debrief with U-16 athletes about virtual training on a weekly basis.

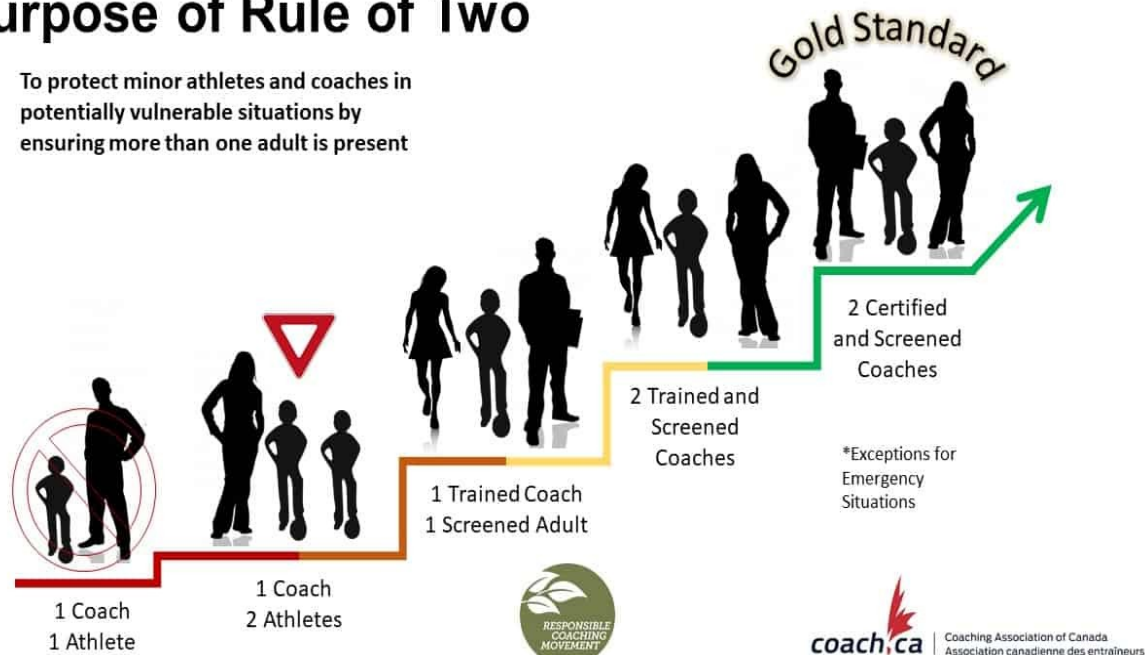
In addition, care should also be taken to ensure that appropriate security settings have been set for virtual, videoconferencing arrangements, including password protected videoconference invitations.

The phased return to Jump Rope should not impact the required training and screening for all coaches and volunteers. There remains an importance and focus on the three key areas (Rule of Two, Background Screening, Ethics Trainings) within the responsible coaching movement. Safe Sport training, while not currently required, is strongly encouraged for all participants and is available without cost through the Coaching Association of Canada Locker. For more details please access resources at <https://coach.ca/three-steps-responsible-coaching>.

Appropriate and responsible quotas of athletes and coaches must be maintained. As health authorities restrict group sizes, it is essential to ensure that the Rule of Two remains in place and that a coach position is not sacrificed for an athlete opportunity.

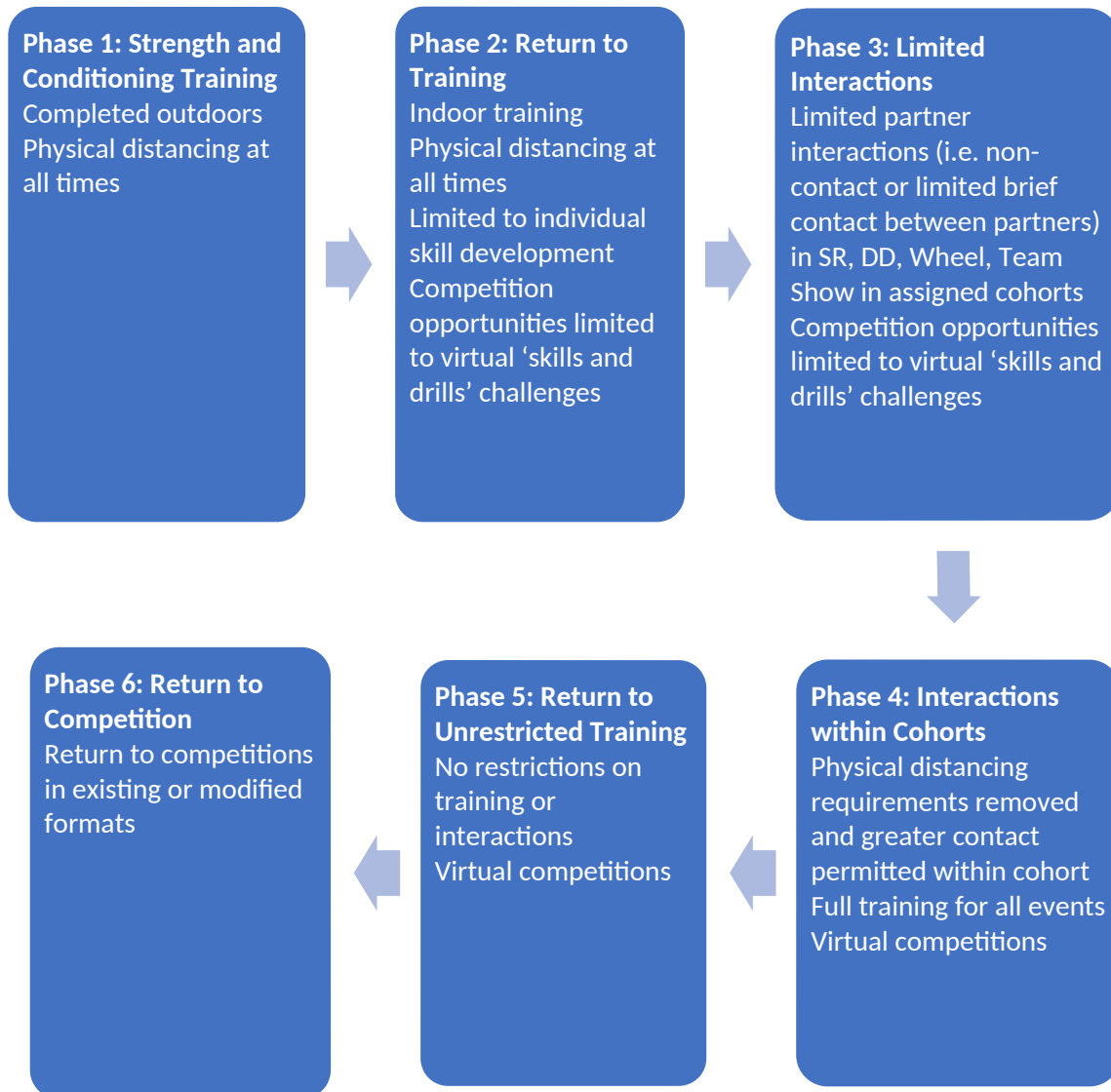
Purpose of Rule of Two

To protect minor athletes and coaches in potentially vulnerable situations by ensuring more than one adult is present



SECTION 4: OVERVIEW OF PHASED RETURN TO JUMP ROPE

The phase of each club as they return to Jump Rope may vary across the province and country. These phases are not directly aligned with the phases of provincial relaunch strategies. Each club is responsible for ensuring that their phase and activities correspond to federal, provincial, and municipal health regulations.



SECTION 5: JUMP ROPE PROGRAMMING

5.1 Programming Overview

As Jump Rope progresses through the six relaunch phases, all programming and interactive activities will need to consider enhanced protocols and abide by health regulations:

1. Allow for participants to maintain physical distancing (minimum of 2m apart)
 - Non-contact activities only
 - No handshaking, high fives, hugging, etc.
 - Strictly adhere to limitations on interactions within cohorts
2. Look to reduce touch points with respect to equipment (ropes, music, counters, etc.)
3. Focus on skill development risk activities
 - Activities should be those typically done in practice and/or training environments
 - Ensure that activities consider their ability that day (not where they previously may have been) and have injury prevention top of mind. Most individuals will have had limited exposure to physical activity due to restrictions that have been in place.
4. Remain community-focused
 - Remain within the home community or club(s) where participants are members, adhering to any travel restrictions or geographic cohort limitations

5.2 Rope Skipping Canada's Return to Play Guidelines

Provincial organizations and clubs are required to follow Rope Skipping Canada's Return to Play Guidelines. These guidelines and resources may change over time, so it is important for provincial organizations and clubs to regularly check for updates. The guidelines follow recommendations from the Public Health Agency of Canada to help limit the spread of COVID-19 and ensure all participants feel safe while participating in skipping activities.

The full version of Rope Skipping Canada's Return to Play Guidelines can be viewed at https://www.ropeskippingcanada.com/uploads/1/0/5/7/105710151/rsc_return_to_play_guidelines_as_of_june_14_2020.pdf

5.3 ORSO Guidelines on Return to Jump Rope

5.3.1 Overview

The return to Jump Rope will require a gradual, thoughtful, and phased approach. ORSO's approach to reintroducing activities will start with strict limitations, followed by changes in restrictions as the

provincial health landscapes allow. Under the current phase, activities need to operate under the following:

- Participants able to maintain physical distancing in alignment with provincial health regulations
- Minimizing shared equipment and touching of shared surfaces
- Focus on skill development and low risk activities
- No travel for activities outside the home community.

ORSO will be relaunching Jump Rope in six phases. The timing and number of participants, as well as the events and activities, permitted in each phase will be announced by ORSO. This will mean significant changes to the design and implementation of workshops and competitions hosted by ORSO. While ORSO respects the desire of many members to host competitions in traditional formats, ORSO also seeks opportunities to evolve the sport of Jump Rope in a manner that will help ensure the safety of participants.

These phases in these guidelines do not correspond to the stages of the provincial relaunch strategies may vary from the phases being used by other provinces/territories.

Every ORSO member club is required to follow any relaunch guidelines produced by ORSO.

5.3.2 Cohorts

Training cohorts may be permitted by provincial health regulations. Cohorts are a closed, small group of a set number of individuals consisting of athletes, coaches, and volunteers who participate in the same program or training group for the duration of the program cycle. Participants may participate in only one sport or recreation cohort per program cycle with a minimum of 14 days between programs. For example, if a Jump Rope athlete has agreed to belong to a basketball cohort, they cannot join a Jump Rope cohort during the same time period and must abide by all physical distancing requirements.

It is preferred that family members or participants residing at the same address be placed within the same cohort whenever reasonable; however, the levels of the athletes must be considered to ensure a positive experience.

Cohorts must comply with the standards issued by provincial health regulations.

5.3.3 Provincial Health Regulations

Please visit <https://covid-19.ontario.ca/> for all current requirements of the Government of Ontario.

The following chart summarizes some of the key requirements issued by provincial governments:

Requirement	Application
Oversight	<p>The activity must be overseen by a responsible person over the age of 18 who must ensure public health guidelines are adhered to.</p> <p>Individuals exhibiting symptoms of COVID-19 must be sent home immediately as per CMOH Order 05-2020</p>

	<p>Resource:</p> <p>CMOH Order 05-2020</p>
Physical Distancing	<p>The activity must comply with current Physical Distancing restrictions issued by AHS.</p> <p>Individuals MUST maintain physical distancing of at least 2 metres from others, unless they are from the same household or sport cohort (where permitted).</p> <p>Consideration must be given to the arrival and departure of athletes/volunteers that supports physical distancing requirements; except for family members or persons residing in the same household.</p> <p>Resources:</p> <p>Practice Physical Distancing</p> <p>Ontario Regulation 324/20</p>
Gatherings	<p>The activity must comply with current gathering restrictions issued by provincial health regulations.</p> <p>Resource:</p> <p>Restrictions on Gatherings</p> <p>Ontario Regulation 364/20</p>
Cohorts	<p>Cohorts must comply with the standards issued by provincial health regulations. <i>(Not currently applicable in Ontario)</i></p> <p>Resource:</p> <p>Guidance for Cohorts</p>
Health Screening	<p>Individuals must complete the Participation Agreement (Appendix A), Informed Consent and Assumption of Risk Agreement [Minor] (Appendix B) or Liability, Waiver of Claims and Indemnity Agreement [Adult] (Appendix C) and COVID-19 Declaration and Agreement (Appendix D). In addition, the following questions must be asked prior to daily participation and recorded in the Attendance Protocol and Tracker (Appendix F):</p> <p>a. Do you have COVID-19?</p>

- b. Are you experiencing any known symptoms of COVID-19, such as fever, cough, shortness of breath or feeling unwell?
- c. Have you travelled internationally during the past 14 days?
- d. Have you, in the past 14 days, knowingly come into contact with someone who has COVID-19, who has known symptoms of COVID-19, or is self-quarantining after returning to Canada?
- e. Have you been following government recommended guidelines for COVID-19 including practicing physical distancing?

Activities

The activity must be limited to small groups and adhere to provincial guidelines around return to play.

Resources:

[Guidance for Organized Outdoor Sport, Physical Activity and Recreation](#)

[Guidance for Outdoor Recreation](#)

[Return to Sport, Physical Activity and Recreation - Stage 2](#)

[Ontario Regulation 364/20](#)

[Guidance for facilities for sports and recreational fitness activities during COVID-19](#)

[A Framework for Reopening our Province: Stage 2](#)

Hygiene

Activity organizers must communicate appropriate hygiene measures for the activity in advance to all participants.

Activity organizers must ensure participant compliance with all hygiene measures.

Resources:

[Infection Prevention and Control](#)

[Public Health Ontario Resource](#)

[Guidance for facilities for sports and recreational fitness activities during COVID-19](#)

Contact Tracing

Contact tracing logs for all athletes, coaches and volunteers must be completed for every activity and be available to be accessed quickly to ensure efficient contact tracing.

	Contact Tracing logs must be completed through the Attendance Protocol and Tracker (Appendix F).
First Aid	<p>Activity organizers must ensure personal protective equipment is immediately available if first aid treatment is required.</p> <p>Resources:</p> <p>Donning PPE Poster</p> <p>Doffing PPE Poster</p>
Travel	<p>Provincial health regulations must be followed. Activities should be restricted to local opportunities. This means within a neighbourhood, town or municipality.</p> <p>Participants should not seek sport, physical activity and recreation opportunities in other regions, or out of province. Cross-jurisdictional, or inter-regional, play should not occur at this stage.</p> <p>Resource:</p> <p>Return to Sport, Physical Activity and Recreation - Stage 2</p>

5.4 Attendance Protocols

All participants are reminded that they MUST stay home, if they are sick or showing signs and symptoms of COVID-19 or have been exposed to someone who has had COVID-19.

- Participants are encouraged to contact their healthcare provider if they are feeling unwell.
- Before the start of any Jump Rope event, practice, training, meeting or competition (during Jump Rope Phases 2 through 4, possibly additional phases at the discretion of ORSO, all participants will be asked a series of questions to assess if anyone is showing signs or symptoms of COVID-19.

All participants at any event, practice, training, meeting or competition must be documented using the Attendance Protocol and Tracker (Appendix F) in case someone in attendance is diagnosed with COVID-19 and contact tracing is needed. This may be supplemented by an online screening questionnaire. ([Click here for a sample that can be used to create an online screening questionnaire for your club.](#))

Programs should designate a location to complete the attendance protocol that maintains physical distancing of 2m. Clubs should designate a Safety Protocol Volunteer who will be asking the questions and taking attendance at each session. If an athlete is unable to answer the questions below themselves then they will need to have a family member or guardian onsite to assist the athlete with this process.

The Safety Protocol Volunteer or designate must ask the following questions (reinforced as necessary through visuals and verbally, such as a poster/paper with icons):

1. Do you have COVID-19?
2. Are you experiencing any known symptoms of COVID-19, such as fever, cough, shortness of breath or feeling unwell?
3. Have you travelled internationally during the past 14 days?
4. Have you, in the past 14 days, knowingly come into contact with someone who has COVID-19, who has known symptoms of COVID-19, or is self-quarantining after returning to Canada?
5. Have you been following government recommended guidelines for COVID-19 including practicing physical distancing?

The Safety Protocol Volunteer or designate must record all names, results and contact information and keep in case needed for contact tracing or reporting. This must be done for anyone in attendance including athletes, coaches, volunteers and other supports.

If the participant responds “yes” to any questions, participants MUST be isolated from the group (at minimum, kept 2m apart from others and with mask on), be sent home, and instructed to contact their healthcare provider for evaluation.

Participants who are found to have COVID-19 symptoms must wait a minimum of 10 days after symptoms resolve to return to activity OR must provide written proof of physician clearance to the club to return earlier.

Participants who test positive for/have COVID-19 must provide written medical clearance before returning to Jump Rope activities.

Throughout the event, practice, training, competition, remind participants of infection prevention protocols (e.g. face masks, physical distancing, hygiene, and disinfection/sanitation).

Signed Participation Agreement (Appendix A), Informed Consent and Assumption of Risk Agreement [Minor] (Appendix B) or Liability, Waiver of Claims and Indemnity Agreement [Adult] (Appendix C), and COVID-19 Declaration and Agreement (Appendix D) forms need to be received from each participant prior to them participating in any program. Participants will only need to sign these forms once but will be required to go through the attendance protocol at each program, training session, event, etc. they attend.

5.5 Equipment

It is preferable that where possible, equipment is not shared between individuals.

If ropes are shared (Double Dutch), hand sanitizing before and after the interaction is recommended, as well as the rope handles be disinfected before and after practice sessions. Avoid using equipment that cannot be properly cleaned, such as cloth ropes.

Some examples of equipment related mitigation techniques include:

- Require participants to come dressed and ready to participate to avoid use of change rooms

- Advise participants to bring their own equipment (water bottle, ropes, yoga mat, etc.) clearly labeled with their name. Encourage athletes to clean their own equipment daily. Any shared equipment should be cleaned and disinfected frequently
- Coaches should come prepared with their own practice plans, training tools, and technology, and should avoid sharing with other coaches
- Assign the coach or one individual to be responsible for all set-up and take down of equipment (such as cones, stereo, ropes, etc.) to reduce the number of contact points.
- Consider the age and abilities of participants to ensure that your communications and safety training is properly targeted to your audience
- Based on the assessed risk, use of PPE may be considered

5.6 Competitive Return to Jump Rope Guidelines

The practice protocols for competitive athletes below are intended to be generic suggestions only. Clubs are responsible for adapting the protocols to reflect their facility, municipal and provincial health guidelines. Consideration should also be given to the number of participants and the integration of training cohorts, where safe and in alignment with phased relaunch plans.

The use of the COVID-19 Safety Plan Template (sample provided in Appendix G) can help guide each club with the development of their specific guidelines.

5.6.1 Practice Protocols/COVID-19 Risk Mitigation

The purpose of this section is to have in place an explicit plan to guide with cautious, step-by-step safe return to the competitive Jump Rope during this pandemic. It will establish safe Jump Rope practice protocols to keep athletes and coaches safe while at practice. This section is to be used in conjunction with your club's safety plan, risk mitigation plan, illness policy/protocol and outbreak plan. All of the included guidelines, with respect to COVID-19 regulations and masks, are as per mandatory face covering bylaws and will be reviewed regularly. As this document provides content applicable for multiple provinces, the most restrictive applications are represented and clubs are encouraged to adapt to their applicable guidelines.

5.6.2 Attendance

- Head Coach/Safety Protocol Volunteer will be responsible for the one-time collection of the COVID-19 Declaration and Agreement (Appendix D). This will then be supplemented for each event by the screening questions in the Attendance Protocol and Tracker (Appendix F).
- Athletes who arrive for their first practice without required completed and signed forms (see Appendices A, B, C and D) will not be allowed to enter the practice facility or practice with the club until the forms have completed and returned to the Head Coach/Safety Protocol Volunteer
- Athletes must conduct a self-assessment screening before each practice/activity for any of the COVID-19 symptoms
- If the athlete is not experiencing COVID-19 symptoms they will acknowledge their attendance/availability/healthy according to the club's attendance procedures
- If an athlete is experiencing COVID-19 symptoms they must inform the Safety Protocol Volunteer or Head Coach immediately as required by the club's Illness Protocol
- Athletes who experience symptoms while at practice will have parents immediately notified and be picked up from practice as well the Illness Protocol (Appendix H) be initiated
- The Head Coach/Safety Protocol Volunteer will confirm attendance, negative COVID-19 screening attestations as well as a negative temperature screen (if conducted). These will be kept as part of the completion of task file by the club.

5.6.3 Drop-Off/Pick-Up

- Carpooling of athletes is discouraged. Those families that choose to carpool must fully adhere to the following expectation. It is required that all people riding in the car, including any adults, must wear a mask. Failure to comply with this expectation will result in all of the car's occupants being refused entry into the training facility
- Participants will be expected to complete a COVID-19 screening upon arrival. Guardians should allow time for this screening to occur before departing from the venue.
- Athletes are required to arrive a maximum of 10 minutes before the start of the practice or their staggered start time
- Guardians are required to remain in their vehicle during both drop off and pick-up times unless escorting a minor athlete to the screening checkpoint.
- During drop-off, athletes are to remain in their car until the Head Coach/Program Safety Volunteer gives the signal to enter the training facility.
- (If temperature screening is conducted) Provided that temperature is normal, participants will be allowed into the training facility. If temperature is identified as 'fever', the participant will be escorted by the Program Safety Volunteer to their guardian's vehicle and Illness Protocol will be initiated.

- (If temperature screening is conducted) The Safety Protocol Volunteer will not physically record the temperature.
- After the temperature check, all athletes will sanitize their hands upon entering
- Guardians needing to contact the Head Coach prior to practice are asked to text from their vehicle
- When entering and exiting the training facility, participants are required to wear a mask. Note: Masks may be worn during the practice as instructed by the Head Coach.
- All persons, including guardians, athletes and coaches are required to take off their street shoes upon entering the training facility. (Note: Participants need to have training 'Jump Rope-only' shoes for each practice.)

5.6.4 Practice/Workout

- Masks may be worn during the practice as instructed by the Head Coach
- Athletes will sanitize their hands prior to entering, frequently during the practice time (i.e., after drills/activities where equipment is shared), before and following breaks, and before departing
- Backpacks will be housed along a designated wall separated by cones, no closer than 2 meters to each other
- Athletes will remain with their bags until a coach calls them to warm-up
- During the practice, the athletes will physically distance (2m apart) and avoid contact at all times (except where cohorts are permitted)
- During drills, event and activities athletes will follow their coaches' instruction as each event will have its own protocol for safety - contact, distance, and wearing of masks
- Athletes are required to bring their own water bottles as water fountains will NOT be available for filling. Note: It may be recommended to have more than 1 bottle of water.
- Washrooms may be available to the athletes on an individual basis, although facility restrictions may exist. Athletes must be granted permission each time. Hands must be sanitized before re-entering the training area.
- Athletes will leave the training facility immediately after training is finished at the direction of the coaches to maintain physical distancing

5.6.5 Restricted Areas & Coaches Zone

- Athletes are asked to not enter the coaches' zone unless requested to do so
- Coaches are asked to not enter the athletes personal or practice zones
- Athletes are to remain in their zone until requested to move to practice

- If refilling stations are available, they may be used (2 bottles per practice is recommended)
- Areas other than training area (i.e., stage, hallways, side rooms) are restricted
- Guardians are not allowed to enter the training facility, unless they have texted the Head Coach/Safety Protocol Volunteer and permission was granted
- As an exception, persons authorized in advance, that do enter the training facility are required to use hand sanitizer, wear a mask, participate in temperature screening (if screenings are being conducted), provide a COVID-19 attestation, agree to be recorded for contact tracing and maintain physical distancing at all times.

5.6.6 First Aid

- All injuries/illnesses will be handled as per the Illness Protocol
- Required additions to the first aid kit will include face shields, surgical masks, gloves, hand sanitizer, tissue, proper don and doffing of Personal Protective Equipment guide
- Training will be provided of proper donning and doffing of PPE

5.6.7 Athlete Zone Equipment

- 2 filled water bottles
- 2 masks in separate zip lock bags
- Hand sanitizer
- Yoga mat and/or jump rope mat (optional)
- Paper and pencil
- Personal (labelled) clicker
- Ropes - beaded, wire, licorice/freestyle, speedballs

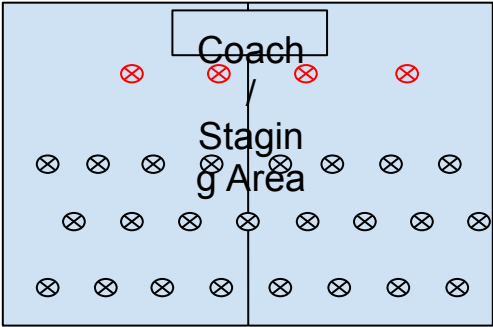
5.6.8 Coaching

- All coaches are required to arrive at practice 15 minutes prior to the start of practice to assist with safe arrival of the athletes
- All coaches are to ensure that all participants practice frequent hand sanitizing, physical distancing, and follow all expectations concerning mask wearing
- Coaches are required to wear a mask during the practice as per club guidelines
- Coaches will ensure mask protocols are understood and practiced during each practice
- All equipment is to be appropriately sanitized between drills/events and before each practice

- Coaches will design and implement safety protocols for each event and drill. Note: Activities that require contact (i.e., spotting for gymnastics) will be avoided until permitted under provincial health guidelines
- Only one coach will be designated to operate the music during the practice
- Directing and communicating with athletes is to be done in a safe manner (i.e., clapping as opposed to shouting or whistling)

5.6.9 Warm-up

- Athletes will remain in their designated bag/personal area until the coach indicates the start of warm up
- Athletes will warm up in rows/lines - all spaced two meters apart in their own spot. Athletes will not be facing towards each other, and spacing will be indicated with pylons and explained by coach/volunteer at practice
- Coaches will do/watch the warm-up - facing the athletes but positioned more than 2 meters apart
- The number of athletes we have at each practice will be dependent on the size of the practice space. Clubs may have to split into multiple practice groups in order to give enough space.



5.6.10 Stretches (Optional Organization)

- Athletes will remain distanced in 2 lines for dynamic stretches or whatever is optimally available for the practice space
- Depending on the size of the practice area, coaches may have to modify stretches to remain in their warm-up/practice zones for stretches.

5.6.11 Conditioning (Optional Organization)

- For individual conditioning exercises and speed/power drills, athletes will be positioned the same as warm up, in their practice zones. In lines and distanced, all facing the same direction. Coaches will be positioned at the front, like warm up, but may also walk around the perimeter and designated aisles, to help with form and to coach, given there is enough space to do so.
- Any equipment, i.e. ropes, rollers or yoga mats, will not be shared.

5.6.12 Events

The limitations that may exist for each event will be determined by the phase of returning to Jump Rope in accordance with directives issued by provincial or regional health authorities.

- Individual Events:
 - Single Rope Speed (30 seconds)
 - Power Double Unders or Triple Unders
 - Single Rope Endurance (3 minute speed)
 - Single Rope Freestyle
- Team Events:
 - Single Rope Speed Relay
 - Single Rope Pairs Double Unders
 - Single Rope Pairs Freestyle (limitations may exist on interactions)
 - Single Rope Team Freestyle (limitations may exist on interactions)
 - Double Dutch Speed Sprint (limitations may exist)
 - Double Dutch Speed Relay (limitations may exist)
 - Double Dutch Singles Freestyle (limitations may exist)
 - Double Dutch Pairs Freestyle (limitations may exist)
 - Wheel (limitations may exist)
 - Team Show (limitations may exist)

5.6.13 Single Rope Speeds

- For practicing masters speed events and counting each other's scores, athletes may have partners who will count their speed, but the athlete will be facing away from the counter. The counter will be a minimum of 3 metres from the athlete when clicking an athlete and will be wearing a mask.

- Alternatively, athletes may be counted by coaches. Athletes will face a wall and coaches will count from behind the athlete and may wear a mask. This will be dependent on the number of coaches at practice. The counter will be a minimum of 3 metres from the athlete when clicking an athlete and will be wearing a mask.
- For Single Rope Speed Relay and Single Rope Pairs Double Unders, athletes will be in their teams, but will remain distanced and will not move about. For example, in SRSR, the 3rd and 4th jumpers will not switch spots with the 1st and 2nd jumpers. They will all remain in their spots the whole duration of the event. Formation will be dependent on the space. Counters will be wearing masks and will maintain a physical distance of at least 3 metres.

5.6.14 Single Rope Freestyle

- Masters Individual Freestyle will be practiced in own space, keeping distance from all other athletes. Coaches can assist/watch routines, and help with tricks, from a distance.
- Single Rope Team Freestyle and Single Rope Pairs Freestyle will be practiced in their teams/pairs, distanced from other athletes and keeping teammates distanced as much as possible. No interactions/partner skills will be allowed, where athletes are in close physical proximity or touching in phases 1 and 2, with limited interactions in phase 3 if permitted by health authorities.

5.6.15 Double Dutch Speed and Double Dutch Freestyle

- Limit to skill development - with no switches or interaction between athletes for Freestyle in phases 1 and 2, with limited interactions in phase 3 if permitted by health authorities
- Practice turning and shadow jumping may be done for Double Dutch speed
- Opportunity to really focus on these fundamental skills (turner involvement)
- Double Dutch Speeds (Phase 3 onwards)
 - The counter will be a minimum of 3 metres from the athlete when clicking an athlete and will be wearing a mask.
 - Each team will be assigned a set of Double Dutch ropes that they will use each time.
 - Ropes will be sanitized at the end of use by that team/group of athletes.
- Double Dutch Freestyle (Phase 3 onwards)
 - DDSF will be practiced in their teams and distanced from other athletes. No tricks will be allowed where jumpers are interacting/touching in Phases 1 and 2.
 - No Double Dutch Pairs Freestyle in Phases 1 and 2.
 - Each team will be assigned a set of Double Dutch Freestyle ropes that they will use each time.
 - Ropes will be sanitized at the end of use by that team/group of athletes

5.6.16 Transitions

- When transitioning between events/activities at practice, athletes will be instructed by the coach or volunteer on where to go and how to transition. Athletes will be instructed to return to their bag/staging area and wait for instruction on how/when to proceed to the next activity.

5.6.17 Music

- Only one coach will be able to use the stereo system at each practice
- Other coaches can play music or call outs, provided they are able to connect to the stereo through Bluetooth and are using only their own personal phone/device.
- Athletes will not be allowed to use the club's music equipment.

5.6.18 Equipment/Ropes

- Single ropes (beaded, long handled, and speed) and speed balls can not be shared among athletes. Everyone must use their own ropes.
- Double Dutch Freestyle and Double Dutch Speed ropes will be assigned to a group and will always be used by the same groups. Ropes will be sanitized at the end of each practice, and between uses if they will be being used by different jumpers at the same practice
- Clickers will not be shared except within the same family cohort.
- Pylons will be placed out each practice to divide space and assist with keeping distancing. Pylons will be sanitized after each practice and will only be touched by coaches or a Safety Protocol Volunteer.

5.6.19 Disinfecting

- A list of items or equipment requiring disinfecting after each practice needs to be maintained.
- This checklist should be documented and kept as part of completion of the task file.

5.7 Club Recreational Return to Jump Rope

The practice protocols for competitive athletes below are intended to be generic suggestions only. Clubs are responsible for adapting the protocols to reflect their facility, municipal and provincial health guidelines. The integration of training cohorts is not recommended within recreational programs.

5.7.1 Practice Protocols/COVID-19 Risk Mitigation

The purpose of this section is to have in place an explicit plan to guide with cautious, step-by-step safe return to the competitive Jump Rope during this pandemic. It will establish safe Jump Rope practice protocols to keep athletes and coaches safe while at practice. This section is to be used in conjunction with your club's safety plan, risk mitigation plan, illness policy/protocol and outbreak plan. All of the

included guidelines, with respect to COVID-19 regulations and masks, are as per mandatory face covering bylaws and will be reviewed regularly. As this document provides content for multiple provinces, the most restrictive applications are represented and clubs are encouraged to adapt to their applicable guidelines.

5.7.2 Attendance

- Program Coordinator/Safety Protocol Volunteer will be responsible for the one-time collection of the COVID-19 Declaration and Agreement (Appendix D). This will then be supplemented for each event by the screening questions in the Attendance Protocol and Tracker (Appendix F).
- Athletes who arrive for their first practice without required completed and signed forms (see Appendices A, B, C and D) will not be allowed to enter the practice facility until the forms have completed and returned to the Program Coordinator/Safety Protocol Volunteer
- Athletes, with their guardians, must conduct a self-assessment screening before each practice/activity for any of the COVID-19 symptoms
- If the athlete is not experiencing COVID-19 symptoms they will acknowledge their attendance/availability/healthy according to the club's attendance procedures
- If an athlete is experiencing COVID-19 symptoms they must inform the Safety Protocol Volunteer or Head Coach immediately as required by the club's Illness Protocol
- Athletes who experience symptoms while at practice will have parents immediately notified and be picked up from practice as well the Illness Protocol (Appendix H) is to be initiated
- The Program Coordinator/Safety Protocol Volunteer will confirm attendance, negative COVID-19 screening attestations as well as a negative temperature screen (if conducted). These will be kept as part of the completion of task file by the club.

5.7.3 Drop-Off/Pick-Up

- Carpooling of athletes is discouraged. Those families that choose to carpool must fully adhere to the following expectation. It is required that all people riding in the car, including any adults, must wear a mask. Failure to comply with this expectation will result in all of the car's occupants being refused entry into the training facility
- Participants will be expected to complete a COVID-19 screening upon arrival. Guardians should allow time for this screening to occur before departing from the venue.
- Athletes are required to arrive a maximum of 10 minutes before the start of the practice or their staggered start time
- Guardians are required to remain in their vehicle during both drop off and pick-up times unless escorting a minor athlete to the screening checkpoint.
- During drop-off, athletes are to remain in their car until the Program Coordinator/Program Safety Volunteer gives the signal to enter the training facility.

- (If temperature screening is conducted) Provided that temperature is normal, participants will be allowed into the training facility. If temperature is identified as ‘fever’, the participant will be escorted by the Program Safety Volunteer to their guardian’s vehicle and Illness Protocol will be initiated.
- (If temperature screening is conducted) The Safety Protocol Volunteer will not physically record the temperature.
- After the temperature check, all athletes will sanitize their hands upon entering
- Guardians needing to contact the Program Coordinator prior to practice are asked to text from their vehicle
- When entering and exiting the training facility, participants are required to wear a mask. Note: Masks may be worn during the practice as instructed by the Program Coordinator.
- All persons, including guardians, athletes and coaches are required to take off their street shoes upon entering the training facility. (Note: Participants need to have training ‘Jump Rope-only’ shoes for each practice.)

5.7.4 Guardians/Spectators

- Where permitted in alignment with health and safety and facility guidelines, guardians and spectators may be permitted at the discretion of the Program Coordinator.
- If permitted, spectators/parents must remain in a designated area that is separate from the athletes and must be physically distanced.
- Guardians/spectators must wear masks at all times and refrain from interacting with athletes other than their own as appropriate, cheering and shouting.
- Guardians/spectators must sign the COVID-19 Declaration and Agreement and participate in health screening upon arrival.
- Guardians/spectators must arrive with their athlete and leave with their athlete. “In and out” privileges are not permitted.
- Guardians/spectators will not have access to washrooms or changerooms, unless approved by the Safety Protocol Volunteer.

5.7.5 Practice/Workout

- Masks may be worn during the practice as instructed by the Program Coordinator
- Athletes will sanitize their hands prior to entering, frequently during the practice time (i.e., after drills/activities where equipment is shared), before and following breaks, and before departing
- Backpacks will be housed along a designated wall separated by cones, no closer than 2 meters to each other

- Athletes will remain with their bags until a coach calls them to warm-up
- During the practice, the athletes will physically distance (2m apart) and avoid contact at all times (except where cohorts are permitted)
- During drills, event and activities athletes will follow their coaches' instruction as each event will have its own protocol for safety - contact, distance, and wearing of masks
- Athletes are required to bring their own water bottles as water fountains will NOT be available for filling. Note: It may be recommended to have more than 1 bottle of water.
- Washrooms may be available to the athletes on an individual basis, although facility restrictions may exist. Athletes must be granted permission each time. Hands must be sanitized before re-entering the training area.
- Athletes will leave the training facility immediately after training is finished at the direction of the Program Coordinator to maintain physical distancing

5.7.6 Participant/Coach Zones and Restricted Areas

- The facility will be broken into zones for both participants and coaches
- Athletes are asked to not enter the coach's zone unless requested to do so
- Coaches are asked to not enter the participants' practice zones unless an injury has occurred and proper protective equipment is worn (i.e. mask, gloves, face shield, etc...)
- Water fountains are NOT to be used
- Areas other than training area (i.e., stage, hallways, auxiliary rooms) are restricted
- Guardians are not allowed to enter the training facility, unless they have texted the Head Coach/Safety Protocol Volunteer and permission was granted

5.7.7 First Aid

- All injuries/illnesses will be handled as per the Illness Protocol
- Required additions to the first aid kit will include face shields, surgical masks, gloves, hand sanitizer, tissue, proper don and doffing of Personal Protective Equipment guide
- Training will be provided of proper donning and doffing of PPE

5.7.8 Athlete Zone Equipment

- Water bottles
- Masks in a zip lock bag
- Hand sanitizer
- Ropes

5.7.9 Coaching

- All coaches are required to arrive at practice 15 minutes prior to the start of practice to assist with safe arrival of the athletes
- All coaches are to ensure that all participants practice frequent hand sanitizing, physical distancing, and follow all expectations concerning mask wearing
- Coaches are required to wear a mask during the practice as per club guidelines
- Coaches will ensure mask protocols are understood and practiced during each practice
- All equipment is to be appropriately sanitized between activities and before each practice
- Coaches will design and implement safety protocols for each event and drill. Note: Activities that require contact will be avoided until permitted under provincial health guidelines.
- Only one coach will be designated to operate the music during the session
- Directing and communicating with athletes is to be done in a safe manner (i.e., clapping as opposed to shouting or whistling)

5.7.10 Warm-up

- Participants will remain in their designated area until the coach indicates the start of warm up
- Athletes will warm up in rows/lines - spaced a minimum of two meters apart and all facing the same direction
- Spacing will be indicated on the floor (i.e. tape, pylons, etc.)
- Coaches will do/watch the warm-up - facing the athletes but positioned more than 2 meters apart

5.7.11 Conditioning

- For individual conditioning exercises and speed/power drills, participants will be positioned in their participant zones.

- Coaches will be positioned at the front but may also walk around the perimeter and designated aisles, to help with form and to coach, given there is enough space to do so.
- No additional equipment will be used

5.7.12 Suggested Recreational Program Activities

Individual:

- Single Rope Speed
- Single Rope Power
- Single Rope Skill Development (i.e. CANSkip)
- Single Rope Freestyle (no movement)
- Single Rope skill challenges or games
- No contact cooperative games (i.e. Simon Says)

Team/Partner:

- Matching Skills or Copy Cat
- Single Rope Speed or Power Relays
- Long Rope or Double Dutch with 16-foot ropes or longer with a jumper
- Turner development skills with no jumper
- Long Rope or Double Dutch with 16-foot or longer ropes with a jumper (where available or appropriate)

Speed Counting

- The counter will be a minimum distance of 3 meters behind an athlete when clicking
- The counter will be wearing a mask
- For relay activities, participants will be in groups but will remain distanced in their participant zone.

Single Rope Freestyle

- Single rope skill development, challenges or routines will be practiced in the participant's zone. Coaches can assist/watch routines, and help with tricks, from a minimum distance of 2 meters
- Team/partner activities will be practiced in side by side participant zones
- No interactions/partner tricks will be taught, where athletes are in close physical proximity or touching

Double Dutch Speed and Double Dutch Freestyle

- With physical distancing restrictions in place, Long Rope or Double Dutch activities may only be done using ropes that are 16 feet or more in length, when there is a jumper. The jumper must start and stay inside the middle of the ropes. No entering/exiting, switches or interaction between jumpers and turners. Coaches/turners must wear a mask
- Practice turning and shadow jumping. 10 foot ropes (or longer) may be used when there is a shadow jumper, provided that the shadow jumper remains at least 6 feet from both turners
- Focus on these fundamental turner involvement skills

5.7.13 Transitions

- When transitioning between events/activities at practice, athletes will be instructed by the Program Coordinator on where to go and how to transition.

5.7.14 Music

- Only one coach will be able to use the stereo system at each practice
- Other coaches can play music or call outs, provided they are able to connect to the stereo through Bluetooth and are using only their own personal phone/device.
- Coaches are not permitted to share devices
- Athletes will not be allowed to use the club's music equipment.

5.7.15 Equipment/Ropes

- Single ropes are not be shared among participants.
- Long ropes/Double Dutch ropes will be sanitized at the beginning, between uses and at the end of the session.
- Pylons will be placed out each practice, to divide space and assist with distancing. Pylons will be sanitized after each session.
- Coaches may use a clicker to count but the clicker must be individual to them
- Depending on the organization of the program, any skill tracking or goal sheets should be kept by either the Program Coordinator, coach or participant but must not be shared between them. Each coach should have a personal pen and clipboard/folder that is sanitized at the end of each session.

5.7.16 Disinfecting

- A list of items or equipment requiring disinfecting after each practice needs to be maintained.
- This checklist should be documented and kept as part of completion of the task file.

SECTION 6: FIRST AID & EMERGENCY ACTION PLANS

6.1 First Aid

Rope Skipping Canada requires that all coaches have current Standard First Aid and CPR C certification. If first aid is required during a program, all persons attending to the injured individual must first put on a face mask (surgical/procedural grade 2 or higher if available), face shield (recommended) and gloves prior to assisting that individual. Clubs must provide masks for coaches to support participants who need first aid or urgent health support.

If it is deemed that the athlete is not able to participate but could safely leave with their guardian, assist them to do so. If the injury is such that further medical attention is required, follow the Emergency Action Plan and call 911.

First aid kits should be checked to ensure that no items have expired and there are an adequate number of face masks and gloves in the event that first aid is needed. Disinfectant must also be onsite for sanitizing. Face barriers should be included in the event that CPR is required. If there are deaf or hard of hearing participants in the program, clubs are encouraged to have masks with clear inserts available. Coaches are encouraged to carry gloves and a face mask so that first aid can be quickly provided.

Red Cross first aid protocols for an unresponsive person during COVID-19

Providing first aid during the COVID-19 pandemic can raise questions around safety and transmission. Outlined below are the first aid protocols that should be followed when attending to an unresponsive person.

According to the Public Health Agency of Canada, the COVID-19 situation is rapidly evolving, and an individual's risk is variable depending on location. If someone's heart stops, and the First Aider is concerned they may have had respiratory symptoms, it is at the individual's discretion to perform or not perform mouth-to-mouth breaths based on personal preference. It's still important to call emergency medical services and find an AED. If the individual chooses to perform breaths, they can also use a barrier device, such as a pocket mask, to help protect themselves.

CPR with breaths is recommended for people who have been trained in CPR, but as an alternative, hands-only CPR can be performed until help arrives if the First Aider is unsure about putting their mouth on a stranger's mouth, or has concerns the person may have COVID-19. If the individual chooses to perform hands-only CPR, they should first call 9-1-1, lay a cloth, a towel, or clothing over the person's mouth and nose to prevent any potential spread of the virus through contaminated air or saliva, and then push hard and fast in the centre of the person's chest until advanced help arrives. If the First Aider believes the person may have COVID-19, they should state their concerns to the emergency response telecommunicator so everyone who responds can be aware of the potential for COVID-19 transmission.

6.2 Emergency Action Plans

Each Head Coach must review and update their Emergency Action Plans (EAP). Head Coaches or other club representative should contact the facility to ensure that any changes in protocols within the facility are included within the updated EAP and are encouraged to have the venue review their EAP to ensure that situations are addressed in alignment with existing venue EAPs.

In preparation for programs, it is advisable that:

- Coaches are familiar with their EAPs and review the EAPs with their assistant coaches, Safety Protocol Volunteer, and other program volunteers prior to the start of the program. This can be done through a virtual meeting.
- All coaches and volunteers should participate in a site walk-through prior to the first session to familiarize themselves with the venue layout, emergency exits, location of AEDs, etc.
- There are at least two dedicated individuals with personal cell phones identified who will be each program sessions. Cell phones should not be shared.
- Access to all members' contact numbers should be easily accessed (Hard copy of members phone numbers present or programmed into cell phones)
- Head Coaches ensure that they know the preferences of their venues around communication of unconfirmed cases of COVID-19 and integrate into their EAP accordingly.
- Strategies for ensuring safety should inclement weather arise be discussed and planned according to the venue layout.
- Coaches know how to access emergency contact information electronically for all participants.

The Outbreak Plan section and Illness Protocol (Appendix H) included in this document highlight COVID-19 related procedures that will be initiated as part of the EAP. Sample templates for EAPs are included in Appendix I.

All coaches should carry a copy of the EAP with their coaching materials. It is recommended that these be laminated or placed in plastic coverings. In addition to the EAP document, Head Coaches are encouraged to consider the following:

Prepare EAP kit and place in a convenient location with the following in a plastic container (to protect against moisture):

- Printed copies of the emergency action plans in sheet protectors (suggest that they be printed double-sided and each page in its own protector for ease of access)
- Printed copies of all program attendees including athletes, coaches and volunteers
- A whistle or other noise-making device (it is not recommended that whistles be blown within 12 feet of another person during the COVID-19 pandemic) – this identification device is ONLY used in an emergency situation and should be informed to participants of this use prior to practice or event so they know the importance if used
- Standard first aid kit

- Disposable medical grade face masks (surgical/procedural grade 2 or higher if available)
- Face shields (2 or more)
- Disposable gloves (several sets)
- Hand sanitizer bottle
- Don and Doffing information sheets for Personal Protective Equipment
- 2 pens and pad of paper

These kits will help to ensure that all essential information and materials are on-hand in the event of an emergency.

6.3 Outbreak Plan

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak.

An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported.
2. Determine who within the organization has the authority to modify, restrict, postpone or cancel activities.
3. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility right away.
4. Implement the Illness Protocol (Appendix H) and advise individuals to:
 1. Self-isolate
 2. Contact local or provincial health authorities for screening
 3. Monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of 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.
 4. Use the COVID-19 self-assessment tool as well as information on COVID-19 management
5. In the event of a suspected case or outbreak of influenza-like-illness, immediately implement the Illness Policy and enhanced measures. Immediately report and discuss the suspected outbreak with the Medical Health Officer (or designate) with the local health authority.
6. If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.

SECTION 7: PSYCHOLOGICAL CONSIDERATIONS

What is often neglected or not considered during a return to play protocol is the psychological safety and mental health of athletes and volunteers. COVID-19 not only disrupts the physical, but also has a profound impact on psychological well-being. It is imperative then, that considerations be made on how to manage a crisis through understanding its effect on mental health. The following information is provided to assist coaches in understanding some of the psychological considerations of returning to sport during the COVID-19 pandemic. Coaches are not trained to provide mental health support or counselling and should refer participants to a professional.

There are three main challenges for returning to training:

- Managing the emotions and insecurity associated with losing your bearings/the familiar/what's "normal"
- Giving meaning to the situation and the necessary change
- Mobilizing energy to adapt to new realities, master new habits, or skills and achieve revised goals

This is influenced by the different ways athletes, coaches, and staff may return. We return with different experiences, attitudes, opinions, and fears. Individuals may be categorized as:

- Happy to be back
- Resistant to return
- Indifferent or careless to return or about the situation
- Directly impacted by the situation

It is important to be aware of the various states' individuals will return with, and be mindful and empathetic with their concerns. Just because the head coach feels safe to return does not mean all athletes will share the same view. In light of this, the COVID-19 Mental Health & Mental Performance task force proposes three phases in needs and goals in return to training. It is worth noting, these phases are not necessarily linear.

Emotional Phase (Empathy)

- Be prepared to listen, show understanding and compassion
- Offer space and time for everyone to be social and reconnect
- Pay attention to body language
- Prioritize relationships and reconnection over training
- Be adaptable and follow public health guidelines and Return to Training (RTT) protocols
- Share information and USE FACTS – AVOID OPINIONS

- Help athletes visualize the new training environment – be as specific as possible (use examples, videos, visuals to understand changes)
- Move cautiously so as not to overwhelm

Rational Phase (Realism)

- Important to acknowledge where the athlete is, not where they need to be right now
- Revise and set realistic goals together
- Recovery strategies & injury prevention
- Team building, mental skills
- Be creative in implementation of programs
- Talk about WHY

Action Phase (Resilience)

- Be ready and execute your performance training plan
- Trust the process, be patient. There are no shortcuts
- Manage the items under your control (effort, recovery, attitude, etc.)
- Use the lessons learned for the “new normal” - don’t fall back into old habits

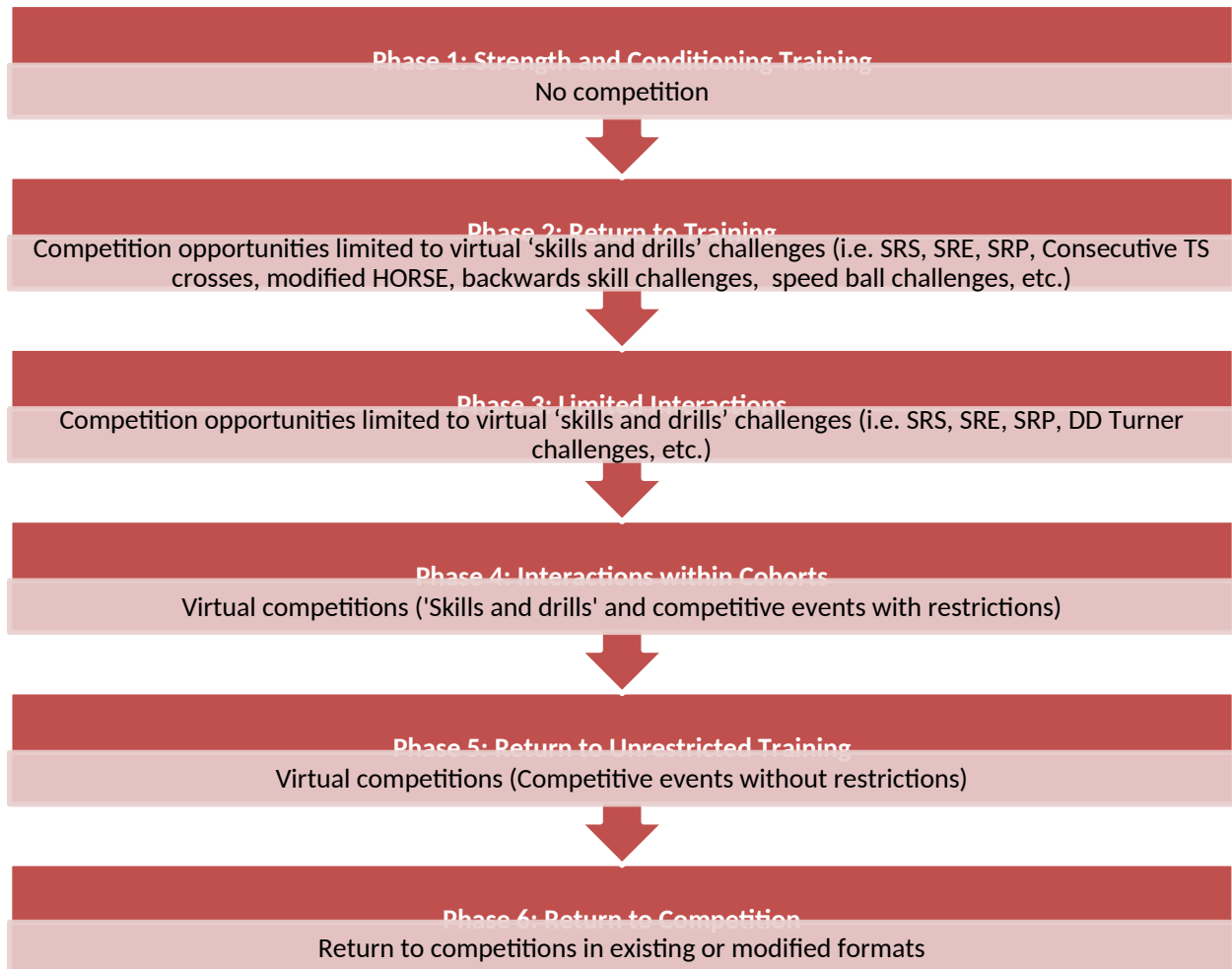
Remember to be compassionate towards others AND yourself. Solution-focused questions promote confidence rather than fear. Identify barriers/risks and provide autonomy to individuals to make decisions. Above all, reach out, support one another, and stay connected.

SECTION 8: RETURN TO INTERACTIVE ACTIVITI

8.1 Return to Competition

8.1.1 Phases of Competition

As outlined in the phased return to Jump Rope diagram, modified competition can occur as early as Phase 2 in alignment with provincial health regulations. Suggested modifications include:



8.1.2 Commitment to Competitive Equality

ORSO recognizes the importance of competition preparation, periodization and participation as important elements of the development of athletes in the Train to Train stage and higher of Jump Rope's Long-Term Athlete Development model.

ORSO also recognizes that the geographic diversity of Jump Rope will result in clubs being at different stages of relaunch. ORSO agrees to strictly abide by training restrictions recommended by provincial or municipal health authorities in response to COVID-19, recognizing that these restrictions are to protect the health of all participants. ORSO will adopt a zero tolerance approach for training restricted movements or interactions by athletes, within or outside of practice environments.

ORSO endorses the concept of competitive parity by having competition scoring at all levels reflect the reality of the club or province with the greatest restrictions. For example, if clubs in Ontario, under provincial guidelines, can train direct contact/interactive skills in either Team Single Rope or Double Dutch events, they may proceed to train these skills. If clubs in another province must abide by physical distancing requirements, they are not to train these skills for competition. ORSO believes that competition scoring should be organized in a manner where no competitive advantage is received by executing these types of skills in competition (i.e. difficulty, required elements, creativity/impression, etc.). Scoring recognition or requirement of these skills during competition may encourage unsafe training practices. ORSO also supports consideration under which the athlete(s) have an appropriate amount of time to prepare these skills prior to a competition to ensure that adequate training can occur for all athletes who would be attempting these skills during the competition.

8.2 Return to Workshops

When determining return to workshop protocols, the top priority is the ongoing safety of athletes, coaches, volunteers, and other members of the community. Workshops may be introduced as early as Phases 3-5 with physical distancing and strict protocols, or Phase 6 without limitations.

In addition to following the guidelines of "Club Competitive Return to Jump Rope" and "Club Recreation Return to Jump Rope", other mitigation techniques include the following:

- Follow Provincial Health guidelines regarding public health contact tracing efforts. In the event that an attendee tests positive, workshop operators should keep records of anyone entering the workshop space who stays for 15 minutes or longer (e.g. staff, athletes, parents, visitors, etc.).
- Staff members, parents or guardians and athletes must not attend the workshop if they are sick, even if symptoms resemble a mild cold.
- The use of highly visible posters that remind attendees to practice respiratory etiquette and hand hygiene is strongly encouraged (e.g., entrances, washrooms).
- All ropes that will be shared between more than one person (from different households) should be appropriately cleaned and disinfected between each use.

- Workshop organizers should ensure staff and volunteers are trained on physical distancing, hand hygiene, respiratory etiquette, cleaning and disinfecting, proper use of PPE, and any updated policies or procedures related to preventing transmission of COVID-19.
- Use chalk lines on sidewalks, spray paint on grass, and tape on flooring to mark spaces for attendees. Pylons or other markers can also be used when tape is not permitted on floors.
- Games and other interactive activities should only occur if there are no shared items required. Consider games and activities where participants can maintain physical distance as much as possible.
- Allow little, if any, unstructured time. While Jump Rope workshops often encourage exploration through unstructured activity, unstructured activity can lead to increased risks of physical distancing being jeopardized.

8.3 Return to Performances / Demonstrations

The rules surrounding gatherings both indoors and outdoors vary by province and are in a fluid state of change. The safety of our jump rope athletes as well as the community are paramount during COVID-19. It is recommended that each individual club assess the situation in their specific community and relate that to the requested performance and/or demonstration. All mitigating factors as highlighted in this document guide this process and should be performed by the club on a case by case basis to determine whether or not the performance and/or demonstration should proceed.

8.4 Return to Fundraising

When determining return to fundraising protocols, the top priority is the ongoing safety of athletes, coaches, volunteers, and other members of the community. It is preferred that in-person fundraising not return until Phases 5 or 6, depending on local COVID-19 activity.

Any fundraising event that can be hosted in a virtual environment should pursue that option. When a virtual event is not feasible, event organizers must familiarize themselves with the venue safety standards, and ensure they are followed. All event participants must be made aware of these requirements prior to attending the event.

All fundraising events must follow the guidelines issued by the provincial health authority, including physical distancing, travel restrictions, minimizing touching of shared surfaces, and enhanced cleaning and sanitizing procedures.

The involvement of athletes with in-person fundraising events should be kept to an absolute minimum.

Any individual who does not feel well, is experiencing any symptoms of COVID-19, or who has been advised to self-isolate is not permitted to attend a fundraising event.

A complete listing of attendees must be compiled for every event, which includes contact numbers to be used for contact tracing in the event of a positive case.

Some examples of in-person fundraising mitigation techniques include:

- Bring hand sanitizer with at least 60% alcohol content to use before and after each interaction. Wear a mask if participants may be required to come within two metres of another person. Avoid sharing high-touch objects such as pens, clipboards and tablets.
- Bring disinfectant wipes to disinfect touched surfaces, such as payment devices, doorknobs and doorbells
- After ringing the bell or knocking, step back at least two metres before speaking with residents
- Suggest residents speak with the door closed or through a nearby window if they prefer. Use contactless payment, where possible, such as directing residents to web payment options
- Clubs accepting cash donations should consider using an enclosed container with a slot to avoid handling cash
- Clubs doing collections (such as bottle or food drives) should consider advising neighborhoods of the drives in advance through flyers, newsletters and/or social media and conduct contactless pick-up where possible

8.5 Return to Meetings

ORSO puts the safety of their volunteers and members first and foremost when determining these Return to Meeting protocols. Virtual meetings are encouraged, although in-person meetings may be held in alignment with health authority protocols.

Any individuals who feel unwell, are experiencing any symptoms of COVID-19, or who have been advised to self-isolate are not permitted to attend in-person meetings.

All individuals attending an in-person meeting must have signed Participation Agreement (Appendix A), Informed Consent and Assumption of Risk Agreement [Minor] (Appendix B) or Liability, Waiver of Claims and Indemnity Agreement [Adult] (Appendix C), and COVID-19 Declaration and Agreement (Appendix D) forms, with these forms being on file with their club. An Attendance Protocol and Tracker must be completed for each meeting. At each meeting, the meeting chair or their designate must ask the following questions and receive a verbal NO confirmation. The minutes must include the names of all attendees and that everyone in attendance has answered NO to all of these questions.

1. Do you have COVID-19?
2. Are you experiencing any known symptoms of COVID-19, such as fever, cough, shortness of breath or feeling unwell?
3. Have you travelled internationally during the past 14 days?
4. Have you, in the past 14 days, knowingly come into contact with someone who has COVID-19, who has known symptoms of COVID-19, or is self-quarantining after returning to Canada?
5. Have you been following government recommended guidelines for COVID-19 including practicing physical distancing?

Protocols for outdoor meetings:

- Meetings should be limited to a maximum of 15 attendees. With physical distancing in mind, the meeting chair must ensure that the meeting is productive and that all members can actively participate, hear everyone, and be heard.
- The space must be private to ensure confidentiality of information.
- In using a public space that does not have open public washrooms, the meeting chair will ensure the committee members are aware of this. If using a member's backyard, individuals comfortable to do so may use the washroom in the home. The host should ensure there is soap as well as disinfectant wipes/sprays for use by attendees.
- All attendees must ensure physical distancing during the arrival and departure process and during the meeting. Attendees should not congregate prior to or after the meeting unless continuing to follow physical distancing.
- All attendees may bring their own chair. If chairs/tables are provided, the meeting chair or designate must ensure that all surfaces are thoroughly cleaned with a disinfectant product prior to the meeting and at the end of the meeting.
- All attendees must bring their own water bottle, coffee mug, snacks, etc. There should be no sharing of food.
- The meeting chair or designate will provide hand sanitizer for use by all attendees.
- All other aspects of the meeting must follow established meeting policies and procedures.

Protocols for indoor meetings:

- The venue may not be a home.
- Meetings must be limited to a maximum of 15 attendees. With physical distancing in mind, the meeting chair must ensure that the meeting is productive and that all attendees can actively participate, hear everyone, and be heard.
- The venue must have a COVID-19 risk assessment plan that includes cleaning protocols for all surfaces. If they have an entry and exit plan (different entrances), ensure the attendees are made aware of this prior to the meeting.
- All attendees must ensure physical distancing during the arrival and departure process and during the meeting. Attendees should not congregate prior to or after the meeting unless continuing to follow physical distancing.
- All attendees must bring their own water bottle, coffee mug, snacks, etc. There should be no sharing of food.
- The meeting chair will provide hand sanitizer for use by all attendees.
- All other aspects of the meeting must follow established meeting policies and procedures.

SECTION 9: WAIVERS AND LIABILITY

9.1 Insurance

ORSO registers all individual members with both ORSO and Rope Skipping Canada. Members of Rope Skipping Canada receive insurance coverage through Rope Skipping Canada's insurance agent. Limitations exist to the insurance coverage provided by Rope Skipping Canada, and copies of Rope Skipping Canada's insurance policy may be available by request.

[Club/Organization] [is/is not] registered as a member with Rope Skipping Canada and [is/is not] insured as a [club/organization]. LEAVE IN FOR CONSIDERATION AND AMENDMENT BY INDIVIDUAL CLUBS

[Club/organization may include any additional insurance information.]

9.2 Rope Skipping Canada Waivers

As a condition of membership, Rope Skipping Canada requires all members to sign their waiver. The signing of this waiver by members is mandatory. [Click here to access the 2020-2021 Rope Skipping Canada Release, Waiver and Assumption of Risks form.](#)

9.3 Provincial Waivers

As a condition of membership, ORSO requires all members to sign their waiver. The signing of this waiver is mandatory. Original waivers must be submitted to ORSO and are subject to FOIP/PIPA legislation.

9.4 Club Forms and Waivers

Appendix A includes a sample Participation Agreement. This agreement is specific to COVID-19 and must be completed by all participants prior to their involvement in a program. Signed agreements will be retained by each respective club for a minimum of two years.

Appendix B includes a sample Informed Consent and Assumption of Risk Agreement. This form is specific to COVID-19 and must be completed by all minors and their guardians prior to their involvement in a program. Signed agreements will be retained by each respective club for a minimum of two years.

Appendix C includes a sample Release of Liability, Waiver of Claims and Indemnity Agreement. This form is specific to COVID-19 and must be completed by all adults prior to their involvement in a program. Signed agreements will be retained by each respective club for a minimum of two years.

Appendix D includes a sample COVID-19 Declaration and Agreement. This form is for any person who is a participant or volunteer of the club/organization, or an attendee at an event, program or activity of

the organization. Signed agreements will be retained by each respective club for a minimum of two years.

Appendix F includes a sample Attendance Protocol & Tracker. After each participant has completed the COVID-19 Declaration and Agreement (Appendix D), this form can be used at subsequent events. Before the start of each event, practice, training, workshop, performance/demonstration, competition or meeting all participants must be asked a series of screening questions to assess if anyone is showing signs or symptoms of COVID-19, or has been in close proximity to someone who has or is self-isolating. Attendance Protocol & Tracker forms will be retained by each respective club for a minimum of two years. ([Click here to a customizable version of the Attendance Protocol & Tracker for your club.](#))

All information collected for the purpose of COVID-19 screening and tracking must be kept in a safe and secure manner, subject to FOIP/PIPA legislation.

It is recommended that each club pursue legal advice before proceeding with using any of the sample waivers, declarations or forms.

It is recommended that before club members sign these waivers, a club representative have individual conversations with each member. This conversation can help answer any questions and make sure that the purpose and contents of the waivers purpose are understood. This conversation should be documented and documentation retained by the club for a minimum of two years.

9.5 Guidance on Forms and Waivers

ORSO and its members clubs should consider their unique needs for waivers and forms and obtain legal advice in the development of their waivers. Clubs and organizations are encouraged to review the resources prepared by Fasken on behalf of the Canadian Olympic Committee to support National Sport Organizations.

In a webinar presented by Fasken on “Limiting Liability for COVID-19”, Fasken covered the following topics from an amateur sport perspective:

- Use of Waivers to Limit Legal Liability
- Waivers are Not a Substitute for Good Practices
- Requiring Regular Attestations as to Good Health
- Use of Waivers: Facility Use, Remote Training, Event Attendance
- Keeping your Insurer Informed

To watch this webinar, please click on this [link](#). Presentation slides can be accessed here. The draft English document templates produced by Fasken that were presented on the webinar can be accessed as follows:

- [Daily Attestation](#)
- [Event Participation Waiver](#)
- [Facility Waiver](#)

- [Remote Training Waiver](#)
- [Combined Remote Training and Facility Use waiver](#)
- [Latest return to sport provincial guidelines](#)
- [User Guide](#)

SECTION 10: ADDITIONAL RESOURCES

It is suggested that clubs provide the following information sheets to members (website links should be provided to club members to the local health or provincial resources). Hard copies should be present at all practice / competition events and visible for all participants to view.

- How To Wear A Non-Medical Fabric Mask Safety
- How prevent the spread of COVID-19 - Cover coughs and sneezes
- Coronavirus COVID-19 - Hand Hygiene Soap or Alcohol-Based Hand Rub
- Coronavirus COVID-19 - How to Don (put on) Personal Protective Equipment
- Coronavirus COVID-19 - How to Doff (take off) Personal Protective Equipment

The link to the clubs on-line COVID-19 self-screening tool (province-specific) and phone number to the province's telehealth line should be provided to all members.

Additional Resources:

- [Own the Podium Club Risk Assessment and Mitigation Checklist Tool](#)
- [Canadian Centre for Mental Health and Sport COVID-19 Resources](#)
 - [Self-Awareness worksheet](#)
 - [Acceptance worksheet](#)
 - [Grounding techniques](#)
 - [Adapt worksheet](#)
 - [National team members](#)
 - [General mental health resources](#)
 - [Committed action worksheet](#)
- [Frequently Asked Questions on COVID-19 \(Coronavirus\) for people with disabilities \(plain language\)](#)
- [COVID-19 INFORMATION GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION – STAGE 2](#)
- [COVID-19 INFORMATION GUIDANCE FOR INDOOR EVENTS](#)
- [COVID-19 INFORMATION GUIDANCE FOR OUTDOOR EVENTS](#)
- [COVID-19 INFORMATION GUIDANCE FOR OUTDOOR FITNESS](#)
- [Gathering and Cohorts](#)
- [Isolation Requirements](#)
- [Symptoms and Testing](#)
- [Masks](#)

- [Mental health support information poster](#)
- [How to wear a non-medical mask poster](#)
- [Help relaunch, safely: Prevention starts with awareness poster](#)
- [Practice physical distancing poster](#)
- [Do not enter if... poster](#)
- [Public transportation tips poster](#)
- [Help prevent the spread information sheet](#)
- [Cover Your Cough Poster](#)
- [How to Hand Wash Poster](#)
- [How to Use Alcohol-based Hand Rub Poster](#)
- [Donning PPE Poster](#)
- [Doffing PPE Poster](#)
- [COVID-19 vs Cold/Flu Poster](#)
- [Modified PPE for Suspect or Confirmed COVID-19 in Vulnerable Populations outside of Healthcare Facilities Poster](#)
- [Typical Symptoms of COVID-19 Poster](#)
- [Public Health Ontario - Coronavirus Disease 2019 \(COVID-19\)](#)
- [Public Health Ontario - How to Protect Yourself from COVID-19: Older Adults and People with Chronic Medical Conditions](#)
- [Public Health Ontario - Cleaning and Disinfection for Public Settings](#)
- [Public Health Ontario - How to wash your hands](#)
- [Public Health Ontario - Physical Distancing](#)
- [Public Health Ontario - When and How to Wear a Mask](#)
- [Public Health Ontario - Resources to prevent COVID-19 in the workplace](#)
- [Clean Surfaces Poster](#)

APPENDIX A: SAMPLE PARTICIPATION AGREEMENT

PARTICIPATION AGREEMENT

Participant is defined as anyone involved in [Club] programs including athletes, coaches, volunteers, and parents/guardians.

Event is defined as any practice, competition, workshop, meeting, performance, demonstration, or other organized Jump Rope activity.

Return to Jump Rope Expectations

This form has been developed to help Participants understand what is expected of them as a requirement of returning to Jump Rope with [Club]. The goal is to ensure that Participants are properly prepared and have a safe, positive experience.

Participants who want to return to Jump Rope programs must have a parent or guardian (if under 18 years of age) that is able to review the below guidelines with them.

[Club] wants to provide a safe and positive return to Jump Rope experience for all but understands that the changes needed to ensure the safety of all Participants may not be the most suitable experience for

all Participants. It is important to do an honest appraisal as to if a Participant will be able to cope in the environment below.

Although athletes will be supervised and supported by an assigned coach, athletes will need to manage many aspects of the guidelines relatively independently. Coaches, volunteers and parents/guardians are expected to manage independently.

Please confirm the Participant will be able to meet the requirements as listed.

Registration and Contacts:

- Athletes, coaches, and volunteers must be registered with [Club], and their medical information current for the 2020-2021 season.
- Participants must have a contact that is available by phone during their practice or event in the event they need to be called immediately.

Contact's Name: _____

Contact's Phone #1: _____

Contact's Phone #2: _____

Requirements to Participate:

- Participants must be familiar with and abide by all [Club] requirements before starting programs.
- Participants must understand the guidelines around physical distancing and abide by those guidelines while participating in Jump Rope activities.
- Participants must understand the purpose of physical boundaries and must be able to independently stay within these barriers. (i.e. cones or markers may be used to cordon training areas.)
- Participants must understand that failure to observe physical distancing risks the closure of the facility and all programs, and as such if Participants breach physical distancing requirements, they may be asked to leave practice and may be suspended from future participation.
- A Participant experiencing any symptoms of COVID-19 should not come to the program. Participants must not attend if they answer "yes" to any of the following:
 - Do you have COVID-19?
 - Are you experiencing any known symptoms of COVID-19, such as fever, cough, shortness of breath or feeling unwell?
 - Have you travelled internationally during the past 14 days?
 - Have you, in the past 14 days, knowingly come into contact with someone who has COVID-19, who has known symptoms of COVID-19, or is self-quarantining after returning to Canada?
 - Have you been following government recommended guidelines for COVID-19 including practicing physical distancing?
- Participants must consider their own risk - if they are at higher risk of experiencing serious illness from COVID-19, consider limiting or avoiding participation in Jump Rope activities for the time being.

Personal Hygiene Expectations:

- Participants must be willing to wash or sanitize their hands when asked throughout the duration of the practice or event, including sanitizing upon entering and exiting the facility.

- Participants must understand and be physically able to cover mouth and nose with a disposable tissue or the crease of their elbow when sneezing or coughing.
- No handshaking, high fives, hugging etc. from arrival at the event until departure.
- Do not assume that washroom facilities will be open at any training facility. If washrooms are available/open, coaches will provide direction on use.

Program Arrival/Departure:

- Participants must have transportation, or mode of transportation, that does not force them to loiter for long periods of time at the venue before and/or after Events.
- Participants must only travel with members of their family or individuals who reside at the same address.
- Participants must understand if they arrive prior to the coaches, they need to remain a reasonable distance from the point of entry, as well as physically distancing from any other athletes or individuals who may also be waiting.
- Participants will wait until coaches tell them to enter the program area.
- Participants agree to go through a health screening prior to each event.

Equipment Expectations

- Participants agree to sanitize the equipment used throughout their practice with approved cleaning products provided by the club (shared and personal equipment).
- Participants agree to abide by all of [Club] policies and guidelines.

Personal Items:

- Participants must be able to bring their own water bottle and all required equipment.
- Participants must sanitize their own equipment between practices and events. This will require any grip tape or other markings to be removed for cleaning, then reapplied.
- If Participants are comfortable and prefer to wear a mask, they must bring their own. Masks are to be worn as per head coach recommendation during physical activity.

Training Groups:

- If assigned to a cohort, the Participant agrees not to join a cohort for another sport or recreational activity.
- The athlete understands that any training of skills that breach physical distancing requirements, inside or outside of practices, will result in suspension from the club.

Behaviour Expectations:

- Participants understand that if they do not abide by [Club] policies and guidelines, they may be asked to leave the club for up to 14 days to help protect themselves and others.
- Participant acknowledges that continued abuse of the policies or guidelines may result in suspension of my club membership.
- Participants acknowledge that there are risks associated with entering club facilities and participating in club activities, and that the measures taken by the club and participants will not entirely eliminate those risks.

Participant Name: _____

For Participants who are younger than 18 years of age: As a parent/guardian, you confirm that you have reviewed the return to Jump Rope expectations with this Participant and that they understand them and have the ability to follow them without support.

I hereby state that this Participant has been informed of and can abide by the expectations and protocols above.

Parent/guardian signature Date

I understand and can meet the above expectations and protocols.

Participant signature Date

APPENDIX B: SAMPLE INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

JUMP ROPE INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT *(To be executed for Participants under the age of majority)*

Participant's Name: _____

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a Participant in activities, programs, classes, services provided and events sponsored or organized by (CLUB NAME) (collectively the "Organization") and the sport of JUMP ROPE, including but not limited to: tournaments, practices, training, personal training, dry land training, use of strength training and fitness conditioning equipment, orientational or instructional sessions or lessons, aerobic and anaerobic conditioning programs (collectively the "Activities"), the undersigned being the Participant and Participant's Parent/Guardian (collectively the "Parties") acknowledges and agrees to the following terms outlined in this agreement:
2. I am the Parent/Guardian of the Participant and have full legal responsibility for the decisions of the Participant.

Description of Risks

3. The Parties understand and acknowledge that:
 - a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life;
 - b) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of the Participant's fitness or abilities, may give incomplete warnings or instructions;
 - c) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Participant will not become infected with COVID-19. Further, attending the Activities could increase your risk of contracting COVID-19.
4. The Participant is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to:
 - a) Contracting COVID-19 or any other contagious disease;
 - b) Executing strenuous and demanding physical techniques;
 - c) Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
 - d) Exerting and stretching various muscle groups;

- e) The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- f) Spinal cord injuries which may render the Participant permanently paralyzed;
- g) Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the Participant's body or to the Participant's general health and well-being;
- h) Abrasions, sprains, strains, fractures, or dislocations;
- i) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma;
- j) Physical contact with other participants, equipment, and hazards;
- k) Not wearing appropriate safety or protective equipment, such a face mask;
- l) Failure to act safely or within the Participant's ability or within designated areas;
- m) Travel to and from competitive events and associated non-competitive events which are an integral part of the Activities

€ We have read and agree to be bound by paragraphs 1 and 4

Terms

5. In consideration of the Organization allowing the Participant to participate in the Activities, the Parties agree:
 - a) That the Participant's mental and physical condition is appropriate to participate in the Activities;
 - a) That when the Participant practices or train in his or her own space, the Parties are responsible for the Participant's surroundings and the location and equipment that is selected for the Participant;
 - b) To comply with the rules and regulations for participation in the Activities;
 - c) To comply with the rules of the facility or equipment;
 - d) That if the Participant observes an unusual significant hazard or risk, the Participant will remove themselves from participation and bring such to the attention of an Organization representative immediately;
 - e) The risks associated with the Activities are increased when the Participant is impaired and the Participant agrees not to participate if impaired in any way;
 - f) That it is their sole responsibility to assess whether any Activities are too difficult for the Participant. By the Participant commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity;
 - g) That they are responsible for the choice of the Participant's protective equipment and the secure fitting of the protective equipment;
 - h) That COVID-19 is contagious in nature and the Participant may be exposed to or infected by COVID-19 and such exposure may result in personal injury, illness, permanent disability or death and voluntarily agree to assume all of the foregoing risks.

6. In consideration of the Organization allowing the Participant to participate, the Parties agree:
 - a) That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in brochure or advertisement or in individual conversations, to agree to be involved in the Activities; and
 - b) That the Organization is not responsible or liable for any damage to the Participant's vehicle, property, or equipment that may occur as a result of the Activities.

€ We have read and agree to be bound by paragraphs 5-6

General

- 7. The Parties agree that in the event that they file a lawsuit against the Organization, they agree to do so solely in the province that they reside in, and they further agree that the substantive law of that province will apply without regard to conflict of law rules.
- 8. The Parties expressly agree that this Agreement is intended to be as broad and inclusive as is permitted by law and that if any of its provisions are held to be invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgement

- 9. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

Name of Participant (print)

Signature of Participant

Date of Birth

Name of Parent or Guardian (print)

Signature of Parent or Guardian

Date

APPENDIX C: SAMPLE RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

JUMP ROPE RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT (To be signed by Participants of the age of majority and over)

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a Participant in activities, programs, classes, services provided and events sponsored or organized by (CLUB NAME) and the sport of JUMP ROPE, including but not limited to: games, tournaments, practices, training, personal training, dry land training, use of strength training and fitness conditioning equipment, machines and facilities, orientational or instructional sessions or lessons, aerobic and anaerobic conditioning programs (collectively the "Activities"), the undersigned acknowledges and agrees to the following terms outlined in this agreement:

Disclaimer

2. (CLUB NAME), its affiliated districts, leagues, clubs and teams, and their respective directors, officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, independent contractors, subcontractors, sponsors, owners/operators of the facility in which the Activities take place, , successors and assigns, and representatives (the "Organization") are not responsible for any injury, property damage, expense, loss of income, damage or loss of any kind suffered by a Participant during, or as a result of, the Activities, caused in any manner whatsoever including, but not limited to, the negligence of the Organization.

€ *I have read and agree to be bound by paragraphs 1 and 2.*

Description of Risks

3. I understand and acknowledge that
 - a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life;
 - b) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of my fitness or abilities, may misjudge weather or environmental conditions, may give incomplete warnings or instructions, and the equipment being used might malfunction; and
 - c) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Participant will not become infected with COVID-19. Further, attending the Activities could increase your risk of contracting COVID-19.
4. I am participating voluntarily in the Activities. In consideration of my participation, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to the Activities which could result in damage, loss, serious physical injury, or death. The risks, dangers and hazards include, but are not limited to, injuries from:

- a) Health: executing strenuous and demanding physical techniques, physical exertion, overexertion, stretching, dehydration, fatigue, cardiovascular workouts, rapid movements and stops, lack of fitness or conditioning, traumatic injury, bacterial infections, rashes, and the transmission of communicable diseases, including viruses of all kinds, COVID-19, bacteria, parasites or other organisms or any mutation thereof.
- b) Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions on grass, turf or other surfaces, extreme weather conditions; travel to and from premises
- c) Use of Equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Organization to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment within my own ability.
- d) Ability: Failing to act safely or within my own ability or within designated areas
- e) Sport: the sport of JUMP ROPE and its inherent risks
- f) Travel: Travel to and from the Activities
- g) Negligence: My negligence and negligence of other persons, including NEGLIGENCE ON the PART OF THE ORGANIZATION, may increase the risk of damage, loss, personal injury or death. I understand that the Organization may fail to safeguard or protect me from the risks, dangers and hazards of JUMP ROPE programs, some of which are referred to above.

Terms

- 2. In consideration of the Organization allowing me to participate in the Activities, I agree:
 - a) That my mental and physical condition is appropriate to participate in the Activities and I assume all risks related to my mental or physical condition;
 - a) That when I practice or train in my own space, I am responsible for my surroundings and the location and equipment that I select;
 - b) To comply with the rules and regulations for participation in the Activities;
 - c) To comply with the rules of the facility or equipment;
 - d) That if I observe an unusual significant hazard or risk, I will remove myself from participation and bring such to the attention of a The Organization representative immediately;
 - e) The risks associated with the Activities are increased when I am impaired, and I agree not to participate if impaired in any way;
 - f) That it is my sole responsibility to assess whether any Activities are too difficult for me. By commencing an Activity, I acknowledge and accept the suitability and conditions of the Activity;
 - g) That I am responsible for my choice of protective equipment and the secure fitting of that equipment; and
 - h) That COVID-19 is contagious in nature and I may be exposed to or infected by COVID-19 and such exposure may result in personal injury, illness, permanent disability or death and voluntarily agree to assume all the foregoing risks.

€ I have read and agree to be bound by paragraphs 3-5.

Release of Liability and Disclaimer

- 3. In consideration of the Organization allowing me to participate in the Activities, use its equipment and facilities, I agree:
 - a) That the sole responsibility for my safety remains with me;
 - a) To ASSUME all risks arising out of, associated with or related to my participation;

- b) That I am not relying on any oral or written statements made by the Organization or its agents, whether in a brochure or advertisement or in individual conversations, to agree to be involved in the Activities;
- c) To WAIVE any and all claims that I may have now or in the future against the Organization;
- d) To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the activities, events and programs of the Organization;
- e) To FOREVER RELEASE AND INDEMNIFY the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the "Claims") which I have or may have in the future, that might arise out of, result from, or relate to my participation in the Activities, even though such Claims may have been caused by any manner whatsoever, including but not limited to, the negligence, gross negligence, negligent rescue, omissions, carelessness, breach of warranty, breach of contract and/or breach of any statutory duty of care of the Organization;
- f) TO HOLD HARMLESS AND INDEMNIFY the Organization from any and all liability for any damage, loss, expense or injury to any third party resulting from my participation in the Activities.
- g) To FOREVER RELEASE AND INDEMNIFY the Organization relating to becoming exposed to or infected by COVID-19 which may result from the actions, omission or negligence of myself and others, including but not limited to the Organization;
- h) That the Organization is not responsible or liable for any damage to my vehicle, property, or equipment that may occur as a result of the Activities;
- i) That negligence includes failure on the part of the Organization to take reasonable steps to safeguard or protect me from the risks, dangers and hazards associated with the Activities; and
- j) This release, waiver and indemnity is intended to be as broad and inclusive as is permitted by law of the Province I reside in and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Jurisdiction

- 4. I agree that in the event that I file a lawsuit against the Organization, I agree to do so solely in the province of I reside in, and further agree that the substantive law of that province will apply without regard to conflict of law rules. I further agree that if any portion of this agreement is found to be void or unenforceable, the remaining document shall remain in full force and effect.

€ I have read and agree to be bound by paragraphs 6-7

Acknowledgement

- 5. I acknowledge that I have read and understand this agreement, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives. I further acknowledge by signing this agreement I have waived my right to maintain a lawsuit against the Organization on the basis of any claims from which I have released herein.
- 6. I acknowledge that I have read this agreement and understand it, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

Name of Participant

Date

Signature of Participant

Witness

APPENDIX D: SAMPLE COVID-19 DECLARATION AND AGREEMENT

COVID-19 DECLARATION AND AGREEMENT

This form is for any person who is a participant or volunteer of the organization, or an attendee at an event, program or activity of the organization. By signing this form, the person named below, or the person's parent/guardian, states all of the following to be true:

The person:

1. Does not knowingly have COVID-19.
2. Is not experiencing any known symptoms of COVID-19, such as fever, cough, shortness of breath, or feeling unwell.
3. Has not travelled internationally during the past 14 days.
4. Has not, in the past 14 days, knowingly come into contact with someone who either:
 - a. has COVID-19,
 - b. has known symptoms of COVID-19, or
 - c. is self-quarantining after returning to Canada.
5. Has been following government recommended guidelines for COVID-19, including practicing physical distancing.

Further, by signing below, the person or their guardian agrees that while attending or participating in the organization's events, programs or activities or attending the organization's facilities, the person will:

1. Follow the laws, recommended guidelines, and protocols for COVID-19 issued by the provincial/territorial government, the local municipality, and all local medical officers of health.
2. Follow the guidelines and protocols mandated by Provincial Sport Organization/Association for COVID-19.
3. Take the following actions if they experience any symptoms of illness, such as a fever, cough, difficulty breathing, shortness of breath, or feeling unwell:
 - a. immediately tell a representative of the organization of the symptoms,
 - b. identify everyone with whom they had contact at the organization's events, programs, activities or facilities, the symptoms experienced; and
 - c. leave the event, program, activity or facility (with parent/guardian if under 18).

FOR ANYONE WHO HAS BEEN DIAGNOSED WITH COVID-19:

By signing below, you or your guardian state all of the following to be true:

1. You have been diagnosed with COVID-19.
2. You have been cleared as non-contagious by provincial/territorial or local public health authorities.
3. You have given to _____ (club name or provincial organization) written confirmation from a medical doctor of your diagnosis and clearance, along with this COVID-19 DECLARATION AND AGREEMENT.

Please check the appropriate box and sign below.

I am an athlete, coach, volunteer or attendee.

I confirm that I understand and agree to the terms and conditions in this Declaration and Agreement.

Date: _____

Name: _____

Signature: _____

I am a parent or legal guardian of the athlete/coach/volunteer/attendee named on this Declaration and Agreement.

I confirm that I understand and have explained the terms in this form to the athlete/coach/volunteer/attendee and agree on their behalf to the conditions stated above. I also confirm that I have legal authority to sign this document on behalf of the person. I understand that _____ (club name or provincial organization) is relying on my statement that I have the legal authority as guardian or parent, and I agree to provide the organization with any document to confirm this authority if they request it. I also agree to indemnify and protect the organization from any harm or cost if I have signed this Declaration and Agreement without legal authority to do so.

Date: _____

Name: _____

Signature: _____

Name of athlete/coach/volunteer/attendee for whom I am signing:

APPENDIX E: SAMPLE MEMBER COMMUNICATION

RE: COVID-19 RETURN TO JUMP ROPE PLAN

Dear (Athlete, Coach, Parent, Participant):

As each province's public health authority develop guidelines to lift some restrictions on gathering in a responsible way, [Club] has been working with our provincial guidelines to understand the recommendations of the Chief Provincial Health Officer and how they best apply within Jump Rope.

The attached Return to Jump Rope Plan has been developed for our sport to ensure:

- Health and safety of all individuals is a priority
- Activities are in alignment with provincial health recommendations
- Modifications to activities are in place in order to reduce the risks to each Jump Rope club/organization and its participants
- Our sport is united and aligned on a plan to reopen throughout the province.

While we do hope things will return to normal in the not-too-distant future, currently this Return to Jump Rope Plan will be the new normal until we are advised otherwise by public health authorities.

If you choose to participate, you must follow these rules:

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have traveled outside of Canada, you are not permitted at the facility until you have self isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, please stay home.
- Wash your hands before participating
- Bring your own equipment, water bottle and hand sanitizer
- Comply with physical distancing measures at all time
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Leave the practice facility as quickly as possible after you finish as our Return to Jump Rope Plan is based on current public health guidance.

While we are all doing our best to minimize the risk of exposure to COVID-19, while the virus circulates in our communities it is impossible to completely eliminate the risk.

Each participant must make their own decision as to whether it is in their best interest to resume participation at this time.

Describe how barriers or partitions will be used in your environment (if appropriate).

Third level protection (administrative):

Rules and guidelines

- We have identified rules and guidelines for how participants, coaches, volunteers, spectators should conduct themselves.
- We have clearly communicated these rules and guidelines through a combination of training and signage (as appropriate)

Measures in place:

List the rules and guidelines that everyone is required to follow. This could include things like using one-way doors or walkways, no sharing of equipment, and wiping down equipment after use.

Fourth level protection:

Using masks (optional measure in addition to other control measures)

- We have reviewed the information on selecting and using masks and instructions on how to use a mask.
- We understand the limitations of masks to protect the wearer from respiratory droplets.
- We understand that masks should only be considered when other control measures cannot be implemented.
- We have trained individuals on the proper use of masks (if applicable).

Measures in place:

Who will use masks? What tasks will require the use of masks? How have staff and volunteers been informed of the correct use of masks?

Reduce the risk of surface transmission through effective cleaning and hygiene practices

- We have reviewed the information on cleaning and disinfecting surfaces.
- Our facility has enough handwashing stations on site for our participants.
- Handwashing locations are visible and easily accessed.
- We have communicated good hygiene practices to participants, coaches, volunteers, etc.
- We have implemented cleaning protocols for all common areas and surfaces.
- Coaches / volunteers who are cleaning have adequate training and materials.

Cleaning protocols

Provide information about your cleaning plan.

Specify who is responsible for cleaning, the cleaning schedule, and what the cleaning protocols will include (e.g., which surfaces, tools, equipment, etc.).

Step 3: Develop policies

Develop the necessary policies to manage our sport.

- Our policies ensure that coaches, volunteers and others showing symptoms of COVID-19 are prohibited from participating in Jump Rope activities.
 - Anyone who has had symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache.
 - Anyone directed by Public Health to self-isolate.
 - Anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID-19 case must self-isolate for 14 days and monitor for symptoms.
- Our policy addresses individuals who may start to feel while participating. It includes the following:
 - Sick individuals should report to Safety Protocol Volunteer or Head Coach, even with mild symptoms.
 - Sick individuals should be asked to wash or sanitize their hands, provided with a mask, and isolated.
 - Ask the individual to go straight home. [Consult provincial COVID-19 Self-Assessment Tools, or call telehealth services for further guidance related to testing and self-isolation.]
 - If the individual is severely ill (e.g., difficulty breathing, chest pain), call 911.
 - Clean and disinfect any surfaces that the ill individual has come into contact with.

Step 4: Develop communication plans and training

You must ensure that everyone participating in the Jump Rope activities knows how to keep themselves safe while participating:

- We have a communication and training plan to ensure everyone is trained in policies and procedures.
- All participants have received the policies for staying home when sick.
- We have posted signage at the venue, including occupancy limits and effective hygiene practices (as appropriate).
- We have posted signage indicating who is restricted from participating, with symptoms.
- Coaches or safety volunteers have been trained on monitoring participants to ensure policies and procedures are being followed.

Step 5: Monitor and update your plans as necessary

Things may change as your business operates. If you identify a new area of concern, or if it seems like something isn't working, take steps to update your policies and procedures.

- We have a plan in place to monitor risks.
- We make changes to our policies and procedures as necessary.

- Individuals know who to go to with health and safety concerns.
- When resolving safety issues, we will involve designated health and safety representatives.

Step 6: Assess and address risks from resuming operations

If your program has not been operating for a period of time during the COVID-19 pandemic, you may need to manage risks arising from restarting your programming.

- We have a training plan for new staff, coaches, volunteers.
- We have a training plan for staff, coaches, volunteers taking on new roles or responsibilities. We have a training plan around changes to our business/programming.
- We have identified a safe process for cleaning.

APPENDIX H: SAMPLE ILLNESS PROTOCOL

ILLNESS PROTOCOL

In this policy, "Participant" includes any athlete, coach, volunteer or parent/spectator.

1. Inform an individual in a position of authority (coach, team manager, Safety Protocol Volunteer) immediately if you feel any symptoms of COVID-19 such as 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.
2. Assessment
 - Participants must review the self-assessment each morning before their practice/activity to attest that they are not experiencing any of the COVID-19 symptoms.
 - Managers/coaches will visually monitor Participants to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the practice/activity.
 - If Participants are unsure please have them use the self-assessment tool
3. If a Participant is feeling sick with COVID-19 symptoms:
 - They should remain at home and contact their local Public Health Department (insert local number)
 - If they feel sick and /or are showing symptoms while at practice, they should be sent home immediately and contact their doctor for further guidance or Tele-Health (insert local number)
 - No Participant may participate in a practice/activity if they are symptomatic.
4. If a Participant tests positive for COVID-19:
 - The Participant will not be permitted to return to the practice/facility until they are free of the COVID-19 virus.
 - Any Participants who work/play closely with the infected Participant will also be removed from the practice/facility for at least 14 days to ensure the infection does not spread further.
 - Close off, clean and disinfect their practice/facility area immediately and any surfaces that could have potentially been infected/touched.
5. If a Participant has been tested and is waiting for the results of a COVID-19 Test:
 - As with the confirmed case, the Participant must be removed from the practice/facility.
 - The Public Health Agency of Canada advises any person who has even mild symptoms to stay home and call the public health authority in their region.
 - Other Participants who may have been exposed will be informed and removed from the practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
 - The practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
6. If a Participant has come in to contact with someone who is confirmed to have COVID-19:
 - Participants must advise their coach if they reasonably believe they have been exposed to COVID-19.

- Once the contact is confirmed, the Participant will be removed from the practice/activity for at least 14 days or as otherwise directed by public health authorities.
- Participants who may have come into close contact with the Participant will also be removed from club activities for at least 14 days.
- The activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

7. Quarantine or Self-Isolate if:

- Any Participant who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self isolate.
- Any Participant with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- Any Participant from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- Any Participant who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.

APPENDIX I: SAMPLE EMERGENCY ACTION PLAN

POTENTIAL COVID-19 CASE PROCEDURES

IF SYMPTOMS OF COVID-19 ARE IDENTIFIED UPON CHECK-IN WITH SAFETY PROTOCOL VOLUNTEER:

Role of Safety Protocol Volunteer:

- Immediately rings handbell or (other signalling device) to notify Head Coach of potential issue.
- Identifies any participants who travelled or resides with the participant declaring symptoms.
- Isolates participant declaring symptoms and those who may have been exposed to participant declaring symptoms the in designated area(s) (include description of designated areas).
- Instructs each participant to maintain physical distancing, sanitize their hands, and wear a mask when it is safe to do so.
- Contacts parent/caregivers of participants and remains with participants, maintaining physical distancing, until their transportation arrives.
- Participants and parents/caregivers advised to contact 8-1-1 and arrange for COVID-19 screening.
- Performs all required sanitization and self-care.

Role of Head Coach:

- Upon being notified of potential concern by Safety Protocol Volunteer, immediately ceases all activity.
- Appoints assistant coach or other volunteer to support participant check-in processes.
- Resumes activity provided that a minimum of two coaches are still available to continue with the program.
- Once all have departed, Head Coach notifies Club President or designate of concern.

IF SYMPTOMS OF COVID-19 ARE IDENTIFIED DURING PROGRAM:

Role of Head Coach:

- Immediately ceases all activity.
- Notifies Safety Protocol Volunteer of concern.
- Appoints assistant coach or other volunteer to support participant check-in processes. Support for check-in processes advises arriving participants that the remainder of the session is cancelled and ensures that the participant has safe transportation to depart from the venue. If the participant does not have transportation, they will be instructed to enter the venue, but not prepare for training.
- Instructs each participant to maintain physical distancing, sanitize their hands, and wear a mask when it is safe to do so.
- Head Coach instructs assistant coaches and volunteers to provide support in contacting parents/caregivers of each participant for pick-up.
- Once all have departed, Head Coach notifies Club President or designate of concern.

Role of Safety Protocol Volunteer:

- Immediately notifies Head Coach Head Coach of potential issue.
- Identifies any participants who travelled or resides with the participant declaring symptoms.
- Isolates participant declaring symptom and those who may have been exposed to participant declaring symptoms the in designated area(s) (include description of designated areas).
- Instructs each participant to maintain physical distancing, sanitize their hands, and wear a mask when it is safe to do so.
- Contacts parent/caregivers of participants and remains with participants until their transportation arrives.
- Participants and parents/caregivers advised to contact 8-1-1 and arrange for COVID-19 screening.
- Performs all required sanitization and self-care.

FIRE AND EVACUATION PROCEDURES

Emergency Contacts:

Security Dispatch (24 hours): XXX-XXX-XXXX (Security Dispatch will call 9-1-1 * Depends on venue)

Emergency Services: 9-1-1 (if Security Dispatch cannot be reached or does not exist within venue)

Club contact 1: XXX-XXX-XXXX (may not be onsite)

Club contact 2: XXX-XXX-XXXX (may not be onsite)

FULL VENUE ADDRESS: XXXXXXXXXXXX (Gymnasium/Pool/Entrance #, etc.)

FIRST CONTACT IN ALL EMERGENCIES IS SECURITY DISPATCH: XXX-XXX-XXXX OR 9-1-1

EXAMPLE ONLY - CUSTOMIZE TO REFLECT VENUE'S RESPONSE PLAN: STAGE 1 - ALERT ONLY: SLOW-PACED INTERMITTENT AUDIO TONE & FLASHING STROBE LIGHTS

- A slow-paced intermittent audio tone accompanied by flashing strobe lights will be seen and heard throughout the venue. This alarm signals that the alarm system has been activated either through a pull station or a smoke or fire detector. Evacuation is not necessary unless fire is obvious. This will last approximately 5 minutes and/or less dependent on the nature of the situation.
- All activity should immediately cease.
- Head Coach retrieves closest EAP package and direct participants to prepare for evacuation. Evacuation not required, but preparations to leave the building should be made.

EXAMPLE ONLY - CUSTOMIZE TO REFLECT VENUE'S RESPONSE PLAN: STAGE 2 - EVACUATE: FAST-PACED INTERMITTENT AUDIO TONE & FLASHING STROBE LIGHTS

- A fast-paced intermittent audio tone accompanied by flashing strobe lights will be seen and heard throughout the venue.
- Head Coach retrieves closest EAP package and directs participants to immediately evacuate.
- Immediately evacuate. Leave the building via the nearest exit proceed to Muster Point 1. (Include description of muster point location.)
- Follow specific evacuation instructions from loudspeakers or from trained venue staff.
- Never put yourself in danger. Do not return until declared safe to do so by venue staff.
- Head Coach to perform roll call and communicate any missing individuals to venue's fire marshal.
- Assistant Coaches will confirm that the Head Coach has successfully evacuated.

FIRE EMERGENCY

If you see a fire or smoke:

- Leave the fire area immediately and close the door behind you.
- Activate the nearest fire alarm.
- Leave the building by the nearest exit and proceed to the Muster Point 1.

MEETING/MUSTER LOCATIONS

1. Include detailed description of Muster Point 1.
2. Include detailed description of Muster Point 2.
3. Include detailed description of Muster Point 3.

VENUE LOCKDOWN

- Follow all directions of venue security, administration, or other emergency personnel.
- Head Coach retrieves closest EAP package.
- Head Coach conducts a roll call of their participants and reports any missing individuals to officials.

MEDICAL EMERGENCY

Emergency Contacts:

Security Dispatch (24 hours): XXX-XXX-XXXX (Security Dispatch will call 9-1-1 * Depends on venue)

Emergency Services: 9-1-1 (if Security Dispatch cannot be reached or does not exist within venue)

Club contact 1: XXX-XXX-XXXX (may not be onsite)

Club contact 2: XXX-XXX-XXXX (may not be onsite)

FULL VENUE ADDRESS: XXXXXXXXXXX (Gymnasium #, etc.)

FIRST CONTACT IN ALL EMERGENCIES IS SECURITY DISPATCH: XXX-XXX-XXXX OR 9-1-1

MINOR MEDICAL ISSUE

- Masks and gloves must be donned by any coach or volunteers performing or assisting with assessment. A mask should be available for the injured to wear if safe for the injured to do so.
- Initial assessment done by Head Coach or designate. If parent/caregiver in attendance, it is preferred that they conduct assessment and any follow-up required.
- First aid supplies accessed from club's first aid kit.

SERIOUS INJURY

- Masks and gloves must be donned by any coach or volunteers performing or assisting with assessment. A mask should be available for the injured to wear if safe for the injured to do so.
- Initial assessment done by Head Coach or individual designated by Head Coach. Head Coach remains with athlete.
- If ambulance, AED, or other medical support is needed, club's designated call person (assistant coach or club volunteer calls venue's Security Dispatch at **XXX-XXX-XXXX**.
- Team's call person provides exact location and detailed information of the injury to Security Dispatch.
- Security Dispatch contacts 9-1-1. If Security Dispatch cannot be reached, call person calls 9-1-1.
- Safety Protocol Volunteer or individual(s) directed by Safety Protocol Volunteer ensures safe area around injured athlete and clear paths to injured athlete for emergency services.
- Uninvolved coaches and volunteers remain with the athletes and keep all participants calm, providing support to affected club's volunteers as needed.

Hospital	Address	Phone	24h Emergency
Hospital Name	Full address	XXX-XXX-XXXX	XXX-XXX-XXXX
Hospital Name	Full address	XXX-XXX-XXXX	XXX-XXX-XXXX

Red Cross first aid protocols for an unresponsive person during COVID-19:

Outlined below are the first aid protocols that should be followed when attending to an unresponsive person. If someone's heart stops, and the First Aider is concerned they may have had respiratory symptoms, it is at the individual's discretion to perform or not perform mouth-to-mouth breaths based on personal preference. It's still important to call emergency medical services and find an AED. If the individual chooses to perform breaths, they can also use a barrier device, such as a pocket mask, to help protect themselves.

CPR with breaths is recommended for people who have been trained in CPR, but as an alternative, hands-only CPR can be performed until help arrives if the First Aider is unsure about putting their mouth on a stranger's mouth, or has concerns the person may have COVID-19. If the individual chooses to perform hands-only CPR, they should first call 9-1-1, lay a cloth, a towel, or clothing over the person's mouth and nose to prevent any potential spread of the virus through contaminated air or saliva, and then push hard and fast in the centre of the person's chest until advanced help arrives. If the First Aider believes the person may have COVID-19, they should state their concerns to the emergency response telecommunicator so everyone who responds can be aware of the potential for COVID-

19 transmission.

VENUE DIAGRAM

Include a diagram of your venue with the following clearly labelled:

- All areas accessed by participants (practice areas, foyers, changerooms, etc.)
- All emergency exits, identifying the preferred exit if accessible
- All muster points and flows to the muster points
- Location of venue services including first aid stations, security offices, etc.
- Location of AEDs and emergency alarms in areas where participants may be located
- Location of full EAP kits (in addition to the copies held by coaches)
- Location of isolation areas for participants with COVID-19 symptoms or exposure

Be mindful that venue layouts and flows may have changed from previous programs as a result of COVID-19.

COVID-19 SAFETY PLAN TEMPLATE

Step 1:

Assess the risks at your venue. Identify areas where there may be risks, either through close physical proximity or through contaminated surfaces. The closer together individuals are and the longer they are close to each other, the greater the risk.

- We have identified areas where people gather.
- We have identified situations and processes where individuals are close to one another or members of the public.
- We have identified the equipment that may be shared by individuals.
- We have identified surfaces that people touch often.

Step 2:

Implement protocols to reduce the risks. Select and implement protocols to minimize the risks of transmission.

First level protection (elimination):

Limit the number of people and ensure physical distance whenever possible.

- We have established maximum program numbers for our program that meets facility requirements.
- We have implemented measures to keep participants and others at least 2 metres apart, wherever possible.

Measures in place:

List your control measures for maintaining physical distance in your environment (or attach documents as appropriate).

Second level protection (engineering):

Barriers and partitions (This section may only apply to facility owners and operators.)

Measures in place:

Describe how barriers or partitions will be used in your environment (if appropriate).

Third level protection (administrative):

Rules and guidelines

- We have identified rules and guidelines for how participants, coaches, volunteers, spectators should conduct themselves.

- We have clearly communicated these rules and guidelines through a combination of training and signage (as appropriate)

Measures in place:

List the rules and guidelines that everyone is required to follow. This could include things like using one-way doors or walkways, no sharing of equipment, and wiping down equipment after use.

Fourth level protection:

Using masks (optional measure in addition to other control measures)

- We have reviewed the information on selecting and using masks and instructions on how to use a mask.
- We understand the limitations of masks to protect the wearer from respiratory droplets.
- We understand that masks should only be considered when other control measures cannot be implemented.
- We have trained individuals on the proper use of masks (if applicable).

Measures in place:

Who will use masks? What tasks will require the use of masks? How have staff and volunteers been informed of the correct use of masks?

Reduce the risk of surface transmission through effective cleaning and hygiene practices

- We have reviewed the information on cleaning and disinfecting surfaces.
- Our facility has enough handwashing stations on site for our participants.
- Handwashing locations are visible and easily accessed.
- We have communicated good hygiene practices to participants, coaches, volunteers, etc.
- We have implemented cleaning protocols for all common areas and surfaces.
- Coaches / volunteers who are cleaning have adequate training and materials.

Cleaning protocols

Provide information about your cleaning plan.

Specify who is responsible for cleaning, the cleaning schedule, and what the cleaning protocols will include (e.g., which surfaces, tools, equipment, etc.).

Step 3: Develop policies

Develop the necessary policies to manage our sport.

- Our policies ensure that coaches, volunteers and others showing symptoms of COVID-19 are prohibited from participating in Jump Rope activities.
 - Anyone who has had symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache.
 - Anyone directed by Public Health to self-isolate.
 - Anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID-19 case must self-isolate for 14 days and monitor for symptoms.
- Our policy addresses individuals who may start to feel while participating. It includes the following:
 - Sick individuals should report to Safety Protocol Volunteer or Head Coach, even with mild symptoms.
 - Sick individuals should be asked to wash or sanitize their hands, provided with a mask, and isolated.
 - Ask the individual to go straight home. [Consult provincial COVID-19 Self-Assessment Tools, or call telehealth services for further guidance related to testing and self-isolation.]
 - If the individual is severely ill (e.g., difficulty breathing, chest pain), call 911.
 - Clean and disinfect any surfaces that the ill individual has come into contact with.

Step 4: Develop communication plans and training

You must ensure that everyone participating in the Jump Rope activities knows how to keep themselves safe while participating:

- We have a communication and training plan to ensure everyone is trained in policies and procedures.
- All participants have received the policies for staying home when sick.
- We have posted signage at the venue, including occupancy limits and effective hygiene practices (as appropriate).
- We have posted signage indicating who is restricted from participating, with symptoms.
- Coaches or safety volunteers have been trained on monitoring participants to ensure policies and procedures are being followed.

Step 5: Monitor and update your plans as necessary

Things may change as your business operates. If you identify a new area of concern, or if it seems like something isn't working, take steps to update your policies and procedures.

- We have a plan in place to monitor risks.
- We make changes to our policies and procedures as necessary.
- Individuals know who to go to with health and safety concerns.
- When resolving safety issues, we will involve designated health and safety representatives.

Step 6: Assess and address risks from resuming operations

If your program has not been operating for a period of time during the COVID-19 pandemic, you may need to manage risks arising from restarting your programming.

- We have a training plan for new staff, coaches, volunteers.
- We have a training plan for staff, coaches, volunteers taking on new roles or responsibilities. We have a training plan around changes to our business/programming.
- We have identified a safe process for cleaning.

ILLNESS PROTOCOL

In this policy, "Participant" includes any athlete, coach, volunteer or parent/spectator.

1. Inform an individual in a position of authority (coach, team manager, Safety Protocol Volunteer) immediately if you feel any symptoms of COVID-19 such as 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.
2. Assessment
 - Participants must review the self-assessment each morning before their practice/activity to attest that they are not experiencing any of the COVID-19 symptoms.
 - Managers/coaches will visually monitor Participants to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the practice/activity.
 - If Participants are unsure please have them use the self-assessment tool
3. If a Participant is feeling sick with COVID-19 symptoms:
 - They should remain at home and contact their local Public Health Department (insert local number)
 - If they feel sick and /or are showing symptoms while at practice, they should be sent home immediately and contact their doctor for further guidance or Tele-Health (insert local number)
 - No Participant may participate in a practice/activity if they are symptomatic.
4. If a Participant tests positive for COVID-19:
 - The Participant will not be permitted to return to the practice/facility until they are free of the COVID-19 virus.
 - Any Participants who work/play closely with the infected Participant will also be removed from the practice/facility for at least 14 days to ensure the infection does not spread further.
 - Close off, clean and disinfect their practice/facility area immediately and any surfaces that could have potentially been infected/touched.
5. If a Participant has been tested and is waiting for the results of a COVID-19 Test:
 - As with the confirmed case, the Participant must be removed from the practice/facility.
 - The Public Health Agency of Canada advises any person who has even mild symptoms to stay home and call the public health authority in their region.

- Other Participants who may have been exposed will be informed and removed from the practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
 - The practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
6. If a Participant has come in to contact with someone who is confirmed to have COVID-19:
- Participants must advise their coach if they reasonably believe they have been exposed to COVID-19.
 - Once the contact is confirmed, the Participant will be removed from the practice/activity for at least 14 days or as otherwise directed by public health authorities.
 - Participants who may have come into close contact with the Participant will also be removed from club activities for at least 14 days.
 - The activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
7. Quarantine or Self-Isolate if:
- Any Participant who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self isolate.
 - Any Participant with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - Any Participant from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - Any Participant who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.

APPENDIX I: SAMPLE EMERGENCY ACTION PLAN

POTENTIAL COVID-19 CASE PROCEDURES

IF SYMPTOMS OF COVID-19 ARE IDENTIFIED UPON CHECK-IN WITH SAFETY PROTOCOL VOLUNTEER:

Role of Safety Protocol Volunteer:

- Immediately rings handbell or (other signalling device) to notify Head Coach of potential issue.
- Identifies any participants who travelled or resides with the participant declaring symptoms.
- Isolates participant declaring symptoms and those who may have been exposed to participant declaring symptoms the in designated area(s) (include description of designated areas).
- Instructs each participant to maintain physical distancing, sanitize their hands, and wear a mask when it is safe to do so.
- Contacts parent/caregivers of participants and remains with participants, maintaining physical distancing, until their transportation arrives.
- Participants and parents/caregivers advised to contact 8-1-1 and arrange for COVID-19 screening.
- Performs all required sanitization and self-care.

Role of Head Coach:

- Upon being notified of potential concern by Safety Protocol Volunteer, immediately ceases all activity.
- Appoints assistant coach or other volunteer to support participant check-in processes.
- Resumes activity provided that a minimum of two coaches are still available to continue with the program.
- Once all have departed, Head Coach notifies Club President or designate of concern.

IF SYMPTOMS OF COVID-19 ARE IDENTIFIED DURING PROGRAM:

Role of Head Coach:

- Immediately ceases all activity.
- Notifies Safety Protocol Volunteer of concern.
- Appoints assistant coach or other volunteer to support participant check-in processes. Support for check-in processes advises arriving participants that the remainder of the session is cancelled and ensures that the participant has safe transportation to depart from the venue. If the participant does not have transportation, they will be instructed to enter the venue, but not prepare for training.
- Instructs each participant to maintain physical distancing, sanitize their hands, and wear a mask when it is safe to do so.
- Head Coach instructs assistant coaches and volunteers to provide support in contacting parents/caregivers of each participant for pick-up.
- Once all have departed, Head Coach notifies Club President or designate of concern.

Role of Safety Protocol Volunteer:

- Immediately notifies Head Coach Head Coach of potential issue.
- Identifies any participants who travelled or resides with the participant declaring symptoms.
- Isolates participant declaring symptom and those who may have been exposed to participant declaring symptoms the in designated area(s) (include description of designated areas).
- Instructs each participant to maintain physical distancing, sanitize their hands, and wear a mask when it is safe to do so.
- Contacts parent/caregivers of participants and remains with participants until their transportation arrives.
- Participants and parents/caregivers advised to contact 8-1-1 and arrange for COVID-19 screening.
- Performs all required sanitization and self-care.

Emergency Contacts:

Security Dispatch (24 hours): XXX-XXX-XXXX (Security Dispatch will call 9-1-1 * Depends on venue)

Emergency Services: 9-1-1 (if Security Dispatch cannot be reached or does not exist within venue)

Club contact 1: XXX-XXX-XXXX (may not be onsite)

Club contact 2: XXX-XXX-XXXX (may not be onsite)

FULL VENUE ADDRESS: XXXXXXXXXXX (Gymnasium/Pool/Entrance #, etc.)

FIRST CONTACT IN ALL EMERGENCIES IS SECURITY DISPATCH: XXX-XXX-XXXX OR 9-1-1

EXAMPLE ONLY – CUSTOMIZE TO REFLECT VENUE’S RESPONSE PLAN: STAGE 1 - ALERT ONLY: SLOW-PACED INTERMITTENT AUDIO TONE & FLASHING STROBE LIGHTS

- A slow-paced intermittent audio tone accompanied by flashing strobe lights will be seen and heard throughout the venue. This alarm signals that the alarm system has been activated either through a pull station or a smoke or fire detector. Evacuation is not necessary unless fire is obvious. This will last approximately 5 minutes and/or less dependent on the nature of the situation.
- All activity should immediately cease.
- Head Coach retrieves closest EAP package and direct participants to prepare for evacuation. Evacuation not required, but preparations to leave the building should be made.

EXAMPLE ONLY – CUSTOMIZE TO REFLECT VENUE’S RESPONSE PLAN: STAGE 2 - EVACUATE: FAST-PACED INTERMITTENT AUDIO TONE & FLASHING STROBE LIGHTS

- A fast-paced intermittent audio tone accompanied by flashing strobe lights will be seen and heard throughout the venue.
- Head Coach retrieves closest EAP package and directs participants to immediately evacuate.
- Immediately evacuate. Leave the building via the nearest exit proceed to Muster Point 1. (Include description of muster point location.)
- Follow specific evacuation instructions from loudspeakers or from trained venue staff.
- Never put yourself in danger. Do not return until declared safe to do so by venue staff.
- Head Coach to perform roll call and communicate any missing individuals to venue’s fire marshal.
- Assistant Coaches will confirm that the Head Coach has successfully evacuated.

FIRE EMERGENCY

If you see a fire or smoke:

- Leave the fire area immediately and close the door behind you.
- Activate the nearest fire alarm.
- Leave the building by the nearest exit and proceed to the Muster Point 1.

MEETING/MUSTER LOCATIONS

1. Include detailed description of Muster Point 1.
2. Include detailed description of Muster Point 2.
3. Include detailed description of Muster Point 3.

VENUE LOCKDOWN

- Follow all directions of venue security, administration, or other emergency personnel.
- Head Coach retrieves closest EAP package.
- Head Coach conducts a roll call of their participants and reports any missing individuals to officials.

Emergency Contacts:

Security Dispatch (24 hours): XXX-XXX-XXXX (Security Dispatch will call 9-1-1 * Depends on venue)

Emergency Services: 9-1-1 (if Security Dispatch cannot be reached or does not exist within venue)

Club contact 1: XXX-XXX-XXXX (may not be onsite)

Club contact 2: XXX-XXX-XXXX (may not be onsite)

FULL VENUE ADDRESS: XXXXXXXXXXXX (Gymnasium #, etc.)

FIRST CONTACT IN ALL EMERGENCIES IS SECURITY DISPATCH: XXX-XXX-XXXX OR 9-1-1

MINOR MEDICAL ISSUE

- Masks and gloves must be donned by any coach or volunteers performing or assisting with assessment. A mask should be available for the injured to wear if safe for the injured to do so.
- Initial assessment done by Head Coach or designate. If parent/caregiver in attendance, it is preferred that they conduct assessment and any follow-up required.
- First aid supplies accessed from club's first aid kit.

SERIOUS INJURY

- Masks and gloves must be donned by any coach or volunteers performing or assisting with assessment. A mask should be available for the injured to wear if safe for the injured to do so.
- Initial assessment done by Head Coach or individual designated by Head Coach. Head Coach remains with athlete.
- If ambulance, AED, or other medical support is needed, club's designated call person (assistant coach or club volunteer calls venue's Security Dispatch at **XXX-XXX-XXXX**.
- Team's call person provides exact location and detailed information of the injury to Security Dispatch.
- Security Dispatch contacts 9-1-1. If Security Dispatch cannot be reached, call person calls 9-1-1.
- Safety Protocol Volunteer or individual(s) directed by Safety Protocol Volunteer ensures safe area around injured athlete and clear paths to injured athlete for emergency services.
- Uninvolved coaches and volunteers remain with the athletes and keep all participants calm, providing support to affected club's volunteers as needed.

Hospital	Address	Phone	24h Emergency
Hospital Name	Full address	XXX-XXX-XXXX	XXX-XXX-XXXX
Hospital Name	Full address	XXX-XXX-XXXX	XXX-XXX-XXXX

Red Cross first aid protocols for an unresponsive person during COVID-19:

Outlined below are the first aid protocols that should be followed when attending to an unresponsive person. If someone's heart stops, and the First Aider is concerned they may have had respiratory symptoms, it is at the individual's discretion to perform or not perform mouth-to-mouth breaths based on personal preference. It's still important to call emergency medical services and find an AED. If the individual chooses to perform breaths, they can also use a barrier device, such as a pocket mask, to help protect themselves.

CPR with breaths is recommended for people who have been trained in CPR, but as an alternative, hands-only CPR can be performed until help arrives if the First Aider is unsure about putting their mouth on a stranger's mouth, or has concerns the person may have COVID-19. If the individual chooses to perform hands-only CPR, they should first call 9-1-1, lay a cloth, a towel, or clothing over the person's mouth and nose to prevent any potential spread of the virus through contaminated air or saliva, and then push hard and fast in the centre of the person's chest until advanced help arrives. If the First Aider believes the person may have COVID-19, they should state their concerns to the emergency response telecommunicator so everyone who responds can be aware of the potential for COVID-19 transmission.

Include a diagram of your venue with the following clearly labelled:

- All areas accessed by participants (practice areas, foyers, changerooms, etc.)
- All emergency exits, identifying the preferred exit if accessible
- All muster points and flows to the muster points
- Location of venue services including first aid stations, security offices, etc.
- Location of AEDs and emergency alarms in areas where participants may be located
- Location of full EAP kits (in addition to the copies held by coaches)
- Location of isolation areas for participants with COVID-19 symptoms or exposure

Be mindful that venue layouts and flows may have changed from previous programs as a result of COVID-19.