

Vancouver Junior Roller Derby COVID-19 Safety Plan for Trout Lake Arena



Version 3, March 24, 2021

Purpose of the Safety Plan

Maintaining youth sports to the extent possible during the COVID-19 pandemic is important for maintaining the health and well-being of youth. Vancouver Junior Roller Derby (VJRD) will be restarting non-contact, physically distanced practices while it remains safe and advisable to do so. This Safety Plan outlines the cautious, step by step safe return of VJRD. This plan sets out the measures we will implement and maintain, and it will be updated and adapted over time.

This follows the guidance provided by viaSport BC's [Return to Sport Guidelines](#) (February 2021) and Women's Flat Track Derby Association's [COVID-19 Guidelines to Return to Roller Derby](#) (May 2020). This plan is shared publicly in accordance with the order of the Provincial Health Officer.

Participants must contact vjrd.riskcoordinator@gmail.com if they suspect they have COVID-19.

Summary of Changes to Previous Operations

- People who show any symptoms that may be related to COVID-19 may not attend practice.
- All participants must complete a health survey on TeamSnap before coming to practice.
- Physical distancing is required for skaters, coaches and volunteers. Stay 3 m from other participants, taking care in washrooms and entrances/exits. The venue is marked with clearly defined entry/exit doors, spaced out seating for gear up and gear down, and a practice program promoting distancing in the skating area.
- Masks are required at all times. Wash and/or sanitize your hands regularly.
- Spectators cannot enter the practice space. Pick up your skater at the doors. Young skaters can be assisted with their skates by a pre-registered and masked adult.
- Practice activities are modified to focus on non-contact skills, maintain physical distances, and eliminate the use of shared equipment.
- A VJRD Risk Coordinator (vjrd.riskcoordinator@gmail.com) is appointed to a) maintain and adapt the Safety Plan, b) receive updates from coaches/volunteers on issues during practice with the safety plan, c) ensure the Board communicates the Safety Plan adequately with the members, and d) initiate the Outbreak Plan (Part 7) if a COVID-19 case is diagnosed within the VJRD community.
- Skaters will be provided with an alcohol solution to spray down their equipment between practices, as required by viaSport.

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Introduction

These guidelines represent a template for a safe and successful return to roller derby in British Columbia, following restrictions imposed due to the COVID-19 pandemic. A complete and up to date summary of the nature of the COVID-19 virus can be found on the [HealthLinkBC COVID-19 factsheet](#).

BC is currently in Phase 3 of BC's Restart Plan, which allows for return to organized sport under enhanced protocols as discussed throughout this Safety Plan. This plan must be, at minimum, be in compliance with orders and guidance issued by the provincial Health Officer and must be available to the public (posted at the venue and/or on the VJRD website).

Part 1: Assess Risks & Part 2: Reduce Risks¹

The virus that causes COVID-19 spreads in several ways. It can spread in droplets when a person coughs or sneezes. It can also spread if you touch a contaminated surface and then touch your face.

- The risk of person-to-person transmission increases the closer you come to other people, the more time you spend near them, and the more people you come near.
- The risk of surface transmission increases when many people contact the same surface over short periods of time.

The following are areas where there may be risks, either through close physical proximity or through contaminated surfaces, and the protocols in place to mitigate or eliminate those risks. The venue is **Trout Lake Rink, Vancouver:**

General risk due to community transmission of respiratory disease	All participants will be screened prior to arrival. Coaches, skaters, and any in-practice volunteers must complete the TeamSnap Health Check before attending practice. The questions include (from Worksafe BC): <ol style="list-style-type: none">1. Have you had symptoms of COVID-19 in the past 10 days? Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headaches.2. Have you arrived from outside Canada within the past 14 days?3. Have you had contact with anyone who has tested positive for COVID-19 in the past 14 days? Any skater, coach or volunteer who answers "yes" to the questions above will not be permitted to enter the facility. VJRD participants are asked to contact vjrd.riskcoordinator@gmail.com if they suspect or confirm they have contracted COVID-19. VJRD has contact details for all participants for use in contact tracing if required.
General risk due to gatherings of people	Occupancy limit for the venue is maximum 45 occupants. Signage is posted throughout the facility to educate people about symptoms of COVID-19, physical distancing requirements, and sanitation procedures. No spectators are allowed. All adults in the facility must have a designated role (coach, safety officer, first aid, etc.).

¹ Information from this section is adapted from the *Vancouver Park Board COVID-19 Arena Use Procedures Dry Floor User Groups* (updated Jan 27, 2021).

	Everyone must wear a non-medical mask at all times in the venue, except when drinking from their water bottle.
Specific risks due to close physical proximity:	Protocols to mitigate or eliminate these risks, specific to practices held indoors at Trout Lake Community Centre, Vancouver:
Skaters entering the facility	<p>All participants must wait in their vehicles or outside the building in the designated areas outside the arena. When waiting, maintain a physical distance of 2 metres from others. You will be able to enter a maximum of 10 minutes prior to the start of your time.</p> <p>Entrance doors will be locked at the start of your time (Note: Trout Lake Staff will still be able to unlock the door for latecomers as long as someone from VJRD can verify them).</p> <p>There will be 2 entrance doors with signs: Dressing Area A & Dressing Area B. You will find your group name on the door. Please wait in this area until the Rink Attendant opens the doors for your group.</p> <p>Skaters should arrive geared up in pads and helmets. Skaters can change into skates in the Dressing Area.</p> <p>If younger skaters need assistance with their skates, they can be accompanied by an adult who leaves shortly after.</p>
Skaters gearing up/down before and after practice	<p>There will be designated seating spots marked off on the benches/chair in the Dressing Area to put on skates. Please leave your belongings in the Dressing Area.</p> <p>Do not leave the Dressing Area (except to use the washrooms) until the start of practice.</p> <p>A Rink Attendant will open and close the arena gates for you at the start & end of your session.</p> <p>Spectators are not permitted at this time. After gearing up, anyone in the facility must have a role (e.g., player, coach, referee, scorekeeper, first aid, COVID safety officer).</p>
Members interacting with coach(es) and/or VJRD volunteers	<p>All financial transactions and membership paperwork must be completed prior to class to minimize interaction. No cash transactions will be allowed. Coaches/volunteers will be trained and reminded to remain at least 3 m from members at all times.</p> <p>There must be at least two adults in the venue at all times, both in case of emergency and to maintain the Rule of Two (see definition in Appendix A).</p> <p>No stretching or dry land training can be done in the building.</p>
Members skating near one another during practice	Practices will be strictly no contact, and have been redesigned to ensure distancing of >3 m can be maintained throughout. The coach will remind skaters as needed. Skaters will stay in their own marked areas with a buffer between each skater. Coaches, skaters and volunteers are required to wear a mask while in the venue.
Members exiting the facility	At the end of practices, skaters have a maximum of five minutes to exit the arena so Trout Lake staff can sanitize for the next group. Skaters will exit through the Dressing Area out the same way they entered from.
Infrequent need for a coach/volunteer to	In the rare instance where a skater requires assistance (e.g., first aid), the coach/volunteer will don gloves and a non-medical mask prior to making

offer first aid support in the case of an injured skater	contact. The skater will also be offered gloves and non-medical mask to protect the coach.
Infrequent need for coach to request assistance from another adult	The coach(es)/volunteers at practice have access to emergency contact info for all participants via TeamSnap on their phones.
Risks due to contaminated surfaces:	Protocols to mitigate or eliminate risks: (Refer also to Appendix A)
Normal contact with any surface	A) Coaches and volunteers must wash hands at the beginning of each practice and before leaving. B) Skaters must either wash hands or use the hand sanitizer station provided upon arrival and before leaving. C) Staff and members are encouraged to wash hands or use hand sanitizer before touching shared surfaces, after coughing/sneezing/using a tissue, and before and after touching their face. Appropriate supplies will be provided to facilitate compliance. D) One coach will set up cones per practice to reduce contact points.
High touch areas at Trout Lake	Trout Lake staff will disinfect the following areas between different user groups: Dressing Areas, players benches, door handles, scorekeeper box, other high touch points. Washrooms will be cleaned periodically throughout the day.
Practice equipment (cones)	These will be collected by a designated coach, and sprayed down with an alcohol solution after each practice by a volunteer before being stored in a bag.
Drinking water	Skaters are encouraged to bring a full water bottle to practice. Masks may be removed briefly to drink.
Gear up/gear down areas	A) Skaters are encouraged to arrive dressed for class to eliminate the need for changing in the washrooms. B) As indicated above, seating for gear up/gear down is spaced greater than 2m apart. Each seat location is marked off with an area for personal items.

Sport-Specific Guidelines: WFTDA Return to Sport Guidelines

As of Feb 21, 2021, the Vancouver Coastal Health Authority region does not meet the WFTDA Baseline Conditions to return to non-contact roller derby play with no physical distancing (see [Appendix B](#) for calculations). Based on this and in a spirit of caution, VJRD will not be returning to roller derby until the threat of COVID-19 has passed. However, we will offer skill-based, physically distanced practices for small cohorts of junior skaters with strict physical distancing and hygiene protocols in place.

VJRD's plans for spring practices exceed the BC ViaSport [Return to Sport Guidelines](#) under [BC's Restart Plan](#). As of February 21, 2021, BC's Restart Plan is in Phase 2, with no contact for the foreseeable future. This position will be reassessed throughout the season.

Part 3: Develop Policies

- Skaters, coaches and volunteers showing symptoms of COVID-19 are prohibited from the venue, including:
 - 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.
- Before coming to practice, all skaters, coaches and off skate volunteers will complete a COVID-19 Health Assessment in TeamSnap that assesses the symptoms listed above. Practice attendance will be retained in TeamSnap in the event that a case of COVID-19 occurs, and contact tracing is required.
- All participants and families must read and acknowledge a digital Participant Agreement prior to start of the season ([Appendix E](#)).
- Visitors and families are prohibited from entering the venue to reduce contacts.
- Anyone who begins to feel sick while participating, even with mild symptoms, should report to the coach. One adult will deal with the sick skater while the other adult supervises the other participants. The sick participant should wash or sanitize their hands, don a mask, and isolate away from others until their emergency contact arrives. If the participant is severely ill (e.g., difficulty breathing, chest pain), call 911. Clean and disinfect any surfaces that the participant has touched.
- First aid attendants will be provided with first aid protocols for use during the COVID-19 pandemic.
- All skaters, coaches and non-skating volunteers must maintain physical distance and wear masks.
- Masks, gloves and hand sanitizer will be kept at the venue for use during practice, along with first aid kits.
- No shared equipment is allowed. One person will be responsible for equipment set up and take down, and all cones will be disinfected between practices.
- New skaters to VJRD will be onboarded once a term to reduce new interactions. Terms are currently 1) October to December, 2) January to March, 3) April to June.
- Contact play, tournaments and league travel are prohibited until further notice.
- All coaches, volunteers and skaters will adhere to the Illness Policy ([Appendix C](#))
- VJRD will continue to maintain appropriate organization insurance. [Appendix D](#) outlines how liability is covered during COVID-19.
- All coaches, volunteers and skaters/families must acknowledge and abide by the participant agreement ([Appendix E](#)). Everyone will also receive a letter informing them of the COVID-19 risks of participation, protocols in place to reduce these risks, and details on how practices will be different from previous seasons.

Part 4: Communication Plan

- VJRD must ensure that anyone entering the venue knows how to keep themselves and other safe (see this Safety Plan and the Safety Plan cheat sheet posted at <https://vjrd.ca>)

- All coaches, volunteers and skaters must receive and acknowledge the Participant Agreement ([Appendix E](#)), as well as a letter outlining the risks of play during a pandemic ([Appendix F](#)).
- All coaches, volunteers and skaters must receive the illness policy for staying home when sick ([Appendix C](#)).
- Signage is posted at the main entrance of the venue indicating who is restricted from entering the building, including: visitors and anyone with symptoms or who has been ordered to self isolate; occupancy limits, and; effective hygiene practices.
- Coaches and/or volunteers must be trained on monitoring participants to ensure policies and procedures are being followed. Coaches will be provided with training and a reference sheet with key contacts, guidelines and links (e.g., illness policy, first aid updates, Risk Coordinator email, etc.]).

Part 5: Monitor and Adapt

- Things may change as our league operates. If we identify a new area of concern, or if it seems like something is not working, we will update policies and procedures. Contact vjrd.riskcoordinator@gmail.com with concerns and suggestions.
- Individuals know who to go to with health and safety concerns. Skaters can go to the Coach, who can inform the Risk Assessment Coordinator and/or the VJRD Board
- When resolving safety issues, we will involve our Risk Coordinator.

Part 6: Assess and Address Risks from Restarting

Since VJRD has not been holding practices since March 2020 due to a lack of play space, we need to manage risks arising from restarting our programming. VJRD has a training plan for:

- New staff, coaches, volunteers.
- Staff, coaches, volunteers taking on new roles or responsibilities.
- We are developing a safe and adaptable curriculum that addresses that some kids may not have skated for a year.

Part 7: Emergency Response

First Aid

- If first aid is required during a practice, all persons attending to the injured individual must first put on a mask and gloves.
- The following resources will be shared with designated First Aid attendants:
 - [A guide for employers and Occupational First Aid Attendants during COVID-19](#)
 - [First aid protocols for an unresponsive person during COVID-19](#)

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. The Risk Coordinator will initiate the Outbreak Plan if a case or outbreak is reported within the VJRD community. The Risk Coordinator contact information will be shared with the VJRD community and the venue as the point of contact to report COVID-19 cases.
2. If coaches, volunteers or a participant reports they are suspected or confirmed to have COVID-19 and have been at the venue, notify the facility right away and implement enhanced cleaning measures to reduce risk of transmission.
3. Implement your illness policy and advise individuals to:
 - a. Monitor their symptoms daily, use the [BC COVID-19 Self-Assessment Tool](#) to help determine if further assessment or testing for COVID-19 is needed.
 - b. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - c. Individuals can learn more about how to manage their illness here: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-have-covid-19>
4. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Call 8-1-1. Implement your Illness Policy and your enhanced measures.
5. If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.

For more information on cleaning and disinfecting:

http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf

Regional Health Authorities:

<https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/partners/health-authorities/regional-health-authorities>

Appendix A: Definitions

Venue: Location of all indoor practices for Spring 2021 is Trout Lake Community Centre, Vancouver, BC.

Return to Sport: Return to Sport refers to the process of developing and implementing guidelines for sport organizations to operate safely in B.C. during this pandemic. Return to Sport Plans will be unique to each sport and must follow Provincial Health Office orders and recommendations. One set of guidelines will be created for each sport by the Provincial Sport Organization, and all club and PSO sanctioned activities should follow this set of guidelines.

Physical distancing: According to the Provincial Health Officer, physical distancing requires keeping two metres (or at least two arms lengths) of space between individuals. It also includes staying at home when you are sick, even if symptoms are mild.

Rule of Two: 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. During the pandemic, compliance remains mandatory and organizations must ensure a coach is never alone and out of sight with a participant without another screened coach or screened adult (parent or volunteer) present.

Risk Coordinator: Contact who works with the board to a) maintain and adapt the Safety Plan, b) receive updates from coaches/volunteers on issues during practice with the safety plan, c) ensure the Board communicates the Safety Plan adequately with the members, and d) initiates the Outbreak Plan (Part 5) if a COVID-19 case is diagnosed within the VJRD community.

Practice Volunteer: A designated adult (likely a parent/guardian) of a junior skater who is available to be the second adult in practice in the event that a second coach is unavailable.



Appendix B: WFTDA COVID-19 Guidelines to Return to Roller Derby

The Women’s Flat Track Roller Derby Association (WFTDA) developed guidelines to carefully return to roller derby activity in a tiered format that takes into account the impact of the virus and the availability of medical treatments for the virus. The Return to Derby Ladder carefully steps up activity, travel, event size and recommendations, from non-contact to full contact to return to games, travel and tournaments.



Before play, leagues must start at Baseline Conditions, wait 14 days, and then start at Tier One. Each tier should be completed for at least 14 days before a promotion is assessed.

Minimum Requirements to Restart Roller Derby

Identify a Risk Coordinator to manage risk assessment and wellness for the league (see job description)

- ✓ Leadership to read and adhere to the WFTDA Infection Control Guidance for Leagues, which outlines best practices for hygiene to avoid the spread of contagious disease. This will be made available to the league (on website, linked in letter).
- ✓ Leadership to read and adhere to the Recommendations for Return to Full Contact Skating, which provides best training practices for return to play.
- ✓ Know where to find the most accurate updated info on COVID-19 in our locality, region and country.

Baseline Conditions

VJRD currently fails Baseline Conditions for returning to play:

- ✓ [BC’s Restart Plan](#) encourages a return to sport following [Return to Sport Guidelines for BC](#). There are no stay at home orders, public congregations are allowed (with appropriate social distancing). Public transit is fully functioning and open to the general public.
- ☐ Downward trends for 14 days or more in hospital admissions, percent of positive tests or COVID-19 related deaths.

- Calculation of maximum number of new active cases for the Vancouver Coastal Health Authority (VCHA) region is within the maximum number of active cases allowable per day by WFTDA.

<i>Factor</i>	<i>Calculation</i>	<i>Result</i>
Population multiplier	Population of VCHA divided by 100,000	$1,250,000 / 100,000 = 12.5$
Max number new cases allowable over 14 days	Population Multiplier x 50	$12.5 \times 50 = 625$
New active cases per day	Max number new cases allowable / 14 days	$625 / 14 = \mathbf{44.6}$ This is the maximum number of active cases allowable per day for VCHA allowable for Return to Play

According to [BC Centre for Disease Control's COVID-19 Dashboard](#), the last 14 days have exceeded this maximum number of active cases allowable for Return to Play (assessed March 2021).

VJRD Status for February 2021

Vancouver Coastal Health Authority region does not meet the WFTDA Baseline Conditions to return to roller derby. Based on this and a spirit of caution, VJRD will not be returning to roller derby play until the threat of COVID-19 has passed. However, we will offer skill-based, physically distanced practices for small groups of junior skaters with strict physical distancing and hygiene protocols in place.

VJRD's plans for spring practices exceed the provincial [Return to Play](#) guidelines under [BC's Restart Plan](#). This position will be reassessed by the Risk Coordinator every few weeks throughout the season.

Appendix C: Illness Policy

- 1. Inform an individual in a position of authority (coach, volunteer, board member, Risk Coordinator) 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, loss of appetite, nausea or diarrhea.

See [BCCDC website for a full list of symptoms](#).
- 2. Assessment**
 - a. Team members must review the self-assessment signage located throughout the facility before practice to attest that they are not feeling any of the COVID 19 symptoms.
 - b. If Team Members are unsure please have them use the [BC COVID-19 self-assessment tool](#).
 - c. Managers/coaches may visually monitor team members 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 workday/practice/activity.
- 3. If a Team Member is feeling sick with COVID-19 symptoms**
 - a. They should remain at home and contact Health Link BC at 8-1-1.
 - b. If they feel sick and /or are showing symptoms while within the sport environment, they should be sent home immediately and contact 8-1-1 for further guidance.
 - c. No Team Member may participate in a practice/activity if they are symptomatic.
- 4. If a Team Member tests positive for COVID-19, follow the direction of health officials.**
- 5. Quarantine or Self-Isolate if:**
 - a. You have travelled outside of Canada within the last 14 days.
 - b. You have come into close contact with someone who has tested positive for COVID-19.
 - c. You have been advised to do so by health officials.

Appendix D: Insurance and Liability

Most insurance policies exclude coverage related to communicable diseases or pandemics, including Directors and Officers Insurance. Therefore, return to sport discussions should include acknowledgement of the inherent risk to the resumption of sport during a pandemic and clear strategies to mitigation of these risks.

[Order in Council 459](#), a regulation passed under the new *COVID Emergency Related Measures Act* (CRMA), protects individuals (regardless of whether they are in paid or unpaid roles) from liability due to involvement in “an activity that has the purpose of benefiting the community or any aspect of the community, including in relation to the provision of community recreation or leisure activities”. The regulation is retroactive to January 1, 2020 and will remain in force unless and until the CRMA is repealed.

In order to qualify, sport organizations must ensure that they are upholding orders and guidance of the Provincial Health Officer and viaSport’s Return to Sport Guidelines. The Order protects individuals from being held liable for damages caused by exposure to COVID-19, provided that the person has followed all emergency and public health guidance and are taking appropriate precautions and act in a safe and responsible way to reasonably prevent the spread of COVID. All sport organizations should have return to sport plans for their specific sport based on the Return to Sport Guidelines created by viaSport and in conjunction with plans from local health authorities and facilities.

(Quoted from <https://www.viasport.ca/return-sport>)

Appendix E: Participant Agreement

Application - all athletes, coaches, members, volunteers, participants and family members of participants while in attendance at club activities (“Participants”)

All Participants of Vancouver Junior Roller Derby (VJRD) agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and RTP Protocol:

- I agree to symptom screening checks, and I will let my team know if I have experienced any of the symptoms in the last 14 days.
- I agree to stay home if feeling sick, and remain home for 14 days if experiencing COVID-19 symptoms. I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
- I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided by the team (shared and personal equipment).
I agree to continue to follow social distancing protocols of staying at least 2m away from others.
- I agree to abide by all of the team’s COVID-19 policies and guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the team for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my club membership temporarily.
- I acknowledge that there are risks associated with entering team facilities and/or participating in club activities, and that the measures taken by the team and participants, including those set out above and under the *COVID-19 Response Plan and Return to Sport Protocols*, will not entirely eliminate those risks.

Given Name of Skater: _____

Signature of Skater or Guardian(s): _____

Signature of Skater or Guardian(s): _____

Date Signed: _____

Appendix F: Member Communication

DRAFT Email template message to send to the community: Return to our sport with respect to COVID-19

Dear <<PARTICIPANT, COACH, PARENT>>

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, Vancouver Junior Roller Derby has been working with viaSport and the Province of British Columbia to understand the recommendations our Chief Provincial Health Officer and how they best apply within sport.

The attached Return to Sport Plan has been developed for our sport in order 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 sport 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 Sport 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 in Phase 2:

- 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 and full water bottle.
- Comply with physical distancing measures at all times (stay 3 m apart)
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Leave the field of play as quickly as possible after you finish.

Our Return to Sport 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. You must take into account your own circumstances and make the decision that is right for you. Should you choose to join us, we require your full cooperation with our Return to Sport Plan.

How VJRD Practice Will Look Different

No to contact, games and spectators, but yes to skills, masks and VJRD love!

Inherently there isn't much "socially distancing" about a regulation Derby bout, but there are many training exercises that are (or can be adapted to be). Phase 2 VJRD Practice sessions will therefore focus on skills training that allows for the required 3 m physical distancing. This training will include: stopping,

edge work, skating strides, lateral movement and agility, skating form and balancing, all of which are foundational elements that'll be essential when contact bouts eventually return.

While safe skills training is the foremost goal of the Phase 2 VJRD Practice Sessions, a huge part of Derby is the community itself so we'll definitely be looking to inject some quirkiness and personality. Protocols will be the same, but you'll likely see suitably differing takes on the process between the Rolling Nightmares and the Screampunks.

For more information, please contact <email>.

Sincerely,

XXXXX

on behalf of the VJRD Board of Directors