

Racquetball BC

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RETURN TO RACQUETBALL: GETTING BACK INTO RACQUETBALL SAFELY

STEP 2 - JUNE 15, 2021

WHERE WE ARE NOW:

- PHYSICAL DISTANCE NOT REQUIRED ON COURT (I.E. CONTACT IS ALLOWED). OFF FIELD OF PLAY, PHYSICAL DISTANCE OF 2 M MUST BE MAINTAINED.
- RECREATIONAL TRAVEL, INCLUDING FOR SPORT, ALLOWED WITHIN BC
- MAXIMUM GROUP SIZE IS 50 PEOPLE, WHICH INCLUDES: PARTICIPANTS, COACHES, MANAGERS, TRAINERS AND OTHER PERSONS INVOLVED IN AN OFFICIAL CAPACITY.
- ANYONE CAN PLAY – NO BUBBLE/POD REQUIRED; NORMAL NUMBER OF PLAYERS ALLOWED ON COURT.
- HIGH-PERFORMANCE ATHLETES ARE SUBJECT TO ALL REQUIREMENTS FOR INDOOR SPORTS OUTLINED IN STEP 2.
- FIELD OF PLAY: NO MASK REQUIRED. OFF FIELD OF PLAY: MASKS REQUIRED
- NO SPECTATORS ARE ALLOWED DURING STEP 2
- GUEST POLICY AS DETERMINED BY RACQUETBALL FACILITY
- TYPES OF PLAY ALLOWED:
 - o MATCH PLAY
 - o BOX LADDER
 - o LADDER
 - o IN-HOUSE LEAGUE
 - o SUMMER CAMPS
 - o LESSONS
 - o JUNIOR/ADULT PROGRAMS

[IN ACCORDANCE WITH THE PHO AND VIA SPORT RETURN TO SPORT RESTART 2.0 STEP](#)

COVID-19 OUTBREAK RESPONSE:

RACQUETBALL BC WILL BE ADHERING TO THE OUTBREAK RESPONSE PROCESS AS OUTLINED IN VIA SPORT'S [RETURN TO SPORT GUIDELINES](#) PAGE 29.

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 FACILITY WILL IDENTIFY THE ROLES AND RESPONSIBILITIES OF STAFF OR VOLUNTEERS IF A CASE OR OUTBREAK IS REPORTED.
2. 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.
3. THE FACILITY WILL IMPLEMENT THEIR 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 FROM THE [BC CENTER FOR DISEASE CONTROL](#).
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.



Injury Prevention and First Aid:

AS PARTICIPANTS WILL LIKELY HAVE LIMITED ABILITIES TO WARM UP PRIOR TO THE ACTIVITIES, IT IS IMPORTANT THAT ATHLETES/PARTICIPANTS/COACHES ADD WARM UP AND COOL DOWN ACTIVITIES IN THEIR TRAINING PLANS. ATHLETES/PARTICIPANTS/COACHES SHOULD ALSO BE ENCOURAGED TO DO ADDITIONAL COOL DOWN STRETCHES ONCE THEY RETURN HOME TO HELP PREVENT INJURY.

IN THE EVENT THAT AN INDIVIDUAL (VOLUNTEER/COACH AND OR FACILITY STAFF MEMBER) NEEDS TO ATTEND TO A PARTICIPANT, THEY MUST FOLLOW THE FACILITY FIRST AID REQUIREMENTS. IN ADDITION, THEY WILL NEED TO DO THE FOLLOWING:

- 1) THE INDIVIDUAL ATTENDING TO THE INJURED PLAYER MUST WEAR A MASK AND GLOVES AS THEY WILL BE IN CLOSE PROXIMITY TO THE PARTICIPANT.
- 2) THE FACILITY FIRST AID KITS MUST CONTAIN GLOVES AND MASKS FOR COACHES AND TRAINERS TO USE.
- 3) COMPLETE AN INJURY FORM FROM THE FACILITY IF FIRST AID IS ADMINISTERED. A COPY OF THE INJURY FORM SHOULD BE FILED WITH RACQUETBALL BC WITHIN 72 HOURS OF THE INJURY OCCURRING.

Additional First Aid Resources:

A GUIDE FOR EMPLOYERS AND OCCUPATIONAL FIRST AID ATTENDANTS CAN BE FOUND ON THE [WORKSAFE BC](#) WEBSITE.

FIRST AID PROTOCOLS FOR AN UNRESPONSIVE PERSON DURING COVID-19 REVIEW THE INFORMATION PROVIDED BY THE [RED CROSS](#).

FOR MORE INFORMATION:

[VIA SPORT FAQ](#)

[BC SELF-ASSESSMENT TOOL](#)

[GATHERING AND EVENTS ORDER](#)

[TRAVEL RESTRICTIONS IN BC](#)

[WORKSAFEBC](#)

[B.C. CENTRE FOR DISEASE CONTROL](#)

[MASK MANDATE ORDER](#)

[COVID-19 \(LIMITS ON ACTIONS AND PROCEEDINGS\) REGULATION](#)

[WORKPLACE SAFETY \(MAY 2, 2021\)](#)

[GOVERNMENT OF BC COVID-19 RESTRICTIONS INFORMATION](#)

DISCLAIMER

RACQUETBALL CANADA'S RETURN TO RACQUETBALL GUIDELINES ARE INTENDED TO BE USED FOR THE PURPOSES SET FORTH IN THIS DOCUMENT. WHILE WE AIM TO PROVIDE RELEVANT AND TIMELY INFORMATION, RECOMMENDED HEALTH AND SAFETY MEASURES CAN RAPIDLY CHANGE SO, NO GUARANTEE CAN BE GIVEN AS TO THE ACCURACY OR COMPLETENESS OF ANY INFORMATION PROVIDED IN THE R2S GUIDELINES. IN THE EVENT OF AN AMBIGUITY OR CONFLICT BETWEEN THE R2S GUIDELINES AND THE PUBLIC HEALTH ACT, REGULATIONS OR ORDERS THEREUNDER, THE ACT, REGULATIONS AND ORDERS PREVAIL. THIS IS NOT INTENDED TO BE A LEGAL DOCUMENT AND ALL RACQUETBALL FACILITIES ARE REMINDED TO FOLLOW ALL CURRENT HEALTH ORDERS AND RECOMMENDATIONS AS SET OUT BY THE PHO.