



Rope Skipping Canada

Saut à la Corde Canada

Return to Play Guidelines
Response: Covid-19
(Approved as of June 14, 2020)

INTRODUCTION

As the COVID-19 response varies from location to location, there is no standard approach that applies to all provinces, clubs and coaches. However, Rope Skipping Canada (RSC) has developed Return to Skipping Guidelines as a tool to assist as programming across the country begins to resume. 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.

We thank every province, club and member for their continued efforts towards stopping the spread of COVID-19. Together, we can ensure skipping activities can continue without risking the health and safety of our athletes, coaches, volunteers, and judges.

ASSESS YOUR SITUATION

As restrictions within each province/territory begin to change, reopening plans for facilities are being developed. RSC expects for resumption timelines to differ based on specific provincial and municipal government restrictions. However, it is the responsibility of all provinces, clubs and coaches to abide by the various requirements outlined by their provincial and municipal governments. As a result, not all clubs will resume programming simultaneously.

Before resuming skipping programming, all Provincial Sport Organizations, clubs and coaches must review their local government and health agency's COVID-19 response and develop appropriate practices, policies and procedures that are in compliance with their jurisdictional requirements.

All members are expected to abide by policies and procedures when resuming operations to ensure the health and safety of all members. The following guidelines as well as those from provincial and municipal governments will allow for members to make informed decisions



regarding their participation in our sport and ensure RSC members are taking all necessary precautions to limit the spread of COVID-19.

REVIEW YOUR PROVINCIAL AND MUNICIPAL GOVERNMENTS' RESTRICTIONS

Information surrounding COVID-19 is constantly changing and conditions are different based on geographic region.

As a result, RSC provinces and clubs are only permitted to resume activities if permitted by their local jurisdiction and provided they are compliant with all public health measures. When resuming activities, members must abide by all public health guidelines outlined by provincial and municipal governments and local facilities.

Steps to Take:

- Review the provincial and municipal governments current business reopening guidelines.
- Everyone must adhere to the provincial and municipal governments guidelines when developing reopening policies and procedures.
- Follow guidelines on numbers of people allowed in the facility at one time and physical distancing requirements.
- Designate an individual to monitor provincial and municipal government websites for updates or changes to guidelines.

PHYSICAL DISTANCING

Physical distancing has been shown to be one of the most effective ways of slowing/reducing the spread of COVID-19.

What does physical distancing mean?

- Limit contact with people at higher risk (e.g. older adults and those in poor health).
- Keep a distance of at least 2 arms lengths (approximately 6 feet) from others.

Steps to take to ensure physical distancing can include:

- Avoid crowded places and gatherings.
- Avoid common greetings, such as handshakes, a kiss or a hug.
 - Greet with a wave instead of physical contact
- Post signage reinforcing social distancing and illness prevention measures. (The Public Health Agency of Canada has free posters and handouts available on their website.)
- Locker rooms should be closed; members should arrive, where possible, at the practice ready to participate
- Keep all personal equipment in a secure bag or leave it in the car.
- Limit coach/athlete contact during practices. Coaches should use verbal cues when coaching



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- Conduct virtual meetings with other coaches and parents, where required/available
- Athletes should enter/exit practices at staggered times through separate entrances
 - Clearly label entry/exit and flow through the building.
 - This may be completed for you at the facility you are practicing at
- Practice plans should be adopted to ensure that athletes and coaches are remaining 2m apart at all times.
 - This includes between different athletes

HYGIENE

If members are feeling ill, including but not limited to symptoms such as a fever, cough or difficulty breathing, they should remain at home and not attend any RSC activities. Consultation with a physician or public health authority and following their recommendations is recommended.

Proper hygiene can help reduce the risk of infection or spreading infection to others.

Steps to take:

- Wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food.
 - Use alcohol-based hand sanitizer if soap and water are not available (at least 60% alcohol).
- When coughing or sneezing:
 - Cough or sneeze into a tissue or the bend of your arm, not your hand.
 - Dispose of any tissues you have used as soon as possible in a lined waste basket and wash your hands afterwards.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Use of non-medical masks or face coverings if physical distancing cannot be maintained
 - This may not be feasible during practices with high intensity effort and provinces/clubs are encouraged to act in the best interests with respect to athlete health and safety

CLEANING

Medical masks, including surgical, medical procedure face masks and respirators (like N95 masks), must be kept for health care workers and others providing direct care to COVID-19 patients.

Masks alone will not prevent the spread of COVID-19. You must consistently and strictly adhere to **good hygiene** and **public health measures**, including **frequent hand washing** and **physical distancing**.



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Surfaces frequently touched with hands are most likely to be contaminated. These include doorknobs, handrails, elevator buttons, light switches, cabinet handles, faucet handles, tables, countertops and electronics.

Many RSC activities take place in third party facilities. As a result, provinces and clubs should communicate directly with the facility where their practices occur in advance of resuming activities to become knowledgeable in their cleaning policies and procedures and how best they can be implemented during your activity.

Cleaning procedure – steps to consider:

- Create a cleaning schedule to ensure cleaning is done between each activity.
- Disinfect all equipment between usage (ex. rope handles)
 - Where possible, ensure that all athletes have their own equipment to use (ex. multiple sets of double under ropes)
 - Where possible, ensure that equipment being used can be easily cleaned (ex. plastic rope handles rather than cloth)
- Maintain a supply of sanitizing wipes next to high traffic areas
- Remove all porous equipment that is difficult to clean (ex. cloth ropes)
- Wipe down door handles, and other frequently touched surfaces.
- Require athletes/members to wipe down their assigned area before/after use.
- Limit personal items in the venue.
- Do not share water bottles, tissue boxes or any other personal items.
- Ensure easy access to garbage cans for disposal of tissues, etc.
- Encourage frequent hand washing/sanitizing.
- Read and follow manufacturer's instructions for safe use of cleaning and disinfection products (e.g. wear gloves, use in well-ventilated area, allow enough contact time for disinfectant to kill germs based on the product being used).
- Wash hands with soap and water or use alcohol-based hand sanitizer after removing gloves.
- Use damp cleaning methods such as damp clean cloths, and/or a wet mop. Do not dust or sweep which can distribute virus droplets into the air.
- Contaminated disposable cleaning items (e.g. mop heads, cloths) should be placed in a lined garbage bin before disposing of them with regular waste. Reusable cleaning items can be washed using regular laundry soap and hot water (60-90°C). Clean and disinfect surfaces that people touch often.
- In addition to routine cleaning, surfaces that are frequently touched with hands should be cleaned and disinfected more often, as well as when visibly dirty.

PROGRAMMING CONSIDERATIONS

Planning:

- Conduct registration using an online format. If registration does need to take place in person consider using a plexiglass barrier for places like registration tables and offices.



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- All participants should be briefed on any new policies or protocols before arriving at the venue.
- Anyone participating in the activity (athlete, coach, volunteer, judge, etc.) should proactively and regularly check their health status (including taking their temperature and monitoring for any symptoms) in advance of arriving at the activity. Anyone due to participate who is feeling ill should not come to the activity.
- Schedule practices to allow for athletes/members to exit and enter with minimal overlap or contact.
- Identify, educate and train all members within the club on roles/responsibilities/procedures and reinforce expectations and guidelines.
- Communicate with all families the new expectations and guidelines for Return to Skipping prior to first day. Revisit, revise and recommunicate, as necessary.

During Practices or Events:

- Establish traffic flow patterns to discourage gatherings. Work with the facility operator for suggestions and to ensure programs conform to facility guidelines.
- Suggest athletes arrive at practices ready to skip to avoid gathering time for changing etc.
- Consider conducting practices outdoors if possible, where physical distancing measures can be followed.
- Consider marking off spaces in the practice venue to ensure physical distancing is maintained
- Athletes must bring their own personal items (ropes, facial tissues, water bottles etc.)
- Avoid hands-on assistance. Coaches should use verbal cues when instructing athletes rather than physical contact.
- For team events like single rope freestyle, consider side by side (individual) practice activities and exercises.
- For other team events like double dutch, consider the number of athletes participating and minimizing physical contact by only allowing one athlete to jump at a time
- It is not recommended that athletes wear non-medical masks or face coverings during high-intensity activity as it may limit breathing ability
- Consider having coaches and other non-active participants wear non-medical masks during practices to lower the incidence of transmission.

Post Practice:

- Encourage a timely departure to clear the area for the next practice (if practices are scheduled immediately following each other).
- Suggest cool down activities to be performed at home or in an outdoor safe area, where social distancing can be followed.
 - Alternatively, mark out areas in the practice area where athletes can cool down and maintain physical distancing.
- At the end of each session disinfect all equipment and surfaces.



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- Provide athletes with cleaning/disinfectant supplies to properly sanitize their items or encourage them to perform this at home if not available from the club.

COMMUNICATION

Provide accurate and timely communication in advance of any activities to help ensure that all members are aware of expectations. The below points are considerations for a communication strategy:

- Create a communication plan to optimize planning, organization and execution.
- Appoint a COVID-19 lead/ambassador to communicate with athletes/parents and other stakeholders.
- Appoint a COVID-19 lead to monitor government developments regarding COVID-19 and how those changes may apply to your situation.
- Update athletes/parents/coaches with any new policies and procedures through email or another virtual method.
- Consider developing a dedicated page on your website for COVID-19 updates and direct athletes/parents/coaches there for information.
- Consider hosting a virtual meeting to review procedures and policies.
- Consider designating entry and exit doors that are different as well as staggered entry/departure.
- Limit coach/athlete contact during practices.
- Practice plans may be adapted to ensure athletes and coaches are practicing physical distancing.

FURTHER INFORMATION

Due to the fluidity of COVID-19, RSC will continue to provide updates via the RSC website. Provincial Sporting Organizations are encouraged to also create Return to Play Guidelines specific to their provincial government guidelines and make these resources available through their own webpages.

REMINDER

These Guidelines are provided as a tool to assist you in developing a location specific approach for skipping programs as required in your local jurisdiction. It is expected that the resumption of activities may differ across provinces and municipalities. These guidelines have been developed considering best practice recommendations from a variety of sources. They may not address all that will be required depending on your location.