



## RETURN TO PLAY GUIDELINES

Phase 2 - RETURN TO TRAINING – MODIFIED – SMALL GROUPS

Phase 3 - RETURN TO GAMES – MODIFIED – COHORTS

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## **CONTENT DISCLAIMER**

The COVID-19 (Coronavirus) outbreak is an ongoing, rapidly developing situation. The Alberta Netball Association (ANA) encourages its membership to monitor publicly available information and to always follow federal, provincial and local health organization guidance and government mandates. This information is intended to assist ANA members with guidance when dealing with return to play guidelines related to COVID-19.

In this document the term “phase” will identify with netball specific content. The term “stage” will refer to the Government of Alberta Relaunch Strategy.

The information provided herein part is obtained from publicly available sources, including federal and provincial government entities and other leading trade associations and consultants. This information may vary and will be updated depending upon current situations.

Should any individual members, clubs and organizations wish to add stricter guidelines, measures and/or precautions they are able to do so for the netball activity they oversee within their specific organization.

Further, the information contained herein are guidelines only and should not be construed as legal advice on any subject matter.

*It is important to note that these guidelines were published using the information available from the Government of Alberta as of June 12, 2020. The Return to Sport, Physical Activity and Recreation – Stage 2 Guidelines is the main reference document, Canada Basketball’s: Back to Basketball - Return to Sport Guidelines for return to play protocols and Alberta Basketball’s – Return to Play Guidelines. Other applicable guidelines and resources are provided in Appendix 1 as the situation related to COVID-19 is ever changing.*

## **RESPONDING TO CHANGING CONDITIONS**

Due to the nature of the COVID-19 pandemic, we must be prepared to respond to changing conditions provincially, regionally and within our individual organizations. If health situations change, we may be required to return to a previous stage of the Government of Alberta Guidelines, which could result in the ceasing of on court activities. As Alberta Health Services (AHS) monitors the provincial progression through Alberta’s Relaunch Strategy, we expect that they will continue to advise sport organizations on how they can lead their sport through the stages of relaunch. ANA will provide the applicable health and safety guidelines that should be implemented in order to safely move from one phase of the Return to Play Guidelines to the next.

If public health restrictions should be reinstated and netball activity is no longer permissible or we must return to a previous phase, ANA will communicate with our individual member organizations. Changes will also be posted on the ANA website and social media accounts.

## INTRODUCTION

ANA is excited to return to netball activity and the game we love. While Alberta is opening back up and restrictions are easing, it does not mean that we can become complacent. The netball community has the responsibility to protect ourselves and our participants from COVID-19 by promoting the practice of good hygiene, physical distancing and monitoring for symptoms throughout our programming and activities.

The ANA Return to Play Guidelines are developed in accordance with the Government of Alberta guidelines to support the safe return of netball activities as permitted through the Stages of Alberta's Relaunch Strategy. This document is meant to assist the netball community in understanding their responsibilities in providing a reasonable standard of care while facilitating netball programming to their registrants, coaches, volunteers and staff.

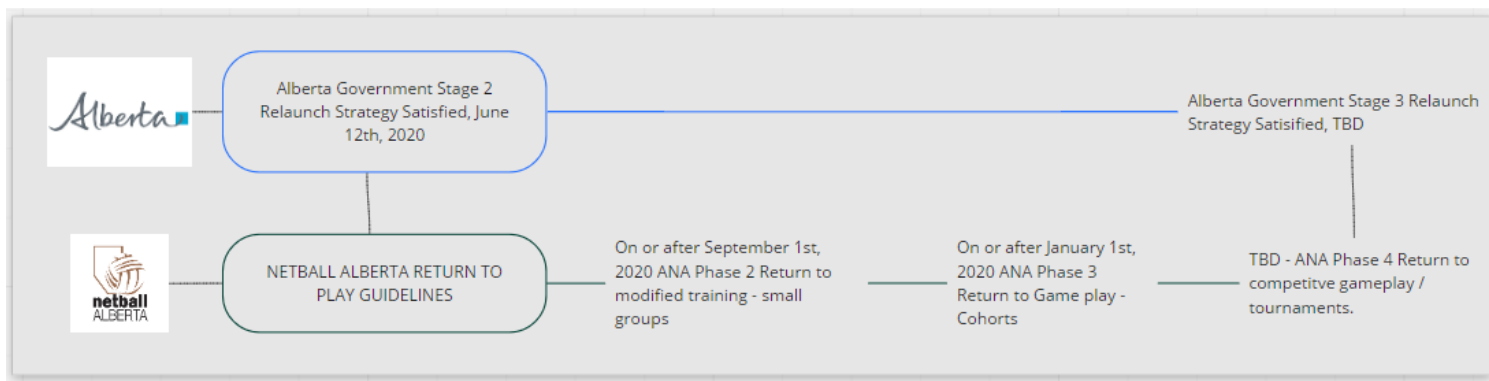
## Compliance

In order to comply with ANA sanctioning requirements please complete the following steps:

- Members/club/cohorts are required to be ANA Members in Good Standing - For Member registration and individual non-playing registration, please visit the [ANA Registration Page](#).
- Each member/club/cohort will have to complete a **Declaration of Compliance (Appendix 12)** and assign a **responsible contact** who will ensure their member/club/cohort is meeting all guideline standards.
- All participants who wish to participate as a sanctioned member of ANA during the declared pandemic must confirm their understanding of the increased risk by signing an **Event Participation Waiver (Appendix 9)**. These forms must be supplied to the club/cohort at registration and be kept on-site. Hard copies of the executed form must be kept with the club/cohort and must be available to be produced to ANA or AHS upon demand.

## Timelines for Return to Play

The timelines related to the Multi-Phases for Return to Play Guidelines are subject to all Conditions for return to netball being met and that they continue to remain in place. ANA's phases to Return to Play are subject to and aligned with [Alberta's Relaunch Strategy](#).



## ANA PHASE 2 - RETURN TO MODIFIED TRAINING - SMALL GROUPS

In this phase, netball organizations will be able to train in small groups with a maximum of 8 players per session with up to two coaches. Phase 2 is recommended as best practices for commencement of return to play. When teams/organizations (in cohorts) are ready to move forward to Phase 3 - Return to Modified Games they may do so.

- Small group skills and drills development:
  - Maximum 1 hour to 1.5 hours per session.
    - Sessions are encouraged to initially be scheduled closer to the lower end of the range to gradually build up an athlete's netball fitness.
- No sharing of equipment ("One player, one ball"); no passing.
- Non-contact training.
- Participants may wear masks when they are not engaging in intense physical activity.
- Physical distancing (2 meters / 6 feet) measures maintained.
- Adhere to local public gathering restrictions:
  - Consistent training groups (to allow for contact tracing).
  - Maximum of 8 players + 2 coaches
- Players must retrieve their own netball.
- No spectators.

Organizations must be aware of which activities are permitted or prohibited in each Return to Play Phase.

### Phase 2 – Return to Modified Training - Small Groups

PERMITTED ACTIVITIES	PROHIBITED ACTIVITIES
Small group training with 8 players – up to 2 coaches	Mini-Leagues/Cohorts (50 people)
Individual skill training	Games
No age restrictions for player programs	Tournaments

### Conditions for Return to Play: Phase 2 - Return to Modified Training - Small Groups

Before Phase 2 – Return to Modified Training - Small Groups may occur in Alberta if all the following conditions are met and maintained;

#### External Conditions

1. The Federal & Provincial Governments ease lockdown restrictions in Alberta.
2. The Government of Alberta's Relaunch Strategy, indicates at which stage organized sport is permitted and under what conditions.
3. Municipal Governments allow organized sport to access outdoor courts and indoor facilities (Municipal owned or Private).
4. ANA's Return to Play Guidelines are deemed compliant to Provincial Health Regulations as determined by:
5. SPAR – Sport, Physical Activity and Recreation, Alberta Government
6. Sports facilities will review to ensure alignment with City of Calgary/Other requirements.

## Internal Conditions

1. Individual members and clubs are required to complete and submit to ANA the [NA COVID-19 Risk Assessment](#), to receive feedback on identified risks.
2. Individual members and clubs are not sanctioned for return to netball activities without having completed the above conditions.

## Operational Guidelines For Phase 2

ANA, in consultation with the Government of Alberta, continues to monitor the most recent developments surrounding the Coronavirus (COVID-19) pandemic. To support our game moving forward and taking into consideration the most up to date information and recommendations, the following health and safety guidelines are required for a phased-in Return to Play.

## General Activity Requirements - Phase 2

All Phase 2 netball activities must comply with these basic safety requirements.

Requirement	Description / Application
Oversight	<ul style="list-style-type: none"><li>• The activity must be overseen by a responsible person over the age of 18 who must ensure public health guidelines are adhered to. This individual should be knowledgeable of how COVID-19 is transmitted and the guidelines for Return to Modified Games.</li><li>• Individuals exhibiting symptoms of COVID-19 must be sent home immediately as per <a href="#">CMOH 28-2020</a></li></ul>
Physical Distancing	<ul style="list-style-type: none"><li>• The activity must comply with current <a href="#">Physical Distancing restrictions</a> issued by the Government of Alberta</li><li>• Individuals must maintain physical distancing of at least 2 meters from others, unless they are from the same household, cohort family</li><li>• Drop off and pick up protocol should be clearly mapped out with protocols for entering and exiting communicated and marked to ensure social distancing requirements are maintained. No loitering before and after training is permitted.</li></ul>
Outdoor Gatherings	<ul style="list-style-type: none"><li>• The activity must comply with current outdoor <a href="#">gathering restrictions</a> issued by the Government of Alberta.</li><li>• Outdoor gatherings are limited to a total of 100 people with physical distancing restrictions in place.</li></ul>
Spectators & Parents	<ul style="list-style-type: none"><li>• No Spectators except for parents and guardians where necessary for player support</li><li>• All spectators must comply with AHS restrictions and guidelines or will be asked to leave the site</li></ul>
Hygiene	<ul style="list-style-type: none"><li>• Activity organizers must communicate appropriate <a href="#">hygiene measures</a> for the activity in advance to all participants.</li><li>• Activity organizers must ensure participant compliance with all hygiene measures.</li><li>• No spitting, clearing of nasal passages, handshakes, high fives, fist bumps, chest bumps, or group celebrations allowed.</li><li>• Nail clippers, hair ties must be brought by each player. Any player who does not comply (has long nails) will not be allowed to play.</li><li>• Bibs/pinnies – no sharing of bibs or pinnies is permissible.</li></ul>

First Aid & Rapid Response	<ul style="list-style-type: none"> <li>• Activity organizers must ensure personal protective equipment is immediately available if first aid treatment is required.</li> <li>• Recommendation that a family member attend to an injured player, if available. If not possible, the attending person must wear medical gloves and a mask when 2 metre distance cannot be maintained.</li> <li>• A <a href="#">Rapid Response</a> plan must be in place to manage symptomatic participants, spectators, and staff.</li> </ul>
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## Organizational Guidelines - Phase 2

In addition to General Activity Requirements, organizations providing modified training - **small groups** must abide by these guidelines for organizing and implementing any netball activity.

Requirement	Description / Application
Waivers & Declarations	<ul style="list-style-type: none"> <li>• All Participants (or parents/guardians if under 18 years of age) must sign the Event Participation Waiver plus sign a Daily Attestation prior to participating in any sanctioned netball activity.</li> </ul>
Scheduling & Event Management	<ul style="list-style-type: none"> <li>• Activities must be scheduled to allow sufficient time between activities to avoid any overlap of players on the court and/or congestion during pick-up / drop-off.</li> <li>• Entrances and exits should be clearly identified to encourage social distancing. Participants must arrive dressed for play &amp; immediately depart at the end of the activity.</li> </ul>
Parents / Guardians & Carpooling	<ul style="list-style-type: none"> <li>• Parents/Guardians must drop off &amp; pick-up their child at the established entrances and exits. <ul style="list-style-type: none"> <li>○ For safety reasons, parents may be asked to remain nearby in vehicles and/or designated areas. Designated areas must adhere to group size and physical distancing guidelines.</li> </ul> </li> <li>• Participants should only carpool with individuals from their household or cohort family.</li> </ul>
Spectators	<ul style="list-style-type: none"> <li>• No Spectators except for parents and guardians where necessary for player support</li> </ul>
Coaches	<ul style="list-style-type: none"> <li>• Only persons 18 or over may be responsible for overseeing netball activity.</li> <li>• Coaches are subject to sport cohort restrictions unless they maintain 2 meters physical distance from all members of the cohort.</li> <li>• Coaches must enforce strict attendance rules ensuring sport cohort guidelines are followed</li> </ul>
Equipment	<ul style="list-style-type: none"> <li>• If possible, equipment should be assigned to a single team and not shared between teams.</li> <li>• Any equipment that is shared and/or handled by hand should be cleaned and sanitized both before and after every session, all items used to sanitize equipment must be disposed of immediately into an appropriate receptacle.</li> <li>• Recommended that sanitization stations be made available at entrances and exits to ensure individuals sanitize personal equipment (balls, shoes) before and after sessions.</li> <li>• Participants who bring their own equipment should be instructed to disinfect their items prior to and after sessions.</li> </ul>

Use of Equipment in Training & Play	<ul style="list-style-type: none"> <li>● Use cones and signage to identify physical barriers for entry and exit, session activities, and for player drop-off &amp; pick-up to ensure 2 metre physical distancing is maintained.</li> <li>● Set-Up: Coaches must take charge of set up and collection of their equipment.</li> <li>● Use of: Exercise caution with any and all equipment that is being used.</li> <li>● Players are encouraged to bring their own, sanitized ball to training sessions.</li> <li>● Activities must not include the sharing of common, <u>unless the individuals are from the same household.</u></li> <li>● Sanitize: Clean and disinfect equipment prior to and after every session. Game balls must be cleaned prior to and after every game, all items used to sanitize equipment must be disposed of immediately into an appropriate receptacle.</li> </ul>
Food, Water & Personal Items	<ul style="list-style-type: none"> <li>● No sharing of water bottles or communal water coolers; Individual participants must bring their own water (including refills – as water fountains will be out of action) and keep their bottle in their bag. Bottles should be named.</li> <li>● Personal items should not be shared.</li> <li>● Personal effects should be kept to a minimum. Phones must be stored in a vinyl/wipeable bag</li> <li>● Shoes should be removed outside the gym/location and stored in own</li> <li>● Asthma inhalers/Epi pens should be sanitized and stored in a clearly identified ziploc bag and be readily available in a case of emergency.</li> </ul>
Personal Protective Equipment	<ul style="list-style-type: none"> <li>● Provide your staff/coaches/volunteers with any protective items required by the health authorities and ensure that each member of staff/coach/volunteer washes and/or sanitizes their hands regularly.</li> <li>● Participants may wear masks when they are not engaging in intense physical activity and would be expected to follow good mask hygiene.</li> </ul>
Hygiene	<ul style="list-style-type: none"> <li>● Encourage participants to bring their own hand sanitizer containing &gt;60% alcohol to training.</li> <li>● All participants should follow proper respiratory etiquette (sneezing/coughing into crook of elbow; no spitting, no clearing of nasal passages; cough or sneeze into tissue)</li> <li>● Participants should refrain from touching eyes, nose, mouth, or face with hands. Recommend that participant shoes are sanitized before and after netball.</li> </ul>
Health Check	<ul style="list-style-type: none"> <li>● Verbal health checks for symptoms must be completed prior to every session, including coaches, officials, trainers, managers, and players as per a “COVID-19 symptoms checklist” to ensure they are not experiencing any symptoms related to COVID-19.</li> <li>● If an individual is exhibiting symptoms related to COVID-19 (of fever, cough, shortness of breath, runny nose or sore throat), they must be sent home immediately.</li> <li>● They are not permitted to return to netball activity for 14 days from the day they last experienced symptoms unless a recent, negative COVID-19 test</li> <li>●</li> </ul>
Contact Tracing	<ul style="list-style-type: none"> <li>● Contact tracing logs for all participants and parents/guardians dropping off players must be completed for every netball activity and be available to be accessed quickly to ensure efficient contact tracing.</li> <li>● Contact Tracing logs can be done online or completed onsite by a responsible adult. Records must be maintained for a minimum of 14 days (2 weeks).</li> <li>● Reasonable security arrangements must be in place to protect personal information collected for contact tracing purposes, including safe disposal.</li> </ul>



Response Plan	<ul style="list-style-type: none"> <li>● Activity organizers should develop a Rapid Response Plan to manage symptomatic individuals at their activity.</li> <li>● Plans should include;             <ol style="list-style-type: none"> <li>(1) how individuals will be safely isolated</li> <li>(2) how they will travel home</li> <li>(3) conditions for when activity will be suspended or temporarily cancelled</li> <li>(4) cleaning &amp; disinfecting of equipment</li> <li>(5) hygiene for remaining participants</li> <li>(6) communication protocols for reporting symptomatic individual.</li> </ol> </li> <li>● Facilities are encouraged to use <a href="#">Government of Canada approved cleaning products</a></li> </ul>
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### Facility and Office Guidelines - Phase 2

ANA members/clubs who own/rent facilities for training/game play purposes, storage facilities and/or operate office space must familiarize themselves with and abide by Alberta's [Workplace Guidance for Business Owners, CMOH Order 25-2020](#) and [Indoor sport, physical activity, and recreation Guidelines](#) as related to operating a facility and/or office space. The chart below provides a very basic summary of applicable guidelines and is not exhaustive. Netball clubs/organizations who operate/rent facilities or maintain office spaces should conduct a hazard assessment to identify existing and potential hazards related to COVID-19.

Requirement	Description / Application
Communication	<ul style="list-style-type: none"> <li>● Notify workers, volunteers and patrons of the steps being taken to prevent the risk of transmission of infection, and the importance of their roles in these measures.</li> <li>● Post appropriate signs throughout the space, where possible, noting expectations around physical distancing, hand hygiene, cough/sneeze etiquette, sanitizing practices, no loitering, etc.</li> </ul>
Workers and Volunteers	<ul style="list-style-type: none"> <li>● Implement daily screening protocols for staff and volunteers for symptoms of fever, sore throat, cough, runny nose or difficulty breathing.</li> <li>● Maintain contact tracing records for all staff and volunteers. Records must be maintained for a minimum of 14 days (2 weeks).</li> <li>● Provide personal protective equipment to workers and volunteers and provide training on how to use it properly.</li> <li>● Educate staff and volunteers on how COVID-19 is transmitted, how to reduce transmission, and the basic safety requirements outlined in this document.</li> </ul>
Prevention	<ul style="list-style-type: none"> <li>● Do not allow individuals exhibiting COVID-19 symptoms to enter the facility.</li> <li>● Ask participants to complete the COVID-19 self-screening prior to entering the facility.</li> <li>● Soap or hand sanitizer must be made available to all people in various locations throughout the facility.</li> <li>● Promote physical distancing by limiting capacity in areas throughout the facility and/or making public gathering areas inaccessible.</li> <li>● Limit time spent at the court by asking participants to arrive no more than 5-10 minutes before activity, leave immediately after activity; no loitering.</li> <li>● Use markings on the ground to indicate proper distancing from staff.</li> <li>● Frequently clean and disinfectant all surfaces, including counters, door handles, benches, etc. and document the time and which specific areas were cleaned.</li> <li>● Close all water fountains and ask that all attendees bring their own</li> </ul>

	refreshments and do not share water bottles, water bottles should be clearly identified, any water bottles left behind at the end of the session should be disposed of appropriately.
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## **ANA PHASE 3 – RETURN TO MODIFIED GAMES**

In this phase, netball clubs/members will be given the opportunity to train and play netball games with the ability for clubs to allow physical contact within a “cohort” sporting group. Off the court, including sidelines and team benches, players, coaches and officials will still be required to maintain physical distancing, as per AHS Guidelines.

### **Sport Cohort Defined**

A Sport Cohort is currently defined as a closed, small group of no more than 50 individuals - consisting of players, officials, coaches, trainers, and/or managers who do not maintain a physical distance of 2 metres at all times from the cohort group, and who participate in the same sport or activity, and remain together for the duration of Stage 2 of the Government of Alberta’s Relaunch Strategy. It is recommended that members may participate in only one sport cohort. Sport cohorts do not need to keep 2 metres apart however, physical distancing should be practiced when not participating on court, i.e. on sidelines, before and after activities, etc.

Sport Cohorts should only participate in sports and physical activities within the zone where they reside; at this time, do not mix (or engage in play) with cohorts from different zones/regions within Alberta (inter regional) or outside of or out of province (cross jurisdictional). Seek sport opportunities in your own community; your neighborhood, town or municipality. Alberta is divided into five health zones: South, Calgary, Central, Edmonton, and North.

A map of the five zones can be found at:

<https://www.albertahealthservices.ca/assets/zone/ahs-map-ahs-zones.pdf>

- Whole team practice is allowed, where possible avoid close contact
- Divide the whole team (cohort of up to 50 people - including players, officials, coaching & training staff) into small, cohort groups for skills/concept development.
  - Maximum 2 hours per session
  - Appropriate warm up / cool down
- Sharing of equipment within only the divided teams/cohort groups begins; passing allowed.
- Physical distancing no longer required within divided teams; however, whenever possible, is recommended (i.e. water/nutrition break, timeouts etc.).
- Participants may wear masks when they are not engaging in intense physical activity.
- Essential netball team staff/personnel/volunteers only permitted in the gym, as determined on a team-by-team basis.
- Spectators (excluding parents and guardians where necessary for player support) should be kept out of participant spaces (e.g., courts). Physical distancing of minimum 2 metres should be maintained by spectators/attendee at all times, unless from the same households or cohort family. Up to a maximum of 100 seated spectators are allowed, provided a distance of 2 metres between attendees from different households/cohort families is maintained. It is strongly recommended that all spectators wear masks, especially in an indoor setting. Cheering and yelling is strongly discouraged at this time as it presents a high risk of spreading droplets.
- If someone in the cohort training group develops COVID-19 symptoms, they should alert a designated member of the coaching staff within 8 hours and consult a COVID-19 assessment centre.
  - Other participants within that consistent training group should monitor for symptoms and consult a COVID-19 assessment centre.

Organizations must be aware of what activities are permitted or prohibited during Phase 3 – Return to Modified Games.

### Phase 3 – Return to Modified Games

PERMITTED ACTIVITIES	PROHIBITED ACTIVITIES
Within the confines of Sport Cohort Guidelines	
Training, Scrimmages, and/or Games	Participation in more than one sport cohort
Mini-Leagues/Cohorts (50 people)	Tournaments
No age restrictions player programs	Team travel outside of sport cohort area
Individual skill training	Games/Scrimmages outside of cohort

### Conditions for Return to Play: Phase 3 - Return to Modified Games

Before Phase 3 – Return to Modified Games may occur in Alberta, all the following conditions must be met and maintained;

#### External Conditions

1. The Federal & Provincial Governments ease lockdown restrictions in Alberta.
2. The Government of Alberta’s Relaunch Strategy, indicates at which stage organized sport is permitted and under what conditions - including further clarification regarding cohort guidelines and regional quadrants.
3. Municipal Governments allow organized sport to access outdoor courts and indoor facilities (Municipal owned or Private).
4. ANA’s Return to Play Guidelines are deemed compliant to Provincial Health Regulations as determined by:
  - SPAR – Sport, Physical Activity and Recreation, Alberta Government

#### Internal Conditions

1. Individual members and clubs are required to complete the [NA COVID-19 Risk Assessment & Mitigation Checklist](#), to receive feedback on identified risks.
2. Individual members and clubs are not sanctioned for return to netball activities without having completed the above conditions.

### Operational Guidelines for Phase 3

ANA, in consultation with the Government of Alberta, continues to monitor the most recent developments surrounding the Coronavirus (COVID-19) pandemic. To support our game moving forward and taking into consideration the most up to date\* information and recommendations, the following health and safety guidelines are required for a phased-in return to netball.

### General Activity Requirements - Phase 3

All Phase 3 netball activities must comply with these basic safety requirements.

Requirement	Description / Application
Oversight	<ul style="list-style-type: none"> <li>The activity must be overseen by a responsible person over the age of 18 who must ensure public health guidelines are adhered to. This individual should be knowledgeable of how COVID-19 is transmitted and the guidelines for Return to Modified Games.</li> <li>Individuals exhibiting symptoms of COVID-19 must be sent home immediately as per <u>CMOH Order 05-2020</u></li> </ul>
Physical Distancing	<ul style="list-style-type: none"> <li>The activity must comply with current <u>Physical Distancing restrictions</u> issued by the Government of Alberta.</li> <li>Individuals must maintain physical distancing of at least 2 meters from others, unless they are from the same household, cohort family, or sport cohort when on the court of play.</li> <li>Drop off and pick up protocol should be clearly mapped out with protocols for entering and exiting communicated and marked to ensure social distancing requirements are maintained. No loitering before and after training is permitted.</li> </ul>
Outdoor Gatherings	<ul style="list-style-type: none"> <li>The activity must comply with current outdoor <u>gathering restrictions</u> issued by the Government of Alberta.</li> <li>Outdoor gatherings are limited to a total of 100 people with physical distancing restrictions in place.</li> </ul>
Sport Cohorts	<ul style="list-style-type: none"> <li>The activity must be limited to an identified sport cohort of a maximum of 50 unique participants.</li> <li>A <u>Sport Cohort</u> is defined as a closed, small group of no more than 50 individuals who participate in the same sport or activity, and remain together for the duration of Stage 2 <ul style="list-style-type: none"> <li>Members wishing to change cohort are required to not participate in any cohort for a period of 14 days before joining the new cohort.</li> </ul> </li> </ul>
Spectators & Parents	<ul style="list-style-type: none"> <li>Spectators (excluding parents and guardians where necessary for player support) should be kept out of participant spaces (e.g., courts).</li> <li>Physical distancing of minimum 2 metres should be maintained by spectators/attendees at all times, unless from the same households or cohort family.</li> <li>Up to a maximum of 100 seated spectators are allowed, provided a distance of 2 metres between attendees from different households/cohort families is maintained.</li> <li>It is strongly recommended that all spectators wear masks, especially in an indoor setting. Cheering and yelling is strongly discouraged at this time as it presents a high risk of spreading droplets.</li> </ul>
Hygiene	<ul style="list-style-type: none"> <li>Activity organizers must communicate appropriate <u>hygiene measures</u> for the activity in advance to all participants.</li> <li>Activity organizers must ensure participant compliance with all hygiene measures.</li> <li>No spitting, clearing of nasal passages, handshakes, high fives, fist bumps,</li> <li>chest bumps, or group celebrations allowed.</li> </ul>

First Aid & Rapid Response	<ul style="list-style-type: none"> <li>• Activity organizers must ensure personal protective equipment is immediately available if first aid treatment is required.</li> <li>• Recommendation that a family member attend to an injured player, if available. If not possible, the attending person must wear medical gloves and a mask when 2 metre distance cannot be maintained.</li> <li>• A <u>Rapid Response</u> plan must be in place to manage symptomatic participants, spectators, and staff.</li> </ul>
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### Organizational Guidelines - Phase 3

In addition to General Activity Requirements, organizations providing modified games must abide by these guidelines for organizing and implementing any netball activity.

Requirement	Description / Application
Waivers & Declarations	<ul style="list-style-type: none"> <li>• All participants (or parents/guardians if under 18 years of age) must sign the Event Participation Waiver and complete a Daily Attestation prior to participating in any sanctioned netball activity, these forms must be supplied to the club /cohort at registration and be kept on-site and available to be produced to ANA / AHS upon request.</li> <li>• Hard copies of the executed form must be kept with the club/cohort for a minimum of 14 days as per Government of Alberta Guidelines, information should be forwarded to ANA electronically. Best practices suggest hard copy documents be retained for up to a minimum of three years – by ANA</li> </ul>
Scheduling & Event Management	<ul style="list-style-type: none"> <li>• Activities must be scheduled to allow sufficient time between activities to avoid any overlap of players on the court and/or congestion during pick-up / drop-off.</li> <li>• Entrances and exits should be clearly identified to encourage social distancing. Participants must arrive dressed for play &amp; immediately depart at the end of the activity.</li> <li>• Designated areas for spectators and parents/guardians must be clearly identified in compliance with physical distancing requirements and gather size limits.</li> <li>• No loitering before and after activity</li> </ul>
Parents / Guardians & Carpooling	<ul style="list-style-type: none"> <li>• Parents/Guardians must drop off &amp; pick-up their child at the established entrances and exits.</li> <li>• For safety reasons, parents may be asked to remain nearby in vehicles and/or designated areas.</li> <li>• Designated areas must adhere to group size and physical distancing guidelines.</li> <li>• Participants should only carpool with individuals from their household or cohort family.</li> </ul>
Spectators	<ul style="list-style-type: none"> <li>• Spectators are permitted in designated areas so long as gathering limits and physical distancing restrictions are maintained.</li> <li>• Spectators are not permitted on the court of play or in participant areas. This does not include parents / guardians when required access to support the health and safety of their child.</li> <li>• It is strongly recommended that spectators wear masks.</li> <li>• Spectators should be discouraged from cheering and yelling as this is considered a high risk activity for spreading droplets.</li> </ul>

Sport Cohorts	<ul style="list-style-type: none"> <li>● A Sport Cohort must be limited to a maximum 50 individuals who remain together for the duration of Alberta’s Stage 2 of Relaunch. Individuals may participate in only one sport cohort.</li> <li>● A sport cohort consists of players, officials, coaches, trainers, and/or managers who do not maintain a physical distance of 2 metres at all times from the cohort group.</li> <li>● Sport cohorts do not need to keep 2 metres apart however, physical distancing should be practiced when not participating on court (i.e. on sidelines, before &amp; after activities, etc.)</li> <li>● Organizations must keep records of the individuals assigned to each sport cohort and ensure that sufficient oversight is provided to ensure compliance with health guidelines. <ul style="list-style-type: none"> <li>● Members wishing to change cohort are required to not participate in any cohort for a period of 14 days before joining the new cohort</li> </ul> </li> </ul>
Coaches	<ul style="list-style-type: none"> <li>● Only persons 18 or over may be responsible for overseeing netball activity.</li> <li>● Coaches are subject to sport cohort restrictions unless they maintain 2 metres physical distance from all members of the cohort.</li> <li>● Coaches must enforce strict attendance rules ensuring sport cohort guidelines are followed.</li> </ul>
Officials	<ul style="list-style-type: none"> <li>● Officials are subject to cohort restrictions; they must be included in the maximum 50 participant count.</li> <li>● An official cannot be a part of more than one sport cohort as physical distancing is not possible.</li> <li>● An official should clean and sanitize equipment (whistle) before and after each game. Uniforms should be washed between games.</li> </ul>
Equipment	<ul style="list-style-type: none"> <li>● If possible, equipment should be assigned to a single team and not shared between teams.</li> <li>● Any equipment that is shared and/or handled by hand should be cleaned and sanitized both before and after every session.</li> <li>● Recommended that sanitization stations be made available at entrances and exits to ensure individuals sanitize personal equipment (balls, shoes) before and after sessions.</li> <li>● Participants who bring their own equipment should be instructed to disinfect their items prior to and after sessions.</li> </ul>
Use of Equipment in Training & Play	<ul style="list-style-type: none"> <li>● Use cones and signage to identify physical barriers for entry and exit, session activities, and for player drop-off &amp; pick-up to ensure 2 metre physical distancing is maintained.</li> <li>● Set-Up: Coaches must take charge of set up and collection of their equipment.</li> <li>● Use of: Exercise caution with any and all equipment that is being used.</li> <li>● Players are encouraged to bring their own, sanitized ball to training sessions.</li> <li>● Activities must not include the sharing of common equipment (except for netball balls), unless the individuals are from the same household.</li> <li>● Sanitize: Clean and disinfect equipment prior to and after every session.</li> <li>● Game balls must be cleaned prior to and after every game.</li> <li>● All materials used to sanitize equipment must be disposed of appropriately.</li> </ul>

Food, Water & Personal Items	<ul style="list-style-type: none"> <li>● Personal items should not be shared. No sharing of water bottles or communal water coolers; Individual participants must bring their own water (including refills – as water fountains will be out of action) and keep their bottle in their bag. Bottles should be clearly identified.</li> <li>● Snacks should be discouraged, however if allowed, participants may only consume food brought from their own household.</li> <li>● Personal effects should be kept to a minimum. Phones must be stored in a vinyl/wipeable bag</li> <li>● Asthma inhalers/Epi pens should be sanitized and stored in a clearly identified ziploc bag and be readily available in a case of emergency</li> <li>● Shoes should be removed outside the gym/location and stored in own bags.</li> </ul>
Personal Protective Equipment	<ul style="list-style-type: none"> <li>● Provide your staff/coaches with any protective items required by the health authorities and ensure that each member of your staff washes and/or sanitizes their hands regularly.</li> <li>● Participants may wear masks when they are not engaging in intense physical activity.</li> </ul>
Hygiene	<ul style="list-style-type: none"> <li>● Encourage participants to bring their own hand sanitizer containing &gt;60% alcohol to training.</li> <li>● All participants should follow proper respiratory etiquette (sneezing/coughing into crook of elbow; no spitting, no clearing of nasal passages; cough or sneeze into tissue)</li> <li>● Participants should refrain from touching eyes, nose, mouth, or face with hands. Recommend that participant shoes are sanitized before and after netball.</li> </ul>
Health Check	<ul style="list-style-type: none"> <li>● Verbal health checks for symptoms must be completed prior to every session, including coaches, officials, trainers, managers, and players as per a “COVID-19 symptoms checklist” to ensure they are not experiencing any symptoms related to COVID-19.</li> <li>● If an individual is exhibiting symptoms related to COVID-19 (of fever, cough, shortness of breath, runny nose or sore throat), they must be sent home immediately.</li> <li>● They are not permitted to return to netball activity for 14 days from the day they last experienced symptoms unless a recent, negative COVID-19 test result is provided.</li> </ul>
Contact Tracing	<ul style="list-style-type: none"> <li>● Contact tracing logs for all participants and parents/guardians dropping off players must be completed for every netball activity and be available to be accessed quickly to ensure efficient contact tracing.</li> <li>● Contact Tracing logs can be done online or completed onsite by a responsible adult. Records must be maintained for a minimum of 14 days (2 weeks).</li> <li>● Reasonable security arrangements must be in place to protect personal information collected for contact tracing purposes, including safe disposal.</li> </ul>
Response Plan	<ul style="list-style-type: none"> <li>● Activity organizers should develop a Rapid Response Plan to manage symptomatic individuals at their activity.</li> <li>● Plans should include (1) how individuals will be safely isolated, (2) how they will travel home, (3) conditions for when activity will be suspended or temporarily cancelled (3) cleaning &amp; disinfecting of equipment (4) hygiene for remaining participants, and (5) communication protocols for reporting symptomatic individual.</li> <li>● Facilities are encouraged to use <u>Government of Canada approved cleaning products</u></li> </ul>



### Facility and Office Guidelines - Phase 3

ANA members/clubs who own facilities and/or operate office space must familiarize themselves with and abide by Alberta's [Workplace Guidance for Business Owners](#), [CMOH Order 18-2020](#) and [Indoor sport, physical activity, and recreation Guidelines](#) as related to operating a facility and/or office space. The chart below provides a very basic summary of applicable guidelines and is not exhaustive. Netball organizations who operate facilities or maintain office spaces should conduct a hazard assessment to identify existing and potential hazards related to COVID-19.

Requirement	Description / Application
Communication	<ul style="list-style-type: none"> <li>● Notify workers, volunteers and patrons of the steps being taken to prevent the risk of transmission of infection, and the importance of their roles in these measures.</li> <li>● Post appropriate signs throughout the space, where possible, noting expectations around physical distancing, hand hygiene, cough/sneeze etiquette, sanitizing practices, no loitering, etc.</li> </ul>
Workers and Volunteers	<ul style="list-style-type: none"> <li>● Implement daily screening of staff and volunteers for symptoms of fever, sore throat, cough, runny nose or difficulty breathing.</li> <li>● Maintain contact tracing records for all staff and volunteers. Records must be maintained for a minimum of 14 days (2 weeks).</li> <li>● Provide personal protective equipment to workers and volunteers and provide training on how to use it properly.</li> <li>● Educate staff and volunteers on how COVID-19 is transmitted, how to reduce transmission, and the basic safety requirements outlined in this document.</li> </ul>
Prevention	<ul style="list-style-type: none"> <li>● Do not allow individuals exhibiting COVID-19 symptoms to enter the facility.</li> <li>● Ask participants to complete the COVID-19 self-screening prior to entering your facility.</li> <li>● Soap or hand sanitizer must be made available to all people in various locations throughout your facility.</li> <li>● Promote physical distancing by limiting capacity in areas throughout the facility and/or making public gathering areas inaccessible.</li> <li>● Limit time spent at the court by asking participants to arrive no more than 5-10 minutes before activity, leave immediately after activity; no loitering.</li> <li>● Use markings on the ground to indicate proper distancing from staff.</li> <li>● Frequently clean and disinfectant all surfaces, including counters, door handles, benches, etc. and document the time and which specific areas were cleaned.</li> <li>● Close all water fountains and ask that all players bring their own refreshments and do not share water bottles.</li> </ul>

## **APPENDIX**

### **Appendix 1: Resources**

- ABTraceTogether  
<https://www.alberta.ca/ab-trace-together.aspx>
- Alberta's Relaunch Strategy  
<https://www.alberta.ca/guidance-documents.aspx>
- Canada Basketball 'Return to Basketball Guidelines'  
[http://basketball.ca/files/2020-06/cb\\_wbc\\_back\\_to\\_basketball\\_return\\_to\\_sport\\_guidelines\\_v1\\_june\\_16\\_2020.pdf](http://basketball.ca/files/2020-06/cb_wbc_back_to_basketball_return_to_sport_guidelines_v1_june_16_2020.pdf)
- Alberta Basketball Return to Play Guidelines  
<https://cloud.rampinteractive.com/basketballalberta/files/Return%20to%20Play/ABA%20RETURN%20TO%20PLAY%20GUIDELINES%20JUNE%202020%20%284%29.pdf>
- COVID-19 Info for Albertans  
<https://www.alberta.ca/coronavirus-info-for-albertans.aspx>
- Guidance for Cohorts  
<https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-cohorts.pdf>
- Guidance for Organized Outdoor Sport, Physical Activity and Recreation  
<https://www.alberta.ca/assets/documents/COVID-19-relaunch-guidance-organized-sport-physical-activity-and-recreation.pdf>
- Guidance on Return to Sport, Physical Activity and Recreation – Stage 2  
<https://www.alberta.ca/assets/documents/COVID-19-relaunch-sports-physical-activity-and-recreation.pdf>
- Help Prevent the Spread  
<https://www.alberta.ca/prevent-the-spread.aspx>
- Restricted and Non-Restricted Services  
<https://www.alberta.ca/restricted-and-non-restricted-services.aspx>
- Workplace Guidance for Business Owners  
<https://www.alberta.ca/assets/documents/COVID-19-workplace-guidance-for-business-owners.pdf>



## Appendix 3: COVID-19 Screening Checklist

### Overview

This tool has been developed to support activity organizers and facility operators in reducing the risk of transmission of COVID-19 among attendees. The tool is meant to be used to assist with assessing attendees who may be symptomatic, or who may have been exposed to someone who is ill or has confirmed COVID-19.

Attendees should fill out this checklist prior to participating in the activity or program. If an individual answers **YES** to any of the questions, they **must not** be allowed to attend or participate in the activity or program. Children and youth will need a parent to assist them to complete this screening tool.

As the COVID-19 pandemic continues to evolve, this screening tool will be updated as required.

### Initial Screen Questions

1.	Does the person attending the activity, have any of the below symptoms:	Circle One	
		YES	NO
	• Fever	YES	NO
	• Cough	YES	NO
	• Shortness of Breath / Difficulty Breathing	YES	NO
	• Sore Throat	YES	NO
	• Chills	YES	NO
	• Painful Swallowing	YES	NO
	• Runny Nose / Nasal Congestion	YES	NO
	• Feeling Unwell / Fatigued	YES	NO
	• Nausea / Vomiting / Diarrhea	YES	NO
	• Unexplained Loss of Appetite	YES	NO
	• Loss of Sense of Taste or Smell	YES	NO
	• Muscle / Joint Aches	YES	NO
	• Headache	YES	NO
	• Conjunctivitis (commonly known as pink eye)	YES	NO
2.	Has the person attending the activity/facility travelled outside of Canada in the last 14 days?	YES	NO
3.	Have you/your child had close <u>unprotected*</u> contact (face-to-face contact within 2 metres/6feet) with someone who has travelled outside of Canada in the last 14 days and who is ill**?	YES	NO
4.	Have you/your child had attending the program or activity has close <u>unprotected*</u> contact (face-to-face contact within 2 meters/6feet) in the last 14 days with someone who is ill**?	YES	NO
5.	Have you/your child or anyone in your household been in close <u>unprotected*</u> contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	YES	NO

\* “unprotected” means close contact without appropriate personal protective equipment

\*\* “ill” means someone with COVID-19 symptoms on the list above

If you have answered yes to any of the above questions do not participate.

Go home and use the [AHS Online Assessment Tool](#) to determine if testing is recommended.

## Appendix 4: Player Checklist

Use this checklist to help your player prepare for on court play safely.

### Before You Leave Home

- DO NOT leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose).
- Eat before you come – food is discouraged and may not be available on the premises.
- Thoroughly wash your hands with soap and warm water.
- Thoroughly wash water bottles with soap and warm water.
- Bring thoroughly washed equipment (uniform, netball).
- Use the washroom.
- Register your attendance for contact tracing.
- Any medical instruments e.g Epi-pen, asthma inhaler, should be stored in a sealed plastic bag and sanitized as necessary

### Arrival at Court/Facility

- Enter through established entrances.
- Respect physical distancing guidelines.
- Register temperature/active symptom screening.
- Wash at provided handwashing stations.
- Do not share water bottles.
- Follow traffic flow signs to your location.

### During Activity at Court/Facility

- Practice respiratory etiquette (sneeze/cough into arm, no spitting, no clearing nasal passages).
- Refrain from group celebrations, shaking hands, fist bumps, or high fives.
- Practice physical distancing when not actively playing on court.
- Refrain from touching face, eyes, nose, mouth with hands; wash/sanitize hands regularly.

### After Activity is Complete

- No loitering.
- Exit through established exits.
- Wash at provided handwashing stations.
- Follow traffic flow signs out of your location.
- Respect physical distancing guidelines.
- Thoroughly wash water bottles with soap and warm water.
- Thoroughly wash equipment (uniform and netball(s))

## Appendix 5: Staff/Coach/Volunteer Checklist

Use this checklist to help prepare for on court play safely.

### Before You Leave Home

- Do not leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose).
- Eat before you come as food is discouraged and may not be available on the premises.
- Thoroughly wash your hands with soap and warm water.
- Thoroughly wash water bottles with soap and warm water.
- Bring thoroughly washed/sanitized equipment (uniform and basketball).
- Use the washroom.
- Any medical instruments e.g Epi-pen, asthma inhaler, should be stored in a sealed plastic bag and sanitized as necessary

### Arrival at Court/Facility

- Set- up established entrances & exits with traffic flow considerations.
- Set-up traffic flow signs to your location.
- Respect physical distancing.
- Wash at provided handwashing stations.
- Register your attendance for contact tracing.
- Do not share water bottles.
- Sanitize all shared equipment between sessions (balls, cones etc). Game balls to be wiped with sanitizing wipes at court with officials' oversight and re-sanitized where needed.
- Consider wearing PPE (masks, gloves) at all times, must wear PPE if dealing with an injured player
- Consider bringing personal hand sanitizer.

### During Activity at Court/Facility

- Practice respiratory etiquette (sneeze/cough into arm, no spitting, no clearing nasal passages).
- Refrain from group celebrations, shaking hands, fist bumps, or high fives.
- Practice physical distancing from participants if not part of the Sport Cohort.
- Refrain from touching face, eyes, nose, mouth with hands; wash/sanitize hands regularly.

### After Activity is Complete

- Sanitize all shared equipment (balls, cones etc). between group arrivals if applicable and at the end of day.
- Take down established entrances & exits.
- Take down traffic flow signs out of your location.
- Wash at provided handwashing stations, between group arrivals if applicable and at end of day.
- Respect physical distancing guidelines.
- Thoroughly wash your water bottle with soap and warm water.
- Thoroughly wash equipment (uniforms, netballs) each day.

## Appendix 6: Parent/Guardian Checklist

Use this checklist to help prepare for a safe environment for your son/daughter.

### Before You Leave Home

- Do not leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose).
- Eat before you come as food is discouraged and may not be available on the premises.
- Thoroughly wash your hands with soap and warm water.
- Thoroughly wash your water bottle with soap and warm water.
- Fill your water bottle while at home.
- Use the washroom.
- Any medical instruments e.g Epi-pen, asthma inhaler, should be stored in a sealed plastic bag and sanitized as necessary.

### Arrival at Court/Facility

- Drop player off at facility entrance.
- Respect physical distancing guidelines.
- Consider wearing PPE (masks, gloves).
- Consider bringing personal hand sanitizer.
- Register your attendance for contact tracing.

### During Activity at Court/Facility

- Stay in designated spectator area and/or vehicle.
- Maintain physical distancing of 2 metres from others.
- Practice respiratory etiquette (sneeze/cough into arm, no spitting, no clearing nasal passages).
- Refrain from group celebrations, shaking hands, fist bumps, or high fives.
- Refrain from touching face, eyes, nose, mouth with hands; wash/sanitize hands regularly.
- Refrain from yelling or cheering to prevent spread of vapor droplets.

### After Activity is Complete

- No loitering.
- Respect physical distancing guidelines.
- Pick player(s) up at the facility exit.
- Leave facility parking lot.

## Appendix 7: Officials Checklist

Use this checklist to help prepare for the court/event safely.

### Before You Leave Home

- Do not leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose). You should contact your officials assignor with as much notice as possible in this case.
- Eat before you come as food is discouraged and may not be available on premises.
- Thoroughly wash your hands with soap and warm water.
- Thoroughly wash water bottles with soap and warm water.
- Clean and sanitize your officials equipment. (i.e. whistle, shoes, uniform, etc...)
- Use the washroom.

### Arrival at Court/Facility

- Register your attendance for contact tracing with the responsible person at the court.
- Respect physical distancing guidelines, including 'cohort' players, prior to game.
- Consider bringing personal hand sanitizer.
- "See something, say something" - Perform standard court/net check, maintaining/requesting physical distancing as needed. Check in particular for any items that may endanger health (e.g. discarded medical gloves, masks etc.)

### During Activity at Court/Facility

- Practice respiratory etiquette (sneeze/cough into arm, no spitting, no clearing nasal passages).
- Where possible, do not blow your whistle within 12 feet of any player.
- Refrain from shaking hands, fist bumps, or high fives.
- Refrain from touching face, eyes, nose, mouth with hands; wash/sanitize hands regularly.
- Maintain 2 meters distance from any physical altercation.
- If a game is stopped, suspended or terminated the game for any breach of COVID related guidelines. This must be reported to the responsible contact for the cohort activity.
- It is recommended that a parent or guardian attend to an injured player. Ensure that any team official attending to an injured player is wearing gloves and a mask and that all other players maintain physical distance during the treatment. Exceptions may be made if the injury is 'life threatening'.

### After Activity is Complete

- No loitering.
- Respect physical distancing guidelines.
- Use hand sanitizer if available.
- Leave facility parking lot.
- Thoroughly wash your hands with soap and warm water at earliest opportunity.
- Clean and sanitize your officials equipment and uniform at the earliest opportunity.



## Appendix 8: Club/Organization/Cohort Checklist

Use this checklist to help determine whether you have met the minimum standards required to resume netball activities.

### Government Requirements

- Federal / Provincial restrictions have been lifted to allow for netball activity to occur.

### Municipal / Regional Requirements

- Municipal restrictions have been lifted to allow for netball training activity to occur in my area.

### Return to Modified Games

#### General Requirements

- Only responsible individuals over the age of 18 to oversee activities.
- Sport Cohorts of a maximum of 50 individuals per cohort identified; includes players, officials, coaches, managers, and/or trainers who cannot physically distance.
- Social distancing measures of a minimum 2 metres between individuals not in the same household or sport cohort implemented.
- Scheduling and planning in place to ensure outdoor gathering limit of 100 people is not exceeded; inclusive of drop off/pick up, coaches, managers, players, officials, and spectators at any given time before, after, and/or during the activity. (Please note that the spectator limit is 100 people, please ensure that there is separation between cohorts and spectators if necessary)
- Personal Hygiene measures are in place for all activities (training and administration).
  - Frequent hand washing / sanitization.
  - Cough / Sneeze etiquette.
  - Do not attend if feeling any COVID-19 symptoms.
- Personal Protective Equipment has been provided to all staff, coaches, and/or volunteers.
- Process for Contact Tracing has been implemented and secure storage/retention of information is in place.
- Rapid Response plans are in place and communicated.

#### Operational Activity Requirements

- Signed Waivers and Disclosure Statements collected for all registered participants.
- Designated spectator area with physical distancing measures in place; safe drop-off / pick-up procedures implemented.
- Safe use of equipment measures in place, including;
  - Equipment assigned to each team (no sharing of equipment between teams with the exception of balls during modified games).
  - Cleaning & sanitization of equipment before & after every session.
  - Limitations to shared equipment in place.
  - Only one person to set-up/tear down cones before and after the session (ideally the same individual cleans & sanitizes equipment).
- Health check procedures implemented for all coaches / volunteers prior to supporting activity.

#### Session / Game Requirements

- Only coaches / volunteers who have been trained on the Return to Play Guidelines are permitted to oversee netball activity.

- All activities are in alignment with cohort rules, physical distancing and equipment sharing requirements.
- Participants are informed of physical distancing and equipment sharing rules prior to every session.
- Appropriate cleaning / sanitization materials have been provided to individuals responsible for managing equipment.
- Contact Tracing Logs & COVID-19 Symptoms Checklist provided to individuals responsible for collecting information at each session.

#### Facility / Office Guidelines

- Verified with provincial / municipal restrictions that facility and/or office space is permitted to open.
- Implemented applicable requirements outlined in Workplace Guidelines for Business Owners.
  - Conducted Hazard Assessment and identified risks associated with COVID-19.
  - Compliant with communication requirements.
  - Compliant with prevention requirements.
  - Implemented controls to ensure the safety of staff, volunteers, and patrons.

## Appendix 9: Event Participation Waiver

**NAME OF ORGANIZATION HERE**  
the “**Organization**”  
**Event Participation Waiver**

**WAIVER OF LIABILITY FOR ALL CLAIMS AND RELEASE OF LIABILITY**

Please read carefully before signing. Completed waivers must be returned with registration or prior to attending the Organizer’s event: \_\_\_\_\_ (the “**Event**”). This waiver does not affect accident and out-of-country travel insurance provided by the Organization where applicable.

By signing below, the Participant (named below) and/or the Participant’s Guardian represents that the Participant:

1. Has not travelled internationally during the last 14 days;
2. Has not visited a COVID-19 high risk area, region or location in Canada during the last 14 days;
3. Does not knowingly have COVID-19;
4. Is not experiencing known symptoms of COVID-19, such as fever, cough, or shortness of breath, and if experiences such symptoms during the Event will immediately depart from the Event;
5. Has not, 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; and
6. Follows government recommended guidelines in respect of COVID-19, including practicing physical distancing, and will do so to the best of the Participant’s ability during the Event.

In addition, by signing below the Participant and/or the Participant’s Guardian understands, acknowledges and assumes the inherent risks in participating in the Event, including, but not limited to: the potential for bodily injury or illness (including contraction of COVID-19); contact or interaction with others who may have been exposed to COVID-19; permanent disability, paralysis, or loss of life; collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect venue or field of play conditions; equipment failure; participants of varying skill levels; inadequate safety measures; circumstances known, unknown or beyond the control of the Organizer, its partners, sponsors, agents, affiliates, directors, employees, officer, therapists, or volunteers (together, the “**Organization**”); negligence or omission of the Organization (collectively, the “**Risks**”).

In consideration for allowing the Participant to participate in the Event, the Participant and/or the Participant’s Guardian: (a) release, discharge and forever hold harmless the Organization from any and all liability for damages or loss arising as a result of the Risks of participation in or in connection with the Event; (b) waive any right to sue the Organization in respect of all causes of action (including for injuries or illness caused by their own negligence), claims, demands, damages or losses of any kind that may arise as a result of the Risks of participation in or in connection with the Event, including without limitation the right to make a third party claim or claim over against the Organization arising from the same; and (c) freely assumes all risks associated with the Risks, anything incidental to the Risks, which may arise as a result of participation in or in connection with the Event. **YOU ARE GIVING UP LEGAL RIGHTS TO ANY AND ALL FUTURE CLAIMS AGAINST THE ORGANIZATION.**

I confirm that I have read and fully understand this waiver and release of liability. I sign this waiver and release of liability voluntarily without any inducement, assurance, or warranty being made to me.

**Print Name:** \_\_\_\_\_  
the “**Participant**”

**Date of Birth:** \_\_\_\_\_  
(mm/dd/yyyy)

**Print Name:** \_\_\_\_\_  
The “**Guardian**” (if Participant is a minor)

**Signature:** \_\_\_\_\_  
Participant or Guardian for minor

**Date:** \_\_\_\_\_  
(mm/dd/yyyy)

## Appendix 10: Daily Attestation Waiver

NAME OF ORGANIZATION HERE  
the “Organization”  
Daily Attestation

### DAILY COVID-19 ATTESTATION AND AGREEMENT

By signing below, the Participant (named below) or the Participant’s Guardian attests that the Participant:

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 malaise;
3. Has not travelled internationally during the past 14 days;
4. Has not frequented a COVID-19 high risk area in the Province during the last 14 days;
5. Has not, 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; and
6. Has been following government recommended guidelines in respect of COVID-19, including practicing physical distancing.

Furthermore, by signing below, the Participant or the Participant’s Guardian agrees that while attending or participating in the Organization's events or attending at the Organization’s facilities, the Participant:

1. Will follow the laws, recommended guidelines, and protocols issued by the Government of the Province in respect of COVID-19, including practicing physical distancing, and will do so to the best of the Participant’s ability while participating in the Organization's events or attending at the Organization’s facilities;
2. Will follow the guidelines and protocols mandated by the Organization in respect of COVID-19;
3. Will, in the event that the Participant experiences any symptoms of illness such as a fever, cough, difficulty breathing, shortness of breath or malaise, immediately:
  - a. inform a representative of the Organization; and
  - b. depart from the event or facility.

#### FOR PARTICIPANTS WHO HAVE BEEN DIAGNOSED WITH COVID-19

By signing below, the Participant (named below) or the Participant or the Participant’s Guardian attests that the Participant has been diagnosed with COVID-19, but been cleared as non-contagious by provincial or local public health authorities and has provided to the Organization, in conjunction with this COVID-19 ATTESTATION AND AGREEMENT, written confirmation from a medical doctor of the same.

**Print Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_  
the “Participant” (mm/dd/yyyy)

**Print Name:** \_\_\_\_\_  
The “Guardian” (if Participant is a minor)

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
Participant or Guardian for minor (mm/dd/yyyy)

## Appendix 11: Remote Training Waiver

NAME OF ORGANIZATION HERE  
the “Organization”  
Remote Training Waiver

**WAIVER OF LIABILITY FOR ALL CLAIMS AND RELEASE OF LIABILITY**  
**PLEASE READ CAREFULLY BEFORE SIGNING.**

The Participant (named below) may be required to resume training remotely, or independently, outside of a sport-specific facility, owned, leased, operated or otherwise controlled by the Organization (the “**Remote Training**”). It is the responsibility of the Participant or the Participant’s Guardian to ensure the suitability and safety of the Remote Training environment. This waiver does not affect accident and out-of-country travel insurance provided by the Organization where applicable.

By signing below, the Participant or the Participant’s Guardian understands, acknowledges, and accepts full responsibility for the risks, dangers, and hazards which are inherent to Remote Training, including, but not limited to: the potential for bodily injury or illness (including contraction of COVID-19); close proximity to or contact with others who may have been exposed to or infected with COVID-19 or other communicable illnesses; close proximity to or contact with surfaces, equipment, fixtures, or other objects that may be infected with COVID-19 or other communicable illnesses; tripping hazards; loud-noises; equipment failure; dehydration; exhaustion; lacerations, bone fracture, bone breakage, soft-tissue damage, dislocations, tendon and/or ligament damage, sprains, spinal injuries, head or neck injuries, concussion, hearing damage, ocular damage, damage to teeth or dental work, or other bodily injury, disability (permanent or temporary), or death; despite the Organization’s efforts, inadequate safety measures; other circumstances, known or unknown or beyond the control of the Organization, its partners, sponsors, agents, affiliates, directors, employees, officers, therapists, or volunteers (together, the “**Releasees**”); or negligence or omission of the Releasees (collectively, the “**Risks**”).

In consideration for the access to the Organization’s training program, coaching and mentorship, the Participant and or the Participant’s Guardian: (a) releases, discharges and forever holds harmless the Releasees from any and all liability for damages or loss arising as a result of the Risks of participation in or in connection with the Remote Training, including ensuring the suitability and safety of the Remote Training environment; (b) waive any right to sue the Releasees in respect of all causes of action (including for injuries or illness caused by their own negligence), claims, demands, damages or losses of any kind that may arise as a result of the Risks of participation in or in connection with the Remote Training, including without limitation the right to make a third party claim or claim over against the Releasees arising from the same; and (c) freely assumes all risks associated with the Risks, anything incidental to the Risks, which may arise as a result of participation in or in connection with the Remote Training. **YOU ARE GIVING UP LEGAL RIGHTS TO ANY AND ALL FUTURE CLAIMS AGAINST THE ORGANIZATION AND THE RELEASEES.**

I confirm that I have read and fully understand this waiver and release of liability. I sign this waiver and release of liability voluntarily without any inducement, assurance, or warranty being made to me.

**Print Name:** \_\_\_\_\_  
the “**Participant**”

**Date of Birth:** \_\_\_\_\_  
(mm/dd/yyyy)

**Print Name:** \_\_\_\_\_  
the “**Guardian**” (if Participant is a minor)

**Signature:** \_\_\_\_\_  
Participant or Guardian for minor

**Date:** \_\_\_\_\_  
(mm/dd/yyyy)

## Appendix 12: Declaration of Compliance - COVID-19

Club/Organization/Cohort(print): \_\_\_\_\_

Responsible Contact (print): \_\_\_\_\_

Email (print): \_\_\_\_\_

Telephone: \_\_\_\_\_

The Alberta Netball Association (ANA), and \_\_\_\_\_ (name of Club/Organization/Cohort collectively the "Organization") require the disclosure of exposure to illness in order to safeguard the health and safety of all participants and limit the further outbreak of COVID-19. This Declaration of Compliance must be returned to the club/organization/cohort as well as ANA within two weeks of the start of activities and will not be disclosed unless as required by law or with your consent.

Individuals (or the individuals or their parent/guardian) who are unable to agree to the terms outlined in this document are not permitted to enter the Organization's facilities or participate in the Organization's activities, programs, or services.

I, the undersigned being the responsible contact above, hereby acknowledge and agree to the terms outlined in this document:

- 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 and requires all individuals or their parent/guardian to adhere to the compliance standards described in the ANA Return to Play Guidelines

### *Responsible Contact:*

Each club/organization/cohort's responsible contact will ensure the following:

- Ensure each registered member (including all associated adults) with the club/organization/cohort fills out the Event Participation Waiver Form (see Appendix 9) prior to starting on-field. These documents will be held in their possession for the season and then filed with the team at the conclusion of activity for 2020 to be secured for the next seven years. These must be available to be produced upon demand from their club/organization of the ANA Association.
- Ensure a Declaration of Compliance Form is filled out (see Appendix 11) on behalf of the club/organization and filed with their club/organization and ANA Association within two weeks of commencement of club/organization activity. Failure to do so will result in Insurance being withdrawn from the club/organization/cohort.
- Ensure a Cohort List (Phase 3 Only) is created and maintained for the duration of club/organization/cohort activities for 2020. This will be put into use to assist contact tracing should there be a positive case or outbreak within the club/organization/cohort. This does not need to be filed with any other group just maintained and available upon demand.
- Screen each participant daily with the Screening Checklist (See Appendix 3) and take appropriate action if anyone answers "Yes" to any of the questions.
- Ensure that Membership/Insurance is acquired and paid from ANA Association within two weeks of the start of activity for their team/cohort and that on-line registration is completed as well. Details on how that will occur for 2020 will be sent to all teams by the end of June, 2020.
- Ensure all sanitation and cleaning requirements are conducted as listed below each day and follow any guidelines set out in that area by the municipality or school providing the facility.
- Ensure all participants and their parents/guardians are fully aware of the current phase of the ANA Return to Play Guidelines.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_