



**BRITISH COLUMBIA  
ULTIMATE SOCIETY**

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# BC Ultimate - Return to Play COVID-19 Exposure Control Plan

Version - 1.0

This document has been reviewed and approved by the BC Ultimate Society board of directors on June 6, 2020.

The BCU Return to Play plan will be reviewed and updated by the BCU Board monthly for the duration of the current health crisis. Updated versions will be posted on BCU platforms and distributed to member organizations.



## Guideline for BCU Members and how to mitigate risk for Ultimate Activities

With guidance from The Ministry of Tourism, Arts and Culture and viaSport, this document is BC Ultimate's Return to Play Control Plan. BCU is encouraging our members to use this plan to guide the implementation of ultimate activities in their communities as we Return to Play.

Sport and physical activity play an important role in the physical, psychological and emotional well-being of BCU members. For these and other reasons we are all eager to resume activities. However, the health and safety of all participants and citizens of BC must remain the number one priority.

BC Ultimate requests the support of members, participants, organizers, coaches, parents/guardians and teams in following these guidelines for the safe resumption of our sport. Since the inception of ultimate, our sport has proudly been self-officiated and has relied on Spirit of the Game to maximize the enjoyment and safety of everyone. These core principles have never been more important than at this time as we will require the entire community's help to safely Return to Play.

## Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none"> <li>• Frequent handwashing</li> <li>• Cough into your sleeve</li> <li>• Wear a non-medical mask</li> <li>• No handshaking</li> </ul>	<ul style="list-style-type: none"> <li>• Routine daily screening</li> <li>• Anyone with any symptoms must stay away from others</li> <li>• Returning travellers must self-isolate</li> </ul>	<ul style="list-style-type: none"> <li>• More frequent cleaning</li> <li>• Enhance surface sanitation in high touch areas</li> <li>• Touch-less technology</li> </ul>	<ul style="list-style-type: none"> <li>• Meet with small numbers of people</li> <li>• Maintain distance between you and people</li> <li>• Size of room: the bigger the better</li> <li>• Outdoor over indoor</li> </ul>	<ul style="list-style-type: none"> <li>• Spacing within rooms or in transit</li> <li>• Room design</li> <li>• Plexiglass barriers</li> <li>• Movement of people within spaces</li> </ul>



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## 1. General Return to Play Principles

- 1.1. Adhere to all public health restrictions in your community.
- 1.2. Increased focus on personal hygiene.
- 1.3. If you are sick, stay at home.
- 1.4. Maintain physical distancing of at least 2 meters.
- 1.5. Modify sport activities to maintain all guidelines.
- 1.6. Reduce touch points as possible. (facilities, equipment, etc)
- 1.7. Primary focus on skill development.
- 1.8. Stay community focused.

## 2. General Hygiene Requirements

- 2.1. All participants, staff and volunteers must wash their hands before and immediately following sessions.
- 2.2. For longer sessions breaks for hand washing or sanitizing as well as cleaning of equipment should be scheduled.
- 2.3. All participants, staff and volunteers should avoid touching one's face throughout the session.
- 2.4. All participants, staff and volunteers should cover their mouth and nose with a tissue when they cough or sneeze, or sneeze/cough into their elbow.
- 2.5. No sharing of water bottles, towels, or other personal items. No communal food items.

## 3. Facility Access

- 3.1. Ultimate may only take place on outdoor field space with the agreement of local municipalities and other field stakeholders. BCU's Return to Play plan may not be implemented until and unless local authorities have approved resumption of sports activities in their jurisdiction.
- 3.2. Care must be taken to avoid access "choke" points which run counter to physical distancing. In cases where multiple gates may be used to access the field area, separate entry and exit points should be communicated to participants. When possible, gates should be held in an open position to reduce touch points by participants.



- 3.3. For member organized formal sessions, participants for each session must pre-register their attendance and pay on-line when possible. This registration information must be kept by the hosting organization for use during future contract tracing if needed. See [Appendix A - Sample Forms](#) for information that may be captured during pre-registration.
- 3.4. Set a time when it is appropriate for participants to arrive in advance of their scheduled activity (example - participants should not arrive prior to 20 minutes before the scheduled start time).
- 3.5. The arrival and departure process for all sessions must maximize physical distancing of all involved parties. Where appropriate, consider designated drop-off and pick-up spaces.
- 3.6. At the end of their scheduled program/time slot participants should immediately leave the facility.

## 4. Facility Operations

- 4.1. Care should be taken to clean any communal surfaces at the playing facility. When possible steps should be taken to reduce the number of touch points. (See Section 3.2)
- 4.2. When fields have benches, these should be designated as closed. Each participant should have a personal area for their equipment and other items.
- 4.3. If not disabled by venue, participants should be dissuaded from using water fountains. All participants should arrive with water or other liquids in personal bottles which are clearly labeled.

## 5. Staff and Volunteers

- 5.1. No person with symptoms may come to sport activities. Staff or volunteers with symptoms should self-isolate for a minimum of 10 days before considering a return to activities.
  - 5.1.1. BC COVID-19 Self-Assessment Tool [LINK](#)
- 5.2. All staff and volunteers should consider their own risk. If they are at higher risk of experiencing serious illness from COVID-19, consider limiting or avoiding participation in sport activities.



- 5.3. Educate Staff and Volunteers on public health information and expectations related to the implementation of Return to Sport. (See [Appendix D - Resources](#))
- 5.4. Staff and volunteers running sport programs should be made familiar with this Return to Sport Plan.
- 5.5. Staff and volunteers should have their own resources (practice plans, clipboards, stopwatches, etc.) and avoid sharing these items with others.
- 5.6. In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.
- 5.7. Staff and volunteers should be made aware of their Right to Refuse unsafe work, and procedures should be in place to respond to such concerns. If the matter is not resolved, those involved should contact [WorkSafeBC](#).

## 6. Participant Safety

- 6.1. Participants at higher risk of experiencing serious illness from COVID-19 should not take part in sporting activities.
- 6.2. All participants should answer the following questions prior to taking part in the session. Answering YES to any of these questions will disqualify a participant from the session.
  - 6.2.1. Health Check: Do you have fever, new or existing cough or difficulty breathing?
  - 6.2.2. Travel Check: Have you traveled outside of Canada within the past 14 days?
  - 6.2.3. Contact Check: Have you been in contact with someone who has been diagnosed with or is suspected of having COVID-19, or someone who has been in contact with a person or persons who have an acute respiratory illness and has been outside Canada in the previous 14-days?
- 6.3. Size of Group
  - 6.3.1. Each individual session is limited based on maximum capacity = 25 square meters per participant within the unencumbered field space. This includes the total of participants, staff and volunteers. Maximum group size is 50 as mandated by the Provincial Health Officer.
  - 6.3.2. Session organizers should take into consideration the age group of the participants as well as physical layout of the session practice area and determine a reasonable maximum number of participants.



- 6.4. Spectators/non-participants may view sessions from the perimeter of the field area but must maintain physical distancing of at least 2 meters.
- 6.5. All registered participants will be sent a session overview document which outlines expectations. See [Appendix B - Sample Session Checklist](#).
- 6.6. Outbreak Mitigation and Recovery Plan
  - 6.6.1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Determine who within the organization has the authority to modify, restrict, postpone or cancel activities.
  - 6.6.2. Advise affected individuals to:
    - 6.6.2.1. Self-isolate.
    - 6.6.2.2. Monitor their symptoms daily, report respiratory illness and not return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat, and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
  - 6.6.3. Individuals can call 911 if there is an emergency, or 811 for health advice. For assistance in determining if further assistance is needed, COVID-19 self-assessment tool is located [HERE](#).
  - 6.6.4. Report any suspected case(s) of COVID-19 like illness among participants or staff/volunteers to the local Health Authority Medical Health Officer.
  - 6.6.5. If a case or outbreak is confirmed, follow the orders of the local Health Authority.

## 7. Sport Programming

- 7.1. Sessions should be planned to be community based and avoid having participants travel significant distances to attend.
- 7.2. Organizers should plan on starting with smaller groups and shorter session durations to test out new ways of delivering activities.
- 7.3. Cost should be kept to a minimum to encourage participation.
- 7.4. Insurance/Waivers
  - 7.4.1. BC Ultimate members named on the BCU Certificate of Insurance are covered for “All normal disc activities”, for which Return to Play qualifies under the current BCU Certificate of Insurance.



- 7.4.2. At the time of publishing this document, there is no contagion insurance coverage being offered by insurers. Furthermore, most insurance policies will not cover any claims relating to communicable diseases or pandemics, including Directors and Officer Insurance.
- 7.4.3. Members may require and collect additional agreements, waivers or consent from participants as required by local boards. See [Appendix C - Sample Forms](#).
- 7.5. Activities during the session will be restricted based on sport modifications contained within this document (See Sections 7.6, 7.7 ).
- 7.6. Activity is restricted to group training and practice. No game competition in either a structured or informal “scrimmage” setting is permitted.
- 7.7. Sport Modifications
  - 7.7.1. Physical distancing of at least 2 meters must be maintained between all participants. All drills and activities must be designed to adhere to this requirement.
  - 7.7.2. Equipment, including discs, must be cleaned prior to each group session.
  - 7.7.3. Alternative Strategies of Engagement to reduce risk factors:
    - 7.7.3.1. Focus on conditioning and stretching. Organizers should keep in mind that many participants may have a lower than normal level of fitness due to the recent health situation.
    - 7.7.3.2. Adapt “Spirit Games” which don’t rely on a high number of touch points to engage younger participants.
    - 7.7.3.3. Use training drills which focus on strength, mechanics, footwork, agility and speed to help increase participants' physical literacy.
- 7.8. Injury Prevention
  - 7.8.1. Organizers should be aware of the level of fitness of participants as the sport returns to play. Sessions should be designed to start with a lower level of intensity and slowly increase over the course of several sessions.
  - 7.8.2. Appropriate warm up and cool down time should be scheduled for all sessions.
  - 7.8.3. Ensure that there is a clear procedure for handling any participant or coach in the event that they develop signs of cold, flu or COVID-19 during an activity. This should include identification of an isolation area, notification processes, and education of staff on the procedure.
  - 7.8.4. Notify all participants of possible exposure to COVID-19 if you become aware of any suspected or confirmed cases that attended the activity.
- 7.9. Equipment





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- 7.9.1. Sanitized equipment, including discs and cones will be provided by session organizers. No participant may bring their own equipment.
  - 7.9.1.1. In the case of private group or team sessions, an individual should be identified who will collect and clean the groups discs between sessions.
- 7.9.2. Suggested disc sanitizing process
  - 7.9.2.1. Wash the entire disc with hot soapy water.
  - 7.9.2.2. Cleaning the entire disc with disinfectant cloth or wipe. A single wipe may only be used for a single disc.



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## Appendix A - Sample Forms

### Pre-Registration Data Collection Points

Participant Full Name:

Participant Email Contact:

Participant Age:

Health Check Question - Do you have fever, new or existing cough or difficulty breathing?: Y/N

Travel Check Question - Have you traveled outside of Canada within the past 14 days?: Y/N

Contact Check Question - Have you been in contact with someone who has been diagnosed with or is suspected of having COVID-19, or someone who has been in contact with a person or persons who have an acute respiratory illness and has been outside Canada in the previous 14-days?: Y/N

### ADULT PRE-REGISTRATION FORM

Due to the COVID-19 (Coronavirus disease) health situation, any activities involving multiple participants comes with risk of contraction of COVID-19 (Coronavirus disease) or other infectious diseases. I hereby agree that the risk of my contracting COVID-19 is increased as a result of participating in the Session: Y/N

### JUNIOR PRE-REGISTRATION FORM (Participants younger than 19 years of age)

Due to the COVID-19 (Coronavirus disease) health situation, any activities involving multiple participants comes with risk of contraction of COVID-19 (Coronavirus disease) or other infectious diseases. I hereby agree that the risk of my child contracting COVID-19 is increased as a result of participating in the Session: Y/N

Parent/Guardian Name:

Parent/Guardian Contact Number:



## Appendix B - Sample Session Checklists

### Session Organizers Checklist

	Tasks
Pre-Event	<ul style="list-style-type: none"> <li><input type="checkbox"/> Obtain permits for facilities</li> <li><input type="checkbox"/> Collect Pre-Registration Information and print out participants list</li> <li><input type="checkbox"/> Communicate to any participant who answered “Yes” to any of the Screening Questions that they are not eligible to attend the session</li> <li><input type="checkbox"/> Send Waiver (Adult Participants) or Assumption of Risk (Junior Participants) form to participants with instructions to return them electronically prior to the session, or at the beginning of the session.</li> <li><input type="checkbox"/> Send Participant Agreement to participants with instructions to return them electronically prior to the session, or at the beginning of the session.</li> <li><input type="checkbox"/> Send pre-event communication confirming session expectations, including: <ul style="list-style-type: none"> <li><input type="checkbox"/> Session participant checklist</li> <li><input type="checkbox"/> Session start and end times and drop off/pick up procedure</li> <li><input type="checkbox"/> Indication of entry and exit gates (if applicable) and any closed areas at field space</li> <li><input type="checkbox"/> Reminder of need for social distancing of at least 2 meters between participants at all times during session</li> <li><input type="checkbox"/> Reminder that all discs will be provided by session organizers</li> </ul> </li> <li><input type="checkbox"/> Disinfect all session discs and store in clean rigid container (e.g. Large Storage Bin) which can also be washed</li> <li><input type="checkbox"/> Staff to use BC COVID-19 Assessment Tool within 24 hours of session. <a href="#">LINK</a></li> </ul>
Event	<ul style="list-style-type: none"> <li><input type="checkbox"/> Clean common touch points such as entry gates with disinfectant</li> <li><input type="checkbox"/> Reduce common touch points such as securing gates in open position</li> <li><input type="checkbox"/> Indicate field area such as benches or other common areas which are closed for session</li> <li><input type="checkbox"/> Designate individual participant areas, giving each participant enough space to place personal items while ensuring physical distancing</li> <li><input type="checkbox"/> Provide hand sanitizer to all participants entering the field area</li> <li><input type="checkbox"/> Collect Waivers, Assumption of Risk and Participant Agreements from all participants who have not provided those forms electronically</li> <li><input type="checkbox"/> Record attendance and save information for future contact tracing</li> </ul>



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	<p>purposes</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Ask participants, individually or as a group, the Screening Questions             <ul style="list-style-type: none"> <li><input type="checkbox"/> Do you have fever, new or existing cough or difficulty breathing?</li> <li><input type="checkbox"/> Have you traveled outside of Canada within the past 14 days?</li> <li><input type="checkbox"/> Have you been in contact with someone who has been diagnosed with or is suspected of having COVID-19, or someone who has been in contact with a person or persons who have an acute respiratory illness and has been outside Canada in the previous 14-days?</li> </ul> </li> </ul> <p>Should any participant answer Yes to any Screening Question they must remove themselves from participating in the session</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Provide clean discs for all participants</li> <li><input type="checkbox"/> Remind participants to maintain physical distancing of at least 2 meters at all times during session</li> </ul>
Post Event	<ul style="list-style-type: none"> <li><input type="checkbox"/> Collect all discs from participants in storage container</li> <li><input type="checkbox"/> Provide hand sanitizer to all participants leaving the field area</li> <li><input type="checkbox"/> Wash or sanitize hands thoroughly at end of each session</li> </ul>

## Session Participant Checklist

	Tasks
Pre-Event	<ul style="list-style-type: none"> <li><input type="checkbox"/> Items to bring to session:             <ul style="list-style-type: none"> <li><input type="checkbox"/> Water Bottle, clearly labeled with your name. Note that field water fountains will be turned off.</li> <li><input type="checkbox"/> Hand Sanitizer to be used before, during and after sessions.</li> <li><input type="checkbox"/> Face Mask. (optional)</li> </ul> </li> <li><input type="checkbox"/> DO NOT bring any discs to session. Clean discs will be provided by session organizers.</li> <li><input type="checkbox"/> Complete Participant Agreement and Waiver (Adult) or Assumption of Risk forms and return to session organizers electronically or bring completed form to session.</li> </ul>
Event	<ul style="list-style-type: none"> <li><input type="checkbox"/> Enter field area using designated "Entry" gate (if applicable)</li> <li><input type="checkbox"/> Only participants should enter the field area, spectators should remain on the field perimeter (outside the fence if applicable) and maintain physical distancing from other spectators.</li> <li><input type="checkbox"/> Use hand sanitizer when entering the field area.</li> </ul>



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	<ul style="list-style-type: none"><li><input type="checkbox"/> Place personal items in designated areas as indicated by session organizers.</li><li><input type="checkbox"/> Maintain physical distancing of at least 2 meters from all other participants and coaches at all times.</li><li><input type="checkbox"/> Only use your own water bottle.</li></ul>
Post Event	<ul style="list-style-type: none"><li><input type="checkbox"/> Collect all of your personal items</li><li><input type="checkbox"/> Exit field area using designated "Exit" gate (if applicable)</li><li><input type="checkbox"/> Use hand sanitizer when exiting the field area</li><li><input type="checkbox"/> Maintain physical distancing from other participants while exiting the field area</li></ul>



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## Appendix C - Sample Forms

### **Participant Agreement**

All Participants of <NAME OF ORGANIZATION> agree to abide by the following points when participating in organizations activities under the COVID-19 response plan and Return to Play Protocol:

- I agree to symptom screening checks, and will let the organization 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 continue to follow physical distancing protocols, staying at least 2 meters away from others.
- I agree to not share any personal items during practice times.
- I agree to abide by all of my organizations 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 activities 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 taking part in sports activities, and that the measures taken but the organization 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.

Participant Name (Printed): \_\_\_\_\_

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

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



## **RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT**

*(To be executed by Participants over the Age of Majority)*

**WARNING! By signing this document you will waive certain legal rights. Please read carefully.**

- 1. This is a binding legal agreement. Clarify any questions or concerns before signing. In consideration of the opportunity to participate as a Participant in the spectating, orientation, instruction, training, participation in the sport of athletics, related athletics disciplines, activities, programs, travel to and from competitive events and associated non-competitive events, including the services of and offered (the "Activities") by [insert organization] its respective, directors, officers, committee members, members, employees, coaches, volunteers, officials, participants, governing body, agents, sponsors, owners/operators of the facilities in which the Activities take place and representatives (collectively the "Organization") the undersigned, being the Participant and the Participant's Parent/Guardian (collectively the "Parties"), acknowledge and agree to the following terms:**

### **Description of Risks**

- 2. The Participant understands and acknowledges the following risks dangers and hazards (the "Risks") of the Activities and related disciplines which include without limitation:**
  - a) Strenuous and demanding physical exertion, strenuous cardiovascular workouts, rapid movements, exertion and tension on various muscle groups which may cause serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the Participant's body or the Participant's general health and wellbeing.**
  - b) Concussion or other related head injuries including but not limited to closed head injury or blunt head trauma.**
  - c) Loss of or damage to equipment/property.**
  - d) Exposure to extreme conditions and circumstances.**
  - e) Contact with other participants, officials, administrators, spectators or other natural or manmade objects, dangers arising from adverse weather conditions, imperfect field of play conditions, equipment failure or malfunction, inadequate safety measures and participants of varying skill levels.**



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3. The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for **serious bodily injury, sickness, disease, contagion including but not limited to COVID-19, permanent disability, paralysis and loss of life.**
4. The Organization may offer or promote online programming (such as webinars, remote conferences, workshops and online training) which have different foreseeable and unforeseeable risks than in-person programming.
5. The Participant understands that these Risks may be caused in whole or in part by the Participant's own actions or inactions, the actions or inactions of others participating in or present during the Activities or the negligent acts or omissions of the Organization.

## Terms and Attestation

6. The Participant attests, acknowledges and agrees:
  - a) That the Participant is in good physical and mental condition to participate in the Activities.
  - b) The Participant will comply with the rules and regulations for participation in the Activities including those that are a condition of use of the facility or venue in which the Activities occur.
  - c) **The Participant will comply with all rules and regulations of the Organization, Dominion of Canada, British Columbia and Public Health concerning matters of health and safety and specifically as they relate to COVID-19 or such other communicable disease or contagion.**
  - d) If the Participant observes a significant hazard or risk, the Participant will remove themselves from participation in the Activities and report the hazard or risk to the attention of an Organization representative immediately.
  - e) That the Organization does not undertake to provide health, accident, disability, hospitalization, personal property or other insurance for the Participant
  - f) When the Participant practices or trains in the Participant's own space, the Participant is responsible for the surroundings and the location and equipment that the Participant selects.
  - g) That it is the Participant's sole responsibility to assess whether any Activities are too difficult for the Participant. By the Participant commencing an Activity, the Participant acknowledges and accepts the suitability and conditions of the Activity; and





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- h) That the Participant is responsible for the choice of the Participant's safety equipment, if required or recommended and the secure fitting of the safety equipment.

## **Release of Liability and Waiver**

7. The Participant hereby expressly assumes all such risks and responsibility for any damages, liabilities, losses including loss of income, expenses or related loss which they incur as a result of the Participant's participation in the Activities.
8. The Participant waives any and all claims that they may have now or in the future against the Organization and covenants not to sue the Organization.
9. The Participant forever releases the Organization from any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, judgments and costs (including legal fees) (collectively, the "Claims") which the Participant has or may have in the future, that might arise out of, result from or relate to participation in the Activities, even though such Claims may have been caused by the Organization in any manner whatsoever, including but not limited to, the negligence, gross negligence, negligent rescue, omissions, carelessness, breach of contract and/or breach of any statutory duty of care of the Organization. That negligence includes failure on the part of the Organization to take reasonable steps to safeguard or protect the Participant from the risks, dangers and hazards associated with the Activities.
10. The Participant agrees that if, despite this release and waiver of liability, assumption of risk and indemnity agreement, the Participant or anyone on the Participant's behalf, makes a claim against the Organization or any third party that claims indemnification from the Organization, the Participant WILL INDEMNIFY, SAVE AND HOLD HARMLESS the Organization from any litigation expenses, legal fees, loss, liability, damage or costs which any may incur as a result of such claim, to the fullest extent permitted by law.

## **Jurisdiction**

11. The Participant agrees that in the event that the Participant files a lawsuit against the Organization, the Participant agrees to do so solely in the Province of British Columbia, Canada and further agrees that the substantive law of the British Columbia will apply without regard to conflict of law rules. The Participant further agrees that if any portion of this Agreement is found to be void or unenforceable, the remaining document shall remain in full force and effect.

## **Acknowledgement**

12. The Participant acknowledges that they have read and understand this Agreement, that they have executed this Agreement voluntarily and that this Agreement is to be binding upon the Participant, their heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal



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or personal representatives. The Participant further acknowledges by signing this Agreement that the Participant has waived the right to maintain a lawsuit against the Organization on the basis of any claims released herein.

---

Name of Participant (print)

---

Signature of Participant

---

Date



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## INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

*(To be executed by Participants under the Age of Majority)*

**WARNING! By signing this document you will assume certain risks and responsibilities. Please read carefully.**

**Participant's Name:** \_\_\_\_\_

1. **This is a binding legal agreement. Clarify any questions or concerns before signing. In consideration of the opportunity to participate as a Participant in** the spectating, orientation, instruction, training, participation in the sport of athletics, related athletics disciplines, activities, programs, travel to and from competitive events and associated non-competitive events, including the services of and offered (the "Activities") by [insert organization name], its respective, directors, officers, committee members, members, employees, coaches, volunteers, officials, participants, governing body, agents, sponsors, owners/operators of the facilities in which the Activities take place, and representatives (collectively the "Organization") the undersigned, being the Participant and the Participant's Parent/Guardian (collectively the "Parties"), acknowledge and agree to the following terms:

### Description of Risks

2. The Participant understands and acknowledges the following risks dangers and hazards (the "Risks") of the Activities and related disciplines which include without limitation:
  - a) Strenuous and demanding physical exertion, strenuous cardiovascular workouts, rapid movements, exertion and tension on various muscle groups which may cause serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the Participant's body or the Participant's general health and wellbeing.
  - b) Concussion or other related head injuries including but not limited to closed head injury or blunt head trauma.
  - c) Loss of or damage to equipment/property.
  - d) Exposure to extreme conditions and circumstances.
  - e) Contact with other participants, officials, administrators, spectators or other natural or manmade objects, dangers arising from adverse weather conditions, imperfect field of play conditions, equipment failure or malfunction, inadequate safety measures and participants of varying skill levels.
3. The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for **serious bodily**



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**injury, sickness, disease, contagion including but not limited to COVID-19, permanent disability, paralysis and loss of life.**

4. The Organization may offer or promote online programming (such as webinars, remote conferences, workshops and online training) which have different foreseeable and unforeseeable risks than in-person programming.
5. The Participant understands that these Risks may be caused in whole or in part by the Participant's own actions or inactions, the actions or inactions of others participating in or present during the Activities or the negligent acts or omissions of the Organization.

## Terms and Attestation

6. The Participant attests, acknowledges and agrees:
  - a) That the Participant is in good physical and mental condition to participate in the Activities.
  - b) The Participant will comply with the rules and regulations for participation in the Activities including those that are a condition of use of the facility or venue in which the Activities occur.
  - c) **The Participant will comply with all rules and regulations of the Organization, Dominion of Canada, British Columbia and Public Health concerning matters of health and safety and specifically as they relate to COVID-19 or such other communicable disease or contagion.**
  - d) If the Participant observes a significant hazard or risk, the Participant will remove themselves from participation in the Activities and report the hazard or risk to the attention of an Organization representative immediately.
  - e) That the Organization does not undertake to provide health, accident, disability, hospitalization, personal property or other insurance for the Participant.
  - f) When the Participant practices or trains in the Participant's own space, the Participant is responsible for the surroundings and the location and equipment that the Participant selects.
  - g) That it is the Participant's sole responsibility to assess whether any Activities are too difficult for the Participant. By the Participant commencing an Activity, the Participant acknowledges and accepts the suitability and conditions of the Activity; and
  - h) That they are responsible for the choice of the Participant's safety equipment, if required or recommended and the secure fitting of the safety equipment.

## Release of Liability



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7. The Participant hereby expressly assumes all such risks and responsibility for any damages, liabilities, losses including loss of income, expenses or related loss which they incur as a result of the Participant’s participation in the Activities.

### Jurisdiction

8. The Participant agrees that in the event that the Participant files a lawsuit against the Organization, the Participant agrees to do so solely in the Province of British Columbia, Canada and the Participant further agrees that the substantive law of the Province of British Columbia will apply without regard to conflict of law rules.

### Severability

9. The Participant further agrees that if any portion of this agreement is found to be void or unenforceable the remaining sections of the document shall remain in full force and effect

### Acknowledgement

10. The Participant acknowledges that they have read this Agreement and understand it, that they have executed this Agreement voluntarily and that this Agreement is to be binding upon themselves, the Participant’s heirs, spouse, parents, guardians, next of kin, executors, administrators and legal or personal representatives. The Participant further acknowledges by signing this Agreement they have waived the right to maintain a lawsuit against the Organization on the basis of any claims from which they have released herein.

\_\_\_\_\_  
Name of Participant (print)

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Name of Parent or Guardian (print)

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date



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## Appendix - D - Resources

- [viaSport Return to Sport Information](#)
- [Province of BC self-assessment tool for COVID-19](#)
- [Government of Canada hand-washing guide](#)
- [BCCDC Physical Distancing Poster](#)
- [BCCDC Handwashing Poster](#)
- [BCCDC Cleaning and Disinfectants for Public Settings](#)
- [WorksafeBC COVID-19 guidance](#)
- [Guide for Occupational First Aid Attendants](#)
- [BC's Restart Plan](#)