

## Return to Athletics

September 21, 2021

(updated Oct 8, 2021)

(updated November 25, 2021 - winter season)

### Introduction

The Avon Maitland District School Board (AMDSB) and Huron Perth Catholic District School Board (HPCDSB) believe the safe return to athletics promotes positive mental and physical health. In consultation with Huron Perth Public Health (HPPH), AMDSB and HPCDSB have established the following protocols for the safe return to athletics.

The Boards understand that the Ministry of Health, Ministry of Education and HPPH is continuing to monitor and respond to the presence of COVID-19 in Huron and Perth counties, and additional measures may be recommended/required for return to athletics. Any changes will be communicated.

The following protocols are to be followed in addition to each Board's health and safety protocols for COVID-19 currently established.

### Participation In Extracurricular Athletics

The health and safety of coaching staff, and students remains our first priority. **Huron Perth Public Health strongly recommends all participants (student athletes, school and community coaching staff) in inter-school athletics to be fully vaccinated against COVID-19, if eligible.**

**It is important that all participants and parents/guardians understand:**

- If there is a **COVID-19 case associated with an athletic activity**, HPPH will work closely with the school and/or organizers to prevent any potential spread. The case and anyone who is deemed a high-risk contact of the case will be required to follow HPPH direction on isolation and testing, including household members. At this time, unvaccinated high-risk contacts will need to follow more stringent isolation and testing requirements, and will not be able to continue to participate until isolation is complete. This could result in an individual's and/or a team's ability to continue participating in the activity/event. Fully vaccinated high-risk contacts, who are not symptomatic, will not need to be isolated (in most cases) and will be able to continue participation in the activity/event. **\*\*Fully vaccinated means that it has been 14 days or longer since the person received their second dose of vaccine.**
- When teams or individuals are **travelling to other locations** (within Huron-Perth and outside the region), coaches and team staff must be aware of rules that those facilities or organizations have in place (including vaccination policies which may include participants and coaches to be fully vaccinated). These policies (vaccination or other) may impact participation in the activity or event.

- On October 8th, the HPPH Medical Officer of Health issued a [letter](#) providing instructions for sports and recreational facilities. Students and staff will comply with all instructions outlined in this letter.

AMDSB and HPCDSB will not require COVID-19 vaccination at this time but it may become a requirement should the local COVID-19 situation change. All participants and parents/guardians must attest that they are aware of both the recommendations for vaccination by HPPH and the consequences should a confirmed case arise on an athletic team.

Schools will follow Ontario Federation of Secondary School Athletics (OFSAA) guidelines by sport. Where HPPH recommends enhanced safety measures, the HPPH enhanced measures must be followed. Refer to the specific safety measures by sport starting on page 3.

## **Return to Athletics - Stages**

### **Stage 1: Extracurricular Athletics**

**Date: Monday September 20, 2021**

**Sports: Cross country, golf, volleyball, field hockey, basketball**

A return to inter-school athletics allows the opportunity for coaches to focus on skill development and team building along with ensuring proper conditioning prior to the resumption of competition.

In-person practices/tryouts can begin Monday, September 20, for coaching staff and students.

Coaches must record and maintain [daily attendance records](#) of all practices for contact tracing purposes. Attendance records must be stored in a manner that can be easily accessible by administration (i.e., shared google folder with Administration).

### **Stage 2: Inter-School Athletics (Huron Perth)**

Inter-school athletics (competitions) will begin once schedules for regional play are determined in consultation with Huron Perth Public Health.

It is important to ensure that the required number of practices can be held prior to competition beginning. Seasons will be shortened and every effort will be made to have schools play regionally.

Coaches will continue to record and maintain [daily attendance records](#) of practices and games for contact tracing purposes. Attendance records must be stored electronically and be accessible to administration (i.e., shared google folder with Administration).

### **Stage 3: Inter-Board Competitions (i.e., WOSSAA and OFSAA) (updated Sept 29, 2021)**

The Avon Maitland District School Board (AMDSB) and the Huron Perth Catholic District School Board (HPCDSB) in consultation with the Huron Perth Athletic Association have come to the decision that secondary schools in Huron and Perth counties will participate in inter-school sport activities at the Huron Perth level only for the fall season. Individual sport competitors and teams will not participate in

the regional (i.e. WOSSA) or provincial level (i.e. OFSAA) competitions for fall 2021 activities. This decision is based on the continued focus on student and staff health and safety, and logistical and scheduling challenges as we re-introduce inter-school competition. This direction will be revisited for the winter and spring sport competitions.

**Winter Season Update: November 25, 2021**

Each event hosted outside of Huron and Perth will be evaluated on its own merits and in light of current HPPH and Ministry of Education guidance. WOSSA events are permitted. OFSAA events will be reviewed on a case by case basis and will be permitted, if safe, pending Superintendent of Education approval.

**Return to Athletics - Huron Perth Guidelines**

**GOLF**

<b>Masking and Distancing</b>	
Athletes	<ul style="list-style-type: none"> <li>• Do not require masking during the round of play.</li> <li>• Require masking while indoors (e.g., change rooms, meeting rooms, club house).</li> </ul>
Coaches	<ul style="list-style-type: none"> <li>• Always require masking.</li> </ul>
Officials	<ul style="list-style-type: none"> <li>• Do not require masking while outdoors if physical distancing is in place.</li> <li>• Require masking while indoors (e.g., change rooms, meeting rooms, club house).</li> </ul>
Volunteers	<ul style="list-style-type: none"> <li>• Always require masking.</li> </ul>
Spectators	<ul style="list-style-type: none"> <li>• Are not permitted.</li> </ul>
<b>Sport Specific</b>	
Pre/Post Tournament	<ul style="list-style-type: none"> <li>• Players will not shake hands before or after the round.</li> <li>• Players will minimize time on the course following their round and leave the facility in a timely fashion.</li> <li>• Award ceremonies will implement proper distancing between players, coaches, officials and volunteers.</li> </ul> <p>Individual award winners will retrieve their award from the awards area. For team awards, a team designate must retrieve the team awards.</p>
Practices	<ul style="list-style-type: none"> <li>• Require masking while indoors (e.g., change rooms)</li> <li>• Require Masks if 6ft distancing cannot be maintained</li> </ul>

## Volleyball

<b>Masking and Distancing</b>	
Athletes	<ul style="list-style-type: none"><li>• Require masking while participating in the warm up or game.</li><li>• Require masking on the bench.</li><li>• Require masking while in change rooms or meeting rooms.</li><li>• Require masking post game.</li></ul>
Coaches	<ul style="list-style-type: none"><li>• Always require masking.</li></ul>
Officials	<ul style="list-style-type: none"><li>• Follow the Ontario Volleyball Association (OVA) protocols for officials.</li><li>• Minor officials (lines crew, scorers) require masking.</li></ul>
Volunteers	<ul style="list-style-type: none"><li>• Always require masking.</li></ul>
Spectators	<ul style="list-style-type: none"><li>• Are not permitted.</li></ul>
<b>Sport Specific</b>	
Pre/Post Game	<ul style="list-style-type: none"><li>• Captains will not shake hands and physical distancing will occur between players and officials.</li><li>• Teams will not shake hands after the game. (Consider a brief team cheer as acknowledgement instead)</li><li>• Teams will minimize time on the court following the game.</li><li>• The score table must be cleaned and disinfected between each new group of scorers.</li><li>• The benches and game equipment must be cleaned and disinfected between each game.</li><li>• Award ceremonies will implement proper distancing between players, coaches, officials, and volunteers. A team designate must retrieve the team awards from the awards area.</li></ul>
Practices	<ul style="list-style-type: none"><li>• Masking required indoors if distancing cannot be maintained</li></ul>

## Basketball

**\*\* [Face Mask Exemption - Ontario Association of Basketball Officials](#) (added Oct 8, 2021)**

<b>Masking and Distancing</b>	
Athletes	<ul style="list-style-type: none"><li>• Require masking while participating in the warm up or game.</li><li>• Require masking on the bench.</li><li>• Require masking while in change rooms or meeting rooms.</li><li>• Require masking post game.</li></ul>
Coaches	<ul style="list-style-type: none"><li>• Always require masking.</li></ul>
Officials	<ul style="list-style-type: none"><li>• Follow the Ontario Association of Basketball Officials (OABO) protocols for officials.</li><li>• Minor officials (scorers and timers) require masking.</li></ul>
Volunteers	<ul style="list-style-type: none"><li>• Always require masking.</li></ul>
Spectators	<ul style="list-style-type: none"><li>• Are not permitted.</li></ul>
<b>Sport Specific</b>	
Pre/Post Game	<ul style="list-style-type: none"><li>• Captains will not shake hands and physical distancing will occur between players and officials.</li><li>• Teams will not shake hands after the game. (Consider a brief team cheer as acknowledgement instead)</li><li>• Teams will minimize time on the court following the game.</li><li>• The score table must be cleaned and disinfected between each new group of scorers.</li><li>• The benches and game equipment must be cleaned and disinfected between each game.</li><li>• Award ceremonies will implement proper distancing between players, coaches, officials, and volunteers. A team designate must retrieve the team awards from the awards area.</li></ul>
Practices	<ul style="list-style-type: none"><li>• Masking required indoors if distancing cannot be maintained</li></ul>

## Field Hockey

<b>Masking and Distancing</b>	
Athletes	<ul style="list-style-type: none"><li>• Require masking while participating in the warm up or game.</li><li>• Require masking while on the sidelines.</li><li>• Require masking while in change rooms or meeting rooms.</li></ul>
Coaches	<ul style="list-style-type: none"><li>• Always require masking.</li></ul>
Officials	<ul style="list-style-type: none"><li>• Follow the Field Hockey Ontario (FHO) protocols for officials.</li></ul>
Volunteers	<ul style="list-style-type: none"><li>• Always require masking.</li></ul>
Spectators	<ul style="list-style-type: none"><li>• Are not permitted.</li></ul>
<b>Sport Specific</b>	
Pre/Post Game	<ul style="list-style-type: none"><li>• Players will not shake hands and physical distancing will occur between players and officials.</li><li>• Teams will not shake hands after the game. (Consider a brief team cheer as acknowledgement instead)</li><li>• Teams will minimize time on the Field following the game.</li><li>• Game equipment must be cleaned and disinfected between each game.</li><li>• Award ceremonies will implement proper distancing between players, coaches, officials, and volunteers. A team designate must retrieve the team awards from the awards area.</li></ul>
Practices	<ul style="list-style-type: none"><li>• Masking required if distancing cannot be maintained</li></ul>

## Soccer

<b>Masking and Distancing</b>	
Athletes	<ul style="list-style-type: none"><li>• Require masking while participating in the warm up or game.</li><li>• Require masking while on the sidelines.</li><li>• Require masking while in change rooms or meeting rooms.</li></ul>
Coaches	<ul style="list-style-type: none"><li>• Always require masking.</li></ul>
Officials	<ul style="list-style-type: none"><li>• Always require masking</li></ul>
Volunteers	<ul style="list-style-type: none"><li>• Always require masking.</li></ul>
Spectators	<ul style="list-style-type: none"><li>• Are not permitted.</li></ul>
<b>Sport Specific</b>	
Pre/Post Game	<ul style="list-style-type: none"><li>• Players will not shake hands and physical distancing will occur between players and officials.</li><li>• Teams will not shake hands after the game. (Consider a brief team cheer as acknowledgement instead)</li><li>• Teams will minimize time on the Field following the game.</li><li>• Game equipment must be cleaned and disinfected between each game.</li><li>• Award ceremonies will implement proper distancing between players, coaches, officials, and volunteers. A team designate must retrieve the team awards from the awards area.</li></ul>
Practices	<ul style="list-style-type: none"><li>• Masking required if distancing cannot be maintained</li></ul>

## Cross Country

<b>Masking and Distancing</b>	
Athletes	<ul style="list-style-type: none"> <li>• Require masks at start of race and after race</li> <li>• Require masking while in change rooms or meeting rooms.</li> </ul>
Coaches	<ul style="list-style-type: none"> <li>• Always require masking.</li> </ul>
Officials	<ul style="list-style-type: none"> <li>• Always require masking.</li> </ul>
Volunteers	<ul style="list-style-type: none"> <li>• Always require masking.</li> </ul>
Spectators	<ul style="list-style-type: none"> <li>• Are not permitted.</li> </ul>
<b>Sport Specific</b>	
Pre/Post Race	<ul style="list-style-type: none"> <li>• Marker will be placed 50m from start line to indicate when masks can be removed</li> <li>• Masks can be removed after participants have gone past 50m marker</li> <li>• Area will be place at finish line to allow participants to recover and be spaced after the race</li> <li>• Masks must put back on after participants have recovered from the race and distancing cannot be maintained</li> <li>• Athletes and teams will minimize time in the venue following the race and leave the venue in a timely fashion.</li> <li>• Award ceremonies will implement proper distancing between players, coaches, officials, and volunteers. Individual award winners will retrieve their award from the awards area. For team awards, a team designate must retrieve the team awards.</li> </ul>
Practices	<ul style="list-style-type: none"> <li>• Require masking while indoors (e.g., change rooms)</li> <li>• Require Masks if 6ft distancing cannot be maintained</li> </ul>



## Nordic Skiing

<b>Masking and Distancing</b>	
Athletes	<ul style="list-style-type: none"><li>• Require masks at start of race and after race</li><li>• Require masking pre and post race when 6ft cannot be maintained</li></ul>
Coaches	<ul style="list-style-type: none"><li>• Always require masking.</li></ul>
Officials	<ul style="list-style-type: none"><li>• Always require masking.</li></ul>
Volunteers	<ul style="list-style-type: none"><li>• Always require masking.</li></ul>
Spectators	<ul style="list-style-type: none"><li>• Are not permitted.</li></ul>
<b>Sport Specific</b>	
Pre/Post Race	<ul style="list-style-type: none"><li>• Marker will be placed 50m from start line to indicate when masks can be removed</li><li>• Masks can be removed after participants have gone past 50m marker</li><li>• Area will be place at finish line to allow participants to recover and be spaced after the race</li><li>• Masks must put back on after participants have recovered from the race and distancing cannot be maintained</li><li>• Athletes and teams will minimize time in the venue following the race and leave the venue in a timely fashion.</li><li>• Award ceremonies will implement proper distancing between players, coaches, officials, and volunteers. Individual award winners will retrieve their award from the awards area. For team awards, a team designate must retrieve the team awards.</li></ul>
Practices	<ul style="list-style-type: none"><li>• Require Masks if 6ft distancing cannot be maintained</li></ul>

## Badminton

<b>Masking and Distancing</b>	
Athletes	<ul style="list-style-type: none"> <li>• Require masking while participating in the warm up or game.</li> <li>• Require masking on the bench.</li> <li>• Require masking while in change rooms or meeting rooms.</li> <li>• Require masking post game.</li> </ul>
Coaches	<ul style="list-style-type: none"> <li>• Always require masking.</li> </ul>
Officials	<ul style="list-style-type: none"> <li>• Follow the Badminton Ontario (BON) protocols for officials.</li> <li>• Minor officials (lines crew, scorers) require masking.</li> </ul>
Volunteers	<ul style="list-style-type: none"> <li>• Always require masking.</li> </ul>
Spectators	<ul style="list-style-type: none"> <li>• Are not permitted.</li> </ul>
<b>Sport Specific</b>	
Pre/Post Game	<ul style="list-style-type: none"> <li>• Players, Coaches, etc. will not shake hands and physical distancing will occur between players and officials.(Consider a brief team cheer as acknowledgement instead)</li> <li>• Teams will minimize time on the court following the game.</li> <li>• The score table must be cleaned and disinfected between each new group of scorers.</li> <li>• The benches and game equipment must be cleaned and disinfected between each game.</li> <li>• Award ceremonies will implement proper distancing between players, coaches, officials, and volunteers. A team designate must retrieve the team awards from the awards area.</li> </ul>
Practices	<ul style="list-style-type: none"> <li>• Masking required indoors if distancing cannot be maintained</li> </ul>

## Wrestling

<b>Masking and Distancing</b>	
Athletes	<ul style="list-style-type: none"> <li>• Require masking while participating in the warm up or match.</li> <li>• Require masking on the bench.</li> <li>• Require masking while in change rooms or meeting rooms.</li> <li>• Require masking post game.</li> </ul>
Coaches	<ul style="list-style-type: none"> <li>• Always require masking.</li> </ul>
Officials	<ul style="list-style-type: none"> <li>• Follow the Ontario Amateur Wrestling Officials' Association (OAWOA) protocols for officials.</li> <li>• Minor officials (scorers and timers) require masking.</li> </ul>
Volunteers	<ul style="list-style-type: none"> <li>• Always require masking.</li> </ul>
Spectators	<ul style="list-style-type: none"> <li>• Are not permitted.</li> </ul>
<b>Sport Specific</b>	

Pre/Post Game	<ul style="list-style-type: none"><li>• Captains will not shake hands and physical distancing will occur between players and officials.</li><li>• Teams will not shake hands after the game. (Consider a brief team cheer as acknowledgement instead)</li><li>• Teams will minimize time on the court following the game.</li><li>• The score table must be cleaned and disinfected between each new group of scorers.</li><li>• The benches and game equipment must be cleaned and disinfected between each game.</li><li>• Award ceremonies will implement proper distancing between players, coaches, officials, and volunteers. A team designate must retrieve the team awards from the awards area.</li></ul>
Practices	<ul style="list-style-type: none"><li>• Masking required indoors if distancing cannot be maintained</li></ul>

**\*\*\*The following Sports will be held in venues outside of AMDSB and HPCDSB property and as such participants (athletes, coaches, volunteers and spectators) will be subject to the venue's protocol for vaccination and screening**

## Hockey

<b>Masking and Distancing</b>	
Athletes	<ul style="list-style-type: none"> <li>• Require masking indoors when off ice and travelling to/from change rooms and in the change rooms.</li> <li>• Require masking while participating in indoor dryland warm up and maintain 6ft distance.</li> <li>• Mask may be removed during on ice warm-up and during play</li> </ul>
Coaches	<ul style="list-style-type: none"> <li>• Always require masking.</li> </ul>
Officials	<ul style="list-style-type: none"> <li>• Follow the Ontario Minor Hockey Association or the Minor Hockey Alliance of Ontario protocols for referees.</li> <li>• Minor officials (scorers and timers) require masking.</li> </ul>
Volunteers	<ul style="list-style-type: none"> <li>• Always require masking.</li> </ul>
Spectators	<ul style="list-style-type: none"> <li>• must follow protocol of event venue</li> </ul>
<b>Sport Specific</b>	
Pre/Post Game	<ul style="list-style-type: none"> <li>• Each player must have their own water bottle..</li> <li>• Teams shall warm up pre game and shall maintain 6ft distance between other team and officials</li> <li>• Teams will not shake hands after the game. (Consider a brief team cheer as acknowledgement instead)</li> <li>• Teams will minimize time on the ice following the game.</li> <li>• The benches and game equipment must be cleaned and disinfected between each game.</li> <li>• Award ceremonies will implement proper distancing between players, coaches, officials, and volunteers. A team designate must retrieve the team awards from the awards area.</li> </ul>

## Swimming

<b>Masking and Distancing</b>	
Athletes	<ul style="list-style-type: none"><li>• Require masking prior to entering the pool and after exiting the pool</li><li>• Require masking while on pool deck and not involved in activity</li><li>• Require masking when in change rooms</li></ul>
Coaches	<ul style="list-style-type: none"><li>• Always require masking.</li></ul>
Officials	<ul style="list-style-type: none"><li>• Follow the Swim Ontario protocols for officials.</li></ul>
Volunteers	<ul style="list-style-type: none"><li>• Always require masking.</li></ul>
Spectators	<ul style="list-style-type: none"><li>• must follow protocol of event venue</li></ul>
<b>Sport Specific</b>	
Pre/Post Game	<ul style="list-style-type: none"><li>• Swimmers must maintain at least 1m distance between sets and repeats</li><li>• 2 swimmers in each lane may congregate at the end wall provided they are 1m apart and 1m apart from all other swimmers in adjacent lanes.</li></ul>
Practices	<ul style="list-style-type: none"><li>• Dry land training-Masking required indoors and outdoors if 6ft distancing cannot be maintained</li></ul>

## Curling

<b>Masking and Distancing</b>	
Athletes	<ul style="list-style-type: none"> <li>• Require masking while participating in the warm up or game.</li> <li>• Require masking post game.</li> </ul>
Coaches	<ul style="list-style-type: none"> <li>• Always require masking.</li> </ul>
Volunteers	<ul style="list-style-type: none"> <li>• Always require masking.</li> </ul>
Spectators	<ul style="list-style-type: none"> <li>• must follow protocol of event venue</li> </ul>
<b>Sport Specific</b>	
Pre/Post Game	<ul style="list-style-type: none"> <li>• Captains will not shake hands and physical distancing will occur between players</li> <li>• Teams will not shake hands after the game. (Consider a brief team cheer as acknowledgement instead)</li> <li>• Teams will minimize time on the ice sheet following the match</li> <li>• The game equipment must be cleaned and disinfected between each game.</li> <li>• Award ceremonies will implement proper distancing between players, coaches, officials, and volunteers. A team designate must retrieve the team awards from the awards area.</li> </ul>
Match Play	<ul style="list-style-type: none"> <li>• Match play will follow Ontario Curling's <a href="#">Return to Play 2.0</a> guidelines</li> </ul>

<b>OPHEA</b>	<b><u>Safety Standards for Interschool Athletics - COVID-19 Considerations</u></b>
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<b>OFSA</b>	<b><u>COVID-19 PROTOCOLS FOR FALL 2021 OFSAA CHAMPIONSHIPS AND FESTIVALS</u></b>
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