

# BC Blind Sports and Recreation Association

## Return to Sport and Program Plan COVID-19 Pandemic

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## 1. BC Blind Sports and Recreation Association

Our mission, vision and program objectives remain the same during the COVID-19 Pandemic and we will continue to assist our members and the broader population of British Columbians who are blind or partially sighted \* that we serve – to remain physically active as best as possible.

### Our Organizational Vision

“British Columbians who are blind, partially sighted, deaf blind, or are blind/partially sighted and have additional disabilities will experience a healthy & active lifestyle through sport and physical activities that are appropriate to the stages and principles of long term athlete development and the Canadian Sport for Life model.”

### Our Mission

We are dedicated to encouraging participation in sport and physical activity, and facilitating the ongoing development of physical literacy for British Columbians who are blind, partially sighted, deaf-blind, or who are blind/partially sighted and have additional disabilities.

**Barrier Free** We envision an environment that is barrier free and provides access to all, allowing for reasonable **accommodations** for individuals.

**Diversity** is a fact and inclusion is a choice.

### \* Note on Terminology

While the para sport system refers collectively to athletes who are blind or partially sighted as athletes who are VI, (or visually impaired), as this is a recognized impairment group in para sport and within the IPC Athlete Classification Code, BC Blind Sports is using the term blind or partially sighted as better descriptors which are not based on the concept of ‘impairment’. BC Blind Sports (along with a number of our partners in the Blind Community in BC) is supporting the concept of moving away from using the term “impairment” – which implies that there is something to be fixed. We also observe that other disability groups do not typically use the term “impairment” in official descriptive language.



## 2. BC Blind Sports and COVID-19, an Introduction

The health, safety, comfort, and well-being of our members, our staff, and the community we live in is of the utmost importance to BC Blind Sports. We recognize the significant impact of COVID-19 on our members, our participants, our supporters, and our province. We know that involvement in sport and physical activity can have a very positive impact on the physical, social, mental, and emotional health of British Columbians, including those who are blind or partially sighted, at a time when things are so unsure and continue to change.

We are pleased to present this return to sport and program plan. We acknowledge and thank many of our partners in the sport and blindness communities in BC and Canada for sharing information with us to facilitate the development of this plan.

As part of achieving our organizational vision, BC Blind Sports is here to help British Columbians who are blind or partially sighted to return to Sport and Physical Activity as the Province of BC responds to the COVID-19 Pandemic and as the citizens of BC work to:

“Be kind, be calm, be safe.”  
(Dr. Bonnie Henry, Provincial Health Officer)

“Remain 100% all in, for the ones we love, the ones we don’t know, and the ones we will meet.” (Adrian Dix, Minister of Health)

This plan has been approved by our Board of Directors and was developed to promote safety as sport returns – in a very gradual, slow, careful and modified fashion and as we “use our COVID sense” and “remember, respect, and ritualize what we have learned” (A Dix) about reducing the spread of the virus over the past months.

We will continue to focus on providing a range of sport and physical activity options that are safe for the individual, their families and communities, so people can make choices based on their personal circumstances.



### 3. About COVID-19

There are two variables for the risk of transmission according to BC Health Officials: **Contact intensity** – how close you are to someone and for how long, and **Number of contacts** – in the same setting at the same time.

Strategies for protection against transmission of COVID-19 – in order from highest level of protection to the lowest

- Physical Distancing measures, reduced number of people and reduced duration of contact.
- Engineering controls – barriers, sanitization, traffic flows
- Administrative controls – rules and guidelines
- Non-medical masks and other protective equipment

Principles (relevant to sport) as excerpted from [BC's Restart Plan](#):

- Stay informed, be prepared and follow public health advice
- Personal hygiene
  - Frequent hand washing/sanitizing
  - Cough into your sleeve or a disposable tissue
  - Avoid touching your face
- Stay away if you are sick
- Environmental hygiene
  - More frequent cleaning
  - Surface sanitization in high touch areas
- Safe social interactions
  - Smaller numbers of people, keep contacts low
  - Keep track of who attends to allow for **Contact Tracing**
- Maintaining **physical distancing outside the household**
- Physical modifications
  - Larger rooms (5 m unencumbered space per person), outdoor spaces are better
  - Room design, controlled movement, Plexi-glass barriers
- Minimize non-essential travel

**The Sport Guidelines require stricter measures than those for non-sport activities, due to the nature of sport and physical activity.**



## 4. Guidelines for Sport in BC

As the Province of BC works to slow the spread of COVID-19, ViaSport BC along with BC Health Authorities put in place guidelines for all provincial (amateur) sport organizations to follow. This Return to Sport Plan for BC Blind Sports is based on the [ViaSport Guidelines](#) and covers all of our programs, activities, and sports. Sports and activities may start up at different times in different locations in BC depending on regional factors.

The [Sport Activity chart](#) from the guidelines outlines types of activities which can be considered as we transition through the various return stages. A summary is provided below. Due to the nature of sport, the Return to Sport Stages differ from the Phases of BC's general Restart Plan. BC is currently in phase three, and Sport is in Stage two (Transition Measures) which includes a number of the restrictions from BC's general phase two.

### 4.1 Return to Sport Activity Stages

#### 4.1.1 Strictest Controls

(to May 19) – home based or outdoor activity, individual activities.

#### 4.1.2 Transition Measures

(Approximately May 19 to Sept) – similar to phase 2 restrictions in BC Restart Plan

- Maintain physical distancing
- No non-essential travel
- Increased hygiene
- Symptom screening
- Outdoor activities with some indoor activities slowly opening
- Small groups
- Focus on fundamental movement skills and skill development
- Modified training and possible games in small training groups
- No equipment sharing or cleaning before during and after each individual uses it

#### 4.1.3 Progressively Loosen

(date TBC) – Health authority restrictions

- Hand hygiene



- Outdoor or small indoor activities
- Small group size
- Expand non-contact training activities
- Possible introduction of pair or very small group contact
- Some shared equipment may be possible, with enhanced cleaning protocols

#### **4.1.4 New Normal**

(Date TBC) – Health authority restrictions

- Increased hand hygiene
- Outdoor/indoor environments
- Large groups allowed
- No restrictions on activity type
- Provincial and larger scale competitions may return
- Equipment can be shared

**“Fewer Faces, Bigger Spaces” (B Henry)**

## **5. BC Blind Sports Return to Sport Plan**

These considerations apply to all BC Blind Sports Programs and activities and all participants – athletes, volunteers, coaches, sport guides, etc. They are to be used along with the BC Blind Sports “Return to Work – Safe Operations” document published June 2020 and any revisions thereof, which will be followed by all staff, contractors and volunteers.

BC Blind Sports staff is also available to help British Columbians who are blind and partially sighted, coaches, volunteers, other Provincial Sport Organizations, as well as Program and Facility operators navigate COVID-19 guidelines for sport in order to achieve our organizational vision. Sport operates at different phases in BC’s recovery plan than other sectors therefore close attention has been paid to the sport guidelines.

**Public Health Orders and Guidelines must be followed at all times**, if at any time, the public health orders and guidelines are stricter than this return to sport plan, the public health orders and guidelines shall override anything which is in this plan.





## 5.1 COVID-19 Measures in Place for all Programs and Activities:

### 5.1.1 Participants

Participants will:

- Pre-register for each program they wish to participate in. Attendance will be taken at each session to allow for contact tracing.
- Receive information and ask any questions they have about the risk of participation, and Sign the Insurance Waiver
- Consider their own risk, and that of their family and others close to them in making their own determination to attend a program
- Agree to symptom screening by completing and adhering to the BC Blind Sports Attestation for each program session they attend.
- Not attend if ill or having COVID-19 like symptoms
- If ill or have COVID-19 like symptoms during or after the session, report to the designated person.
- If they have a suspected or confirmed case of COVID-19:
  - Self-isolate
  - Use the [BC COVID-19 Self-Assessment Tool](#) and or contact [HealthLinkBC](#) by phone at 811
  - Monitor for symptoms and not return to the program or activity until cleared according to rules from Health Authorities
- Receive information/education about, and agree to follow, the plan and rules set in place for that sport or program including
  - Arriving and departing at the specified times and according to the instructions from the facility about entry and exit points
- Bring their own sports equipment (BC Blind Sports can be contacted to see if there is a long term loan available in some cases). **At a later stage** some shared equipment may be permitted for some sports. Sanitization of the equipment will be required according the guidelines at that time.
- Bring their own water bottle and food
- Follow all local and provincial health regulations
- Follow all rules put in place by facility operators. This may include limited or no use of washrooms, change rooms and other areas. It



may include coming to the program dressed ready to participate and leaving immediately after.

- Wash or sanitize their hands upon arriving, during breaks, after the session, and before eating.
- If barriers of any kind to participation exist, raise any concerns with BC Blind Sports Program Staff to see if a solution can be found
- Understand that they may be subject to removal from a session or program if they do not comply with the rules.

### 5.1.2 Program Staff

Program Staff will designate a coach, manager, or safety officer to ensure:

- All pre-registrations are in place
- Attendance is taken to ensure contact tracing
- Attestations are taken at the beginning of each session
- The rules for the program and facility are followed and safety protocols are implemented as directed
- Suspected or confirmed Cases (one person) and Outbreaks (more than one person) are reported to Program Staff immediately who will report to Health Authorities, the facility, and the Executive Director. Program Staff will keep all participants informed as per instructions from the appropriate Health Authorities. BC Blind Sports shall fully cooperate with the Health Authorities.
- Proper cleaning protocols are followed
- Set up and take down protocols are followed
- Other program safety rules, such as the Rule of Two are followed. (See the Sport Guide Manual for additional information about the Rule of Two)
- **First Aid** is performed according to [WorkSafe BC's OFAA Protocols](#) During the COVID-19 Pandemic.

Reporting on the above to the Program Staff Person responsible for the program shall take place after each session, on the day of the session.

### 5.1.3 Activities

Transition Measures Stage activities will:

- Be low risk, focus on individual skill development, drills and warmups.
- Be community focused and not involve distance travel



- Maintain physical distancing
- Have participants use their own equipment

**Progressive Loosening Stage (later stage) activities may include:**

- Some shared equipment with enhanced cleaning protocols
- Some small to medium group activities

Activities **will not include** those with a high risk for injury, competitions, large groups, or activities where physical distancing is not possible.

## 6. COVID-19 Protocols for BC Blind Sport

### 6.1 Physical Distancing

**Stricter Physical Distancing for Sport:** BC's current Return to Sport Guidelines require that physical distancing be practiced among people who are not from the same household – these guidelines may be stricter than the general public health guidelines. (this section will be updated if the sport guidelines change). The current sport guidelines require:

**Maintaining physical distancing of 2 m minimum at all times from individuals not in the same household.**

Physical Distancing in Sport – where respiration rates are higher, there is the potential for more spread of the virus, and breath can be more moist than usual; Sport Scientists recommend the following guidelines to consider regarding physical distancing for sport. Specific Sports should be considered based on the similarity of the sport to the examples below provided by the Sport Scientists:

- Walking 2 m distance
- Running 3 m distance
- Cycling 5 to 6 m distance

**Physical distancing of a minimum of 2 m will be practiced in all BC Blind Sports Programs – with additional distance being required, as noted above, based on the sport.**



This could have an impact on the ability of some specific sports to begin Return to Sport, or on the techniques of instruction/coaching and Sport Guiding used.

## 6.2 Use of Masks

Use of non-medical masks may be recommended in some circumstances for being in the public, or where physical distancing is not possible, and for off the field of play activities. Members should follow the current public health guidelines for use of masks off the field of play.

**Masks are currently not recommended for sport participation** by the sport scientists because:

- Respiration is likely to be increased during physical activity and the mask will likely interfere with the ability to breathe.
- Increased respiration and body temperature during physical activity often creates more moisture in the breath which could interfere with the proper function of the mask. Moisture on the mask may also lead to an environment more conducive to transmission of the virus.

## 6.3 Sport and Program Specific Return to Sport Plans

BC Blind Sports Programs and Athletes shall adhere to the BC Blind Sports Return to Sport Plan and Protocol as well as return to Sport Plans and protocols developed by the Provincial Sport Organization for the sighted sport. See Appendix B for a list of Sports, Programs, and Activities.

# 7. Impact of COVID-19 on Athletes and Participants who are Blind or Partially Sighted

The following items may impact participants who are blind or partially sighted as they return to sport and physical activity during the COVID-19 Pandemic:

- **Access to Information** - An Athlete's level of vision may impact their access to information such as temporary COVID-19 and other facility signage.



- **Physical Distancing** - An Athlete's level of vision may impact their ability to tell their distance from others, or see lines and markings on a floor – for Physical Distancing. Some athletes may not be able to see at all, or may not be able to clearly see 2 m from where they are.
- **Use of Sport Guides** – Some Athletes who are blind or partially sighted may rely on sport guides for participation in their sport. This could be an issue where the sport guide and athlete are not from the same household.
- **High Touch Points** – An Athlete who is blind or partially sighted may touch things more often than others as this may be how individuals who are blind or partially sighted navigate (or orient themselves in their environment) in order to move around. It can also be how they may find things such as pieces of sport equipment or their gym bag.
- **Learning Physical Skills** – often in coaching or instruction of physical activity and sport skills for individuals who are blind or partially sighted; coaches use physical manipulation of the athlete's body, or have the athlete feel the coach or guide's body to develop an understanding of what an activity or body position feels (or 'looks') like. Note that safely doing this and obtaining permission, from an athlete or participant (or their parent/guardian), is outlined in the BC Blind Sports publications noted in the Reference section. Additional information on these methods is available from BC Blind Sports.
- **The Unknown** – Some program and facility operators or others may be concerned about participation by British Columbians who are blind or partially sighted if they are not aware of techniques that British Columbians who are blind or partially sighted can use in their specific programs and facilities to comply with the program and facility COVID-19 guidelines. BC Blind Sports is able to assist with this.

## 8. Development of a Return to Sport Plan for Individual Athletes/Participants

The points below, and the unique circumstances around return to sport for each individual athlete should be discussed between the athlete, coach, and any relevant sport guide; and agreed upon ahead of time. BC Blind Sports staff is here to help facilitate this, and to approve plans in the case



of BC Blind Sports programs. Depending on the sport this could be a team discussion or an individual discussion. In many cases, a plan which is individualized for each athlete, the sport, their level of vision, and own circumstances will best serve the athlete. This discussion and planning session will assist to help things proceed safely for the athlete, coach and sport guide, as well as others in the program and community.

### **8.1 Getting to Training Sessions:**

Physical distancing, proper hygiene, and other health guidelines are to be followed for participants using public transit or who are car-pooling with people who are not from their same household.

### **8.2 Reduced Touch Points:**

Athletes who are blind or partially sighted use their hands more often than athletes who are sighted. This is to locate things, navigate when travelling (walking), or determine things about their environment. Reduce the number of touch points for individuals who are blind or partially sighted to ensure the greatest level of independence as well as safety.

- Reduce the number of things which have to be touched when entering or inside a facility or training setting.
- Each athlete should have their own area to store their bag/equipment, which they can easily find, or be guided to verbally, with no or minimal touch points.
- Familiarity with any facility and program changes from what the athlete may have previously been familiar with – including what they may have in their mind map of the facility from pre-COVID-19. This includes structural or engineering changes, barriers which may have been installed, equipment which has been moved or re-positioned, traffic flow lines which have been placed on the floor, physical distancing lines which have been placed on the floor, entry and exit door changes, etc.
- Where possible, COVID-19 Attestations, once originally signed, should be done for each training session by electronic means.
- Athletes should be using their own sports equipment and not sharing it. Should an athlete not have their own equipment they can check



with BC Blind Sports to determine if a long term loan of equipment for their sport is possible.

### **8.3 Accessibility of Information:**

The athlete should have access to the same information that an athlete who is sighted and entering the facility would have. This includes being informed of any facility specific rules, including any signage which has been posted – and the location of such signage – if the location is relevant. This also includes familiarity with facility and program changes as noted above.

Athletes who are deaf blind and typically read lips may benefit from coaches, guides, and others who are communicating with them; wearing masks which have the clear (see through) area in the mask to facilitate reading of lips. Note even the clear area of the mask may inhibit an athlete who is deaf blind from seeing the lips as clearly as they usually would.

## **9. Modified Techniques for use by Coaches, Instructors, and Sport Guides**

For an explanation of the pre-COVID-19 role of a Sport Guide and guiding techniques, see the BC Blind Sports publication “Being a Sport Guide”

Physical distancing measures as noted in item 6.1, and mask measures as noted in item 6.2 are to be followed where the coach, instructor, or sport guide is not from the same household as the athlete.

### **9.1 Physical Distancing**

Please note that Physical Distancing guidelines for sport are **different than the public health orders on Physical Distancing**.

- **Off the field of play, outside of practice:** if the coach or sport guide is not from the same household as the athlete, follow the public health guidelines including but not limited to those regarding physical distancing and wearing of masks.
- **Future Sport Stage Considerations that impact the off the field of play and outside of practice.** When the province reaches a stage where



additional people from outside the household can be admitted to an individual's "bubble" without physical distancing, careful consideration and discussion should occur between the athlete, guide, coach and BC Blind Sports to ensure both the athlete and guide have an understanding and confidence about what this means for their sport and non-sport activities.

- **On the field of play** and during sport programs and activities the modified guiding/coaching techniques shall be used.

## 9.2 Modified Guiding and Coaching/Instruction Techniques

Modified guiding and instruction techniques need to be clearly planned and discussed ahead of time between the athlete, coach/instructor, and guide: under the direction of BC Blind Sports. Modified guiding and instruction techniques can include:

- Maintaining physical distancing and using verbal instructions to guide an athlete. This should be done while ensuring clear communication and specific instructions are given. (e.g. use specific directions such as "the ball is 2 m directly to your right, instead of saying "over there on your right".)
- Use of a long pole, rope, or white cane to guide an athlete while maintaining physical distancing. Sport specific equipment which may be long enough such as a curling broom, hockey stick, swim tapper, long tether, etc. may be used. Cleaning/sanitizing of the equipment between touches is important. Athletes could carry a spare mobility (white) cane for this purpose.
- Allow use of visual mobility aids not permitted in the sport rules (e.g. monocular, binocular)
- Distance or side by side instruction should be used, in place of close face to face coaching or instruction.
- Emergency guiding and evacuation plans should be discussed with all participants in a program.
- Verbal communication should be used to ensure a clear understanding of guiding or sport instructions by the athlete.
- Physical manipulation by a coach or guide of an athlete, or an athlete feeling the position or movement of the coach/guide is demonstrating (sometimes known as brailleing) will not be used at





this stage. Note these methods and the proper permission required to use them are described in the two publications noted in the Reference Section below. Use of an articulating doll (or other piece of equipment) to facilitate learning as a replacement for these methods which require physical contact can be used as long as the equipment is sanitized immediately before and after each individual touches it.

- Tactile diagrams and maps can be used to facilitate learning as long as they are sanitized immediately prior to and after each individual touches them.
- Contact BC Blind Sports to develop a specifically individualized guiding/instruction plan for an athlete.
- **Future Sport Stage Considerations for On the Field of Play or during training sessions:** At some point in the future, the provincial sport guidelines may reach a stage where additional people from outside the household can be admitted to an individual's "bubble for sport" without physical distancing. At that time, careful consideration and discussion should occur between the athlete, coach, guide, and BC Blind Sports to ensure everyone has an understanding and confidence about what this means for their sport and non-sport activities. BC Blind Sports will update this return to Sport Plan if and when this occurs. In this case:
  - Guides/athletes shall be assigned to one athlete/guide only
  - Removable/washable in hot water clothing which is touched by the other person should be worn while guiding or coaching – or removable sleeves can be used.
  - Tissues should be used where possible and hand washing or sanitizing should take place after coughing or sneezing.
  - Because coughing/sneezing is to be done into the elbow where a tissue is not available – guiding from the elbow should be avoided.
  - Guiding could be done with a longer than usual tether, or from the shoulder, upper arm, or wrist (wrist is used often where the guide is much taller than the athlete)
  - Clothing should be washed after every training session.



## 10. Additional Assistance from BC Blind Sports

Our staff is available to discuss with athletes, participants, and coaches how to select alternative methods of training, and guiding which best meet the needs of the athlete and the chosen sport or activity.

## 11. BC Blind Sports Resources

**“Being a Sport Guide”** – this BC Blind Sports publication outlines information on the role of the sport guide, providing clear verbal guiding and communication instructions, options to instruction when you can’t use physical contact, safety, and information about vision. This resource is available from BC Blind Sports or by downloading it from the link below. (please note this may take a while to download)  
<http://www.jwspora.ca/images/Being%20A%20Sighted%20Guide-Book.pdf>

**“Encouraging Physical Activity for Preschoolers [Children] with Visual Impairment, a Resource for Parents”** – this BC Blind Sports publication is useful for instructors, teachers, and parents. It comes with a written guide and video. It outlines information on physical activity for children who are blind or partially sighted including compensating for less or no vision, starting to move, basic movement skills, physical literacy, safety, instruction techniques, and orientation to activities in the community. This resource is available by contacting BC Blind Sports at [info@bcblindsports.bc.ca](mailto:info@bcblindsports.bc.ca)



## Appendix A - COVID-19

### Symptoms

Watch for symptoms of COVID-19 that can appear up to 14 days after being exposed to the virus. The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold. The most common [symptoms of COVID-19](#) (retrieved 2020 07 22) include:

- Fever (see below)
- Chills
- Cough or worsening of chronic cough
- Shortness of breath
- Sore throat
- Runny nose
- Loss of sense of smell or taste
- Headache
- Fatigue
- Diarrhea
- Loss of appetite
- Nausea and vomiting
- Muscle aches

While less common, symptoms can also include:

- Stuffy nose
- Conjunctivitis (pink eye)
- Dizziness, confusion
- Abdominal pain
- Skin rashes or discoloration of fingers or toes.

Fever: Average normal body temperature taken orally is about 37°C. For more on normal body temperature and fevers, see HealthLinkBC's information for children age 11 and younger and for people age 12 and older.

### Additional COVID-19 Related Information

For up to date information on COVID-19: [BC Centre for Disease Control](#)

For the BC self-assessment tool, check the [BC COVID-19 Health App](#)



## Appendix B Sport, Program, and Activity Information

### Sports

All Sport activities shall follow the BC Blind Sports regulations as well as the following for the specific sport.

#### 1. Athletics (track and field)

[BC Athletics](#) on training with clubs. or Athletics Canada [Back on Track](#).

#### 2. Bowls (Lawn Bowls)

[Bowls BC](#) or [Bowls Canada](#)

#### 3. Dragon Boating

No on the water programming at this time.

#### 4. Goalball

See the [Goalball Return to Play Document](#)

#### 5. Golf

[Golf BC](#) or Golf Canada [Back to Play](#)

#### 6. Swimming

[Swim BC](#) or [Swimming Canada](#)

#### 7. Cycling

[Cycling BC](#) or [Cycling Canada](#)

#### 8. Tennis

[Tennis BC](#) or [Tennis Canada](#)

#### 9. Hockey

[Hockey BC](#)

[BCBSRA Return to Blind Ice Hockey plan](#)

#### 10. ViaSport BC

See ViaSport BC for a listing of [Provincial Sport Return to Sport Guidelines](#)



## Appendix B Continued

### **Programs and Activities**

All Activities shall follow the BC Blind Sports regulations as well as the following for the specific Activity.

#### **1. Meetings**

Virtual or as per Public Health Guidelines

#### **2. Skill Development Program**

- Early Intervention Project
  - Virtual or as per public health guidelines
  - Regulations as set by delivery partner organizations
  - As per the level of comfort of the family
- Insight in Schools and Communities Project
  - Virtual or as per public health guidelines
  - Regulations as set by delivery partner organizations
  - Individual or very small group programming
- Competition Development Project – as per sport specific guidelines. Virtual opportunities can also be provided depending on the level of comfort of the individual.

#### **3. Seniors/Adult Fitness and Yoga Program**

- As per regulations set in place in the facility used
- Maintaining physical distance
- No sharing of equipment
- Sanitization of equipment before and after use

#### **4. Team Meeting, Get Together, or Social**

- As per public health guidelines
- Any physical activity is to follow the regulations for that activity
- Bring own food and equipment such as lawn chairs, blankets, etc.

#### **5. Try it Activities**

- Small group activities
- Maintaining physical distancing
- No sharing of equipment
- Follow facility and local guidelines



## Appendix C DAILY COVID-19 ATTESTATION AND AGREEMENT

### BC Blind Sports and Recreation Association the “Organization”

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 of British Columbia 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 noncontagious 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 D WAIVER OF LIABILITY FOR ALL CLAIMS AND RELEASE OF LIABILITY**

**BC Blind Sports and Recreation Association**  
the “**Organization**”

### **PLEASE READ CAREFULLY BEFORE SIGNING.**

Completed waivers must be returned with registration or prior to attending the Organization’s event or program: \_\_\_\_\_ (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 BC or 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;
7. Will follow the rules and guidelines put in place by the organization for 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 program, activity or 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;





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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)