



**RETURN TO PLAY GUIDELINES**  
The Sport of Goalball and OBSA  
Multi-Sport Programs



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Version 7

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## INTRODUCTION

To ensure the safety of all participants and stakeholders, strict health protocols will be in place for all members of the Ontario goalball program. Each participant must commit to following the requirements and protocols for each training session. If the protocols cannot be implemented or are not followed, it will be prohibited for a member group to conduct training sessions.

This plan will require regular review and updates as COVID-19 prevention and protection measures evolve. Any changes will be communicated to members by e-mail and through the Ontario Blind Sports Association website as soon as practical changes can be applied. A designate from each member group (the coach) is to follow up with Ontario Blind Sports Association when changes are made to ensure a strict level of compliance.

***Participants are NOT permitted to participate if there is an indication of risk found through the Health Screening Questionnaire.***

## RETURN TO GOALBALL PLAN

The health and wellbeing of our members is our highest priority as we establish a phased-in approach to returning to **Goalball**. In the course of adjusting our programming to this new normal we face as a society, we have been in contact with the Minister of Tourism, Heritage and Culture and have worked in conjunction with other provincial sports associations to develop this plan for easing back into the sports we enjoy.

This plan is based on our Provincial government's COVID-19 Operational Plan Guide. It uses a cautious approach that respects public health protocols such as social distancing, disinfection, use of personal protective equipment, and other measures that will mitigate the possibility of exposure to the virus, and allow the practice of the various activities in a flexible environment. This plan will continue to evolve with guidance from the Provincial government and Canadian Blind Sports Association as this global situation progresses through 2021.

In the current stage of returning to sport, focus on individual player development is to be stressed. This is to keep players and their families safe, ensuring that no competition-style play take place, which would contravene provincial health directives at this time. Even though this constitutes a major challenge in our programs, it provides an opportunity to develop individual skills with coaches over the next 6 months.

This plan is subject to change pending any new guidelines set out by the Ontario government. With the possibility of a 'second wave' of this virus, planning must be nimble in nature as we prepare accordingly. All changes will be communicated to the membership as soon as possible through email and through our website.

In Ontario's 'Stage 3 reopening phase', team sport practice needs to adhere to social distancing protocols. However, with various regions of the province having been affected to different extents by this virus, and with Goalball being a team ball sport, we ask that all clubs follow the Stage 2 opening guidelines at this time. Stage 2 guidelines for sport participation include:

- Team sports must not be practiced with the exception of training sessions for members of a sports team. This does not include game simulation or scrimmage.
- Physical distancing of 2 meters is required between all persons at all times.
- No spectators in the facility other than 1 accompanying parent or guardian for athletes under 18 years.



## Return to Goalball and Other Sport Programs

As we progress toward a full reopening of our goalball program, there will be continued protectionary measures put in place. The requirements are as follows: physical distancing, hygiene, health screening, and adherence to a new risk mitigation protocol to limit health risks for everyone involved directly and peripherally with our programs.

### ASSUMPTION OF RISK

Without a vaccine or cure for COVID-19, there will always be an inherent risk of contracting the virus when participating in any public activity. OBSA does not carry insurance that covers pandemic diseases or contagions, including COVID-19. Athletes, participants and their parents/guardians are asked to review the OBSA Assumption of Risk Waiver form thoroughly and to complete it in advance of participation in any sports programming.

### LEGAL DISCLAIMER

The information included in this protocol is current as of the time of publication, and is aligned with provincial, national, and international health guidelines. However, recommendations may change depending on the progression of COVID-19 in Ontario. Local resources should also be consulted for up-to-date information.

This protocol and the APPENDICES are meant to provide general guidelines and educational awareness training, and should not be seen as an all-encompassing return to play plan. This document is to supplement, not replace, applicable law and the information provided by public health authorities. Each person should consider this protocol and the APPENDICES in light of their specific situation, local laws, regulations, by-laws and ordinances as well as local health authority orders, directives, guidelines and/or recommendations. Each person should consult other sources and experts in order to customize their own plans. No legal or medical advice is being provided in this protocol or the APPENDICES. The protocol is not a safety program and does not guarantee the safety of participants, parents/guardians, spectators, household members or other third parties. The information and recommendations outlined in this protocol and the APPENDICES should be used to develop individual plans which evaluate unique risks that each training environment presents. Individuals, in consultation with a medical professional, should also access and evaluate their own personal risks. This protocol may be amended to adhere to future public health mandates.

## GOALBALL INSTRUCTION

### Goalball Practice Instruction

- Goalball games or competitions are **not** permitted to take place in Ontario's Stage 3 reopening, as it would contradict the 2-meter separation guidelines from our Public Health Authority. The focus will be on the practice of goalball individual skills, techniques, and tactics for individual development. Ontario Blind Sports Association is committed to working with coaches and athletes alike to determine what would comprise a training program during Ontario's Stage 3 reopening.
- Modified 1 v 1 games are not permitted at this stage as this would involve the exchange of the ball.
- OBSA will work with club coaches to determine a feasible monthly practice plan.

### Participant Numbers (Gathering Limits)

- All training sessions must follow the parameters set out by the provincial government which mandates the wearing of facemasks when 2-meter distancing is not possible. Player number limitations will be evaluated based upon the space that is available and required for any particular training session. For reference, please refer to the 'Phase In' matrix (p.11).
- During Ontario's Stage 3 reopening, players are to be divided into smaller groups. Limits on the number of participants will be enforced. For larger clubs, players are to cycle through the weekly/bi-weekly sessions in an alternating fashion so as to allow for equal playing time for all participants. The player-area ratio must be respected at all times according to the standards determined by Ontario Blind Sports Association in accordance with public health mandates.

### GOALBALL PRACTICE PROTOCOL

#### Before arrival:

1. Complete your Health Screening and submit to the OBSA Program Manager through your coach. This weekly/biweekly submission (depending on your practice times) will be required each time you intend to participate in OBSA goalball programs.
2. Wash/sanitize your hands before entering the practice facility.
3. Arrive to practice in your training gear and any equipment you will be using during the training session
4. Coaches will sanitize equipment for use during practice at least 15 minutes before set-up
5. Only coaches may set up the training equipment.

## Return to Goalball and Other Sport Programs

### **Before practice:**

- Wash your hands with soap and water (for 20+ seconds) or use a hand sanitizer before accessing the facility, court or playing area.
- Advise your coach in advance if an additional personal assistant will be required during practice.
- Arrive at the facility/playing area in your training clothes.
- Clean and wipe down your equipment, including ball and water bottles.
- Do not share any of your equipment.
- Bring a full water bottle to avoid needing to refill it during the training session. Place the bottle with your bag 2 meters apart from other bags.
- Wear a mask when arriving at the facility/playing area.
- If you need to sneeze or cough, do so into a tissue, personal towel or upper sleeve. Do not cover your mouth with hands.
- Arrive as close to the designated start time as possible.
- Avoid touching unnecessary surfaces.

### **During practice**

- Players are to use their own ball for practice, unless otherwise specified.
- Maintain social distancing. Remain at least 2-meters apart from other participants. Do not make physical contact with others.
- Avoid touching your face at all times. Wash your hands promptly if you have touched your eyes, nose or mouth.
- Do not share food, drinks or personal items.
- Stay in your designated area of the facility/playing area if told.
- Participants may be asked to wipe down their area of the court after use to enhance the proficiency of the cleaning protocol.

### **After practice**

- Wipe down your equipment.
- Wash your hands thoroughly or use a hand sanitizer after leaving the facility/playing area.
- Avoid using the locker room or changing area when possible.

### ***Coach Guidelines***

- Solely set up equipment for use during a practice.
- Design practice focusing on an individual skills-based approach.

## Return to Goalball and Other Sport Programs

- Ensure parents/spectators are physically distancing (minimum 2m) and are properly wearing an appropriate mask while on premises.
- Practice “flow” management so as to mitigate person-to-person contact.

### ***Spectator Guidelines***

- Wear a mask while on premises.
- Maintain a distance of at least 2-meters between others.
- Limit spectatorship to 1 person per player.

## **EVENT PLANNING for COMPETITIONS**

In future event planning, OBSA will utilize and frequently update the **OTP Event Mitigation Checklist** in accordance with developments of the COVID-19 pandemic to determine the feasibility of hosting a domestic sporting event.

### Public Health Preparedness and Mitigation Checklist (OTP) overview

- Public health preparedness
- Surge capacity
- Public health awareness of COVID-19
- Risk communication
- Command and control
- Stakeholder and partner coordination
- Symptoms of an acute respiratory infection during the event
- Mass gathering event and acquiring the following supplies
- Event emergency preparedness emergency plan
- Mass gathering mitigation checklist

### COMPETITION-SPECIFIC RISK MITIGATION STRATEGIES

- Pre-screening: athletes and staff will complete the Health Screening Questionnaire (*Appendix A*)
- Athletes and staff will complete the COVID-19 Liability Waiver (*Appendix B*)
- Travel: athletes and staff should reduce carpooling to only individuals in their personal bubble
- Facility Use: athletes and staff will follow the strategies set out by each facility
- Unless otherwise specified, athletes and staff will:
  - Wear masks when away from the court
  - Sanitize upon entering any room
  - Will maintain a distance of 2 meters between others at all times (this does not apply to athletes on the court)
  - Refrain from group huddles

### RECOMMENDATIONS FOR MATCH OFFICIALS

Match officials must be registered with Ontario Blind Sports Association prior to returning to any phase of play. In order to minimize risk, match officials should be aware of the following possible adjustments:

- Modified/condensed officiating schedules
- Physical distancing of at least 2m between players, other match officials
- Eyeshade checks will take place with the following amendment:
  - No contact shall take place between the player and official
  - Mask shall be worn by both player and match official during the procedure
- Match officials should monitor the players for any touching of the face. Should there be a touching of the face, the play shall be blown dead, the athlete shall sanitize their hands, and a new ball shall be put into play. Previous ball shall be fully sanitized before next use.
- A mandatory ball swap & cleaning will take place every (6 minutes) of game play.
- Hand sanitization shall continue as usual between stoppages and before/after games.



### OBSA GOALBALL PROGRAM – PHASE-IN CHART

	Phase 1	Phase 2	*Phase 3*	Phase 4	Phase 5
<b>Group Training Parameters</b>	(none)	(none)	Small groups	Larger groups	
<b>Group Size (maximum)</b>	(0)	(0)	6	10+	
<b>Training Environment</b>	Home workout	Extended “Bubble” (immediate family members, close friends)		Based on facility requirements	

#### Phase 1

- Players are to practice as much as feasible within the confines of their home environment.
- adapted training techniques are emphasized to include a range of movements and strength development activities

#### Phase 2

- team sports must not be practiced with the exception of amended training sessions for members of a team

#### Phase 3

- team sports are permitted if public health protocols can be followed (see **Return to Play Guidelines/Protocol**)
- continued protections for vulnerable populations and the continued practice of physical distancing, hygiene, and significant mitigation plans to limit health risks.

*\*the above phases are current at the time of publishing but are subject to change in accordance with public health mandates*

## HEALTH SCREENING PROTOCOL

Ontario Blind Sports Association is requiring all participants, including coaches, parents (if participant is under 18 years), guides, and support personnel, to complete an **individual health screening** before **each** practice or group training session. This will be in the form of a questionnaire (see **Appendix A**). Completion of this screening will determine if athletes are eligible to participate on a week-to-week basis. To all completing this health screening: please answer all the questions honestly and to the best of your ability so as to keep everyone safe. Upon completion, it is to be submitted to the OBSA Program Manager or your club coach prior to your practice or group training session.

### PERSONAL HEALTH AND SAFETY MEASURES

- All goalball program participants, including coaches and volunteers, are asked to keep good **physical hygiene** (proper hand washing/sanitizing before/after practice) and **respiratory hygiene** (proper coughing, sneezing, and yawning etiquette at all times around the practice facility)
- Each player is responsible for their own equipment. Each player is to bring everything they need to practice so as not to share equipment. Each player is required to sanitize the ball they are using before and after use.
- Players are encouraged to bring a closed container for safe disposal of PPE/other personal use items when in the team training environment.
- All equipment must be disinfected with an alcohol-based cleaner before entering the facility or playing area.
- Equipment must be limited to:
  - a ball
  - a bottle (labelled with Player Name)
  - a towel
  - tape
  - *straps (athletics only)*
  - *tethers (athletics only)*
  - alcohol-based disinfectant solution or sanitizer
  - Personal Protective Equipment (PPE) during practice (unless otherwise specified), at arrival and departure times.
- All personal items must be stored in a closed bag when not in use and separated 2 meters apart from other bags.
- No ball should be shared between players until we have moved into a phase that allows sharing of equipment to take place.

**Equipment Management: Team Training**

Team equipment will be authorized under the following conditions:

1. Ball, net posts, cords, cones, etc. must be disinfected before and after each training session.  
*\*A 5-10-minute time period for cleaning of the equipment should be planned at the end of the practice or group training session.*
2. Additional sanitizer must be available for everyone in the training vicinity.
3. Only the coach may set up the training equipment to be used in a practice environment.

**ADMINISTRATIVE ROLES AND RESPONSIBILITIES**

Program Manager

- virtually administer and collect completed Health Screening Questionnaire from each player before each practice through coach
- provision of Personal Protective Equipment (PPE), including but not limited to masks for each club
- manage training content with the club coach on an ongoing basis
- support club coaches to ensure compliance with procedures

Coach

- ensure players practice good hygiene upon entering facility
- manage practice “flow” so as to ensure physical distancing
- manage players to ensure full compliance with procedures
- promote social distancing: manage practice layout, place athletes 2-meters apart, ensure bags are 2-meters apart

## RISK MITIGATION GUIDELINES

Risk mitigation guidelines have been developed to reduce the potential spread of COVID-19. These follow Ontario's public health recommendations and have been developed in collaboration with the Ministry of Heritage, Tourism, Sport and Culture. At this time, we are adopting an “**ARRIVE, GET IN, GET OUT, and LEAVE**” approach to training sessions so as to limit loitering in the practice facility.

### General Guidelines

- Return to training will be optional to all athletes and staff
- All athletes, coaches, staff, and/or anyone who is involved in the athlete training environment must be acutely aware and be constantly monitoring their own personal health on a daily basis, while following all public health guidelines
- All individuals in the athlete training environment are to complete the requisite **health screening questionnaire** issued by OBSA before each practice or group training session
- If an individual in the training environment begins to exhibit COVID-19 symptoms *during* training, they are to exit the premises immediately and group training should be suspended for a minimum of 14 days

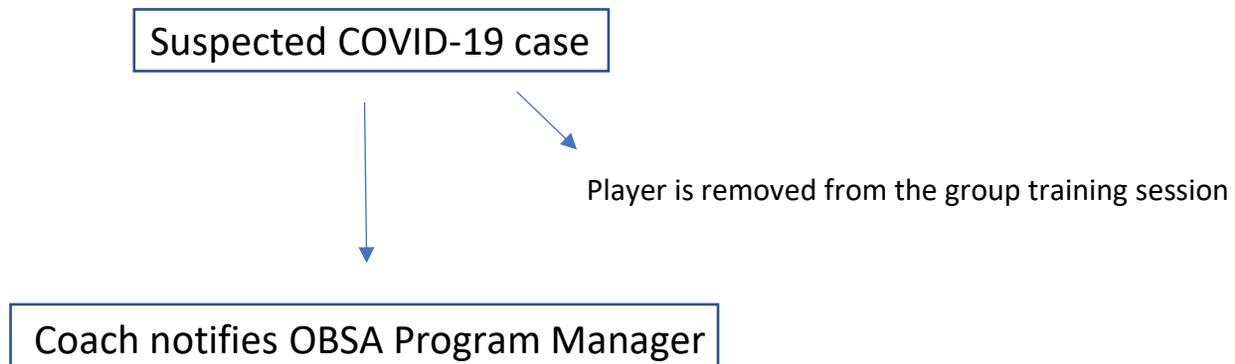
### EMERGENCY PREPAREDNESS and RESPONSE PLAN

In the event of an emergency pertaining to the possibility of transmission or contraction of COVID-19, the following communication and response plan has been established. It is the responsibility of everyone involved in the practice or group training session to be aware of this procedure, should a situation arise. This applies to any situation where it is suspected that someone is exhibiting symptoms of COVID-19 at practice.

1. Player is to notify their coach at practice if feeling unwell or showing signs of COVID-19 symptoms
2. Coach is to remove the player from the training group immediately
3. Coach is to notify OBSA of an individual who is showing symptoms
4. Team training will be suspended, and all team members are to self-isolate. If the health of the athlete in question has improved, team training may resume the following week



## EMERGENCY PREPAREDNESS RESPONSE SEQUENCE



## GUIDING THE VISUALLY IMPAIRED IN SPORT – GUIDELINES

Many sports for the blind/visually impaired require the use of a guide in one form or another. Even in sports that do not require one, guiding is often a key part of supporting an individual with a visual impairment to play a sport. Guiding is to be permitted under the following provisions:

- Guides shall complete the **Health Screening Questionnaire** to qualify them for program participation.
- In cases where an athlete does not have access to a guide who is in their immediate social ‘bubble’, appropriate Personal Protective Equipment (PPE) such as a mask must be worn.
- In cases where a guide is bringing a participant to the practice arena, holding at opposite ends of the athlete’s cane may be used to keep appropriate distance, if applicable, and if the athlete has indicated this as a sufficient means to guide.
- In cases where guiding is not necessary, excessive contact with surfaces and walls is to be avoided to the best of the athlete’s ability.
- Guides shall be assigned to 1 athlete only. Guides are not interchangeable between athletes.
- Regular hand sanitization remains critical.

### Prioritized Guiding Techniques

- Ensure clear communication with directions and distances.
- Ask for acknowledgement of understanding from the athlete.
- Distanced or side-by-side instruction should be used, as opposed to face-to-face coaching.

### Modified Guiding Techniques

- Use of a pole, rope or cane may be considered to ensure physical distancing in sports where guiding is not used in competition.
- Avoid guiding from the elbow as much as possible, as this is where sneezing and coughing will occur.
- Athletes are encouraged to carry a separate cane or implement for guiding use.

## NOTES ON RETURN TO PLAY FOR OTHER SPORT PROGRAMS

Ontario Blind Sports Association runs a system of in-house goalball programming across the province. In addition, there are many other sports which we do not sanction, but which are an essential part of the whole athlete experience, especially for younger participants finding their footing in competitive sport. These include:

- 5-a-Side Soccer
- Judo
- Wrestling
- Swimming
- Athletics
- Powerlifting
- Among others, which will follow suit with this plan and protocol

### **5-a-Side Soccer Guidelines**

- Programs that are run through local and provincial soccer clubs shall follow the same mandates set out by that club and/or institution.
- Physical contact with other players shall be kept to a minimum, with players distancing a minimum of 2-meters, and no game scrimmages permitted until the provincial health mandates have been eased or lifted.
- Contact with the ball shall occur on the ground only. Physical contact with the hands is not permitted until a stage where sharing of equipment is deemed appropriate.
- Drills and practice structures shall be amended to adhere to the above guidelines.

### **Judo/Wrestling**

- As physical contact is unavoidable in combat and sparring sports, these programs will not run until provincial health mandates have been eased or lifted.
- At such a time where we are able to deliver combat sport programming, we will provide guidance to program leaders on how to safely ensure the participation of a visually impaired participant. Much of this plan applies to the reintegration of combat sport programming, should the public health environment permit.

## Return to Goalball and Other Sport Programs

### **Swimming**

- We will provide guidance to institutions supporting participants with a visual impairment into their sports programming.
- Guiding in swimming shall remain unchanged as our 'tap guiding' protocol allows for physical distancing and zero contact.

### **Athletics**

- Athletes shall adhere to the protocols of any given facility regarding physical distancing, lane usage, and loitering.
- Guiding an athlete with a visual impairment shall follow the guidelines for guiding (see page 13).

### **Powerlifting**

- Usage of gym equipment shall be done at one's own risk.
- Trainers shall exercise physical distancing and where appropriate, wear PPE when a 2-meter distance is not realistic for spotting.
- We will provide guidance to facilities looking to include those with a visual impairment in their programming, so as to limit physical contact and bad hygiene.

## COVID-19 INFORMATION AND RESOURCES

*(updated August 2020)*

Public Health Resource: <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>

Legislation link: <https://www.canlii.org/en/on/laws/regu/o-reg-263-20/latest/o-reg-263-20.html>

### Province of Ontario

#### COVID-19 Public Resources

Topic	Tool
Hand Hygiene	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en</a>
Physical Distancing	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en</a>
How to Self-Monitor	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en</a>
When and How to Wear a Mask	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en</a>
How to Self-Isolate	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en</a>
Ontario COVID-19 Online Self-assessment Tool	<a href="https://covid-19.ontario.ca/self-assessment/">https://covid-19.ontario.ca/self-assessment/</a>

**ADDITIONAL PREPAREDNESS & MITIGATION CHECKLIST/RESOURCES (Own the Podium Resources)**

<p><b>Staff Knowledge</b></p>	<p>Training of coaches, athletes, staff re. personal protection, safety, personnel flow</p>	<p><a href="#">Coronavirus disease (COVID-19): Prevention and risks</a></p> <p><a href="#">Coronavirus disease (COVID-19): Outbreak update</a></p> <p><a href="#">Actions you can take to stop the spread of COVID-19</a></p> <p><a href="#">Reduce the spread of COVID-19: Wash your hands</a></p> <p><a href="#">About coronavirus disease (COVID-19)</a></p>
<p><b>Public Health Awareness</b></p>	<p>Testing Information</p>	<p><a href="#">Understanding COVID-19 testing</a></p>
<p><b>Isolation Capacity</b></p>	<p>Identification and management of symptomatic athletes, Isolation procedures, care of athletes in isolation</p>	<p><a href="#">How to isolate at home when you may have COVID-19</a></p>
<p><b>Emergency Preparedness</b></p>	<p>Contact and tracing plans, response leaders, link to PHA, Cleaning and PPE, transportation plans</p>	<p><a href="#">Cleaning and disinfecting public spaces during COVID-19</a></p> <p><a href="#">Measures to reduce COVID-19 in your community</a></p> <p><a href="#">Non-medical masks and face coverings</a></p>
<p><b>Logistical Coordination</b></p>	<p>COVID -19 Operations Team. Link to health authorities in case of outbreak</p>	<p><a href="#">Provincial and territorial resources for COVID-19</a></p>
<p><b>Sport-Specific Mitigation Measures</b></p>	<p>Health Checks, monitoring Facility &amp; Equipment access and use</p>	<p><a href="#">Coronavirus disease (COVID-19): Symptoms and treatment</a></p> <p><a href="#">List of disinfectants with evidence for use against COVID-19</a></p>



APPENDIX A



## HEALTH SCREENING QUESTIONNAIRE

In order to keep everyone safe, your weekly (or ongoing) participation in Ontario Blind Sports Association sport programming is predicated on the following:

New or worsening symptoms:

- Cough
- Fever
- Difficulty breathing
- Sore throat/trouble swallowing
- Runny nose
- Loss of sense of taste or smell
- Not feeling well
- Nausea, vomiting, diarrhea

Have you been in close contact with anyone who has confirmed COVID-19 diagnosis in the past 14 days without wearing appropriate Personal Protective Equipment (PPE)?

Have you returned from travel outside of Canada in the past 14 days?

Have you returned from travel outside of Ontario in the past 14 days?

Have you been in close contact with anyone who has travelled outside of Canada in the past 14 days?

**If you answer “Yes” to any of these questions, you are temporarily not permitted to participate in OBSA programs. You are also encouraged to self-isolate right away. Call Telehealth or your health care provider to find out if you need a test. You may resume participation once you are clear of symptoms after a 14-day rest period or after a negative test result has been communicated to the organization.**



APPENDIX B



## ASSUMPTION OF RISK WAIVER

- A. I, \_\_\_\_\_; or  
B. I/we, \_\_\_\_\_ being the parent(s) legal guardian(s) of  
\_\_\_\_\_ (herein “my/our child”)  
**(complete B if participant is under 18 years)**

Hereby acknowledge and agree that, inconsideration of:

- A: my participation; or  
B: the participation of \_\_\_\_\_  
**(complete B if participant is under 18 years)**

in Goalball activities organized, operated or sanctioned by Ontario Blind Sports Association.

I/We acknowledge that the World Health Organization has classified the COVID-19 outbreak as a global pandemic and is life-threatening in nature and that exposure to or infection by COVID-19 may lead to a wide range of illness.

I/We understand the risks associated with participating in sport activities during the COVID-19 pandemic.

I/We acknowledge the highly contagious nature of COVID-19 and I voluntarily assume the risk that I (or my child, if participant is under 18 years) could be exposed or infected by COVID-19 by participating in activities sanctioned by Ontario Blind Sports Association.

I/We declare that I (or my child, if participant is under 18 years) am/is participating voluntarily in activities sanctioned by Ontario Blind Sports Association.



## Return to Goalball and Other Sport Programs

I/We declare that neither I (or my child, if participant is under 18 years) nor anyone in my household, or that of my child, have experiences cold or flu-like symptoms in the last 14 days (including cough, sore throat, difficulty breathing, fever, respiratory illness).

If I/We (or my child, if under 18 years) experience, or if anyone in my household, or that of my child, experiences any cold or flu-like symptoms after submitting this declaration, I (or my child, if participant is under 18 years) will not attend any of Ontario Blind Sports Association activities

If I/We (or my child, if participant is under 18 years) or anyone in my, or my child's, household experiences any flu-like symptoms (including cough, sore throat, difficulty breathing, fever, respiratory illness) within 14 days following the activities, I will inform Ontario Blind Sports Association immediately.

I/We (or my child, if participant is under 18 years) have not, nor has any member of the household, travelled to or had a lay-over in any country outside of Canada, or in any Province outside of Ontario, in the past 14 days. If I (or my child, if under 18 years) travel, or if anyone in my household travels outside the Province of Ontario after submitting this declaration, I (or my child, if participant is under 18 years) will **not** attend any activities or programs sanctioned by Ontario Blind Sports Association until at least 14 days have passed since the date of return.

This document will remain in effect until Ontario Blind Sports Association, per the direction of the provincial government and provincial health officials, determines that the acknowledgements in this declaration are no longer required.

I HAVE SIGNED THIS DOCUMENT FREELY AND WITH FULL KNOWLEDGE

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

Name of participant (print): \_\_\_\_\_, residing in the city/township of \_\_\_\_\_.

\_\_\_\_\_  
Signature of participant

\_\_\_\_\_  
Signature of parent/legal guardian  
(if applicable)

