



## BC Blind Sports Return to Goalball

### Goalball Return to Play

The following shall be in effect for travel and participation in all BC Blind Sports and Recreation Association (BC BSRA) goalball activities:

- [BC Blind Sports Return to Sport and Program Plan](#)
- [BC Blind Sports Return to Work Plan](#)
- Any requirements from the specific facility

**Public Health Orders and Guidelines must be followed at all times**, if at any time, the public health orders and guidelines are stricter than any of the above, the public health orders and guidelines shall override anything which is in these plans.

### Stage 1

Individuals who are involved in the BC BSRA goalball program are following individual exercise and fitness programs as allowed under Provincial Health guidelines. There no scheduled practices or team activities as a group. National team pool players are following guidance provided by the national team coaches. Extra equipment such as medicine balls or exercise equipment is available from BC Blind Sports for those who need it. Goalballs are available for individual use if needed by individuals.

### Stage 2

Stage 2 will have small group workouts with physical distancing of 2 metres during training sessions. The training will focus on individual skills such as throwing and blocking. Participants who live in the same household can interact more closely if necessary, for positioning or ball return. Blind or partially sighted individuals who have a sport guide from within their household may use them during this time, otherwise the modified guiding techniques outlined in the BC Blind Sports Return to Sport Plan shall apply. All participants (athletes, coaches, volunteers) must follow the current rules for waivers, daily attestations of health and any relevant guidelines designated by the facility for use by rental groups.



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1. Regular cleaning protocols for equipment used will take place at each session. Each individual participant will have his or her own designated equipment (i.e. Goalballs). Volunteers or support staff will have gloves and masks when handling the ball for retrieval. Periodic cleaning will take place during practice time.
2. Partial goalball courts will be set up and used with designated individuals responsible for setting up, cleaning and removal of the court areas at the end of the practice time.
3. Participation in Stage 2 will be limited to 12 individuals at one time in the facility (gym).
4. When accessing the facility participants must arrive on time and be prepared to practice immediately. All personal items will be placed in designated spots for each individual to ease the retrieval of the items to prepare for departure after the training time. This includes use of preloaded water bottles
5. Two sets of court setup materials are to be available to allow for an alternating two-week isolation of general equipment. All whistles and stopwatches and any other personal items are to be for the individuals use only and kept by them individually and not in a group equipment bag.
6. Court markings on the floor will be cleaned by designed protocol between use by each individual.
7. Volunteers and coaches will wear face masks during practice time when interacting with individual players during instruction and skill work

### Stage 3

All procedures for travel to and from practice, setting up designated storage spaces for personal items, setting up court spaces and having designated individuals for setup and take down will remain in effect. Enhanced cleaning procedures will be applied to shared equipment during activities that involve one or more individual at a time. This will include periodic cleaning of court markings during practice time.



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Stage 3 will have the athletes able to interact in small groups for limited scrimmage and to conduct skill development drills together.

1. Regular intervals of cleaning and hand cleaning during practice time to be scheduled.
2. Alternating sets of balls to be used to allow for frequent cleaning during drills
3. Nets (or if using wall markings as well) to be cleaned frequently during practice time particularly in high touch areas
4. Assistants and or coaches acting as goal judges to wear masks and gloves when retrieving goalballs during scrimmage or training activities
5. A maximum of 15 individuals including non players will be permitted in the gym space to allow for physical distancing

**All attendees** must register with the designated individual when arriving at the training site, providing current contact information and health status.

A current list of participants will be maintained with contact information for tracing if there is a positive or suspected case of Covid-19

Hand sanitizer will be available for use when arriving and at appropriate intervals during the activity time

All Participants will bring their own water bottles and extra water if needed. Attendees must come prepared to travel with a minimal amount of changing on site, as some facilities will have restrictions on change room use.

Individuals will continue to use personal goalballs for warmups and individual skill development during sessions.