



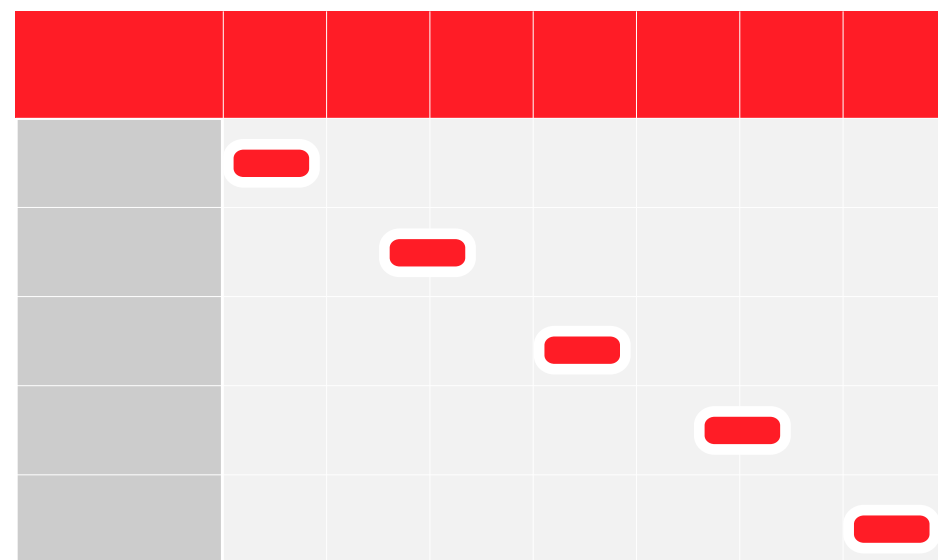
## Back-to-Play | Post Pandemic Action Plan

# THE BASICS

As Canadians get set to return to physical activity, it is important to remember that while many provinces have eased up on restrictions for gathering, the threat of COVID-19 and transmission remain. Dodgeball Canada recommends that any league returning to activity consult their local health authorities for regional reopening plans and requirements.

## Protocols and Safety Measures

Many sport and wellness organizations that are reopening their doors this summer have implemented protocols to help reduce the threat of transmission. Some of these, applicable to our dodgeball community include:



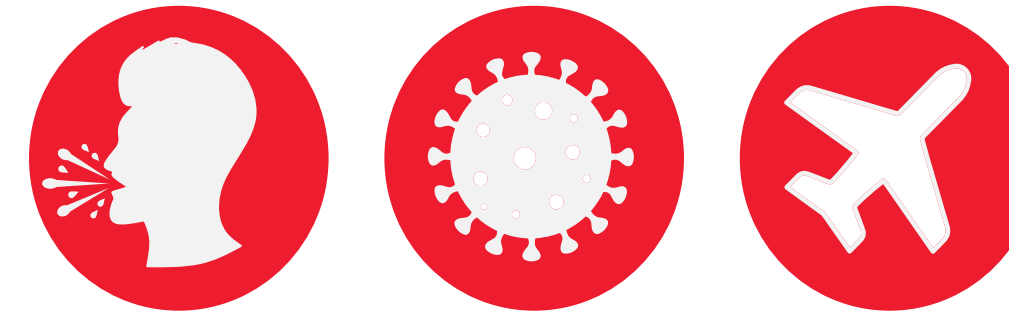
### Staggered Scheduling:

Allowing time between games for teams to leave and arrive without crossing paths.



### Provide Sanitizing Stations:

Placing sanitizer at venue entrances and near team benches will allow players to take added precautions. Encourage hand sanitizing during downtime (between matches, while players are sitting, at half time).



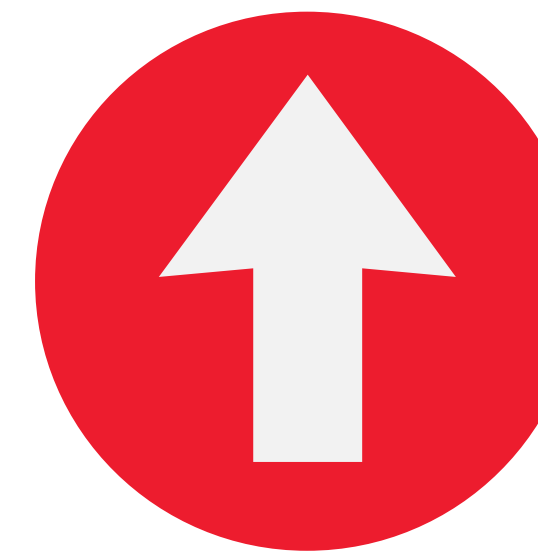
### Ensure Contact Tracing:

All participants should answer a series of COVID related questions when arriving for a game. A list of participants or the use of a tracing app is also recommended should someone test positive for COVID-19.



### Create Spacing:

Maximize indoor space by restricting venue access to players only, reducing court sizes, scheduling one match at a time, or move the courts outdoors at half time.



### Signage and Guidelines:

Provide clear direction to participants and place signage around the venue to try and direct one-way traffic.



### Cleaning and Disinfection:

Remember to clean frequently touched surfaces with disinfectants in between matches such as doorknobs and dodgeballs.

# RESOURCES

For the latest recommendations from your province or territory click on the corresponding location:



**Lastly, remember to remind players of the key principles for those returning to activities:**

- Stay home if you feel ill or have recently travelled
- Wear a mask, avoid physical contact, and maintain social distancing
- Wash your hands and face thoroughly and frequently
- If you experience symptoms or have come in contact with someone who has tested positive for COVID-19, get tested as soon as possible