



**COMOX VALLEY**  
SPORTS & SOCIAL CLUB

## **CVSSC Ultimate Frisbee Sport Specific Guidelines**

**\*Updated as of June 2, 2021**

This document highlights the upcoming sport specific adjustments and rule changes to CVSSC Ultimate Frisbee leagues during the current Return to Sport Restart 2.0 phase laid out by viaSport BC. These may be adjusted during the season to align with feedback from players and direction from local, provincial and federal health authorities. The broader Return to Play Guidelines for all CVSSC sports can be accessed here: <https://bit.ly/3drs9dc>. All players are expected to abide by both sets of guidelines and help us work together towards a safe and successful season of sports.

### **1. Sport-Specific Sanitization:**

- Sanitizing Equipment: The CVSSC coordinator will bring either a spray sanitizer and paper towel, or sanitizing wipes to the field for communal use before, during and after games.
- Warm-up and Game Discs: Each team will be presented with a clean, new game disc before the beginning of the season. Players are asked to clean used discs at home, or use the CVSSC sanitizing equipment at the fields.

### **2. Ultimate Roster Size Cap and Eligibility:**

- With easing restrictions on the number of players allowed on a field outdoors, we have removed the roster size cap.
- However, only individuals who have signed the updated waiver and read the guidelines of play will be allowed to participate.

### **3. Ultimate Rule Adjustments:**

- Return to Normal: Physical distancing is no longer required on the field of play, which will signal the return to our normal ultimate rules. However, if both teams wish to play under the

adjusted rules of last summer/fall, they are welcome to decide that for themselves.

- Previous Rules for Pandemic Play: The person defending the player with the disc had to be at least 2 meters (6 feet) away from the disc. If they found themselves within this space, they had to immediately retreat. Stall counts decreased to 7, instead of the usual 10, due to more space with the disc. Vertical stacks were not allowed due to stationary spacing issues.

#### 4. viaSport's Return to Sport Restart 2.0:

Based on the Return to Sport Restart 2.0 activity chart and answers from the following webinar, we are happy to gradually provide a return to normal sport. The chart is attached below, however it is a living document and the most updated version can be found online here: <https://www.viasport.ca/return-sport>.

Return to Sport Restart 2.0
viaSPORT  
BRITISH COLUMBIA

<b>STEP 1</b> Effective May 25	<b>STEP 2</b> June 15 (Earliest)	<b>STEP 3</b> July 1 (Earliest)	<b>STEP 4</b> Sept 7 (Earliest)
<p><b>Outdoor sport</b></p> <ul style="list-style-type: none"> <li>• Practices and competition allowed for youth and adults within their home club*</li> <li>• Physical distance not required on field of play (i.e. contact is allowed). Off field of play, physical distance of 2 m must be maintained.</li> <li>• Travel allowed to home club only (and cannot cross travel zones)</li> <li>• Maximum group size for adults and varsity sport is 50 (if group is a mix of youth and adult, 50 person maximum must be followed)</li> <li>• No maximum group size for youth to allow for more flexibility (e.g. adult supervision)</li> <li>• No spectators</li> </ul> <p><b>Indoor sport</b></p> <ul style="list-style-type: none"> <li>• Same restrictions that were in place prior to May 25               <ul style="list-style-type: none"> <li>▶ 3 m physical distancing required for children and adults on field of play</li> <li>▶ Adult sport limited to two people</li> <li>▶ No spectators</li> <li>▶ Travel to home club only (and cannot cross travel zones)</li> </ul> </li> </ul> <p><b>High-performance sport</b></p> <ul style="list-style-type: none"> <li>• Sport Canada carded athletes (Canadian Elite or Podium levels) may travel across the three travel zones</li> <li>• Canadian Sport Institute Pacific identified athletes** who are not Sport Canada carded can train, travel and compete within their travel zone</li> </ul>	<p><b>Outdoor sport</b></p> <ul style="list-style-type: none"> <li>• Increased travel allowed</li> <li>• Up to 50 spectators</li> </ul> <p><b>Indoor sport</b></p> <ul style="list-style-type: none"> <li>• Increased travel allowed</li> <li>• Physical distance not required on field of play</li> <li>• Competition allowed</li> <li>• Maximum group size TBD</li> <li>• No spectators</li> </ul> <p><b>High-performance sport</b></p> <ul style="list-style-type: none"> <li>• Provincial travel restrictions lifted</li> </ul>	<p><b>Outdoor sport</b></p> <ul style="list-style-type: none"> <li>• Increased group size</li> <li>• Increased number of spectators</li> </ul> <p><b>Indoor sport</b></p> <ul style="list-style-type: none"> <li>• Increased group size</li> <li>• Limited number of spectators</li> </ul> <p><b>High-performance sport</b></p> <ul style="list-style-type: none"> <li>• Increased travel allowed</li> </ul>	<p>Return to normal sport competitions for both indoor and outdoor sport</p>

**ALL STEPS:** Transition between the steps will be dependent on case counts, hospitalizations, and vaccination rates. Sport specific COVID-19 guidance documents and safety plans should be adapted to fit the steps outlined in this Return to Sport Restart 2.0 Chart.

**\*Home club**—the sport organization, club or facility with, or at which, a person is registered for ongoing sport programming

**\*\*High-performance athlete**—a person who is identified by the Canadian Sport Institute Pacific as a high-performance athlete affiliated with an accredited provincial or national sports organization