



3333 University Way, Prince George, B.C., Canada V2N 4Z9  
250-960-6360 | [unbc.ca/timberwolves](http://unbc.ca/timberwolves)

## UNBC Athletics COVID-19: Return to Competition

With UNBC Timberwolves teams returning to training, the next step is to support a safe return to competition. A return to competition must consider both hosting events and travelling to events. Hosting events will look very similar to our return to training plan with similar protocols in place. Additionally, we will follow all viaSport, provincial sport organization, and Canada West Universities Athletic Association guidelines. Recommendations from Public Health Officials will always guide our activities. Competition will align with viaSport's return to competition model (e.g., currently in phase 3 – cohort competition).

**Part 1 – Hosting a Contest – as per Canada West COVID-19 hosting guidelines, a contest is any face-to-face competition with any team outside of the host institution's athletic program.**

### *Principles:*

- Provincial health and viaSport guidelines will be followed (including gathering sizes). As of October 1, gathering sizes are 50 people.
- COVID protocol will be communicated to each visiting team prior to arrival
- Athletes will continue to be provided with appropriate education and/or signage on:
  - Hand washing
  - Symptoms of COVID
  - Procedure for symptoms
- PPE will be available – masks and gloves at all competitions

### *Protocols:*

- Within a two hour window before competition, all participants must complete the online COVID screen <https://drupal.unbc.ca/timberwolves/covid19-screening-assessment> This will give us a record of who was at each competition and allow us to screen before participation. When submitted, these forms go to the Athletic Trainer and Athletics administration office.
- Upon arrival at the facility, teams will not have access to locker rooms. They must arrive prepared to compete.
- Athletes must have their own water bottle and own towel. Shared water will not be provided.





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- Visiting teams are responsible for their own training tables and crutches.
- When arriving, and where social distancing cannot be achieved, masks should be worn by all (coaches, athletes, and staff). Masks can be removed once on competition surface.
- Hand sanitizer must be used prior to entering the competition area.
- Hands will be sanitized frequently – whenever an athlete leaves the competition surface.
- Upon completion of a competition, all equipment will be cleaned by team personnel.
- Athletes must not spit, blow their nose freely or release any bodily fluid anywhere in the facility due to an extremely high risk of virus transfer.
- Both teams must have an identified medical representative working with their team. Medical personnel will remain distanced until required.
- Spectators will not be permitted
- Prior to arrival at our venue, all visiting personnel will have to complete the UNBC COVID-19 University Activities Waiver.
- Prior to entering venues, all visiting personnel will go through a group verbal attestation. A record will be kept that lists the names, date, and states all personnel have complied with our protocols will be kept on file.
- All equipment will be sanitized before use and after use (e.g., balls, score clock panel)

### *Supplies and Equipment*

The following will be provided to both teams:

- Kleenex
- Garbage can
- Hand sanitizer – to be used when entering facility, during breaks in play, washroom breaks, after blowing nose, after filling water bottles, and before and after putting on mask
- Cleaning solution for each team to clean their team specific equipment
- Ice (pre-packaged)





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*Symptoms when at home:*

Any person experiencing any symptoms of COVID-19 is not allowed to participate in any activity. They should follow current guidelines mandated by public health officials. Should a UNBC Timberwolves athlete or staff member who exhibits symptoms and/or has a suspected case of COVID-19, the individual must adhere to the following protocol:

- Notify the Head Coach, Head Athletic Therapist, Athletic Director immediately.
- If someone is sick, they are to stay home. If they are exhibiting symptoms of COVID-19 (which are similar to many other illnesses) they should call 8-1-1 and follow their direction with regard to isolation and/or testing.
- If they are required to be tested, they are to stay home until results are in.
  - If the result is **negative**, they should remain at home until feeling well - a doctor's note is not required to return. If symptoms continue, the individual will remain isolated until such time a physician agrees that the individual can return to play.
  - If the test is **positive**, they are to follow the directives of public health with regard to continued isolation, treatment and returning to work/school/other activities. A positive test will result in the infectious disease specialist working with the individual to determine where they have been, and who they have been in contact with - this may include UNBC. If the person had contact with UNBC during their incubation period, Northern Health Authority will contact UNBC in order to gather as much information as possible in order to reach out to others who may have been in contact with the positive individual.
- In all cases, UNBC will work closely with Northern Health Authority to ensure the health and safety of the UNBC community.





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## **Part 2 – Travelling to Compete**

**When travelling to compete, we will follow all provincial health guidelines and will be compliant with the safety protocols as provided by the following:**

- Transportation companies (e.g., bus lines, airlines when we move to cross-provincial travel)
- Hotels
- Restaurants
- Host universities

Until approved, all food will be through take-out options. Sitting in restaurants will not be permitted.

Hotel accommodations will have a maximum of two student-athletes per room. Athletes who are roommates in Prince George will be roommates when travelling.

All teams will travel with:

- Masks for each individual (each player has their own, will be extra in the med kit)
- Hand sanitizer
- Cleaner

*Symptoms when travelling:*

Any person experiencing any symptoms of COVID-19 is not allowed to participate in any activity. They should follow current guidelines mandated by public health officials. Should a UNBC Timberwolves athlete or staff member who exhibits symptoms and/or has a suspected case of COVID-19, the individual must adhere to the following protocol:

- Notify the Head Coach, Head Athletic Therapist, Athletic Director immediately
- If they are exhibiting symptoms of COVID-19 (which are similar to many other illnesses) they should call 8-1-1 and follow their direction with regard to isolation and/or testing.





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- If they are required to be tested, they are to stay in isolation until results are in.
  - If the result is **negative**, they should remain at home until feeling well - a doctor's note is not required to return. If symptoms continue, the individual will remain isolated until such time a physician agrees that the individual can return to play.
  - If the test is **positive**, they are to follow the directives of public health with regard to continued isolation, treatment and returning to work/school/other activities. A positive test will result in the infectious disease specialist working with the individual to determine where they have been, and who they have been in contact with - this may include UNBC. If the person had contact with UNBC during their incubation period, Northern Health Authority will contact UNBC in order to gather as much information as possible in order to reach out to others who may have been in contact with the positive individual.
- In all cases, UNBC will work closely with Northern Health's Authority to ensure the health and safety of the UNBC community.

