

# CUPA Return to Play Plan

*This plan is ever-changing as we will constantly be adapting to the COVID-19 pandemic situation.*

## **As of 8/6/21, CUPA has e**

CUPA's approach has remained consistent throughout 2020 as we've balanced indicative data and state and local resources. We've also been working in collaboration with other ultimate organizations across the country to make the most informed decisions that we can. We hope that things will look up in 2021 and we can resume playing ultimate again. While we don't have a specific date in 2021 when this would change, because there are simply too many unknowns, we want to be as open as possible with our decision-making process.

CUPA has been and will continue to actively monitor the local case numbers and risk levels and make decisions accordingly. In order to keep our community as safe as possible, we will return in a staged approach, prioritizing youth activities. Initial activities will be phased from smaller groups and limited pod activities before returning to regular ultimate as we are used to. When we return to play, it will begin once we are safely able to play outside again. Please see more about these stages below. We will always look to follow local guidelines when it comes to the state mandates, school mandates.

Please understand and be prepared that it will take some time and effort before we can safely administer ultimate in the fashion that we experienced before 2020. This is just the simple truth. That is why we will focus on modified phases of return to play to bridge the gap between now and then.

There are a few factors and numbers that CUPA is keeping an eye on as we make decisions about returning to play. Starting January 18, 2021, [we will be tracking these numbers weekly](#). When the numbers reflect a safer point in our communities, the board will discuss when to start.

1. **COVID-19 Risk Level Tracker:** <https://covidactnow.org/us/ohio-oh/?s=1546488>
  - a. This website tracks the number of cases, positivity rate, and infection rate. We will be tracking these numbers for Hamilton, Butler, Warren, Montgomery, and Clermont counties. Ideally, the positivity rate number would be at or below 5% when we consider playing again.
2. **Vaccine Distribution in our region:** <https://ourworldindata.org/covid-vaccinations>
  - a. This may not apply to many youth players as the vaccine is only for certain ages.

## **Additional Considerations**

It must also be acknowledged that ultimate is a sport accessed primarily by individuals with privileges that many do not enjoy. This pandemic has exacerbated the inequities within American society that marginalize people of color, people of minority cultures and ethnicities, people with disabilities, people who are socioeconomically disadvantaged, and people who identify as LGBTQ+. Marginalized individuals are underrepresented as teammates, coaches, and members of our ultimate community. These inequities will not go away and cannot be swept back under the rug when play returns. Some of us may soon find ourselves ready, willing, and able to play and coach ultimate again, but we all must understand that this will not be the case for everyone. As restrictions are lifted and more activities return, we all have a duty to think of the most marginalized and vulnerable among us, and minimize both the barriers they face within ultimate, as well as the risks they face from the ongoing pandemic.

## Youth Return To Play Stages

The following stages all apply to our high school-aged youth in our YUC program. As we move through the stages, we may make more decisions for younger-aged youth to return to playing as well. All stages will be instituted when decided upon by CUPA's Board of Directors, based on the above links/statistics and current situations.

These phases are subject to change and adapt as we move forward in making our decisions. They will serve as a guideline for us as we make decisions based on the constantly evolving numbers in the future.

Please note that these phases include a number of requirements that will put some of the work on the volunteer coaches and practice leaders. This will be our biggest challenge when we resume playing, but it is pertinent to the process to remain as safe as possible.

When Phase 1 is initiated, we will do our best to communicate it in a timely manner to help coaches plan out and be able to secure field space. That being said, Liz Anderson, DoO will be happy to help teams with contacting fields or schools to assist in reserving fields.

### PHASE 1 *at a glance*

- Outdoors only
- Groups of 10, practice only
- Mandatory masks for all players & coaches
- No spectators allowed
- Sanitize discs often
- Socially distance activities
- Mandatory health assessments

### Phase 1:

#### Return to play may return with the following restrictions:

*In order to return to play with your school team, please make sure that your school is allowing its students and teams to participate in sports. Many schools have different restrictions and it's important to be aware of them as you look to start playing again.*

- Activities should be outdoors only for maximum possible safety.
- Practices/workouts may resume with a maximum of 10 people per group, coach(es) included.
  - Our recommendation is to institute cohorts or groups in order to limit groups of players/coaches intermingling and keep the same players over the course of this phase.
  - For example, all players can attend, but separate them into groups of 8-9 and keep it that way for the following practices/activities. Multiple groups are okay as long as you have ample space to separate groups. Try to keep the same groups of kids consistent.
  - Sanitize hands and either sanitize or change out the disc in play, every 10-15 minutes. There should be no shared equipment like water bottles, towels, etc.
  - Coaches/organizers are responsible for cleaning and sanitizing this equipment before and during every activity/practice/workout.
- All activities & drills should be socially distanced, making sure that players aren't in close contact with defensive drills, marking drills, etc.

- Coaches must wear a mask and stay distant from players.
- Players must wear a mask at all times.
- Parents, guardians, or spectators should remain in their cars.
- Coaches should enforce distance amongst players at all times.
- Keep activities & drills simple, remember to build up slowly to ensure injury prevention. CUPA will provide some recommended drills/activities to assist with practice planning.
- Coaches/organizers will need to communicate and help enforce the players' health assessments before every activity.
  - At the beginning of every practice or workout, coaches should receive a verbal confirmation that all participants are healthy, haven't experienced any symptoms, or have been exposed to someone known to have tested positive with COVID-19.
  - If any players do not agree to the above, they should be sent home and/or excluded until a parent is able to pick them up. You'll need to note these and provide them to CUPA.
  - If a member of your team reports being positive for COVID-19, please see at the very bottom for a detailed explanation of what to do.

## PHASE 2 *at a glance*

- Outdoors only
- No size restrictions, practice only
- Mandatory masks for all players & coaches
- No spectators allowed
- Sanitize discs often
- Socially distance activities
- Mandatory health assessments

### Phase 2:

**Return to play may return with the following restrictions:**

- Activities should be outdoors only for maximum possible safety.
- Practices/workouts may resume without enforced groups or cohorts.
- Sanitize hands and either sanitize or change out the disc in play, every 10-15 minutes. There should be no shared equipment like water bottles, towels, etc.
  - Coaches/organizers are responsible for cleaning and sanitizing this equipment before and during every activity/practice/workout.
- All activities & drills should be socially distanced, making sure that players aren't in close contact with defensive drills, marking drills, etc.
- Coaches must wear a mask at all times.
- Players must wear a mask at all times.
- Parents, guardians, and spectators may attend but they must wear a mask and stay distant from players at all times.
- Coaches should enforce distance amongst players at all times.
- Keep activities & drills simple, remember to build up slowly to ensure injury prevention. CUPA will provide some recommended drills/activities to assist with practice planning.

- Coaches/organizers will need to communicate and help enforce the players' health assessments before every activity.
  - At the beginning of every practice or workout, coaches should receive a verbal confirmation that all participants are healthy, haven't experienced any symptoms, or have been exposed to someone known to have tested positive with COVID-19.
  - If any players do not agree to the above, they should be sent home and/or excluded until a parent is able to pick them up.
  - If a member of your team reports being positive for COVID-19, please see at the very bottom for a detailed explanation of what to do.

## PHASE 3 *at a glance*

- Outdoors only
- Scrimmages between teams allowed
- Players may play without masks, but must wear them on the sidelines
- 6 foot mark on the field
- Sanitize discs often
- Socially distance on sidelines
- Mandatory health assessments

### Phase 3:

#### Return to play may return with the following restrictions:

- Activities should be outdoors only for maximum possible safety.
- Scheduled scrimmages may resume between teams.
  - Teams should remain on their own sidelines and stay socially distanced.
  - Try to keep the number of opponents to one or two teams during this phase in an attempt to reduce the risk of exposure.
- Sanitize hands and either sanitize or change out the disc in play, every 10-15 minutes. There should be no shared equipment like water bottles, towels, etc.
  - Coaches/organizers are responsible for cleaning and sanitizing this equipment before and during every activity/practice/workout.
- Coaches must wear a mask at all times.
- Players must wear a mask when not on the field, but may play without them.
  - Because of this, 6 feet of distance must be kept between players. This means an extended mark on defense.
- Parents, guardians, and spectators may attend but they must wear a mask and stay distant from players at all times.
- Coaches should enforce distance amongst players at all times.
- Coaches/organizers will need to communicate and help enforce the players' health assessments before every activity.

- At the beginning of every practice or workout, coaches should receive a verbal confirmation that all participants are healthy, haven't experienced any symptoms, or have been exposed to someone known to have tested positive with COVID-19.
- If any players do not agree to the above, they should be sent home and/or excluded until a parent is able to pick them up.
- If a member of your team reports being positive for COVID-19, please see at the very bottom for a detailed explanation of what to do.

## PHASE 4 *at a glance*

- Outdoors only
- Players may play without masks, but must wear them on the sidelines
- Regular mark allowed on the field
- Sanitize discs often
- Socially distance on sidelines
- Mandatory health assessments

### Phase 4:

#### Return to play may return with the following restrictions:

- Leagues and practices may return to normal.
- Activities should be outdoors only for maximum possible safety.
- Games and scrimmages between teams or schools can resume.
- Sanitize hands and either sanitize or change out the disc in play, every 10-15 minutes. There should be no shared equipment like water bottles, towels, etc.
  - Coaches/organizers are responsible for cleaning and sanitizing this equipment before and during every activity/practice/workout.
- Coaches must wear a mask at all times.
- Players must wear a mask when not on the field, but may play without them.
- Parents, guardians, and spectators may attend but they must wear a mask and stay distant from players at all times.
- Coaches should enforce distance amongst players at all times.
- Coaches/organizers will need to communicate and help enforce the players' health assessments before every activity.
  - At the beginning of every practice or workout, coaches should receive a verbal confirmation that all participants are healthy, haven't experienced any symptoms, or have been exposed to someone known to have tested positive with COVID-19.
  - If any players do not agree to the above, they should be sent home and/or excluded until a parent is able to pick them up.
  - If a member of your team reports being positive for COVID-19, please see at the very bottom for a detailed explanation of what to do.

## Phase 5:

Leagues and practices may return to normal. All restrictions around COVID-19 safety are lifted.

**Adult Leagues and other sanctioned events will likely return with Phase 5 of the Youth RTP Plan. Only at this point will CUPA restart our 18+ recreational leagues.**

- Though they are not all sanctioned by CUPA, we can safely recommend area club teams may return to play as well.

## Case Reporting Process:

We will be following the [Ohio Department of Health](#) and [CDC guidelines](#) for Youth Sports and K-12 Schools. COVID-19 cases are required to be reported, by healthcare providers and laboratories, to state, tribal, local, and territorial (STLT) health departments.

If one of your team members tests positive, the OH Health Department will be in contact with them in order to trace anyone that person might have been in close contact with. This could inevitably lead to any practices CUPA is sanctioning, so it's important to let us at CUPA know.

1. Let the YUC Director, Ian Stevens, and CUPA DoO, Liz Anderson know via email: [YUCDirectors@gmail.com](mailto:YUCDirectors@gmail.com), [landerson@cincinnatiultimate.org](mailto:landerson@cincinnatiultimate.org)
2. Alert the parents/guardians and players of your team. Fast communication will be key in this process as you will need to alert all of the involved participants as quickly as possible to minimize risk of exposure.
  - a. Before you begin playing, make sure you have a good communication process in place so the process can be quick and effective.
3. The player should be removed immediately and suspended from all activities and we will refer the person for [self-isolation](#) and [testing](#) per CDC guidelines, and state, tribal, local, or territorial health department protocols.
4. Any player or coach who was in close contact with the COVID-19 positive player should take note and consider quarantining themselves. We will refer the suspected individuals for [self-isolation](#) and [testing](#) per CDC guidelines, and state, tribal, local, or territorial health department protocols.
5. Players may only return to practice or games after:
  - a. At least 10 days since symptoms first appeared and
  - b. At least 24 hours with no fever without fever-reducing medication and
  - c. Other symptoms of COVID-19 are improving. Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.
  - d. Athletes have a medical exam and present documentation.