

Zero Degrees Ultimate: Club Policies for Training during COVID-19

Last update: 2020-09-24

This document outlines the steps Zero Degrees will be following and implementing in order to run modified training sessions in line with Phase C ("Normal club training / pickup games (outdoors)") of the [UKU Outline of Phased Return to Play](#).

Club preparation

- Matthew McFeeley is our appointed COVID-19 Officer.
- This document is our written COVID-19 plan, and we have completed a club COVID-19 risk assessment, [here](#).
- All club members are responsible for ensuring they have a clear understanding of the procedures detailed within this document, and agree to adhere to them.

Number of participants

The maximum number of permitted participants in a training session (including non-playing participants such as coaches, spectators) is 30.

Test and trace

We will maintain a register of participants at each training event and retain the data for 30 days. We will collect details of each person attending a training session, including non-playing participants such as coaches and spectators.

Process

This will be collected via signing up to a given session's 'event' on the group facebook page, which then provides a record accessible to all group admins of who has attended a session. Anyone who has not done this will not be allowed to participate or spectate.

Attendees will also have to complete the Club's [google form](#) before participating in training (and at least every 90 days thereafter). The form also provides an option for participants to note their travel arrangements to/from training in case that information is requested by the relevant contact tracing authorities in that location. The form is designed to enable the club to share details with contact tracing authorities without needing to cross-reference with other club data aside from the event attendees list.

Prior to the start of each training session a designated person will compare the collected data with participants that are physically in attendance. Nobody will be allowed to join the training session if they have not completed the form (including marking “yes” to the question indicating they have read and understand the club Covid-19 policies and agree to adhere them.) and signed up to the facebook event as ‘going’. Individuals that completed the form, but then did not attend, will have their response updated accordingly or an admin of the group will add a comment on the group event to note non-attendees.

Each event description shall remind participants of the COVID-19 symptoms, and other related reasons for staying at home. Everyone attending the session must confirm that they have reviewed the symptoms and are able to participate.

Travel

Participants should follow best-practice in terms of travelling to training. Car sharing should be avoided. Guidance regarding public transport is likely to change, so participants are responsible for understanding the latest government guidance as it applies to them and their location.

Arrival at, and leaving venues

As far as possible, participants should:

- avoid time spent congregating before the activity begins; and
- change at home, and be encouraged to leave directly after the end of the activity.

Social distancing during training and modified games

During this phase, some adjustments are made to allow for some close contact, but otherwise all participants (i.e. players, coaches, managers, spectators or any other non-playing volunteers, staff or participants) should maintain social distancing of 2m. All discussion, warm-up and breaks should be done on the basis of maintaining 2m social distancing.

Defending

- Drills or games that involve marking receivers (i.e. any Offense player that is not the thrower) are permitted, but must not include deliberately setting up “face-guarding” an opponent within 1m.
 - I.e. a player should not be standing still, face-to-face within 1m of another player.
 - Normal, active defending will mean that players sometimes move in and out of a 1m space around other players and this is permitted.
- **Players marking the thrower must be at least 1m from the thrower.** That is, wherever the WFDF rules (in particular 18.1.1.3) refer to the defender being “one disc diameter” from the thrower’s body or pivot point, “one disc diameter” is replaced by “1m”.

Players should endeavour always to maintain a 2m distance when marking in a face-to-face position

- Stall counting is permitted from anywhere on the field (**but not within 1m of the thrower**)
- For drills where it is practical and safe, it is recommended that the thrower, and the defender marking the thrower should both wear a mask.
 - Players should not have masks or face coverings hanging around their ears/neck if the drill involves a receiving component as well; especially if there is a defender involved.

Stoppages in play

- Players should avoid making calls (foul, travel, pick, etc) in close proximity of their opponents face. They should step back or away from their opponent before making the call and/or use hand-signals.
- Players must expect and accept some additional confusion arising from delays or movement before other players make a call.
- During stoppages in play (e.g. foul call discussions) any players standing face-to-face, or within 1m of someone else, should temporarily adjust their positions so that they are >1m apart.
- Players must expect and accept that restarts after a discussion will sometimes be affected by this adjustment.

No high-fives

High-fives, shaking hands, huddles, etc. should be avoided.

Shouting

There is an additional risk of infection in close proximity situations where people are shouting or conversing loudly. This should be avoided when participants are close, and especially if face-to-face.

Hygiene

Participants should refrain from spitting, rinsing out their mouths or blowing their nose on or around the playing area. This also includes using clothing for cleaning face, mouth or nose areas.

Dealing with injuries

If an injured player requires assistance, gloves and face-coverings should be used by the people that provide help as well as the injured person (if appropriate).

All participants are encouraged to bring their own first aid kit.

Managing the discs / Cleaning breaks

Ultimate obviously involves throwing and catching discs. Inevitably this means that people are sharing contact with a plastic surface that cannot be cleaned between contacts. In the absence of evidence to the contrary we consider this to be a risk that needs to be managed.

- All participants must clean hands thoroughly before and after training; and at regular intervals throughout the session.
- Breaks will happen at least every 30 mins during which hands and discs should be sanitised/cleaned.
 - Nominated individual(s) should disinfect all discs being used at each cleaning break.
 - All participants should clean hands thoroughly.
 - All participants should join-in a culture of reminding each other “not to touch your face.”

Throwing-bubbles

To meet the group size conditions in some locations it may be necessary to implement “throwing-bubbles” to limit the contacts created by throwing and catching.

“Throwing-bubbles” would be a small group of people (e.g. 2 or 4), where throwing and catching only occurs within that group. This would mean that drills would be structured so that any throw may only be caught (or picked up) by another person from the same throwing-bubble as the thrower.

Other equipment

Other equipment must not be shared.

- Water Bottles should be labelled and absolutely must not be shared. Players who do not have their own drink will not be permitted to participate.
- Each participant should bring their own hand sanitizer.
- Cones should be handled as little as possible by as few people as possible.
- Where equipment is handled by more than one person they should clean their hands immediately afterwards.
- All participants should bring their own coats/waterproofs.
- Participants should leave 2m spacing between kit bags at the side of the field.