



## USA Boccia – COVID 19 Return to Play Guidelines

### OVERVIEW

USA Boccia has prepared *Return to Training Guidelines* for the boccia community to provide guidance as boccia activities begin again.

The following recommendations are highly suggested, but are not intended or implied to be mandates. Please rely on state and local guidance to maintain compliance in your area.

Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way to completely eliminate the risk of infection and as a result USA Boccia strongly encourages all participants to follow these recommendations as safety precautions. Information within this document is not intended to be a substitute for professional medical advice, diagnosis, or treatment nor does USA Boccia assume any liability or responsibility for the recommendations provided herein. These guidelines are provided to help athletes and teams make informed return to play decisions based on their own risk tolerance.

The more people an athlete/coach interacts with, the closer the physical interaction, the more sharing of equipment there is by multiple players, and the longer that interaction, the higher the risk of COVID-19 spread. We ask that each member of the USA Boccia community do his/her part to protect themselves and others.

### RISK CATEGORIES

**LOWEST RISK** – Athletes who can train at home or on their own or with help from only household members and who manage and sanitize their own equipment.

**MEDIUM RISK** – Athletes who train in a public space working on individual skills with a household member or non-household member who can follow physical distancing guidelines. Contactless retrieval of balls (either with single-use or washed gloves or a retrieval device such as a Gopher). Equipment used by one athlete during training session and sanitized afterwards.

**HIGH RISK** – Athlete requires more assistance in retrieving balls (i.e. close contact ball return) from non-household members. Team/Pair practice. Shared equipment (balls used by multiple athletes during training period/shared jack) cleaned between ends.

### RETURN TO PLAY GUIDELINES

#### **BEFORE**

- Educate athletes, coaches and staff on signs and symptoms of infection
- Institute a sign-up process to ensure you stay within state and local health mandates for group size.
- Minimize paperwork. Strongly encourage online registration.
- Take attendance each session for contact tracing purposes.
- Check with your risk management group and/or insurance provider regarding adding COVID-19 language on waiver.
- Stay home if you are sick or do not feel well. Be symptom free for at least 14 days prior to any activity.

- Be aware of and disclose any potential contacts with affected individuals to your team's coordinator/COVID-19 point of contact.
- Wash and sanitize your hands often. Consider bringing your own hand sanitizer/wipes. Organization/team should provide hand washing/sanitizing stations nearby activities and should provide a safe place to dispose of hygiene materials (tissues, gloves, etc.).
- Avoid touching your face, eyes or mouth.
- Maintain social distancing at all times before, during, and after training sessions.
- Wear a face covering to reduce exposure to airborne particles and reduce others' risk from your airborne vapor emissions. A face shield may be added to provide additional protection, especially in the case of BC3 sport assistants.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Keep a list or be aware of people you have been in contact with each day. Also, be aware of who your PCA/Sport Assistant has been exposed to in the last 14 days.
- Create and display signage clearly outlining the program and/or venue's COVID-19 policies.
- Disinfect all equipment with recommended cleaning products. Check to ensure cleaning product is effective against COVID-19 and check with manufacturer for equipment cleaning guidelines. This is including but not exclusive to boccia balls, head pointers/ramps and any other needed equipment. Team administrator should work with venue to ensure proper venue cleaning protocol is being enforced.
- Self-check screening should be completed prior to each activity, in accordance with program and facility protocol as well as local health guidance.
- Anyone above the program or facility's Policy & Procedures on temperature should leave immediately.
- Assign an organization/team point of contact to handle all COVID-19 inquiries/responses.
- Drivers should not enter practice area. If driver must enter area, they should wear a face covering.

## **DURING**

- If you develop any COVID-19 symptoms while at training, depart training immediately and alert your coach and COVID-19 contact person of the situation for further follow-up.
- Continue to comply with all program and venue policies related to COVID-19.
- Wash and sanitize your hands often.
- Avoid touching your face, eyes or mouth.
- Continue to clean and disinfect the venue/equipment throughout training.
- Refrain from physical contact with other participants and attendees (high fives and huddles).
- Maintain social distancing at all times before, during, and after training sessions. Consider use of visual cues (cones, tape, etc.) to maintain social distancing parameters. Limit the number of people in a given training area in accordance with local regulations/ guidance.
- Split larger groups into multiple, shorter practices with fewer people to allow for social distancing. Consider splitting teams/athletes into "cohorts", practicing only with the same athletes and coaches each time. This limits exposure numbers in case of a positive test.

- Wear a face covering to reduce exposure to airborne particles and reduce others' risk from your airborne vapor emissions. A face shield may be added to provide additional protection, especially in the case of BC3 sport assistants.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Athlete throwing Jack ball should use their own Jack. If sharing is required, the jack should be sanitized between each end/usage.
- Protocols may differ between athletes of varying levels (BC1, 2, 3, 4, 5, Open) based on physical and other needs.
- No spectators should be allowed in order to limit exposure. Limit 1 PCA or support person per athlete.

#### **AFTER**

- Wash hands immediately after a training session before doing any other activity.
- Players should leave separately and not in one group to encourage social distancing (i.e. Do not all crowd together at door to exit.)
- All equipment (Including, but not limited to balls, ramps, head pointers, referee implements, ball containers and ball retrieval devices) should be sanitized shortly after training.
- Properly dispose of your single use masks, personal drinking cups, bottles and/or any personal items used in an appropriate manner.

#### **IN CASE OF A POSITIVE COVID-19 TEST**

- Alert your team's pre-identified COVID-19 contact person.
- Do not share the individual's name as a matter of privacy.
- Organization/team COVID-19 contact person should follow organization/team policy to inform everyone potentially exposed to the individual with the positive test (including the venue), based on attendance tracking records. A protocol should be developed for this in advance by the host organization/team.
- Work with local health department on further recommended actions.
- If a direct exposure during training occurs, athletes and coaches should quarantine and/or not otherwise practice for the recommended 14 days. Check with your local health department for guidance in case of direct and/or indirect exposure.



# SELF-MONITORING INSTRUCTIONS

**Twice daily, check for the following signs or symptoms of respiratory infection:**



Fever  
( $> 100.4$ )



Cough



Shortness of  
breath

**Other symptoms to pay attention to include:**

Sore throat

Congestion

Headache

Muscle and Joint Pain

Chills

Nausea or Vomiting

Diarrhea

Loss of Sense of Smell



If you develop any of these symptoms, please contact your healthcare provider to discuss how to proceed.