

Practice Protocols/Covid19 Risk Mitigation
Return to Jump Rope Guidelines
2020-2021 Lincoln Leapers Competitive Team
Current Update: September 12, 2020

The purpose of this document is to have, in place, an explicit plan to guide with a cautious, step-by-step safe return of the sport for the Lincoln Leaper Competitive Team during this pandemic. It will establish safe Jump Rope practice protocols to keep athletes and coaches safe while at practice. The Lincoln Leaper Specific Guidelines were developed using the Return to Jump Rope Guidelines Resource and The Covid-19 Safety Plan (Appendix G in the Return to Jump Rope Guidelines).

All guidelines with respect to COVID-19 regulations and masks are as per the Niagara Region's mandatory [Face Covering Bylaw](#) and will be reviewed regularly and changed accordingly by the Team's Safety Protocol Volunteer, Board of Directors, Team Manager and Head Coach.

Screening-Attendance-TeamSnap

- Team Manager will be responsible for the one-time collection of the 'Covid-19 Declaration and Agreement' (Appendix D - Return to Jump Rope Guidelines) form. This will be provided to the Team Manager by the Athlete at the **FIRST** scheduled practise. Athletes who arrive for their first practice without a completed and signed declaration form will not be allowed to enter the practice facility or practice with the team until the form has completed and returned to the Team Manager
- Athletes will conduct an on-line self-assessment screening (Covid-19 Jump Rope Participant Screening) on the day of each afternoon before their practice/activity. This will be provided as an email recurrent link through TEAM SNAP.
- <https://forms.office.com/Pages/ShareFormPage.aspx?id=DQSIkWdsW0yxEjajBLZtrQAAAAAAAAAAAEZd0w1MJdUQUtWQzY5WDVZnk5TTTA3MzZSSDJUMzdDNC4u&sharetoken=sYKogLR1tHV2i8EWCjKW> - this is the sample of on-line self-assessment screening tool
- **Note:** If an athlete is experiencing Covid-19 symptoms or they have been exposed to someone with Covid-19 they must inform the Team Manager immediately as required by the team's 'Illness Protocol' (Appendix H - Return to Jump Rope Guidelines) and will **NOT be permitted** to come **into** the practise facility

- If the athlete is not experiencing Covid-19 symptoms (Screens negative on the on-line self assessment screening) they will acknowledge their attendance on TeamSnap as usual team protocol
- Upon arrival at practise, the Team Manager will ask all athletes a series of Covid-19 on-site screening questions, as required in Attendance Protocol Tracker
- A temperature checks (Berrcom Non Contact Infrared Thermometer) will be conducted and will be recorded as normal in the Attendance Protocol Tracker (**Note:** The actual temperature WILL NOT be recorded) - temperature needs to be less than 38 degrees celsius to be considered normal
- **If the Athlete has a positive screen (live questions or temperature check) the athlete will return to the parents car and not be allowed in the facility and the 'Illness Protocol' will be initiated**
- Athletes who experience symptoms while at practice will have parents immediately notified and be picked up from practice and the 'Illness Protocol' will be initiated
- The Team Manager will document, using the Attendance Protocol Tracker, the following: negative Covid-19 screen attestation (on line), negative Covid-19 (when arrival) screen, negative temperature screen and no symptoms developed while at practise and upon departure - this will be kept as part of the completion of task file and contact tracing

Arrival

- Carpooling of athletes is discouraged. Those families that choose to carpool must fully adhere to the following expectation. It is required that all people riding in the car, including any adults, must wear a mask. Failure to comply with this expectation will result in all of the car's occupants being refused entry into the training facility
- Athletes are required to arrived 10 mins before the start of the practice
- Parents are required to remain in their vehicle during both drop off and pick-up times
- During drop off athletes are to remain in their car until the Team Manager (or Coach) gives the signal to enter the training facility - parents are to remain on site until Covid-19 screening and temperature check is conducted and is screened negative/normal
- Athletes will sanitize hands upon entering (provided for them)
- Parents must be readily available during the practise time for emergency purposes (illness or injury)
- Parents needing to contact the Team Manager or Head Coach prior to practice are asked to text from their vehicle (Tim - 905-531- 6960 or Becca -289-795-4339)
- When entering and exiting the training facility athletes are required to wear a mask **Note:** Masks will be worn frequently during the practice as instructed by the Head Coach

Practice/Workout

- When entering and exiting the training facility athletes are required to wear a mask Note: Masks should be worn during the practice as much as possible considering their comfort, or as instructed by the Head Coach
- Athletes will sanitize their hands prior to entering, frequently after drills/activities where equipment is shared, before and following breaks, and before departing for home
- Back packs will be housed along a designated wall separated by cones, no closer than 2 meters to each other
- Athletes will remain with their bags until a coach calls them to warm-up
- During the practice the athletes will social distance (2 metres apart) and avoid contact at all times
- During drills, event and activities athletes will follow their coaches instruction as each event will have it's own protocol for safety -contact, distance, and wearing of masks
- Athletes are required to bring their own water bottles as water fountains will NOT be available for filling Note: it may be recommended to have more than 1 bottle
- Washrooms will be available to the athletes on an individual basis. Athletes must be granted permission each time. Masks are required to be worn to and from the washroom. Hands must be washed and/or sanitized before re-entering the training area
- Athletes will leave the training facility straight after training is finished at the direction of the coaches to maintain social distancing

Restricted Areas & Coaches Zone

- Athletes are asked to not enter the coaches zone unless requested to do so
- Coaches will not enter the athletes personal or practice zones
- Athletes are to remain in their personal zone until requested to move practice
- Water fountain/refilling stations are NOT to be used
- Areas other than training area (ie, stage, hallways, side rooms) are restricted
- Parents are not allowed to enter the training facility, unless they have texted the Team Manager and permission was granted
- **As an exception persons authorized in advance are required to use hand sanitizer, wear a mask, as well as be screened when arriving at the facility (live screener and temperature check) - they will also be required to have provided all waivers previously or when they attend - their name and contact information and screening results will be added to the Attendance Protocol Tracker and they will**

adhere to social distance rules, cough and sneeze etiquette and all additional signage

First Aid

- All injuries/illnesses will be handled as per the First Aid Protocol
- Required additions to the first aid kit will include:
 - Face shields, surgical mask, gloves, hand sanitizer, tissue, proper don and doffing of Personal Protective Equipment guide
- Training will be provided of proper donning and doffing of PPE

Athlete Zone Equipment

- 2 filled water bottles
- 2 masks in separate zip lock bags
- Hand sanitizer
- Yoga mat and/or jump rope mat (optional)
- Paper and pencil
- Personal (labelled) clicker
- Ropes - beaded, wire, licorice

Coaching

- Coaches are required to arrive at practice 15 mins prior to the start of practice to assist with safe arrival of the athletes
- Coaches are to ensure that both the athletes and coaches practice frequent hand sanitizing, social distancing, and follow all expectations concerning mask wearing
 - Note: Coaches are required to wear a mask at all times during the practice
- Coaches are to ensure that they and the athletes practice frequent hand sanitizing, social distancing, and the required mask usage
- Coaches will ensure use of masks is understood and incorporated during each practice
- All equipment is to be appropriately sanitized between drills/events and before each practice (rope bag quarantined)

- Coaches will design and implement safety protocols for each event and drill Note: activities that require contact (i.e., spotting for gymnastics) will be avoided until further notice
- Only one coach will be designated to operate all of the music during the practice
- Directing and communicating with athletes is to be done in a safe manner (i.e., clapping as opposed to shouting or whistling)

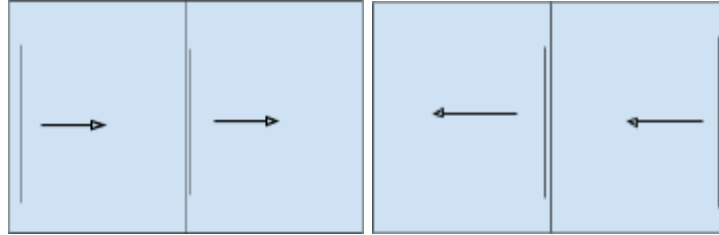
Warm up

- Athletes will remain in their designated bag/personal area until the coach indicates the start of warm up
- Athletes will warm up in rows/lines - all spaced two meters apart in their own spot - not facing towards each other - spacing will be indicated with pylons and explained by coach/team manager at practice
- Coaches will do/watch the warm up - facing the athletes but positioned more than 2 meters apart and wearing masks
 - Coaches will be wearing mask at all times during practice
- **The number of athletes we have at each practice will be dependent on the size of the practice space. We may have to split into two practice groups in order to give enough space.**



Stretches

- Athletes will remain distanced in 2 lines for dynamic stretches
- They will be positioned with one line at the end of area and one in the middle of gym both lines will move in the same direction for their stretches - half the length of the space and then turn and head back in the direction they came from
- Depending on the size of the practice area - may have to modify stretches or remain in their warm up/Practice zones for stretches.



Conditioning

- For individual conditioning exercises and speed/power drills, athletes will be positioned the same as warm up, in their practice zones. In lines and distanced, all facing the same direction. Coaches will be positioned at the front, like warm up, but may also walk around the perimeter and designated aisles, to help with form and to coach, given there is enough space to do so.
- Any equipment - ie, ropes, or yoga mats, will not be shared.

Events:

Individual Events:

- SR Speed (30 sec)
- Power DU or TU
- 3 min Speed
- Single Rope Freestyle

Team Events:

- Single Rope Speed Relay
- SR Pairs Double Unders
- SR Pairs Freestyle
- SR Team Freestyle
- **DD Speed Sprint (Maybe)**
- **DD Speed Relay (Maybe)**
- **DD Singles Freestyle (Maybe)**

SR Speeds

- For practicing masters speed events, and counting each other's scores athletes will still have partners that will count their speed, but will remain distanced and will either be wearing masks (both athlete and counter) or athlete will be facing away from the counter.
 - The counter will be 3 meters distance when clicking an athlete
 - The counter will also be wearing a mask

OR

- Athletes will be counted by coaches. Athletes will face a wall and coaches will count from behind the athlete and wear a mask. This will be dependent on the number of coaches at practice.
 - The counter will be 3 meters distance when clicking an athlete
 - The counter will also be wearing a mask
- For SR team speed and power, athletes will be in their teams, but will remain distanced and will not move about. Ex. in SRSR the 3rd and 4th jumpers will not switch spots with the 1st and 2nd jumpers. They will all remain in their spots the whole duration of the event. Formation will be dependent on the space. They will be counted by coaches, who will be wearing masks and will maintain physical distance

SR Freestyle

- Masters Individual Freestyle will be practiced in own space, keeping distance from all other athletes. Coaches can assist/watch routines, and help with tricks, from a distance and wearing masks
- SRTF and SRPF - will be practiced in their teams/pairs, distanced from other athletes and keeping teammates distanced as much as possible. No interactions/partner tricks will be allowed, where athletes are in close physical proximity or touching.

DD Speed and DD Freestyle

- Limit to skill development - with no switches or interaction between athletes for Freestyle
- Practice turning and shadow jumping for DD speed
- Opportunity to really focus on these fundamental skills (turner involvement)

DD Speeds (If these can happen)

- Athletes will be in their teams, all wearing masks. Will be counted by coaches also wearing masks.
- Each team will be assigned a set of dd ropes, that they will use each time.
- Ropes will be sanitized at the end of use by that team/group of athletes.

DD Freestyle (If it can happen)

- DDSF will be practiced in their teams and distanced from other athletes. All athletes will wear masks. No tricks will be allowed where jumpers are interacting/touching.
- No DDPF
- Each team will be assigned a set of DD Freestyle ropes, that they will use each time.
- Ropes will be sanitized at the end of use by that team/group of athletes

Transitions

- When transitioning between events/activities at practice athletes will be instructed by the coach/team manager on where to go and how to transition. Athletes will be instructed to return to their bag/staging area and wait for instruction on how/when to proceed to the next activity.

Music

- Only one coach will be able to use the stereo system at each practice
- Other coaches can play music or call outs, provided they are able to connect to the stereo through bluetooth and are using only their own personal phone/device.
- Athletes will not be allowed to use the stereo
- Look into purchasing multiple portable sound systems:
<https://www.amazon.ca/AOMAIS-Outdoor-Portable-Bluetooth-Speakers/dp/B07WR7Q48G>

Equipment/Ropes

- Single ropes (beaded, long handled, and speed) can not be shared among athletes. Everyone must use their own ropes.
- Double Dutch Freestyle and Double Dutch Speed ropes will be assigned to a group and will always be used by the same groups. Ropes will be sanitized at the end of each practice, and between uses if they will be being used by different jumpers at the same practice
- Clickers - Depending how practices are run, we either want to give each coach and athlete? Clickers will not be shared, can only use your clicker, or shared by those that live together - ex siblings.
- Pylons will be placed out each practice, to divide space and assist with keeping distancing. Pylons will be sanitized after each practice and will only be touched by team manager and/or coaches.
<https://www.amazon.ca/Premium-Soccer-Football-Agility-Cones/dp/B075GFH3TB>

Disinfectant Checklist

- Cleaning/Disinfectant checklist will be documented and kept as part of completion of the task file.
- Disinfectant will be DIN approved for Covid-19

Spectators/parents

- Parents attending LL Competitive Team practise by exemption only (as described above)