



COVID – 19
RETURN TO BATON TWIRLING
RESOURCE DOCUMENT

PUBLISHED SEPTEMBER 09, 2020

TABLE OF CONTENTS

| | |
|---|----|
| Introduction..... | 3 |
| Legal Disclaimer..... | 4 |
| Structure of Baton in Saskatchewan..... | 5 |
| Establishing the Principles of Return to Sport..... | 6 |
| Planning and Preparation Checklist..... | 8 |
| General Operation Guidelines..... | 8 |
| Training and Competition..... | 10 |
| Participant Health and Illness..... | 11 |
| Physical Distancing..... | 12 |
| Cleaning, Disinfection and Hand Hygiene..... | 13 |
| Conduct..... | 14 |
| Safe Sport..... | 14 |
| COVID-19 Safety and Prevention Screening..... | 15 |
| Resources..... | 16 |
| SBTA Contact Information..... | 16 |



INTRODUCTION

As the governing body for the sport of Baton Twirling in the province, we have been mandated to provide a plan that will be used by all registered members and affiliate organizations to guide the return to sport for all organized and sanctioned baton twirling activities in the province.

We understand that many of our members are anxious to be able to return to sport because of the numerous positive emotional, psychological and physical benefits that it provides individuals, however due to the continued presence of the COVID-19 virus in the country, it is imperative that we take all reasonable precautions in order to ensure the safety of our population. As an organization we are here to serve in a collaborative manner so that you can restart your programming as the government sees fit. We appreciate that you will follow the guidelines listed in this document so that when it is time to return to our traditional concept of baton twirling we will doing so with all our members healthy and ready to TWIRL.

Thank you and welcome Back.



LEGAL DISCLAIMER

This document is provided on an “as is” basis and for information purpose only. Saskatchewan Baton Twirling Association makes no representations or warranties of any kind, express or implied, as to the direct, inferred or implicit information, directives, recommendations included in this document. To the full extent permissible by applicable laws, Saskatchewan Baton Twirling Association disclaims all warranties, express or implied, including but not limited to, implied warranties related to the quality, accuracy, truth, timeliness, sequence, completeness, merchantability, fitness for a particular purpose, non-infringement, or continued availability of this document.

Saskatchewan Baton Twirling Association shall not be liable for any damages of any kind arising from the use of this document including but not limited to direct, indirect, incidental punitive and consequential damages related to the return to training or competition in Baton Twirling. The participant in Baton Twirling accepts to use this document and the information herein contained at his or her own risk.

The participant in Baton Twirling declares that he or she is entirely and solely responsible for the use of this document and the information herein contained, for his or her return to sport and for following public health directives as prescribed by the municipal, provincial and federal health authorities applicable to his or her context and place of practice of the sport.

The participant in Baton twirling agrees to indemnify and holds Saskatchewan Baton Twirling Association harmless from any and all losses, damages, liability and costs resulting directly or indirectly from any claim or demand against Baton Twirling arising out of or related to the accuracy or completeness of the document, his or her use of the document or information herein contained or his or her violation of the present conditions or any applicable laws and regulations.

STRUCTURE OF BATON IN SASKATCHEWAN

The structure of Baton Twirling in Saskatchewan determines the flow of information as well as the authority for decision-making for all sanctioned baton activity in our province.

The Saskatchewan Baton Twirling Association (SBTA) is a member province of the Canadian Baton Twirling Federation (CBTF) and must abide by the rules and regulations set for the country.

SBTA oversees the activities at the provincial level. Internal structures of each club are unique across the province, while still keeping in accordance with the rules of SBTA and CBTF.

In as much as we have attempted to provide clarity throughout this document for how a baton club in Saskatchewan may begin to train together, it is important to consider the flow of information and authority for decision-making based on the internal structure of the province and clubs you belong to

If you have any questions about this Return to Sport Plan, please contact the SBTA Office.

Canadian Baton Twirling Federation

<->

Saskatchewan Baton Twirling Association

<->

Club

ESTABLISHING THE PRINCIPLES OF RETURN TO SPORT

Any club wishing to return to sport must strictly adhere to the policies and procedures outlined by provincial and municipal governments and public health agencies that have been established to ensure a safe environment. The Saskatchewan Baton Twirling Association has agreed on a number of key principles that will form the foundation of the return to regular training and programs. These principles include:

Physical Distancing: Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. Return to sport must adhere to physical distancing in accordance with requirements of public health authorities and facility operators.

Hygiene: In addition to physical distancing, handwashing and cough etiquette add another layer of protection against the spread of COVID-19. Return to sport plans must implement and monitor appropriate individual personal hygiene practices among staff, coaches and all participants at home (away from training) and during training.

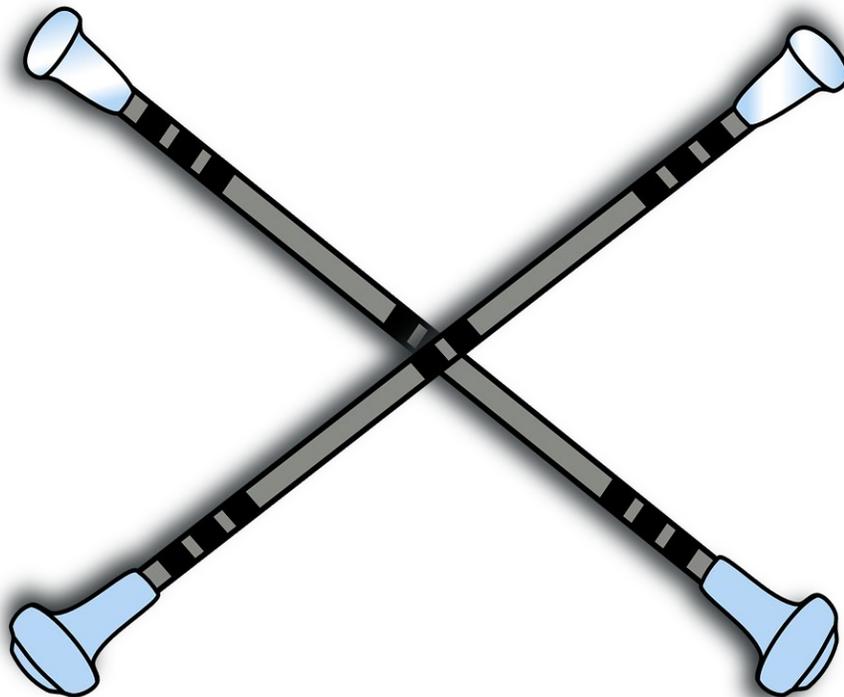
Equipment Cleaning: Surfaces frequently touched with hands are most likely to be contaminated however Coronaviruses are one the easiest types of viruses to kill with the appropriate disinfectant product when used according to the label directions.

Individual Health Monitoring: Daily individual health monitoring processes and tracking need to be in place. Individuals should not return to sport if they have been unwell (even mild symptoms), have had contact with a person who has tested positive for COVID-19 or have travelled outside the country in the past 14

days. Staff, coaches and athletes at risk for severe illness from COVID-19 are recommended to review their specific health concerns with their primary care provider prior to attending training sessions.

Safe Sport Environment: In these unique times, our commitment to providing a safe sport environment for all participants cannot waver. A return to sport program must be designed to ensure all aspects of a safe sport environment can be implemented and followed.

Planning and Communication: A robust return to training plan that includes regular communication and education with key stakeholders including athletes, coaches and others, is key for any club.



PLANNING AND PREPARATION CHECKLIST

General Operation Guidelines

The following government websites are to be reviewed by all Club Board of Directors and Coaches and will be revisited on a regular basis.

www.saskatchewan.ca/re-open

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan/guidelines/outdoor-sports-and-activities-guidelines>

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/information-for-health-care-providers/ppe-infection-prevention-and-control>

- Designate one or more people to be responsible for ensuring compliance with guidelines.
- Cohorts (athletes, coaches and staff) cannot exceed 30 people (indoors or outdoors) ***Note – this is as of day published, subject to change.
- Coaches, Parents and participants should be given information on physical distancing and other requirements prior to attending
- Signage must be posted to caution patrons about the risks of COVID-19.

- Encourage participants to arrive no more than 5 to 10 minutes before the scheduled activity to reduce participants gathering in groups.
- Wherever possible, activities should be relocated to outdoor settings
- Facility ventilation systems should be operational and appropriate for the activities being practiced in them. Provide natural ventilation by opening windows and doors, whenever possible, to increase airflow.
- Remove all unnecessary common items (chairs, tables, brochures, etc)
- Encourage patrons to limit their time spent in the facility, as well as maintain physical distancing when returning to their vehicles or homes.
- Registration processes should be completed online whenever possible; however, if in person registration is required, physical distancing and sanitizing pens between uses is required.
- Drinking fountains must be closed. Water bottle filling stations are acceptable if appropriately and frequently sanitized.
- Instruction is permitted with no contact and appropriate physical distancing. If physical distancing cannot be maintained or is unpredictable, a mask should be worn by the instructor.
- Request minimal spectators, to discourage gatherings. If spectators are involved they must maintain distancing of at least two (2) metres from other members of the public, and they should be kept out of participant spaces.

Training and Competition

- If physical distancing is possible activities may proceed as normal for training and practices while following the guidelines for general operations, cleaning and disinfection.
- Competition/Tournaments and interprovincial competition are NOT permitted.
- No single group in a gym may exceed the gathering limits in the public health order (as of date published – gathering limit indoor and outdoors is 30)
- Group training must be compromised of individuals within the same neighbourhood, community or local geographical region (e.g. within a rural municipality, town, quadrant of a city or nearest community, or club)
- Contact must be minimized whenever possible
- If physical distancing cannot be maintained or is unpredictable, a mask should be worn by those not participating in the activity (coaches, volunteers, etc)
- Competitions (Local, Provincial, National and International) date is TBD.



Participant Health and Illness

- Patrons (participants, coaches, volunteers, etc) who are sick or symptomatic must not enter the facility or participate. Please use the Government of Saskatchewan's self-assessment tool for COVID-19 or Covid-19 Safety and Prevention Screening (document provided) and follow the subsequent directions.
- Participants whose activities involve being within two (2) metres of other participants should self-monitor.
- Organizers must keep a record of attendance, to facilitate contact tracing, if necessary, and keep attendance records for a minimum of one month.
- If a person becomes sick, they should immediately stop participating and return home.
- If a person becomes sick or injured, and first aid or further care is required:
 - try to limit the number of individuals in contact with the sick person
 - place a mask over the individual's mouth and nose if they are not able to do so
- First aid providers caring for people should follow standard precautions. Those who provide direct care requiring close contact should wear a mask.
- Return to training after a positive COVID-19 test will require medical advice and clearance by the attending physician and in accordance with Provincial guidelines.

Physical Distancing

Physical distancing must be observed at all times, with a minimum of two (2) metres of space between individuals.

Players on the same team may be within two (2) metres during play/drills (team event). Intentional contact should be minimized where possible.

- Pylons, tape on the floor, or other markers should define the group space.
- Schedules should be staggered and the duration of the activity should be specified to promote physical distancing and allow for adequate cleaning and disinfection between uses.
- Wherever possible, promote physical distancing by:
 - promoting one-way traffic flow to avoid individuals from inadvertently interacting.
 - placing stickers or signage on the wall/floor every two (2) metres
 - reducing capacity in each room or gym in the facility (maximum 30 regardless of the room size).
- Common area chairs and tables should be stacked, roped off or removed from the area to promote distancing.
- Coaches/Instructors should wear masks when they are not able to physical distance of two (2) metres. Other personal protective equipment may be appropriate depending on the task being performed (e.g. first aid)

Cleaning, Disinfection and Hand Hygiene

- Increase the frequency of cleaning and disinfecting of commonly touched surfaces and shared equipment, such as doorknobs, handrails, light switches, countertops, tables and batons.

All frequently touched surfaces should be cleaned and disinfected prior to a new group being provided access to the gym (or any room used).

- Increase the frequency of cleaning gymnasium floors to reduce the risk of transmission from shared objects (batons)
- Encourage participants to bring their own equipment (yoga blocks, ankle weights, etc).
- Participant owned equipment (batons, yoga mats) should be visibly clean
- Shared equipment (batons) must be cleaned and disinfected before and after being used for team events, hands must also be sanitized before and after use of shared batons.
- Ensure that handwashing sinks are fully stocked with soap and paper towels.
- Place an alcohol-based hand sanitizer approved by Health Canada (DIN or NPN number) in dispensers or soap and water handwashing stations near doors, common use equipment, washrooms/locker rooms, and other high-touch locations for patrons and staff.
- Hand hygiene should be performed prior to play and contacting shared equipment (batons), as well as any breaks and upon completion of activity.

Conduct

- Individuals must not share personal items (i.e. batons unless for team purposes, water bottles, food, towels, etc)
- Congratulatory gestures such as high fives, hugs and handshakes are not permitted.
- Consider how to adapt activities to take place outdoors and modify to decrease physical contact, whenever possible.
- Intentional contact during sport must be limited. Modifications to activities that limit physical contact are recommended.

Safe Sport

- All efforts should be made to ensure that an Open and Observable environment is maintained at all times. An open and observable environment means making meaningful and concerted efforts to avoid situations where a coach, official or other representative might be alone with an athlete and/or vulnerable individual. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others.
- All training sessions shall respect the principles outlined in the Coaching Association of Canada’s Responsible Coaching Movement including the Rule of Two.

COVID-19 SAFETY AND PREVENTION SCREENING

NOTE: this document must be filled out and received by head coach or club director before each day of activity. We are not screening for seasonal or environmental allergies; related symptoms to these scenarios would not preclude you from attending classes. The following questions are meant to capture new symptoms, or a worsening of long-standing symptoms

Student Name: _____ **Date:** _____

Are you experiencing any of the following symptoms: sore throat, fever, cough, shortness of breath, runny nose, headache, muscle weakness, loss of taste or smell, new onset of fatigue?

YES NO

Is anyone in your household experiencing the above symptoms?

YES NO

Have you travelled outside of the country in the last 14 days?

YES NO

Have you been in close contact with someone who has tested positive for Covid-19?

YES NO

Have you been advised to self-isolate in the last 14 days?

YES NO

If you answered YES to any of the above questions, please do not enter the facility unless you (or the affected family member) have tested negative for Covid-19 (send a copy of your results to the head coach and club director before arriving).

I, _____ (full name of legal guardian or participant 18 years +) state that the above information is correct.

RESOURCES

www.saskatchewan.ca/re-open

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan/guidelines/outdoor-sports-and-activities-guidelines>

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/information-for-health-care-providers/ppe-infection-prevention-and-control>

Self Assessment Tool for Covid – 19

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/covid-19-self-assessment>

SBTA CONTACT INFORMATION

Theresa Porter
Sask Baton – Sport Coordinator
108-1860 Lorne St
Regina, Sk S4S 5G4
(306) 347-0847
Email: skbaton@shaw.ca