



ONTARIO GRAPPLING ASSOCIATION

CO-AVOID

COVID-19 PREVENTION & RETURN TO PLAY (RTP) PROCEDURES

June 25, 2020

REV 1.4

DISCLAIMER

THE RETURN TO PLAY (RTP) INFORMATION PROVIDED HEREIN IS DESIGNED FOR RESOURCE PURPOSES ONLY. THIS INFORMATION IS NOT A SUBSTITUTE FOR, NOR A REPLACEMENT OF, THE RULE OF LAW IN ONTARIO, CANADA PERTAINING TO COVID-19. IF YOU HAVE ANY CONCERNS OR QUESTIONS ABOUT YOUR HEALTH, OR THE HEALTH OF YOUR MEMBERS, YOU SHOULD CONSULT WITH A PHYSICIAN OR OTHER HEALTH-CARE PROFESSIONAL.

THE RESULTS, IF ANY, FROM OGA RETURN-TO-PLAY MAY VARY FROM CLUB-TO-CLUB. ENGAGING IN A RETURN-TO-PLAY PROGRAM INVOLVES RISKS ARISING OUT OF COVID-19 PANDEMIC. IF YOU CHOOSE TO FOLLOW ANY OF OUR RETURN-TO-PLAY PROCEDURES, GUIDELINES OR RECOMMENDATIONS, YOU EXPRESSLY ACKNOWLEDGE AND AGREE NOT TO HOLD ONTARIO GRAPPLING ASSOCIATION, OR ANY OTHER PERSONS ASSOCIATED WITH ONTARIO GRAPPLING ASSOCIATION RESPONSIBLE FOR ANY INJURIES OR DAMAGES YOU MAY INCUR OR IMPART ON OTHERS AS A RESULT OF RETURN-TO-PLAY. WE DISCLAIM ALL LIABILITY FOR LOSS, INJURY OR DAMAGES IN CONJUNCTION WITH ANY CONTENT PROVIDED HEREIN AND USE THEREOF. THE USE OF ANY INFORMATION PROVIDED HEREIN IS SOLELY AT YOUR OWN RISK.

DEVELOPMENTS IN MEDICAL AND PANDEMIC RESEARCH MAY IMPACT THE RETURN-TO-PLAY PROCEDURES PROVIDED HEREIN. NO ASSURANCE IS OR WILL BE GIVEN THAT THE RETURN TO PLAY PROCEDURES WILL INCLUDE THE MOST RECENT FINDINGS OR DEVELOPMENTS WITH RESPECT TO THE PARTICULAR MATERIAL AND COVID-19.

PREFACE

Our thoughts begin with a heart-felt thank you to all the front-line and essential workers, OUR HEROES, who have helped lessen the impact of the pandemic in these past few months. Your courage will always be remembered and appreciated!

To our Ontario Grappling Association Member Clubs, Athletes, Coaches, Officials, Volunteers, and the Grappling and Pankration Community at Large; we know this situation hasn't been easy. Clubs have been forced to close their operations and athletes are unable to further their skill development and athletic career...

We want to thank you also for your resilience and commitment to flatten the curve; we are almost there! And, we appreciate your patience while we work to incorporate a strong Return-to-Play (RTP) protocol.

The Ontario Grappling Association is committed to implementing an RTP with the highest safety measures in place as recommended by the Canadian and Ontario health authorities. Although we have long awaited a return to normal, it is imperative that we maintain current and relevant precautionary measures while approaching RTP.

As such, procedures and protocols defined herein have been developed in collaboration with the Board Members of OGA and our voluntary health advisory of medical professionals. A notable mention to Dr. Hawkins, former Chief of Sunnybrook Hospital, for providing clarity and insights into virology, public health policies, and pandemic prevention, and to Mark Cameron M.B., the international pandemic and disaster response expert, recipient of the Meritorious Medal of Honour, from Her Majesty, Queen Elizabeth for his courage and dedication in saving lives Worldwide. Mark has contributed in distinguishing the elemental procedures essential in imparting a practical and effective policy toward pandemic prevention.

Our acknowledgement and sincere gratitude also goes out to all our volunteers who helped shape these policies and guidelines during the immiscible tides of our times. It is through the efforts of our committed, gracious, and selfless volunteers, that we as a society are able to continue facilitating the growth of our sports.

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COMPLIANCE & UPDATES

OGAs procedures for re-opening are designed around a phased approach to return-to-play for use by member clubs, referees, instructors, athletes, and volunteers in an effort to eliminate the spread of COVID-19 while exercising Grappling and Pankration activities. Key operational areas are covered that must comply with both Canadian Combat Alliance technical and medical measures as well as Provincial/Territorial public health regulations.

It is crucial throughout the RTP process that OGA member clubs remain compliant with the safety and health regulations set out by Federal and Provincial governments at all times.

Presently, no indication from the Province of Ontario has been provided regarding the Return-to-Play timelines. The OGA will continue to work closely with our Sports Ministry officials in anticipation of further details expected in the month of July.

Our goal is to provide our members with as much notice possible regarding our RTP initiatives so that members can prepare effectively. As witnessed, managing COVID-19 is highly fluid and NOT fully in any one's control. Needless to say, we are preparing as best we can to get clubs, coaches, athletes, and officials back on the mats training, and most importantly in a safe and healthy environment.

ONGOING COVID-19 MANAGEMENT

COVID-19 developments are evolving constantly. The OGA Board of Directors will be engaging in regular meetings, focused around COVID-19 management. With the guidance of our advisors, local health authorities, and the Provincial government, the OGA is striving to implement and evolve an RTP with the highest level of safety and efficiency for our members.

We request your continued patience and understanding as we navigate through this next chapter and we look forward to seeing our participants safely return to the mats under the RTP guidelines. We completely understand the decision of some Clubs to pause operations during the summer season, across the province. These are individual organizational decisions, and we respect your choices.

COVID-19: GENERAL INFORMATION FROM CANADA.CA WEBSITE

HOW CORONAVIRUS SPREADS:

Human corona viruses cause infections of the nose, throat and lungs. They are most commonly spread from an infected person through:

- respiratory droplets generated when you cough or sneeze
- close, prolonged personal contact, such as touching or shaking hands
- touching something with the virus on it, then touching your mouth, nose or eyes before washing your hands

Current evidence suggests person-to-person spread is efficient when there is close contact.

PHYSICAL (SOCIAL) DISTANCING:

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Physical (social) distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak.

This means making changes in your everyday routines to minimize close contact with others, including:

- avoiding crowded places and non-essential gatherings
- avoiding common greetings, such as handshakes
- limiting contact with people at higher risk like older adults and those in poor health
- keeping a distance of at least 2 arms-length (approximately 2 metres) from others

HYGIENE

Proper hygiene can help reduce the risk of infection or spreading infection to others:

- wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food
- use alcohol-based hand sanitizer if soap and water are not available
- when coughing or sneezing:
 1. cough or sneeze into a tissue or the bend of your arm, not your hand
 2. dispose of any tissues you have used as soon as possible in a lined waste-basket and wash your hands afterwards
 3. avoid touching your eyes, nose, or mouth with unwashed hands

CLEANING

Corona viruses are one of the easiest types of viruses to kill with the appropriate disinfectant product when used according to the label directions. Health Canada has published a list of hard surface disinfectants that are likely to be effective for use against COVID-19.

Although they do not claim to kill COVID-19, cleaners can play a role in limiting the transfer of microorganisms. Health Canada recommends cleaning high-touch hard surfaces often, using either regular household cleaners or diluted bleach according to the label directions. This bleach solution should be prepared according to the instructions on the label or in a ratio of 250 mL (1 cup) of water per 5 mL (1 teaspoon) of bleach. Directions are based on bleach that is 5% sodium hypochlorite, to give a 0.1% sodium hypochlorite solution. Never mix bleach with other chemical products and use it in a well-ventilated area. Special precautions must be used when cleaning with bleach to avoid serious incidents.

These surfaces include:

- toilets
- phones
- electronics
- door handles
- bedside tables
- television remotes

Refer to the guidance on cleaning and disinfecting public spaces for more information.

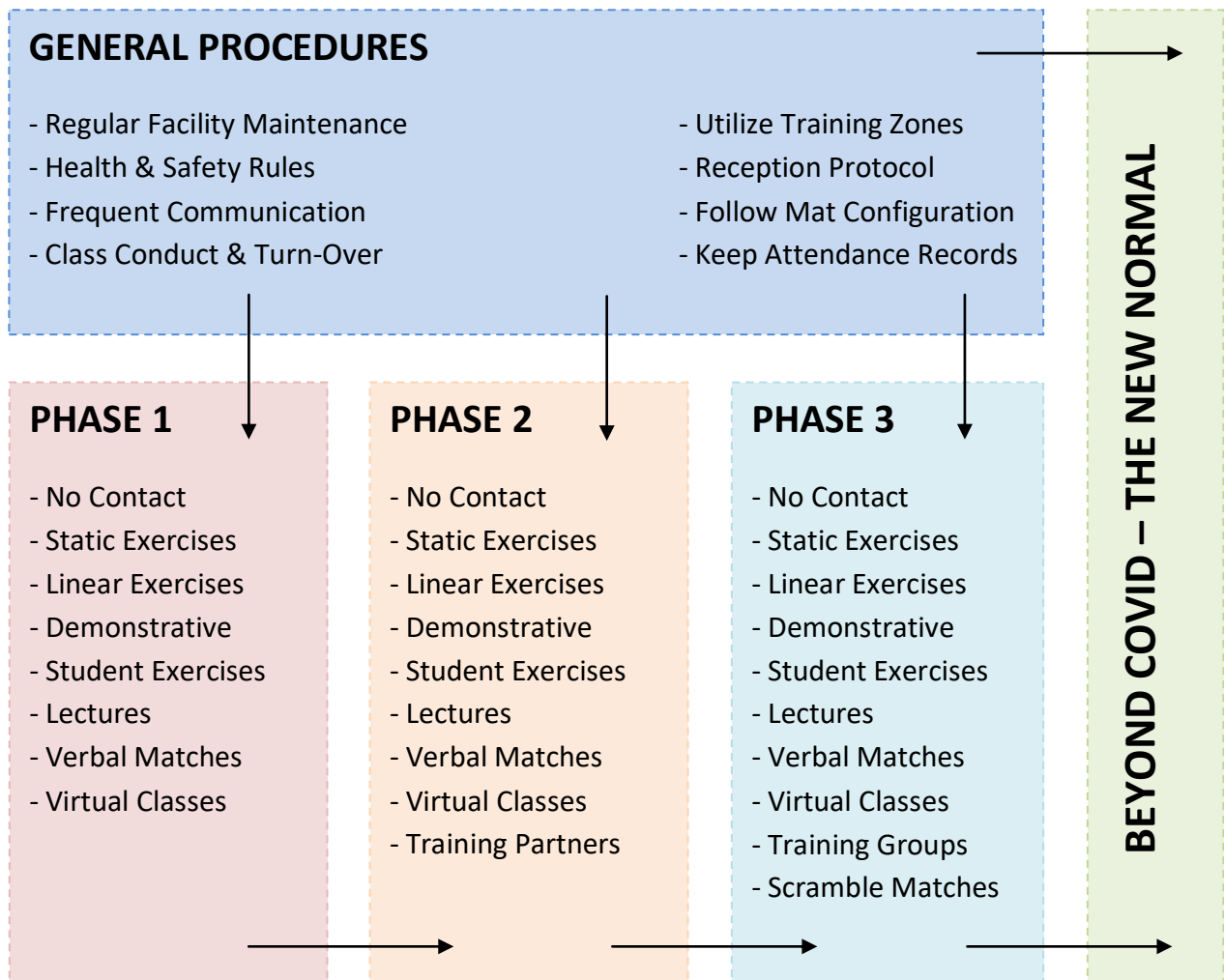
A SAFE AGILE REOPENING

Contact Sports across Ontario are at a higher risk of transmitting COVID-19 due to the nature of proximity in our activity. For our member clubs to reopen, we need to incorporate new policies and procedures that are in-line with COVID-19 developments and the OGA RTP.

As stated, the status of COVID-19 is fluid and constantly evolving, therefore it is imperative that club owners remain agile and prepared to update the RTP procedures according to government and public health authority recommendations.

OGA Board of Directors will monitor the shifts in the pandemic and provide updates to the general club RTP procedures as more and new information becomes available.

OVERALL ARCHITECTURE OF OGA RTP



GENERAL PROCEDURES

General procedures are defined as the baseline or minimum safety procedures that must be followed at all times and during all phases of RTP.

Facility Maintenance: Keeping facilities sanitized is at the core of providing a safe and healthy venue for your athletes and club members. OGA member clubs are responsible for adopting methods and guidelines for disinfecting all accessible items within the club during practice. Following are recommendations for improving health safety measures:

- provision a sanitizer dispenser immediately at the entrance and egress of facility
- provision hand-washing stations with abundant soap supply and air-dryers
- provision sanitary cloths or wipes at regular intervals in the facility
- provision extra ventilation in the training room
- avoid using common drinking sources
- keeping washrooms clean and sanitized
- sanitize equipment after each individual use (weights, scales, fitness devices)
- increase frequency of cleaning in high-traffic areas, such as corridors
- clean doors & handles and provide sanitizer by the inner door
- place sanitizer dispensers at regular intervals on walls of the training room, where safe
- clean cash registers/debit machines (using tap will be encouraged)
- common areas, such as lounge must be kept sanitized
- training surface(s), such as mats must be cleaned prior to and after use any individual(s)

** It is recommended the Club close early in order to sanitize the facility each evening after classes.*

Following Health Rules: Many of the precautions taken at member clubs will change depending on the state of the pandemic. Currently, the appropriate actions to be taken are:

- physical distancing as defined by public health authorities
- use of medical or non-medical masks (when possible)
- staying home if you experience flu/cold-like symptoms or if you feel unwell
- enrollment and attendance records to assist in contact tracing, if needed

Communication Rules: Implement policies and procedures to guide your members in maintaining personal hygiene, (i.e. coughing into sleeve, frequent hand-washing, etc...) by visual displays or emails and SMS messages to remind members of:

- washing hands frequently
- maintaining distancing
- use of face coverings

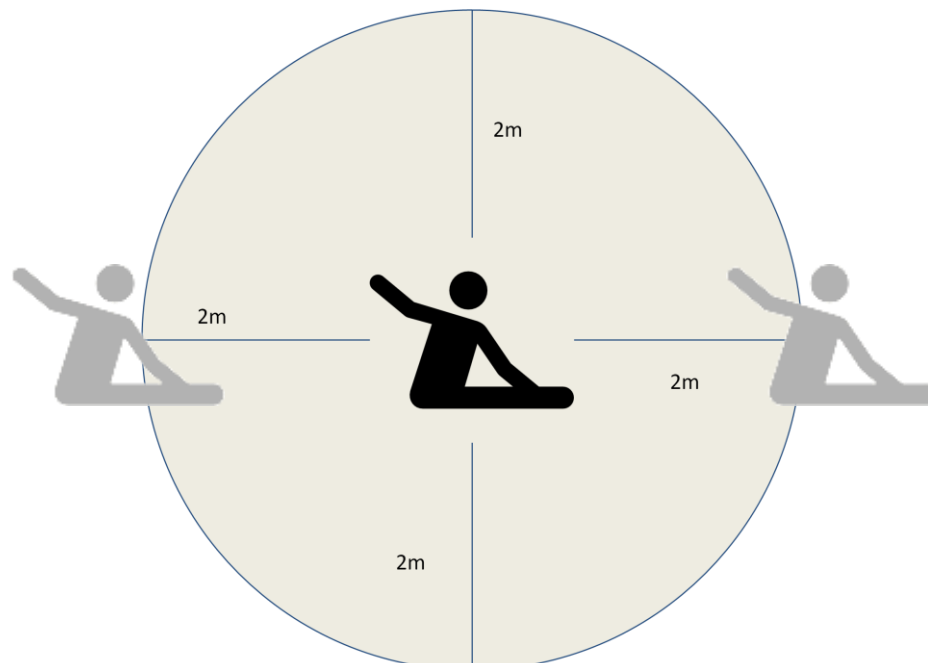
- staying home if feeling sick or unwell

Class Rules: clubs are required to limit the number of members allowed in the facility at any given time, in accordance with Ontario's COVID-19 safety guidelines. This will be achieved by:

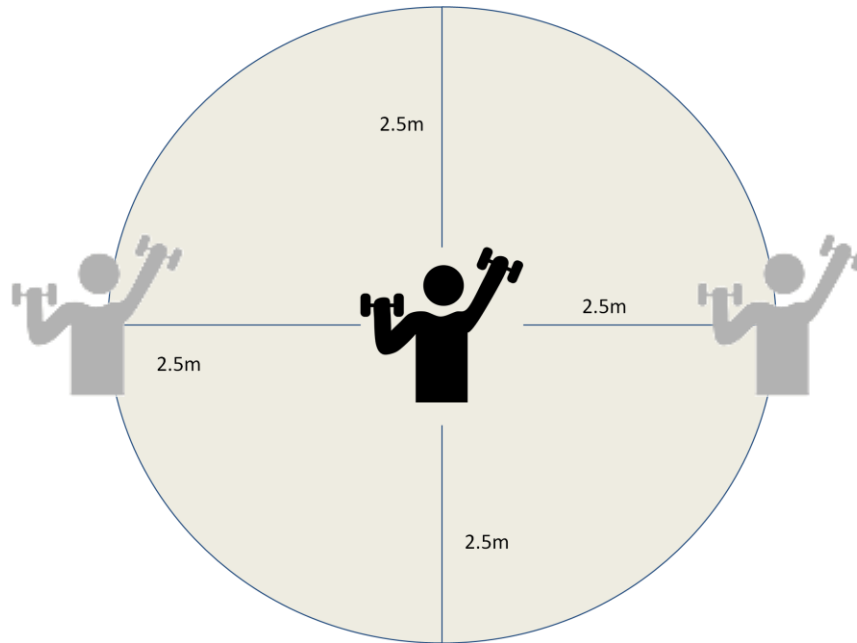
- segmented class schedules to avoid large groups (i.e. hold two (2) or more classes for kids age group rather than one (1))
- provide 20-40 minutes between classes (as suitable for pre and post class sanitization)
- Maintaining a minimum distance of 2 metres, or as recommended by public health authority, between individuals at all times
- limiting the number of athlete registrations for a give class depending on the practice surface area available at your facility.
- number of occupants includes family members and other visitors as well as students participating in the class.
- where possible, facilitate drop-off and pick-up of students so as to minimize exposure to visitors.
- implement a class enrollment system for contact tracing if the need arises

The Training Zone: the training zone is defined by the empty space allocated around a participant of the class.

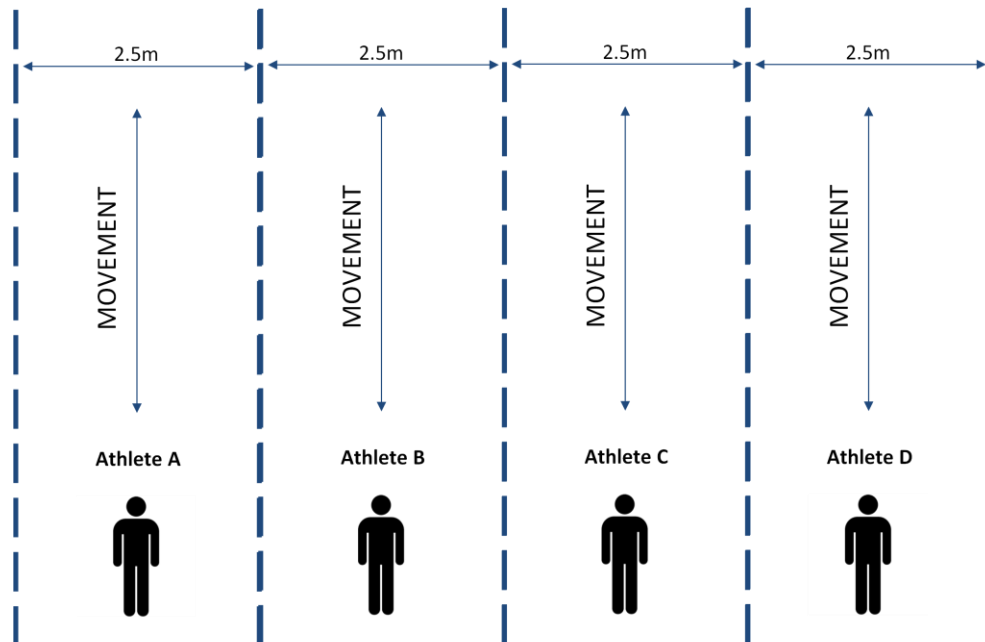
- **Training Zone A:** for lower energy activities such as stretching or stationary limbic movements is defined by the minimum physical distancing recommended by public health authorities. Currently, training zone A is a 2 metre radius empty space around a participant.



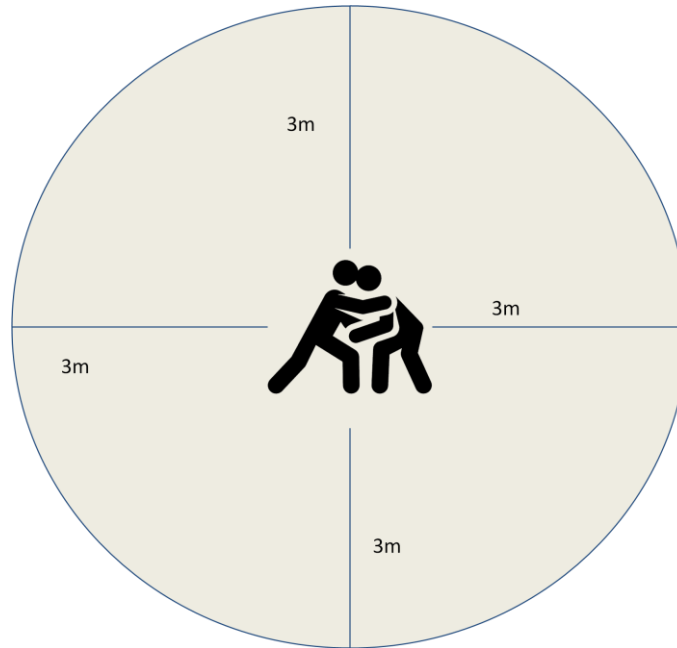
- **Training Zone B:** While performing heavy stationary exercises with exhaustive breathing, a minimum training zone with 2.5 metres empty space around a participant is required.



- **Training Zone C:** While performing translational movements during an exercise, a linear rectangular lane occupied by the student while traveling across the training surface must have a minimum of 2.5 metres width. Non-linear or crossing-paths are not permitted.



- **Training Zone D:** When training with a partner, the zone occupied during sparring and drilling is defined as Training Zone D. A minimum empty space of 3 metres radius around two sparring students or 6m physical distance from other sparring partners must be maintained.



Reception Rules: Students arriving for classes must be advised of the following protocols and the club must implement preventative measures for receiving students at the club prior to a class:

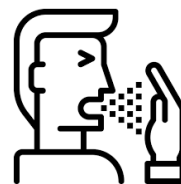
- Ensure all visitors and staff use sanitizer when entering and when leaving the facility
- Use a common laser thermal reader to measure each visitors temperature with consent
- Take special care of an individual if found to have a high temperature
- Observe individuals entering, attending, and leaving facility for coughs or sneezing
- Provision dedicated zones/lockers per person or a group of individuals where possible



**SANITIZE
AT ENTRANCE**



**MEASURE
TEMPERATURE**



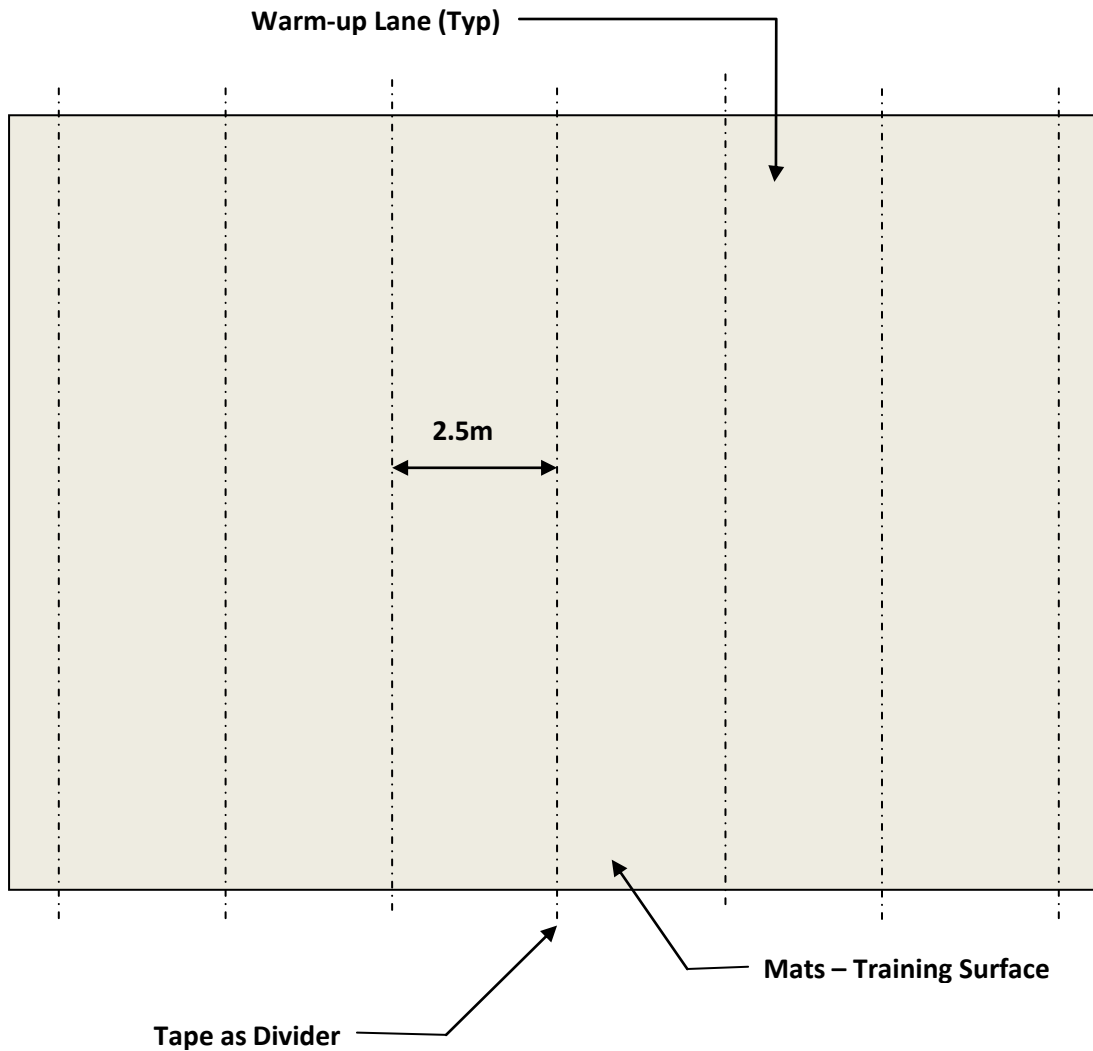
**WATCH FOR
ILLNESS**



**ISOLATED
EQUIPMENT**

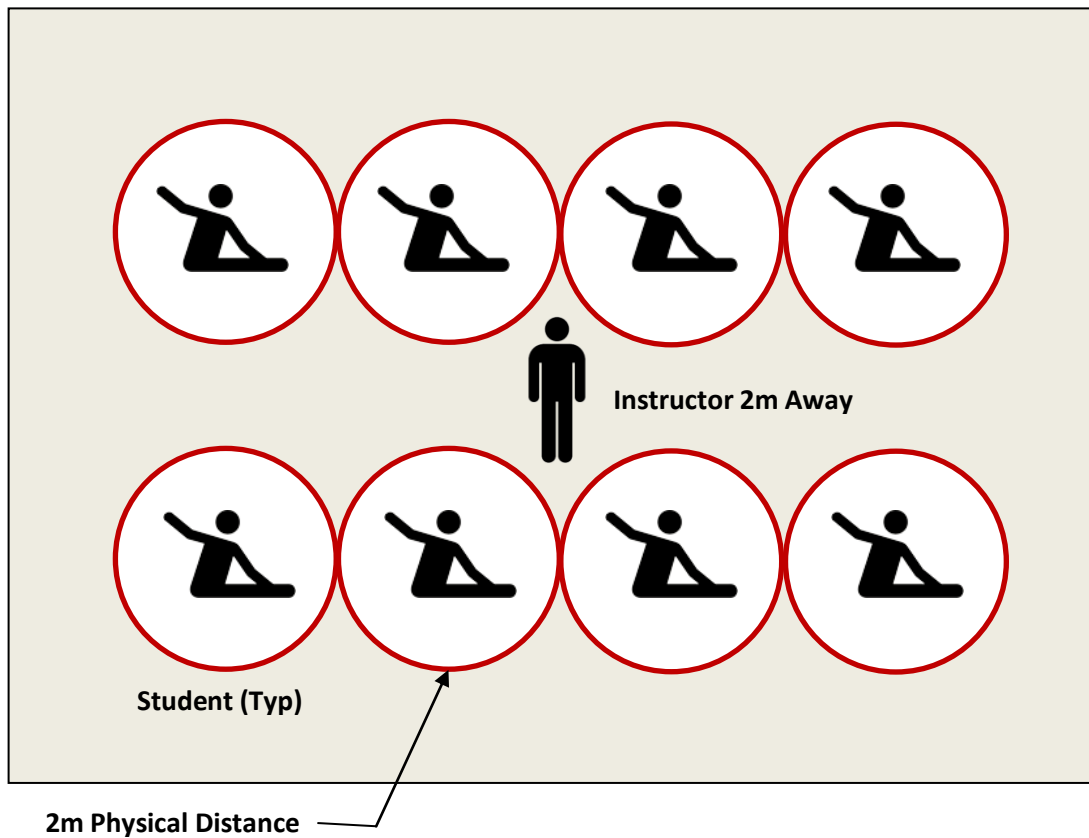
MAT CONFIGURATIONS

Various mat configurations are specified for participation in the three phases of RTP. Mat configurations follow the distancing and exercise regions defined in the Training Zones. Following are the permissible mat configurations:



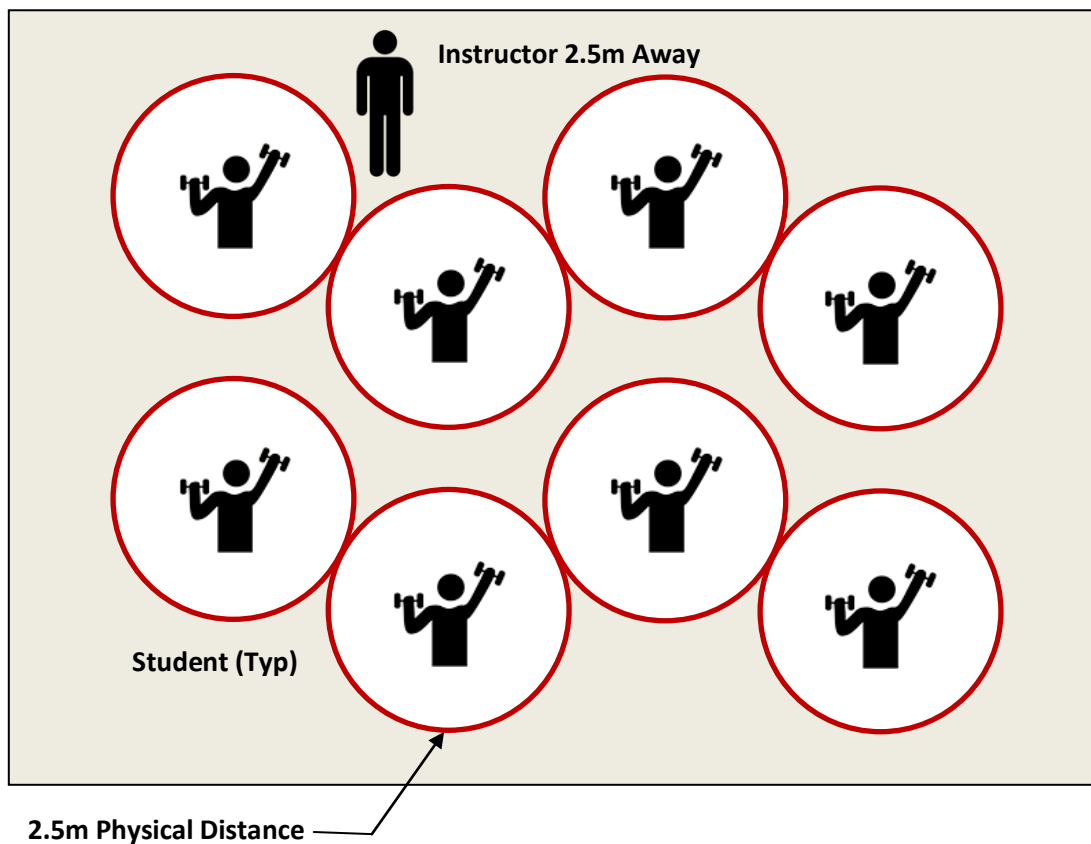
Lane Configuration

Each Athlete performs movements in a single lane as defined by the Training Zone C configuration. Lane delineations should be dawn or illustrated with mat-tape. Surface should be sanitized prior to use by each group and after the exercise is completed. Only the maximum number of students equal to the number of lanes possible on the available surface should be allowed as a group at a time. Do not exceed the maximum number of occupants advised by the public health authorities.



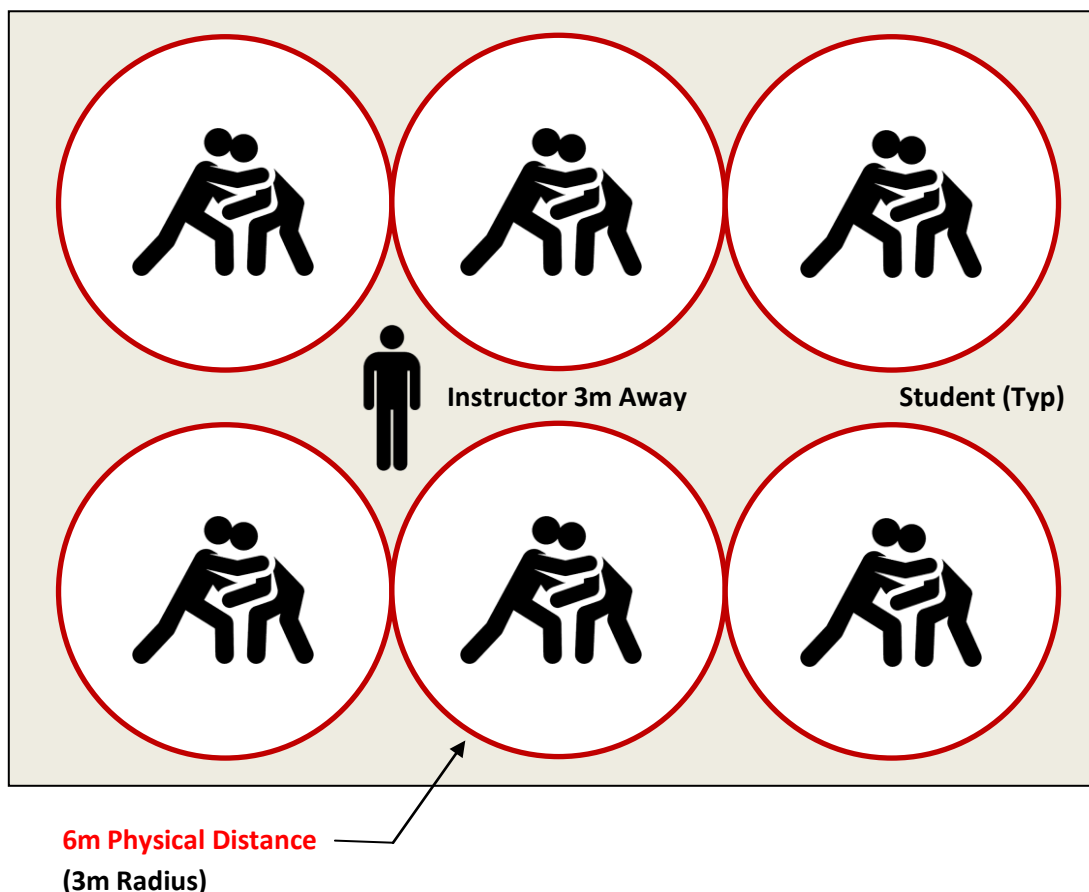
Low-Energy Exercise Configuration

Each Athlete performs static low-energy exercises in a designated area as defined by the Training Zone A configuration. Zone delineations should be dawn or illustrated with mat-tape. Surface should be sanitized prior to use by each group and after the exercise is completed. Only the maximum number of students equal to the number of zones possible on the available surface should be allowed as a group at a time. Do not exceed the maximum number of occupants advised by the public health authorities. Safe area at minimum 2 metre distance away from any student should be allocated for the instructor or coach. Students and instructors should avoid trespassing in the designated safety zones.



High-Energy Exercise Configuration

Each Athlete performs static or dynamic high-energy exercises in a designated area as defined by the Training Zone B configuration. Zone delineations should be down or illustrated with mat-tape. Surface should be sanitized prior to use by each group and after the exercise is completed. Only the maximum number of students equal to the number of zones possible on the available surface should be allowed as a group at a time. Do not exceed the maximum number of occupants advised by the public health authorities. Safe area at minimum 2.5 metre distance away from any student should be allocated for the instructor or coach. Students and instructors should avoid trespassing in the designated safety zones.



One-on-One Sparring Configuration

Students paired as designated training partners spar in a designated area as defined by the Training Zone D configuration. Zone delineations should be dawn or illustrated with mat-tape. Surface should be sanitized prior to use by each group and after the exercise is completed. Only the maximum number of students equal to the number of zones possible on the available surface should be allowed as a group at a time. Do not exceed the maximum number of occupants advised by the public health authorities. Safe area at minimum 3 metre distance away from any student should be allocated for the instructor or coach. Students and instructors should avoid trespassing in the designated safety zones. Sparring exercises may only occur in phase 3 or the RTP.

ALL PHASES SET TO SAFETY

Provided that member clubs observe or follow all regulatory health protocols, OGA has identified three (3) phases of RTP for member clubs. First stage entails training procedures that will allow for club owners to safely introduce and become familiar with the RTP protocols without physical contact or sparring. The second phase is a soft introduction of sparring and drilling with strong safety measures in place to prevent further spread of COVID-19. Third phase involves more relaxed rules, but firm control, on sparring and drilling, allowing small dedicated groups of individuals to practice together for better skill development, while maintaining sanitization and hygiene measures.

PHASE 1 – RE-OPEN

Permissible Activities - Phase 1: During phase 1 reopening of clubs, students are permitted to engage in off-season forms of training while maintaining physical distancing as defined by the public health authorities. Prior to re-opening in Phase 1, Instructors and member club owners are requested to review the OGA Grappling & Pankration Rules and provide students with a review seminar in early classes. Following are the scope of physical activities during Phase 1:

1. **Stationary Exercises** – Movements of limbs and body during warm-ups or strength training exercises must be performed in Training Zone A requiring a 2 metre radius of spacing around an individual performing a stationary exercise. If repetitive, heavy breathing is involved in the stationary exercise, Training Zone B must be used, increasing the minimum distance to 2.5 metre radius of spacing. The effective distancing between individuals, in the latter case, will be increased from 4 metres to 5 metres for safer diffusion of droplets.
2. **Linear Exercises** – Warm-ups or calisthenics may be performed in stationary or linear movements. Training Zone C must be used for such linear exercises where travel paths of participants must not cross each other. In other words, no movements are permitted where a training zone is occupied by more than one individual. Participants are required to move in lanes.
3. **Demonstrative Exercises:** Instructors are encouraged to demonstrate Grappling and Pankration skills while maintaining physical distancing through the use of training ones. In Phase 1, contact with other individuals is not permitted. In order to perform sport-specific movements and counter-movements, a Grappling-dummy, or punching equipment for Pankration may be used. Instructors must remain isolated while demonstrating the movements to students.
4. **Student Skills Exercises:** Likewise, students must also maintain physical distancing while performing the demonstrated exercise. A grappling dummy or other substitute exercise

equipment should be used by the student.

5. **Lectures:** Instructors are encouraged to give lecture series for classes on philosophy and history of the sports. Instructors may also provide treatise on subject matters, and students are encouraged to take written notes for review and homework. Additional materials may be presented in classes, relating to physical education. Musculoskeletal system and nutrition classes are strongly recommended. A broad scope of knowledge and skills is a very healthy exercise the mind of the students.
6. **Verbalization & Visualization:** Instructors are encouraged to perform student-to-student vocalized matches. Two students enter a verbal match – one student calls out the starting movement or maneuver. The second student verbalizes a counter maneuver and so on. Such exercises will help students correlate effective moves and learn new ones under the suggestions of other students and the instructor listening to the sequence. Instructor may also advise on particular maneuvers, their effectiveness, and related safety measures that students need to take while performing them.
7. **Virtual Classes:** For students who may be unable to attend physically due to high-risk, disability, or illness, a camera apparatus setup over a service such as Zoom is strongly recommended. Students may be able to join remotely in this manner and ask questions on elements being taught in class. For those restricted from attending physically, such a setup promotes inclusivity and provides healthy, motivational engagement and skill development with the virtual presence of their friends and colleagues who are in class.

** Note ALL equipment must be sanitized prior to and after use by Instructors and student.*

** Absolutely no physical contact can take place during Phase 1 - Reopening*

PHASE 2 – RE-ENGAGE

Permissible Activities - Phase 2: During phase 2 – re-engaging, all activities defined in Phase 1 are permissible. In addition, provided that public health authorities and the government of Ontario enables contact based sports and training, Clubs may pair two students as training partners. Each student is advised to be diligent in maintaining hygiene and exercising safety procedures during Phase 2. Following parameter are required by all member clubs:

- a) **Individual Physical Distancing** – Although students are paired as training partners, physical distancing with other students and instructor(s) must be maintained. Such procedure is crucial for contact tracing if needed.
- b) **Training Zone D** – When sparring, training partners must maintain a minimum physical distance of 3 metres from other sparring partners in a Training Zone D configuration.
- c) **Instructor Isolation** – Instructors must maintain isolation from students during Phase 2.
- d) **Voluntary Participation** – Participation in Phase 2 is not mandatory. Adult students must be willing to participate in physical training with a sparring partner. Youth age groups must provide parental or legal guardian consent to participate in Phase 2 activities.

PHASE 3 – RE-GROUP

Permissible Activities - Phase 3: During phase 3 – re-grouping, all activities defined in Phase 1 and Phase 2, are permissible. Clubs may assign sparring or training groups with two or more individuals in order to increase skill development. Each student is advised to be diligent in maintaining hygiene and exercising safety procedures during Phase 3. Following parameter are required by all member clubs:

- a) **Individual Physical Distancing** – Although students are grouped as training partners, physical distancing with other students and instructor(s) must be maintained. Such procedure is crucial for contact tracing if needed.
- b) **Training Zone D** – When sparring, training partners must maintain a minimum physical distance of 3 metres from other sparring partners in a Training Zone D configuration.
- c) **Instructor Isolation** – Instructors must maintain isolation from students during Phase 3.
- d) **Voluntary Participation** – Participation in Phase 3 is not mandatory. Adult students must be willing to participate in physical training with a sparring partner. Youth age groups must provide parental or legal guardian consent to participate in Phase 3 activities.

BEYOND COVID

A return to contact sports: In a perfect scenario, completion of Phase 4 would imply that most COVID-19 restrictions have been lifted, and a new-normal way of life is implemented. Although restrictions may be relaxed, it is still important to maintain enrollment and attendance sheets with full name and time of participation. Start and end times of classes should remain properly distanced.

Beyond COVID, it is expected that competition events may resume. OGA will publish additional procedures for safe reopening of its Class A, B, and C events.

REFEREES

Head Referees may be available to perform partial training toward certification with limited practical sessions performed with a Grappling Dummy, or Pankration equipment. Partial evaluations will be noted by the Head Referee and kept on record for evaluation toward the final certification with practical testing in Phase 2 and Phase 3, Re-Engage and Re-Group segments of the RTP. In Phase 1, a suffix “-PAR” will be appended to the Referee designation until the final evaluation is completed. Physical distancing during Phased RTP is crucial.

COACHES

Similarly, new aspiring Coaches are encouraged to register for the NCCP certification program and participate in theoretical exams and exercises during Phase 1. Coaches in training may participate in Phase 1 classes with their respective head coach at the member club. During Phase 2 and Phase 3, new Coaches may perform exercises in accordance with the OGA Coaching Development Program in preparation toward certification by coaching in-house scrimmage matches between paired training partner students and grouped training partners during their respective Phases. Physical distancing during Phased RTP is crucial.

Coaches play an essential role in sports development and are role models for their students and peers. As a Coach, please ensure your safety by practicing social distancing, frequent sanitization of your facility, and informing your students to follow protocols to stop the spread of the pandemic. Wear masks when possible and change your Grappling and Pankration attire often during the course of the day.

INFECTIOUS EVENT

If an infectious event occurs at your club, please contact your health professional immediately. Follow sanitization procedures for your facility. Please report the event to OGA with pertinent information regarding the infectious event at admin@grapplingontario.com

REOPENING PROCEDURE FOR CLUBS IS SIMPLE

Ontario Grappling Association will help you get started. Follow the three easy steps below to begin reopening your club.

1. Submit the “REOPENING YOUR CLUB WITH OGA” intake form (provided below) to admin@grapplingontario.com
2. Renew your 2020 membership at www.grapplingontario.com
3. Reopen your club and follow the General Procedures and Phase 1 activities outlined above

One of our representatives will get in touch with you once the intake form is received, in order to help you get started.

SAMPLE LOG DOCUMENTS

For your convenience, Phase 1 Class Attendance Sheet and Equipment Sanitization Schedule are provided by OGA. Please use these documents to keep an entry log of activities. OGA will request a submission of these documents from time-to-time or if the need arises.

DUE DILIGENCE

This is a new emerging time with a potential for conflicting information. Prior to reopening, please verify with your regional or municipal government for regulations on reopening procedures. In case you are visited by authorities regarding reopening procedures, please provide your club membership, obtained from www.grapplingontario.com, to the authorities. You may also notify OGA at admin@grapplingontario.com of the visit. In any event, follow the instructions provided by authorities.



RE-OPENING YOUR CLUB WITH OGA

INTAKE FORM

Club Name: _____

Address: _____

Owner Full Name: _____

Phone# 1: _____ Phone# 2: _____

Email: _____

Re-Opening Date: _____ Mat Areas (sqft) _____

Class Types (i.e Kids NoGi, Adults Gi, etc – List all)

Staff Use Only:

Reviewed By: _____

Reviewed Date: _____

Signature: _____



PHASE 1 - CLASS ATTENDANCE SHEET

Date: _____ Start Time: _____ Stop Time: _____

Class Name: _____ # Enrolled: _____ # Arrived: _____

First Name	Last Name	Training Zone	Sign-In Time	Sign-Out Time	Assessment



EQUIPMENT SANITIZATION SCHEDULE

Date: _____

Equipment Name	Time Sanitized	Sanitized By	Signature