



Back to Boccia COMPETITION GUIDELINES

Version 2.0

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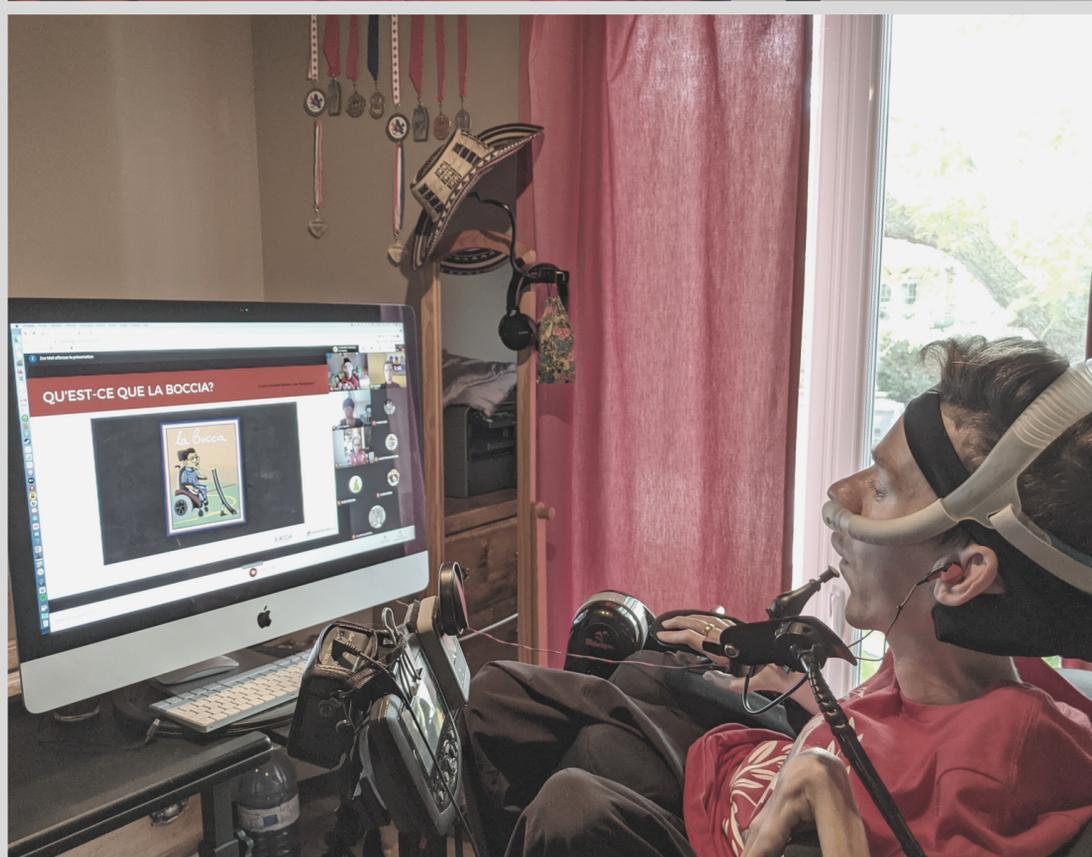


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1. Introduction

The Canadian Cerebral Palsy Sports Association (CCPSA), Boccia Canada and competition hosts have a fundamental responsibility to protect the health and safety of all participants at boccia competitions. These guidelines are a tool to support a responsible return to competition. Competition hosts and participants themselves play a key role in ensuring a safe competition by following these guidelines.

These guidelines are current as of the date of publication, but are subject to change as COVID continues to evolve.

This document is intended for use by provincial partners, clubs and the broader boccia community when planning to host or attend competitions. Athletes, performance partners, coaches, officials, volunteers, families and administrators will all play a critical role in ensuring a successful return to boccia competition.

According to the national risk assessment tool developed by Own The Podium (OTP), the Canadian Paralympic Committee (CPC) and the Canadian Olympic Committee (COC), boccia's overall risk score is "Very High." The safety of boccia athletes and staff will always be our top priority. At this time, all competition is permitted. It should be noted that returning to competition is an individual decision, based entirely on each athlete's individual health situation and risk tolerance.

The information contained within this document is intended to supplement – not replace – any local, provincial or national regulations with which organizations must comply. In addition to using this document, competition hosts must abide by the precautions outlined by their provincial and municipal governments and local venue operators. Competition hosts should consult with local, provincial and national government health officials to develop their own plan that takes into consideration their own unique needs and circumstances. In the case of inconsistencies between this document and local or provincial health guidelines, the stricter guidelines will prevail.

Returning to boccia competition will require flexibility and an individualized approach for each competition. The resumption of boccia competitions must not compromise the health of individuals or communities. It must be understood and anticipated that further outbreaks of COVID-19 may result in a discontinuation of boccia competitions.

At the same time, no guidelines can completely eradicate the risk of exposure to COVID-19 at a public event. It is the responsibility of each athlete, coach and official to consider their personal risk tolerance and determine whether they are willing and able to return to boccia.

Please note: These guidelines are a work in progress. This is Version 2. As the pandemic evolves, it is expected that there will be further updates.



2. Guiding Principles

Resuming sports activities can contribute many health, economic, social and cultural benefits to Canadian society as it emerges from the COVID-19 environment.

Returning to sport activities should not compromise the health of individuals or the community, including boccia athletes. The CCPSA has a responsibility to protect the health and safety of all participants and that supersedes everything.

The return to competition will be based on objective health information to ensure competitions are conducted safely and do not risk increasing COVID-19 local transmission rates.

All decisions about the resumption of boccia competitions must take place with careful reference to these national principles and in compliance with the guidelines provided by federal, provincial and local public health authorities. In the event of conflicting guidelines, the stricter guidelines will prevail.

These Guidelines highlight primary areas of concern that must be considered prior to hosting any size, type, or style of competition.

It is the responsibility of the provincial boccia partner and competition hosts in each province to determine what size of competition is acceptable given the current health and safety guidelines within their province.

3. Back to Boccia Phases

For competitions to be held, boccia must be in Phase 3 as outlined below. At time of revision, we have moved into Phase 4.

Phase	Permitted activities
Phase 1	<ul style="list-style-type: none">• Education• Clubs/programs to provide participants with program information that will assist them and their doctor in making an informed decision on whether to return to train• Individual training (1 athlete + 1 performance partner)• One coach only (provided the performance partner is an adult and has completed background screening as per the Rule of Two)• Coach to maintain 2m distance from the athlete/performance partner at all times• Performance partner retrieves balls for their athlete only• No sharing equipment• No spectators• No competition



Phase 2	<ul style="list-style-type: none"> • Small group training (4 athletes + performance partners) • One coach only (provided the performance partner is an adult and has completed background screening as per the Rule of Two) • Coach to maintain 2m distance from the athlete/performance partner at all times • Performance partner retrieves balls for their athlete only • Athletes to maintain 2m distance from other athletes during training • Maximum 2 athletes per boccia court • Minimum of two throwing boxes between athletes; or use a double-ended court with one athlete at either end • Focus on skill development only (no head-to-head games) • Athletes to avoid throwing balls in the same direction as other athletes • No sharing equipment • No spectators • No competition
Phase 3	<ul style="list-style-type: none"> • Small group training as outlined in Phase 2 • Head-to-head games permitted in training; athletes to move in/out of throwing boxes for their turns, as outlined in this document • Individual competition permitted following the guidelines in this document
Phase 4	<ul style="list-style-type: none"> • Small group and large training permitted following the distancing restrictions and masking protocols outlined in Back to Boccia Guidelines; no restrictions on number of coaches or athletes • Individual competition permitted, following the guidelines for individual competition in this document • Only athletes can remove their masks to play • If athletes want to check their opponents' balls, they (and those who help them) must disinfect their hands before and afterwards. • COVID Assistants will be seated behind throwing boxes 1 and 6 for all divisions of play • Penalty ball: the COVID Assistant (or Ramp Operator for BC3s) will present the balls to the athlete and keep the chosen ball with them. • Team and Pairs competition permitted, following the guidelines for individual competition in this document, with these additional guidelines: <ul style="list-style-type: none"> o Teams/pairs are to move in and out of throwing boxes for their turns, moving as simultaneously as possible to avoid contact with the other side. o Teams/pairs equipment can be left in the throwing box in between turns

4. Pre-Competition Requirements

4.1 COVID-19 Test

Participants who have had two vaccinations and display no symptoms, including but not limited to athletes, performance partners, coaches, officials, COVID assistants and volunteers, are not required to produce a negative COVID-19 test (either rapid test or PCR) before the competition. Participants must provide proof of both vaccinations to the HOC.

Participants who are exempt from receiving the COVID-19 vaccination must produce a negative COVID-19 test, either a rapid test taken no more than 24 hours or a PCR test taken no more than 72 hours before their



arrival at the competition. A signed waiver stating they have tested negative as well as a copy of their exemption must be provided to the Host Organizing Committee on arrival before they will be allowed to participate in the competition.

In the event that a participant tests positive for COVID-19 as a result of a pre-departure test, they may be replaced provided the replacement is vaccinated and has a negative test prior to departure. The competition host must be informed of any such substitutions immediately.

4.2 Vaccine

All participants (including athletes, performance partners, coaches, team managers, officials, volunteers etc) are required to have at least 2 doses of Covid 19 vaccine or proof of exemption in order to participate in a boccia competition.

5. Spectators

Spectators will be allowed in the competition venue. Registered participants are allowed to attend the competition.

6. Recommendations for all Competition Participants

Competition participants include but are not limited to athletes, performance partners, COVID assistants, coaches, officials and volunteers. COVID Assistants are defined as individuals the athlete requires to be at the competition in order to be able to participate (i.e. to provide personal care or push their wheelchair on court).

The competition host will provide a competition guide that includes a detailed description of the COVID-19 prevention measures that participants must follow. The measures include:

- Regular handwashing or hand sanitizing
- Wearing a **medical grade 2 mask** for face covering at all times unless there is a medical reason why this is not possible
- Replacing masks when they become damp
- Always cough into a mask, sleeve or tissue
- Throw away used tissues/disposable masks/mask filters
- Maintaining 2m distance at all times
- Following the marked routes throughout all indoor space
- Avoid touching surfaces where possible
- Minimizing items taken into the call room and field of play
- Avoiding unnecessary physical contact with individuals from different households (i.e. handshakes, hugs, kisses)
- Following guidelines on the total number of people allowed in the facility at one time



All participants, including officials and volunteers, should carry with them a prevention kit (provided by the HOC) that includes:

- Small personal packages of disposable tissues and plastic bags for disposal
- **Medical grade 2 face mask**
- Small package of alcohol based hand wipes
- Small bottle alcohol based hand sanitizer

All participants who can wear a mask, must do so at all times, including in the following areas:

- Field of Play*
- Call Room
- Warm Up Area
- Classification
- Hotel common areas

*With one exception. Athletes are permitted to remove their masks while on the field of play.

For those who can't wear a mask, a face shield is the next option.

As per government health regulations, the following individuals should NOT enter the venue:

- Anyone experiencing any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath). If these symptoms begin while at the venue, the individual must follow the protocols outlined in Section 13.2.
- Anyone who receives a diagnosis of COVID-19. Individuals must comply with the current mandated self-isolation policy.
- Anyone who has been told to self-isolate at home.
- Anyone who has been in close contact with someone with symptoms of COVID-19.
- Anyone who has been in close contact with someone who has been told to self-isolate at home.
- Anyone who has arrived in Canada from outside the country within the last 14 days.

Before entering the facility, all participants (athletes, performance partners, coaches, officials, volunteers etc.) will be required to:

- Complete a COVID-19 waiver and attestation form
- Provide their name and contact info for contact tracing
- Pass a temperature check
 - Any individual with a temperature above 37.3 C will not be permitted to enter the competition venue or participate in the competition until they produce a negative COVID-19 test result. They will be sent to the isolation area and the local health authority will be notified.
- Report to the HOC if they are experiencing any COVID-19 symptoms
 - Any participant experiencing one symptom of COVID-19 must isolate, along with all of their close contacts who are at the competition, until they are symptom free for 24 hours and have a negative PCR test after the relevant local isolation period. A rapid test is not sufficient in this case.
- Walk or wheel over a mat soaked in disinfectant and a drying mat
- Disinfect their wheelchair and all equipment they are bringing in to the venue. This means ensuring arm rests, joy stick etc. are thoroughly wiped down with a disinfectant wipe or spray.
- Sanitize their hands

Participants are required to follow the directional signage through all areas of the venue and avoid gathering at entrance and exit points.



7. Recommendations for Competition Hosts

7.1 Competition Guide

The competition host will provide participants with the necessary and updated information on COVID-19 and how it spreads and with personal protective equipment (PPE).

The competition host will provide a competition guide that includes a detailed description of the COVID-19 prevention measures that participants must follow.

The measures should include:

- Regular handwashing or hand sanitizing
- Wearing a **medical grade 2 mask** for face covering at all times unless there is a medical reason why this is not possible
- Replacing masks when they become damp
- Always cough into a mask, sleeve or tissue
- Throw away used tissues/disposable masks/mask filters
- Maintaining 2m distance at all times
- Following the marked routes throughout all indoor space
- Avoid touching surfaces where possible
- Minimizing items taken into the call room and field of play
- Avoiding unnecessary physical contact with individuals from different households (i.e. handshakes, hugs, kisses)
- Following guidelines on the total number of people allowed in the facility at one time

The competition guide will also include the preventative measures the HOC has in place at the competition, including details on the following:

- Where and how an individual diagnosed with COVID-19 will be cared for and isolated
- Where and how anyone who has been in close contact with a confirmed case will be quarantined
- How athletes and team staff will be notified of a COVID-19 case
- Location where a large number of people can be quarantined in case of a large number of athletes or competition staff are exposed to COVID-19
- Emergency contact information for local health authorities (i.e. public health)
- Location of onsite rapid testing kits
- Location and contact information for local testing sites
- Common symptoms of COVID-19 and standard preventive measures
- Criteria for asking individuals with symptoms to leave the venue
- Criteria for asking individuals to return home from the competition



7.2 Entrance, Exit and Venue Signage

The competition host will designate different doors for entrance and exit.

Where possible, have the entire venue designated for the competition. Where this is not possible, ensure the boccia competition area is separated from other events as much as possible.

The competition host will provide clear directional signage throughout the venue, including at traffic congestion points to reinforce traffic patterns.

The competition host will ensure the entrance is clearly marked to indicate that as per government health regulations, the following individuals should **NOT** enter the venue:

- Anyone experiencing any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath). If these symptoms begin while at the venue, the individual must follow the protocols outlined in Section 13.2.
- Anyone who receives a diagnosis of COVID-19. Individuals must comply with the current mandated self-isolation policy.
- Anyone who has been told to self-isolate at home.
- Anyone who has tested positive on a self administered rapid antigen test.
- Anyone who has been in close contact with someone with symptoms of COVID-19.
- Anyone who has been in close contact with someone who has been told to self-isolate at home.
- Anyone who has arrived in Canada from outside the country within the last 14 days and is not fully vaccinated.

The competition host will provide a check in station that includes:

- Sanitizer and disinfectant
- A mat soaked in disinfectant and a drying mat
- COVID-19 waiver and attestation forms
- Sign in/out sheet with name and contact information
- Temperature check
- Disposable **medical grade 2 masks** available upon request

7.3 Prevention Kit

Competition hosts will provide participants with a prevention kit that includes:

- Small personal packages of disposable tissues and plastic bags for disposal
- A reference card with key reporting information and steps to follow
- **Medical grade 2 face mask**
- Small package of alcohol based hand wipes
- Small bottle alcohol based hand sanitizer

The competition host must also make available:

- Disposable gloves for the use of participants if required
- Water refill points, preferably hands free
- Disinfectant wipes for the use of cleaning staff and participants if required



7.4 Warm up Area, Call Room and Field of Play

7.4.1 Sanitation Protocols

The competition host must provide hand sanitizing/washing stations close to the field of play, call room and warm up area, and hand sanitizer and disinfectant at each scoring table.

7.4.2 Warm Up Area

If there is sufficient room for a warm up area, the following guidelines apply:

- All participants must wear masks in the warm up area if they are able to do so.
- The competition host will develop a schedule to stagger access to the area for training and warm up purposes
- All participants must adhere to the schedule
- Participants should arrive to the warm up area immediately before their scheduled time and must leave the area as soon as their time is over.
- In between scheduled warm up times, the chairs in the warm up area must be disinfected
- Only one coach and one performance partner are permitted to enter the warm-up area with an athlete.
- During training sessions, participants should maintain 2m distancing, including while at rest or receiving coaching.

7.4.3 Call Room

Competition hosts must provide the following at the call room entrance/exit:

- Sanitizing station and temperature check station
- Splash prevention boards at the call room check-in desk
- A disinfectant floor mat and drying mat which all wheelchair users must wheel over if available
- Clearly identifiable distance markers at 2m intervals for participants to line up for the call room
- Disinfectant for boccia balls and equipment (if there is not enough room, this could be in the warm up area)

Competition hosts will ensure the call room is large enough to maintain 2m distancing and will post floor markings at 2m intervals. Partitions between court areas in the call room are recommended.

An air circulator in the waiting area is recommended.

If it is not possible to follow these guidelines, the call room should be eliminated and call room tasks completed on court.

7.4.4 Court Layout

Limit number of courts to ensure 2m distancing is possible.

Leave enough room between courts for athletes to back out of their box while maintaining 2m distancing from other athletes and officials.



Provide a seating location for performance partners or coaches who are not on court, but are required to push an athlete out on court during an end if needed. The seating location for these assistants can be determined by the Technical Delegate and must allow for 2m distancing.

7.4.5 Divisions of Play and Schedule

If possible, limit the number of classification divisions playing each day to minimize the number of people in contact with each other.

Consider staggering game starting times to minimize the possibility of line-ups at the call room and field of play entrance and exit.

Schedule extra time between games to allow score table, iPad, score table chairs and performance partner chairs to be sanitized.

Extend the two-minute warm up to four minutes to allow each athlete to warm up separately.

7.5 Venue Sanitation Protocols

The competition host will review the sanitation protocols being used by the venue. Common areas (field of play, warm up area, change rooms, bathrooms) should be sanitized at least twice daily and waste bins emptied regularly.

Confirm who is responsible for facility sanitization processes and inform competition participants.

Ensure disinfectant wipes are available.

Ensure there are hands-free waste disposal bins around the venue.

Ensure fresh air is circulated through the venue at least twice a day.

Provide hand sanitizing stations at the entrance and exit of the following locations:

- Venue
- Bathrooms
- Classification area
- Equipment check area
- Field of Play
- Meal area (if using)

Provide hand sanitizer and disinfectant on all score tables.

7.6 Storage Areas

Do not provide participants with access to lockers.



7.7 First Aid

The competition host is responsible for providing in-venue first aid services (i.e. St. John's Ambulance) that include medical providers who are able to triage and refer suspected COVID-19 cases for testing.

7.7.1 Isolation Area

Competition hosts must identify an isolation area at the venue and the hotel where a participant can rest while waiting for medical referral. The area should include:

- A massage table where the person can rest
- Water and snacks
- A hands-free garbage can
- Hand sanitizer
- Medical grade 2 masks
- Disposable gloves
- A digital thermometer
- Self administered rapid antigen tests

7.8 Volunteers

Competition Hosts may find that new volunteer positions are needed to support competitions (i.e. a volunteer at the entrance to ensure waivers and attestations are completed).

Competition Hosts should evaluate all potential volunteer positions, determine the minimum number of volunteers possible to run the competition and use this number.

Assign volunteers to specific roles/areas to minimize cross contamination. Volunteers are only to be present when needed and split volunteer shifts should be avoided as much as possible.

Ensure volunteers sign in and out to allow for contact tracing.

Create a working group in charge of sanitization measures at the competition, including a Health & Safety Coordinator. Ideally, the Health & Safety Coordinator should have a medical background.

7.9 Transportation

7.9.1 Transportation Waiting Area

The host should identify a designated transportation waiting area that allows for 2m distancing between participants, preferably outside.

7.9.2 Accessible Busses, Taxis, and Ride-Sharing Services

Where possible, hosts should use hotels that are walking/wheeling distance from the venue to avoid the need for internal competition transportation.



When it is necessary to use a transportation service, competition hosts should be aware of the transportation services' COVID protocols and communicate these to participants.

8 . Recommendations for Athletes, Performance Partners and Parents

8.1 COVID-19 Prevention Measures

The HOC will provide a competition guide that includes a detailed description of the COVID-19 prevention measures that participants must follow.

8.2 Equipment Check Procedures for Athletes and Performance Partners

Athletes must come to equipment check with only one performance partner and bring only the balls they reasonably expect to play with to be checked.

Ramp tests will be conducted in the usual way, except that stickers will be given to the Performance Partner to place on the ramp, under the direction of the referee.

Wheelchair checks will be conducted in the usual way, except that measuring equipment is to be disinfected in between athletes and stickers will be given to the Performance Partner to place on the ramp and wheelchair, under the direction of the referee.

8.3 Equipment Sanitation Protocols

Athletes are responsible for ensuring their equipment is sanitized.

8.4 Warm Up Area, Call Room and Field of Play

8.4.1 Warm Up Area

If there is sufficient room for a warm up area, the following guidelines apply:

- All participants must wear masks in the warm up area if they are able to do so.
- The competition host will develop a schedule to stagger access to the area for training and warm up purposes
- All participants must adhere to the schedule



- Participants should arrive to the warm up area immediately before their scheduled time and must leave the area as soon as their time is over.
- In between scheduled warm up times, the chairs in the warm up area must be disinfected
- Only one coach and one performance partner are permitted to enter the warm up area with an athlete.
- During training sessions, participants should maintain 2m distancing, including while at rest or receiving coaching.

8.4.2 Call Room

A side must register at the call room prior to every game, according to the times listed in the rules. If an athlete is playing a game on court when the call room opens for their next game, the athlete's coach may register that athlete. The official clock will be located at the entrance of the call room. Registration is done at the call room desk. A side that is not present in the call room on time forfeits the match.

Only the following participants may enter the call room:

- BC1 – 1 Coach, 1 Performance Partner
- BC2 – 1 Coach, 1 COVID Assistant
- BC3 – 1 Coach, 1 Performance Partner, 1 COVID Assistant
- BC4 – 1 Coach, 1 COVID Assistant
- BC5 – 1 Coach, 1 COVID Assistant
- Open – 1 Coach, 1 COVID Assistant

Once registered and inside the call room, athletes, coaches and sports assistants must not leave. Should they do so, they will not gain re-admittance and will take no further part in the match, potentially forfeiting the match. If there is a schedule delay while the Call Room is in operation, participants may ask the Head Referee or the Technical Delegate if they may use the bathroom.

8.4.3 Field of Play

All performance partners (including those for athletes in the BC2 & 4, 5 and Open classes) are permitted to come in to the playing area and retrieve balls for the athlete they are assisting. BC3 athletes may also have a coach push them out into the playing area during the end if needed. The seating location for these assistants can be determined by the Technical Delegate and must allow for 2m distancing.

The performance partner will pick up the balls for their athlete in between ends, except the jack.

At the end of the game, the athletes will access the score table separately, maintaining 2m distance, to review and approve the score sheet. If a pen is needed, it will be disinfected in between uses.

Athletes are to play in the usual throwing boxes (3 & 4), but must move from their throwing box into Box 1 or Box 6 (whichever is closer) during their opponent's turn. Athletes can leave their equipment in their throwing box when they exit the box between turns, so long as it is not impeding their opponent.

Athletes may leave court immediately without repercussions if someone starts coughing.



9. Recommendations for Officials and Volunteers

The HOC will provide a competition guide that includes a detailed description of the COVID-19 prevention measures that all participants, including officials and volunteers must follow.

9.1 Call Room and Field of Play

9.1.1 Call Room

At the discretion of the Technical Delegate and the Head Referee, call room arrival times can be staggered to prevent line-ups from forming. To avoid crowding, officials are to avoid arriving to the call room at the last minute.

All participants, including officials and volunteers, must have a temperature check before entering the call room - any individual with a temperature above 37.3 C will not be permitted to enter the call room or participate in the competition until they produce a negative COVID-19 test result. They will be sent to the isolation area, will have a rapid antigen test administered immediately, and the local health authority (i.e., public health agency) will be notified if necessary.

Only the following participants may enter the call room:

- BC1 – 1 Coach, 1 Performance Partner
- BC2 – 1 Coach, 1 COVID Assistant
- BC3 – 1 Coach, 1 Performance Partner, 1 COVID Assistant
- BC4 – 1 Coach, 1 COVID Assistant
- BC5 – 1 Coach, 1 COVID Assistant
- Open – 1 Coach, 1 COVID Assistant

All participants, including officials and volunteers, who can wear a mask, must do so at all times in the call room. For those who can't wear a mask, a face shield is the next option.

When inside the call room, officials and volunteers will avoid touching surfaces, objects or equipment for collective use.

Referees will sanitize hands before and after each random ball check.

After completing the coin toss, the referee will ask the winner of the coin toss what colour of balls they want to play and who will take the first two-minute warm up.

If an athlete wishes to check an opponent's boccia balls, they must first sanitize their hands.



9.1.2 Field of Play

Officials and volunteers should not retrieve balls. Performance partners are permitted to retrieve balls for the athlete they are supporting.

All performance partners (including those for athletes in the BC2 & 4, 5 and Open classes) are permitted to come in to the playing area and retrieve balls for the athlete they are assisting. BC3 athletes may also have a coach push them out into the playing area during the end if needed. The seating location for these assistants can be determined by the Technical Delegate and must allow for 2m distancing.

9.1.3 Divisions of Play and Schedule

Officials should extend the two-minute warm up to four minutes to allow each athlete to warm up separately.

9.2 Referee Procedures

9.2.1 Equipment Check

The equipment check schedule will be staggered to avoid line-ups.

Increase the amount of time in the schedule for equipment checks.

Provide enough space to allow 2m distancing during equipment check.

Referees will clean and disinfect equipment testing devices and their own hands in between each athlete.

Ramp tests will be conducted in the usual way, except that stickers will be given to the Performance Partner to place on the ramp, under the direction of the referee.

Wheelchair checks will be conducted in the usual way, except that measuring equipment is to be disinfected in between athletes and stickers will be given to the Performance Partner to place on the ramp and wheelchair, under the direction of the referee.

9.2.2 General Referee Procedures

Referees will not shake hands with athletes, performance partners or coaches.

Where possible referees should bring their own pen, measuring equipment and paddle. If this is not possible, communal equipment must be disinfected between matches.

If the ball goes out of play, the referee will pick it up with a scoop, tongs or gloved hand, with the glove being disposed of immediately in the designated waste area near the court.

Referees can move balls to measure when needed but need to sanitize their hands before and after doing so.

Referees can pick up the jack with a scoop or tongs at the end of the end and deposit it on a disinfected tray on the scoring table.



At the end of the game, the referee will direct athletes to access the score table separately, maintaining 2m distance, to review and approve the score sheet. If a pen is needed, the referee will disinfect it between uses.

10. Classification

Anyone attending classification, including but not limited to athletes, performance partners, coaches and classifiers, are to complete the COVID-19 waiver and attestation the day before and the day of classification, in addition to the waiver and attestation completed upon entrance to the venue. These are to be kept on file with the Lead Classifier.

The athlete may bring one other person with them for classification.

The Protocols outlined in the [International Paralympic Committee Classification Hygiene and Infection Control Guidelines](#) will be followed.

11. Accommodations

11.1 General Guidelines

All participants should follow these guidelines when staying in a hotel for a competition:

- Avoid staying an unnecessarily long time in a space where physical distance cannot be maintained.
- Refrain from talking in crowded areas such as elevators.
- Avoid communal areas at the hotel as much as possible.
- Follow hotel protocols for entrance, exit and traffic flow.

11.2 Sharing Rooms

Participants should follow the recommendations of the local health authority regarding sharing accommodations. The HOC will not be monitoring to verify whether participants are sharing rooms with people from their household, but participants should be aware that hotels may be monitoring for this.

Officials will not share rooms, unless they are sharing with someone in the same household.

11.3 Accessible Showers

Venue shower rooms should be used mainly as bathrooms. Athletes should shower at the hotel.



Where possible, accessible showers should not be shared. If this is not possible, shower access should be scheduled to allow time for disinfecting between users.

Where possible, transfer equipment, lifts, shower bench/seats should not be shared. If this is not possible, equipment must be disinfected between users.

12. Meals

There must be a designated meal area with clear traffic flow patterns marked to ensure distancing can be maintained. The meal schedule will be staggered to limit numbers.

Tables must be spaced and have a limited number of people per table to allow 2m distancing between participants.

Participants will not share food or utensils and must sanitize their hands before and after eating. Masks and face shields can be removed for eating but must be replaced immediately when not eating. Participants who need assistance to eat can receive help from their Performance Partner or COVID Assistant.

Meals can be provided in alignment with the provincial guidance for dining indoors.

13. Transportation

Where possible, participants should provide their own transportation throughout the competition.

13.1 Accessible Busses, Taxis and Ride-Sharing Services

Where possible, use hotels that are walking/wheeling distance from the venue to avoid the need for internal competition transportation.

Where possible, participants should only share transportation with people from their household.

When it is necessary to use a transportation service, participants who can wear a mask should do so. For those who can't wear a mask, a face shield is the next option.

Services such as taxis, ride-shares or accessible municipal transportation services are responsible for developing and implementing their own COVID protocols. However, participants should not feel they have to accept a pick up if they are concerned that protocols have not been followed or their safety is at risk.



13.2 Transportation Protocol for Individuals Needing Isolation

If a participant requires isolation while at the competition and they do not have their own transportation, they should take the following steps to return to their accommodations:

- Isolate at the venue while waiting for transportation pick-up
- Use a private taxi
- Keep windows down
- Wear a mask if they are able to do so. For those who can't wear a mask, a face shield is the next option.
- Request the drivers' name, car number and company name*
- When back at the hotel, go straight to their room

*This information must be provided to the public health authority for contact tracing.

13.3 Transportation Waiting Area

Participants should use the designated transportation waiting area and respect 2m distancing.

Everyone who is able to wear a mask should continue to do so while waiting for transportation, even if outside.

14. Rules - COVID-19 Amendments

Competitions will use the rule amendments published by World Boccia, which can be found on p.9-12 of the [BISFed COVID-19 Return to Competition Protocol \(Version 1.0, May 2021\)](#).





15. Acknowledgements

To develop these guidelines, the Canadian Cerebral Palsy Sports Association and Boccia Canada assembled a Task Force who understood the sport, the athletes who play it, and the unique risks they face. The Task Force included health care professionals, boccia athletes, coaches, provincial partners, referees and classifiers. These guidelines were approached with the perspective of making boccia competition as safe as possible while still allowing athletes to play the sport they love during these challenging times.

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16. Additional Resources

[WHO – Mass Gathering COVID-19 Risk Assessment Tool - Sports Events](#)

[Spinal Cord Injury Canada - Hand Hygiene for People with Spinal Cord Injury](#)

[International Paralympic Committee Classification Hygiene and Infection Control Guidelines](#)

[CCPSA COVID-19 Attestation Form](#)

[CCPSA Waiver and Liability Form](#)

[Health Protection and Promotion Act](#)

