

Safety Measures – Wesbrook Community Centre
UBC Active Kids

PHO Orders

Provincial Health Officer (PHO) orders all sports must follow [viaSport's Return to Sport Phase 2 guidance](#) with respect to maintaining physical distance for participants.

The following programs are taking place at Wesbrook Community Centre:

- Multi-Sport and Playtime (1.5-3 years)
- Multi-Sport and Physical Literacy (3-5 years)
- Soccer (3-5 years)
- Soccer (6-9 years)
- Basketball (8-12 years)
- Basketball (12-16 years)

	Transition Measures Phase 2
Restrictions in Place	<ul style="list-style-type: none"> • Maintain Physical Distance (3m) • No non-essential travel • No group gatherings over 50 people
Enhanced Protocols	<ul style="list-style-type: none"> • Increased hand hygiene • Symptom Screening in place
Facility	<ul style="list-style-type: none"> • Outdoor is safest
Participants	<ul style="list-style-type: none"> • Indoor facilities slowly re-opening • Small Groups • No spectators
Non-contact Activities	<ul style="list-style-type: none"> • Fundamental movement skills • Modified training activities, drills
Contact Activities	<ul style="list-style-type: none"> • Should not occur • Contact sports should look for non-contact alternatives to training
Competition*	<ul style="list-style-type: none"> • In club play or modified games may slowly be introduced
Equipment	<ul style="list-style-type: none"> • Minimal shared equipment • Disinfect any shared equipment before, during and after use
Travel	<ul style="list-style-type: none"> • None

Wesbrook Safety Measures

1. Tangible methods of ensuring physical distance between participants
2. How to eliminate sharing of equipment
3. Examples of drills that can be practiced independently
4. How to reduce exercise intensity if order continues on the prohibition of “high intensity” activities
5. Other ways to reduce exposure (e.g. Dividing class into smaller groups)
6. No spectators are allowed in the facility. i.e. Parents are not allowed to stay to watch, unless they need to provide assistance to their child. This must be pre-arranged between the parent and Program Coordinator.

The following are all program adaptations and modifications in regards to PHO orders and Wesbrook Safety Measures.

Multi-Sport and Playtime (1.5-3 years) & Multi-Sport and Physical Literacy (3-5 years)

1. The first day of programs will be used to announce and go over all safety measures with participants with emphasis on physical distancing of 3m and no shared equipment. Proper check-in and check-out procedures will also be emphasized with participants and parents.

The entire gym space will be used for the program. The gym layout will have cones used as dividers to segregate each activity area for each participant (and their parent in the playtime program) while ensuring more than 3m distance between each participant. A hula-hoop will signify each sit-down point for all activity areas.

During programs, instructors/volunteers will ensure proper physical distancing is maintained during the activity time.

2. Equipment will be divided prior to the start of the program and laid out at each activity area for each participant.
3. Multi-sport sees a cycled rotation of sports per week such as: basketball, soccer, volleyball, and etc.

Basketball: fundamental skills are introduced with no required engagement with other participants. Dribbling exercises can be done in each participants activity area. Passing exercises can be done by splitting participants up at different sections of walls (or pass with their parents in the Playtime program). Shooting exercises are also done in individual activity areas with their hula-hoop being the target of their shots. Parents will also be able to maneuver their hoops in their own activity area to ensure proper physical distancing.

Soccer: fundamental skills of passing, shooting, and dribbling can also be completed in individual activity areas. Instructors can set up cones in each participants area and have various dribbling techniques to emphasize per set up. Shooting drills can either see hula hoops as their own target, or a separated area to practice on the soccer net. A rotation will be completed to ensure all participants get a chance to shoot at the net while other participants will have differing targets.

4. Emphasis on fundamental movement patterns will be emphasized. Lesson plan will focus on core movements of each sport pending lesson plan.
5. Ensure proper instructor to participant ratio is kept.
No additional family members (in Multi-Sport and Playtime).
6. Will be reiterated during program check-in.

Soccer (3-5 years) & Soccer (6-9 years)

1. The first day of programs will be used to announce and go over all safety measures with participants with emphasis on physical distancing of 3m and no shared equipment. Proper check-in and check-out procedures will also be emphasized with participants.

The entire gym space will be used for the program. The divider will also be used to segregate the group into 2 sides on each of the gym. The gym layout will have cones used as dividers to segregate each activity area for each participant while ensuring more than 3m distance between each participant. A hula-hoop will be used to emphasize each activity area for each participant.

During programs, instructors/volunteers will ensure proper physical distancing is maintained during the activity time.

2. Equipment will be divided prior to the start of the program and laid out at each activity area for each participant.
3. A focus on fundamental skills and personal development for participants will be emphasized. Fundamental skills of passing, shooting, and dribbling can be completed in individual activity areas. Instructors can set up cones in each participants area and have various dribbling techniques to emphasize per set up. Cones could be set up in a zig zag formation with different cutting techniques emphasized at each crossover.

Shooting drills can either see hula hoops or cones as their own target, or a separated area to practice on the soccer net. Instructors can set up a circuit with cones for dribbling routes and have a targeting area for shots.

Passing can also be practiced by having participants each have their own wall space.

Example gym layouts, drills, and modifications that will be utilized can be found on Soccer BC in their [Return to Play Technical Resources](#).

Noted: switch in Phase 2 for Soccer BC emphasizes club competition and adjusted rules for game play. The soccer program will only focus on individual development and fundamentals as per PHO orders.

4. Emphasis on fundamental movement patterns will be emphasized. Individual skill and development will be the focus for the program outcome for participants.
5. Ensure proper instructor to participant ratio is kept.
No spectators.
Gym divider will be dividing group as outlined in point 1.
Participants will only use equipment provided in their activity area.
No outside equipment will be permitted.
6. Will be reiterated during program check-in.

Basketball (8-12 years) & Basketball (12-16 years)

1. The first day of programs will be used to announce and go over all safety measures with participants with emphasis on physical distancing of 3m and no shared equipment. Proper check-in and check-out procedures will also be emphasized with participants.

The entire gym space will be used for the program. The gym will be divided by each basketball hoop available with each participant having their own basketball hoop for the entirety of the class.

During programs, instructors/volunteers will ensure proper physical distancing is maintained during the activity time.

2. Participants will only need a maximum of two basketballs for the entirety of the program. Basketballs will be set up by each hoop. Participants will remain at the same hoop for the entirety of the class.
3. Emphasis on the lesson planning will be on individual development and skills. Working on fundament skills such as shooting, dribbling, cutting, attacking, and etc.

Examples of shooting drills can be at multiple locations or various shots individuals can practice at their own hoop. Games incorporated would be things such as around the world or first to can be played during these times.

Dribbling drills can see participants practicing multiple dribbling techniques in their own activity areas. Cones can also be used to set up circuits and attack lines.

Adaptations and modifications to drills and skills that will be utilized will be recommendations from Basketball BCs [Return to Sport Plan](#).

4. Emphasis on fundamental movement patterns will be emphasized. Individual skill and development will be the focus for the program outcome for participants. A decrease in activity intensity to focus on skills such as shooting rather than sprinting can be done.
5. Ensure proper instructor to participant ratio is kept.
No spectators.
Gym divider can be placed down and have each instructor instructing one side.
Participants will only use equipment provided in their activity area.
No outside equipment will be permitted.
6. Will be reiterated during program check-in.