

Use this guide to help navigate your child's return to sport amidst the COVID-19 pandemic. Keep in mind that certified coaches, the rule of two, background checks and safe sport practices are foundational to a good sport experience. Ensure your club or association is sanctioned and is compliant with their provincial and national governing bodies.

Go For It

- 🏀 Is the sport program implementing a phased approach for a safe return to sport?
- 🏀 Is the sport program committed to continual improvement and preventative practices to mitigate the spread of COVID-19?
- 🏀 Will there be opportunities for my child to work hard and have fun within the constraints of the "new normal"?



Play Fair

- 🏀 Am I required to sign an Assumption of Risk or some other COVID-19 waiver for my child?
- 🏀 Are the return-to-sport processes and requirements applied consistently and fairly for all participants?
- 🏀 Does your province and sport organization have safe return-to-sport guidelines?
- 🏀 Does the return-to-sport process appropriately reflect the approach to COVID-19 in my province and/or region?



Respect Others

- 🏀 Is everyone involved in the sport experience (e.g., participants, coaches, officials) required to complete a COVID-19 self-assessment and/or declaration of compliance before returning to sport? If so, how often?
- 🏀 Can the sport be practiced or played while maintaining physical distance? Is my child old enough to maintain physical distance? Does my child understand the reasons for maintaining physical distance?
- 🏀 Does the program comply with the current guidelines for group size?
- 🏀 Does the sport program foster a culture of respect for everyone involved in the sport experience?



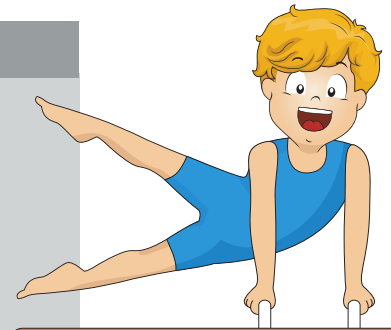


Keep it Fun

- 🌀 Does my child want to return to sport? What are my options if my child does not enjoy the new sport experience? Will the sport program provide a refund?
- 🌀 What measures are in place to help promote fun in the face of challenging times, both on and off the field of play?
- 🌀 Will my child's enjoyment be assessed and will program modifications be considered to ensure the "new normal" is fun?

Stay Healthy

- 🍷 Does the sport program have policies, guidelines and procedures to reduce the risk of COVID-19 transmission?
- 🍷 What happens if my child or someone else contracts COVID-19? Does the sport organization have a contact tracing protocol?
- 🍷 Will my child be taught and encouraged to recognize and monitor changes in their physical and mental health?



Include Everyone

- 👁️ Does the sport program recognize the increased risk for vulnerable populations?
- 👁️ How will this be addressed to ensure that everyone is able to participate safely?
- 👁️ Does the sport program and facility work to ensure everyone (i.e., participants, coaches, officials) has a safe place to participate?



Give Back

- ⚽ Have I considered the implications of my child's return to sport on other members of my family and social circle?
- ⚽ Does my behaviour contribute to a safe and healthy sport environment?
- ⚽ Do I model and demonstrate gratitude for those who are providing the opportunity for my child to return to sport?



In addition to a safe return to sport, take this opportunity to assess whether the sport program is meeting your expectations. What does the sport experience look like, sound like and feel like? Are the True Sport Principles embraced and promoted on and off the field of play?