

August 24, 2020 Updates (NEW)

Effective August 24, 2020, the Government of BC and viaSport announced measures to progressively loosen restrictions on the sport sector. viaSport's Return to Sport document has been updated accordingly, and is available [here](#).

The focus during this new phase is to carefully increase the number of contacts and contact intensity in sport.

New updates in this document appear highlighted in yellow. All changes that appear on this page have also been included in the document.

Contact Tracing

For contact tracing purposes, if sport organizations are not the owner or operator of the sport facility, they must provide the facility operator with the first and last names and telephone number, or email address of all participants. Read the [Ministerial Order](#) for more details. If the sport organization is the owner or operator of the facility, it must maintain its own contact tracing records.

Spotting

Effective August 24, 2020, spotting is now permitted in GBC member clubs.

Although physical distancing is still strongly advised, coaches are permitted to spot athletes who are learning new skills, or when spotting is required for safety.

Coaches must wear masks when spotting athletes, and coaches must also sanitize their hands between spotting different athletes. For further information, see the Physical Distancing section on page 10-11.

Cohorts and Physical Distancing

Effective August 24, 2020, the concept of sport cohorts was introduced.

In sport, a cohort is a group of participants who primarily interact with each other over an extended period of time (i.e., a series of events).

Cohorts must not exceed 100 people.

Clubs must document who are members of every cohort. This will help contract tracing, if needed.

All guidance related to personal hygiene, cleaning protocols and symptom-screening still apply.

Cohorts must be used for activities in which it is not possible to maintain two metres physical distancing at all times. When in a cohort, while individuals do not need to maintain physical distancing during sport specific activities, minimized physical contact is still advised. All individuals who are unable to physically distance must be counted within the total cohort number including coaches, staff, volunteers, etc.).

At least two metres distancing should be maintained between all participants when outside of the field of play (e.g. dressing rooms, hallways, etc.). If physical distancing cannot be maintained masks should be worn.

Cohort sizes are different from maximum group sizes. When members of the cohort are gathering for activities, gatherings may not exceed 50 people (see PHO Order).

Coaches may be counted outside the total cohort number if they are able to maintain physical distancing at all times.

Cohorts should remain together for an extended period of time. If changing cohorts is required, an athlete must either:

maintain a minimum of 2 metres of physical distance from all sport participants for two weeks before switching into a new cohort, or;

take a two-week break between activities.

Individuals should limit the number of sport cohorts to which they belong in order to reduce the number of people they are interacting with (e.g. gymnastics, soccer, baseball, etc.).

Communication must be sent to members of cohort groups outlining behavioral expectations.

Parents, guardians, and spectators should not be included in a cohort. They must continue to maintain physical distancing at all times and are subject to maximum capacity of the facility where programming occurs.

In the context of gymnastics, the introduction of cohorts means that:

Spotting is allowed (see requirements above for the coach).

Coaches can stand next to athletes for safety (under the bar(s), next to the beam, etc.)

A small group of athletes can work at the same station.

Athletes can have stretching/conditioning partners.

Acro athletes can train hand-to-hand with their consistent partners.

However, it is important to note that two metres of physical distance must be maintained unless an activity has been deemed fundamental and it is not possible to maintain physical distancing while doing so. For example:

A group of athletes must not sit within two metres of each other when on their break or resting.

Athletes at the end of the vault, DMT runway, or starting area for tumbling must not stand close together while they wait for their turn.

Physical distancing must still be maintained when moving from one apparatus to another.

Please note: Although viaSport guidelines currently permit regional competitions, GBC's competition season is not currently underway. GBC will provide additional information later this fall, as the competition season approaches.