

UKU Club Guidance- PHASE C Normal Training & Modified Games

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Introduction

This document outlines the steps your Ultimate club needs to follow and implement in order to run modified training sessions (Phase C of [UKU Outline of Phased Return to Play](#)). Sections of this document that have been updated as part of moving from Phase B to Phase C have been highlighted yellow.

Club Preparation

- You will need to appoint a [Covid-19 Officer](#).

- **Sportscotland** has produced a more detailed role description and has provided an e-learning module for COVID officers available [here](#). This module is open, free and available to users outside Scotland.
- You must have a written Covid-19 Plan. This guidance document can be the starting point for your plan.
- You must have a club Covid-19 risk assessment ([template available from UK Ultimate](#)).
- You will need to understand and agree the procedures in place at the venue you are using. And you must make sure that your club members have a clear understanding of those procedures and agree to adhere to them.
- You must make sure participants understand and agree that they are opting in to participating as defined in the sport-specific guidance with regard to risk and risk mitigation. Your club's code of conduct or equivalent should be updated to provide the club with the powers to warn, suspend, and potentially permanently remove a player who refuses to adhere to the required measures.
- If your club wants to train in a public park you are strongly advised to [contact the relevant Local Authority](#) to check if there are any additional requirements or constraints.
- Some Ultimate clubs operate on a relatively informal basis, and some do not have any insurance for their club committee. We recommend that all clubs consider this question very carefully. UKU Club Affiliation includes liability insurance for the club committee.

Number of participants

The number of permitted participants and related constraints may vary by location, but the maximum number allowed under this guidance is 30 (including non-playing participants such as coaches).

The club must be responsible for understanding and implementing any additional constraints as they apply to the location of the training and the location of the participants if different. If an activity or participant is subject to conflicting constraints, they should adopt the strictest (most risk-averse) guidance. We also note that:

- The current UKU guidance has been agreed with **sportscotland** and so the maximum number of participants is now 30 in Scotland.
- Participants must take care to follow normal guidance on the size of social groups *outside* (e.g. travelling to/from) any Ultimate sessions.

Contact Tracing

Containing outbreaks early is crucial to reduce the spread of COVID-19, protect the NHS and save lives, and avoid the reintroduction of social and economic lockdown. This will support the country to return to, and maintain, a more normal way of life.

You must maintain a register of participants at each training event and retain the data for 21 days.

- We have created a template [online googleform](#), which has the advantage of time-stamping the submissions, and storing the data in a format that can be easily shared with “NHS Test & Trace” (England), “Test, Trace, Protect” (N.Ireland, Wales) or “Test and Protect” (Scotland). Please either copy and paste all of the text and details into your own form, or contact UKU (including an appropriate google account) if you would like us to share a copy with you.
- The form reminds participants of the COVID-19 symptoms, and other related reasons for staying at home. Everyone attending the session must confirm that they have reviewed the symptoms and are able to participate.
- The form also provides an option for participants to note their travel arrangements to/from training in case that information is requested by the relevant contact tracing authorities in that location.

Process

We suggest this is implemented as an online googleform as this is readily accessible on smartphones, and will automatically date-time-stamp the submissions. The form is designed to enable the club contact to share details with contact tracing authorities without needing to cross-reference with other club data. We advise that data management will be simpler if a new copy of the form is created for each training session.

Prior to the start of each training session a designated person should compare with participants that are physically in attendance. Nobody should be allowed to join the training session if they have not completed the form. Individuals that completed the form, but then did not attend should update their response accordingly.

Travel

- Club Covid-19 Plans should include a process for encouraging participants to follow best practice. Guidance regarding local travel is likely to change, so participants must be responsible for understanding the latest government guidance as it applies to them and their location.

<https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers>

<https://www.nidirect.gov.uk/articles/safer-travel-guidance-public-transport-users-walkers-cyclists-drivers>

<http://www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/getting-around/>

<https://gov.wales/travelling-safely-during-coronavirus-pandemic-guidance-public-html>

Arrival at, and leaving venues

As far as possible,

- participants should arrive changed and ready to begin
- avoid time spent congregating at venues before the activity begins
- participants should shower/change at home, and be encouraged to leave directly after the end of the activity.

Social Distancing during training and modified games (Phase C)

In Phase C, “Normal training & modified games” some adjustments are made to allow for some close contact, but otherwise all participants (i.e. players, coaches, managers, spectators or any non-playing other volunteers, staff or participants) should maintain social distancing of 2m

Firstly, all discussion, warm-up and breaks should be done on the basis of maintaining 2m social distancing. Coaches (or whoever is organising the session) are still expected to carefully plan the session to maximise the amount of time where all participants are able to maintain 2m social distancing.

Defending

- Drills or games that involve marking receivers (i.e. any Offense player that is not the thrower) are permitted, but must not include deliberately setting up “face-guarding” an opponent within 1m.
 - I.e. a player should not be standing still, face-to-face within 1m of another player. Normal, active defending will mean that players sometimes move in and out of a 1m space around other players and this is permitted.
- Players marking the thrower must be at least 1m from the thrower. That is, wherever the WFDF rules (in particular 18.1.1.3) refer to the defender being “one disc diameter” from the thrower’s body or pivot point, “one disc diameter” is replaced by “1m”. (*1)
- There must not be a stall count (*2).
- For drills where it is practical and safe (*3), it is recommended that the thrower, and the defender marking the thrower should both wear a mask.

(*1) Coaches and players need to think about the increased risk that a defender at this distance may block (deliberately or accidentally) a huck or powerful throw.

(*2) A stall count could be implemented by other means - e.g. a coach with a smartphone recording playing through a bluetooth speaker.

(*3) We recommend that players do not have masks or face coverings hanging around their ears/neck if the drill involves a receiving component as well; especially if there is a defender involved.

Stoppages in play

- Players should avoid making calls (foul, travel, pick, etc) in close proximity of their opponents face. They should step back or away from their opponent before making the call and/or use hand-signals.
- Players must expect and accept some additional confusion arising from delays or movement before other players make a call.
- During stoppages in play (e.g. foul call discussions) any players standing face-to-face, or within 1m of someone else, should temporarily adjust their positions so that they are >1m apart.
- Players must expect and accept that restarts after a discussion will sometimes be affected by this adjustment.

Spectators should maintain a substantial distance from the activity and maintain social distance with other spectators. The club's plan should remind spectators that they may be subject to additional guidance about group gatherings.

No high-fives

The club plan should remind participants to avoid high-fives, shaking hands, huddles, etc.

Shouting

There is an additional risk of infection in close proximity situations where people are shouting or conversing loudly. This should be avoided when participants are close, and especially if face-to-face.

Hygiene

The club plan should remind participants to refrain from spitting, rinsing out their mouths or blowing their nose on or around the playing area. This also includes using clothing for cleaning face, mouth or nose areas.

Dealing with injuries

Your risk assessment should include consideration of how you will deal with an injury. If an injured player requires assistance, you should, if possible use gloves and face-coverings for the people that provide help as well as the injured person (if appropriate).

Managing the Discs / Cleaning breaks

Ultimate obviously involves throwing and catching discs. Inevitably this means that people are sharing contact with a plastic surface that cannot be cleaned between contacts. In the absence of evidence to the contrary we consider this to be a risk that needs to be managed.

The club risk assessment and covid-19 plans should consider in detail how disc contact will be controlled.

- All participants must clean hands thoroughly before and after training; and at regular intervals throughout the session.
- We have not found evidence to inform how often to do this, so we propose “cleaning breaks” every 20 minutes.
 - Nominated individual(s) should disinfect all the discs at each cleaning break.
 - All participants should clean hands thoroughly.
 - All participants should join-in a culture of reminding each other “not to touch your face”; we suggest that coaches consider including this skill as part of some drills/games.
 - Natural breaks in training (between drills) may provide a better rhythm for cleaning breaks, provided the time does not exceed 20 minutes.
- We recommend creating “clean” and “dirty” piles of discs, so that everyone knows not to pick up a disc from the “dirty” pile (where “dirty” means discs that are due to be disinfected).

Throwing-Bubbles

- To meet the group size conditions in some locations it might be necessary to implement “throwing-bubbles” to limit the contacts created by throwing and catching.
- “Throwing-bubbles” would be a small group of people (e.g. 2 or 4), where throwing and catching only occurs within that group. This would mean that drills would need to be structured so that any throw may only be caught (or picked up) by another person from the same throwing-bubble as the thrower.
- Whilst this is an extra complication, many ultimate drills can be adapted to fulfil this condition reasonably easily.
- We recommend naming/numbering each throwing-bubble and labelling discs being used by each group accordingly.

At the time of publishing we are not aware of any locations in the UK where this approach would be a requirement, but we think it is a useful consideration in general, and in particular to support participants who are concerned about returning to training in a larger group and would prefer to do more to limit contacts.

Managing the discs in a game

During gameplay, the disc should be switched after every point.

- The disc that was just used should be placed in the “dirty pile”, with a new disc taken from the “clean pile”.
- If a point lasts for 10 minutes, at the next stoppage there should be an equipment time-out in order to
 - Replace the disc with a clean one

- Allow all players to clean their hands
- A designated individual is responsible for the process of disinfecting discs to move them from the dirty to clean pile. There should be at least 5 discs available at the start of the game.
- Any players involved in substitutions should clean their hands immediately on leaving and prior to entering the field of play.
- Any player remaining on the field for 3 points should clean their hands before playing their next point.

Other Equipment

Other equipment must not be shared.

- Water Bottles should be labelled and absolutely must not be shared. Players who do not have their own drink should probably not be permitted to participate.
- Each participant should bring their own labelled hand sanitizer which should ideally not be shared.
- Cones should be handled as little as possible by as few people as possible.
- Where equipment is handled by more than one person they should wash their hands immediately afterwards.

Facility Usage

Clubs that are reliant on 3rd party facilities are required to agree guidelines for facility usage in advance, and should expect a plan that includes at least the following areas.

Movement on site

- Plans for separating entry and exit points
- Appropriate signage to support social distancing can be maintained across the venue
- Ensure that accessible provision are available

Changing rooms and showers

- Participants should arrive changed and should shower at home afterwards.
- Where facilities are available they should follow all the appropriate guidance on the use of indoor facilities.
- Where facilities are closed, exceptions may be made for reasons of safety or safeguarding.

Toilets

Toilets should be open before, during and after the activity. The usual steps that should be expected for safely managing provision of toilet facilities are outlined [here](#) and the venue provider should be familiar with these.

Clubhouses and hospitality

Venues must use clubhouses and hospitality facilities in line with the appropriate guidance for the location. Groups in such facilities must be restricted to the relevant constraints in terms of numbers and other social distancing measures. If facilities are closed, exceptions can and should be made if necessary for provision of first aid or accessing essential equipment.