



Return to Play Guidelines

This document outlines the key preventative and protective guidelines to safely resume rope skipping activities in Nova Scotia during the COVID-19 pandemic. It should be considered a living document and will be updated as Public Health restrictions and recommendations change.

The following individuals are considered participants: Athletes, Coaches, Volunteers, Parents, Guardians, and Spectators. Participant safety is our number one priority. All participants must adhere to the rules and regulations of this document, as well as the Rope Skipping Canada return to play guidelines.

When and where distancing of greater than 2m is not possible, group size must not exceed a maximum of 50 participants. When possible, participants must maintain physical distance and not share any equipment unless thorough sanitation has been done both before and after use.

Rope skipping activities should focus on individual and small group skill development and competition preparation only. Any small group work may only be done with a cohort of no more than 5 participants.

Prior to any activity, participants must wash and/or disinfect their hands before entering the practice facility. They must store their belongings in a designated area where physical distancing is possible and no participant congregation outside their cohort will occur. After a practice is over, participants must also wash and/or disinfect their hands before exiting the practice facility.

During any activity, participants must wash and/or disinfect their hands before and immediately following any small group activity within their cohort of 5 participants.

Masks will be worn in all situations in which physical distancing is not possible, including entering and exiting the facility, going to the washroom, or traveling through any neutral space not specifically designated for them and their cohort.

Participants must not share water bottles, towels, or any other personal items at any time.

Parents/Guardians will not be permitted inside the practice facilities and will maintain physical distance when dropping off or picking up their athlete.

Participants should know the common symptoms of COVID-19 and stay away if displaying symptoms. If a participant has come in contact or is diagnosed with a known case of COVID-19 they may not participate in any rope skipping activity for 14 days and should notify their club and the Rope Skipping Association of Nova Scotia as soon as possible. If a participant is living with someone who has travelled from outside Nova Scotia or New Brunswick and is self-isolating, they must also self-isolate and refrain from participating in any rope skipping activities for a minimum of 14 days.

First aid policies and protocols must be updated to include COVID-19 considerations and masks must be worn by both participants should basic first aid be required.

All necessary sanitation and protective supplies must be on hand at all times. Including but not limited to, hand sanitizer, masks, and surface disinfectant.

All common contact surfaces within a facility should be cleaned and disinfected regularly.

Clubs will collect and retain detailed records of all participants for all practices. Details should include full contact information, date, time, and location.

All clubs must have a clear procedure for handling any participant that contracts COVID-19. This includes a participant notification process and reporting protocols.

Participants must be fully informed and consent to risks associated with participating in rope skipping activities. It is important to note that the Rope Skipping Canada insurance policy that is provided by the Rope Skipping Association of Nova Scotia may exclude coverage related to communicable diseases or pandemics, including Directors and Officers Insurance.

Nova Scotia Health Authority Links:

[Coronavirus Guidelines](#)

[Physical Distancing Guidelines](#)

Please note this is not a legal document. While these recommendations are based on industry best practices and norms, we encourage you to check with your local and provincial health authorities to verify what is acceptable for your jurisdiction.