

**July 2020**

## **Covid-19 Return to Sport for Archery Clubs**

Over the last few weeks, Nova Scotia has begun to see a gradual reopening of our Province in a phased approach. Sport plays a critical role in the mental and physical health recovery of Canadians and will contribute to the community's economic revival. Archery Nova Scotia, along with its partner, Archery Canada, want to help Clubs deliver the best possible degree of "physical distance" through adapted rules for our sport to continue fulfilling our joint responsibility to keep the number of new Covid-19 virus infections at a level that is manageable for our health system.

When regulations allow, it will be important for clubs to be prepared to reopen and have measures in place that will ensure safety first and a plan to re-engage with new and existing members. It cannot be emphasized enough that clubs should go through a risk assessment process in planning for the safety of their athletes, coaches and the larger population in general.

Likewise, as the situation evolves across Canada, it will be important for individual archers to take appropriate steps to ensure a safe and progressive return to activity. For those who live in an area in which government regulations have begun to be lifted, we encourage you to seek ways to reengage with your sport. However, as more people start to become active, and until the threat of a second wave has passed, it will be important to take steps both individually and as businesses to ensure a safe environment.

### **How to Use the Resource Guide**

This resource guide is intended to help clubs/archery ranges think through how they might deliver archery programming and range access as restrictions begin to be lifted. This is supplemental to the recommendations and guidance provided for your specific jurisdiction, including municipal and provincial/territorial guidelines and requirements. It has been broken down into the following considerations:

- I. Archer Etiquette and Best Practices**
- II. Archery Range Operations**
- III. Volunteer and Staff Considerations**
- IV. Communications**

## I. Archer Etiquette and Best Practices

Before going to the range, ask yourself the following:

Do I have any of the symptoms associated with COVID-19, such as fever, cough, difficulty breathing, or other symptoms identified by health experts? If you are unsure, refer to the Canadian COVID-19 Symptom Self-Assessment Tool <a href="https://ca.thrive.health/covid19/en">https://ca.thrive.health/covid19/en</a>	YES →	Follow instructions of local health department to get tested or treatment. Exercise self-isolation until given guidance by a medical practitioner.
Have I been in contact with anyone who has been infected or have I recently travelled into the area from another Province (outside Atlantic Canada's) or Internationally	YES →	Don't start training for at least 2 weeks
Am I considered vulnerable or at-risk (elderly individuals, immunosuppressed persons, individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity, and asthma)?	YES →	Exercise caution in returning to training and follow strict physical distancing. Notify the operator of the range of your risk factors.

**Phase 1:**

**Premise:** *Social Distancing measures still in effect. Group gatherings are restricted to less than 15 people in your jurisdictions.*  
 During the early stages of a return to sport, emphasis will be on training and individual participation only. When going to the range, exercise physical distancing, follow strict hygiene and cleaning practices, follow sign-in measures at the range and maintain respect for all on the range. Get in – Train – Get out. No Club events, classes or social gatherings to be organized.

**Phase 2:**

**Premise:** *Social distancing measures are beginning to relax. Group gatherings are restricted to less than 250 people in your jurisdiction.*  
 Exercise ongoing physical distancing and follow strict hygiene and cleaning practices. Follow sign-in measures at the range and maintain respect for all on the range. Some Club programming can commence with small groups, following strict physical distance protocols and adapted range procedures. Outdoor Club shoots/events at a local level may be organized following adapted procedures for scoring and target assignments. No major tournaments for scoring/ranking purposes in this Phase.

**Phase 3:**

**Premise:** *Social distancing measures are relaxed.*  
 Recommend maintaining physical distancing modifications and follow strict hygiene and cleaning practices. Outdoor tournaments can begin using modified procedures for scoring and target assignments.

**Respect and Physical distancing**

Maintain a 2m distance from other archers, unless they are from your household or bubble.



Archers are to recognize that others on the range may have different levels of comfort and therefore should be treated with respect, given appropriate physical distance and should exercise patience at all times.

Archers should visit the range on their own, or if being brought by a family member/friend, should be dropped off at the entrance. *In circumstances where caregivers or assistance is necessary for the archer, such individuals may remain but should be restricted to an area that respects physical distancing.*

Do not loiter in the parking lot or clubhouse/shelter before or after shooting.

### **Hygiene**

All range users must disinfect hands upon arrival at the range.

Bring hand sanitizer and disinfectant wipes with you to the range.

Avoid touching common surfaces as best as possible, and if you do touch something, make sure to wash your hands and disinfect the surface you have touched.

### **Archery Equipment**

Use only your own personal equipment if possible.

Do not touch or borrow other people's equipment.

Long-term loaned equipment may be an option if the equipment can be disinfected prior to being signed out.

### **Scoring**

Archers are to score their target only and avoid double scoring or other such interactions at the target. Archers will pull their own arrows after scoring, and where possible avoid touching the target butt/animal or shared faces. The archers should disinfect their hands after each interaction on a shared butt.

Use scoring apps instead of physical scorecards if possible.

When finished shooting on a target, the target face and butt/animal must be disinfected. A disinfectant wipe or spray bottle using a 1:100 solution of bleach and water may be used.

### **Stay home and let others play safely**

Archers who are not feeling well, exhibit flu-like symptoms or know they have been in contact with someone who has been sick should exercise appropriate isolation.

### **Coaching**

Coaches should ensure there is sufficient room behind the line for the coach to travel between archers while still keeping their distance. Bow racks, tables, etc. will need to be kept behind the transition line to allow enough room for coaching.

### **After shooting**

Wipe down any surface you have touched or placed your equipment on. Leave immediately so that others can come onto the range.

## **II. Archery Range Operations**

### **Range Access**

All activity on the range must comply with the physical distancing measures, and other recommendations and requirements issued by federal, provincial/territorial and municipal authorities.

Where possible, a pre-registration process should be utilized to reserve access to the range/club grounds to ensure the number of people on the range at any time is not greater than the current public guidelines. Range access shall be limited to a minimum number of individuals needed to complete essential tasks such as sanitization, sign in, safety officer, coaches, officials, participants and guardians. Covid-19 screening must be done by all individuals entering the range including any volunteers, coaches, guardians, participants and officials. Range access must be controlled at an access point and limited to only those who have pre-registered and are deemed low risk by not outwardly showing any signs or symptoms of Covid-19 and have not been out of the province or country in the last 14 days. Discourage congregation in parking lots before and after range access. Implement a procedure to report incidences of infection at the range and to inform participants who have been in contact with the infected member.

**Range Capacity**

Range capacity shall be half of what it would be under normal operating conditions and shall follow all of the physical distancing guidelines required by the provincial authority.

**Signage**

Place appropriate signage outside the range/clubhouse and at all entry gates outlining the physical distancing guidelines in place. [see example from Archery Canada]  
Post signage for proper hand hygiene in a visible place at the entry to the range. [see example from Archery Canada]  
Place appropriate range etiquette signage related to physical distancing along the range shooting line. [see example from Archery Canada]

**Clubhouse/Shelters**

Any social areas such as club houses, shelters, etc. should be closed to public access or altered to ensure appropriate physical distancing following municipal/provincial guidelines. Post occupancy limits for smaller spaces. All chairs and tables in communal areas must be inaccessible or removed to avoid gatherings.

**Cleaning/Hygiene**

Consider increasing or implementing new routine cleaning practices. Take steps to clean and disinfect surfaces that are frequently touched by athletes or their equipment at least once a day, twice a day during busier days.

Examples of surfaces to clean:

- Doorknobs/push plates
- Bathroom surfaces
- Light switches
- Counters
- Range counters and bow stands
- Target surfaces

Ensure washrooms remain stocked with soap and consider offering hand sanitizer at entrances.

**Range Supervision**

If the range schedules a designated Range Safety Officer to be on the range, that individual should have the authority to control the number of archers, physical distancing, and etiquette and ensure safe behavior. During periods of

low use, when no range safety officer is present, additional signage, outlining Covid-19 safety procedures should be in place.

#### **Range Set-up**

Limit the number of people who will set up and take down targets when required.

Clubs should consider the removal of communal bow stands/racks or ensure that these are wiped down between uses.

Use markings on the ground to indicate proper distancing where possible

#### **Range Shooting Procedures (Target Archery)**

In Target Archery, each archer normally has a minimum personal space (Shooting Lane) of 80 cm (90 cm outdoors), or 1 m for wheelchairs. In order to keep a minimum of 2 m personal distancing, Shooting Lanes should be spaced 1 m wide and 2 m apart. This places them at 3 m centre to centre. [See range layout diagram]

Limit to no more than 2 archers per target, with clearly marked waiting areas. If adequate space cannot be accommodated for a waiting area, only 1 archer per target. This will require clear directions and clearly marked staging positions for Archer Preparation and Archer Waiting locations and the placement of equipment racks if in use. [See range layout diagram].

#### **Range Shooting Procedures (3D and Field Archery)**

For 3D and Field Courses:

Limit no more than 2 archers per target that are not from the same household unit and up to four archers who are within the same household unit/bubble. Waiting lines as outlined in AC 23.7.2 will be enforced with a minimum distance back from the next target of 6m. Waiting lines shall be defined by marking paint or a stake in the ground. Groups shall not proceed to the target until the previous group has cleared the target outlined in AC 27.9.4.

Any child under the age of 16 will need to be accompanied by a guardian 18 years or older at all times on 3D and field courses. This guardian will be counted as a member of the shooting group even though they are not participating.

#### **Classes/Lessons**

Clubs should be cautious in returning to the organization of classes and may consider delaying the start of these until restrictions have been further lifted in your area. Class sizes must respect physical distancing and group size guidelines for target, field and 3D as outlined in this document.

Unless club bows and arrows can be sanitized without damaging their integrity, club equipment should not be shared at this time. Personal equipment such as releases, finger tabs and arm guards must belong to the participant.

Schedule all classes with a minimum of 30 minutes separation to ensure that the flow of individuals does not affect physical distancing measures and allows for time for appropriate cleaning of common surfaces.

#### **Class Instructors**

Instructors should disinfect target butt surface and handle target faces before and after the class or event. Class or event organization should ensure that instructors are keeping their distance and using video and demonstration instead of direct intervention with the archer in any way.

### III. Volunteer and Staff Considerations

<b>Education</b>	Educate range staff, volunteers and Directors on self-screening, hygiene, sanitation physical distancing and its impact of preventing the spread of communicable diseases. Educate staff to recognize the symptoms of COVID-19 in each other and your members. Ensure employees and volunteers are aware of the club measures in place, set up requirements and signage to ensure these are being followed.
<b>Stay home and let others play safely</b>	Employees and members who feel unwell should stay home and exercise appropriate isolation. Employers should support employees, volunteers and members to stay home if they are sick.
<b>Virtual meetings</b>	Conduct meetings by phone or online whenever possible.

### IV. Communications

<b>Communicate with volunteers, staff and club directors</b>	Maintain ongoing communication with employees and volunteers to let them know the steps your club is taking to support the efforts to slow transmission of this virus and what is expected of them to ensure a safe and enjoyable sport experience for the members.
<b>Communicate with club members and public</b>	Maintain ongoing communication with members to let them know the steps your club is taking to support the efforts to slow transmission of this virus. Use email, your club website and social media, and post signage at your place of business.
<b>Update your website and phone messages</b>	Make sure your phone message and your website provide appropriate information, or where to find appropriate information about the club's operations while enhanced measures are in place.

Appendices

- Range Layout
- Hand Hygiene
- Physical distancing on the line
- Safety First (a message that measures are in place on the range)

The following was developed by Dr. Curt Smecher

### Archer Spacing

Each Archer normally has a minimum personal space (Shooting Lane) of 80 cm, or 1 m for wheelchairs. In addition, in order to keep a minimum of 2 m physical distancing, Shooting Lanes should be spaced 1 m wide and 2 m apart. This places them at 3 m centre to centre.

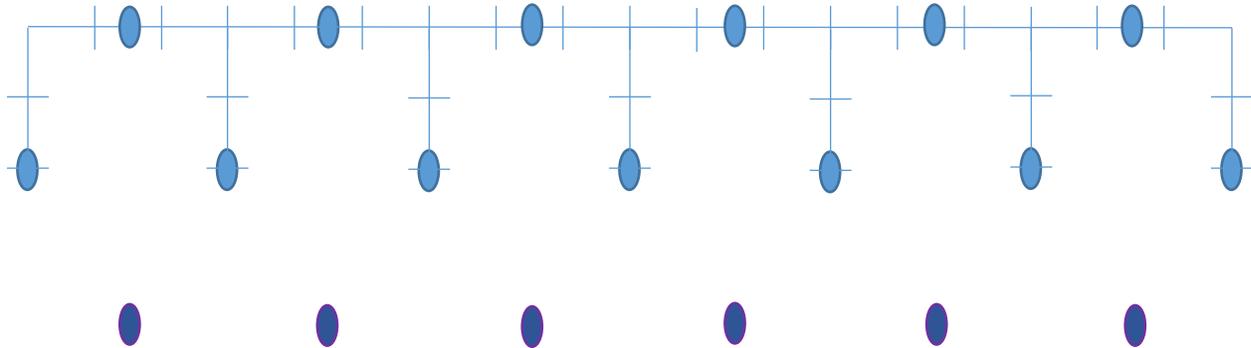
For a single line of Archers, the shooting line looks like:



For multiple lines, staging will need to be coordinated.

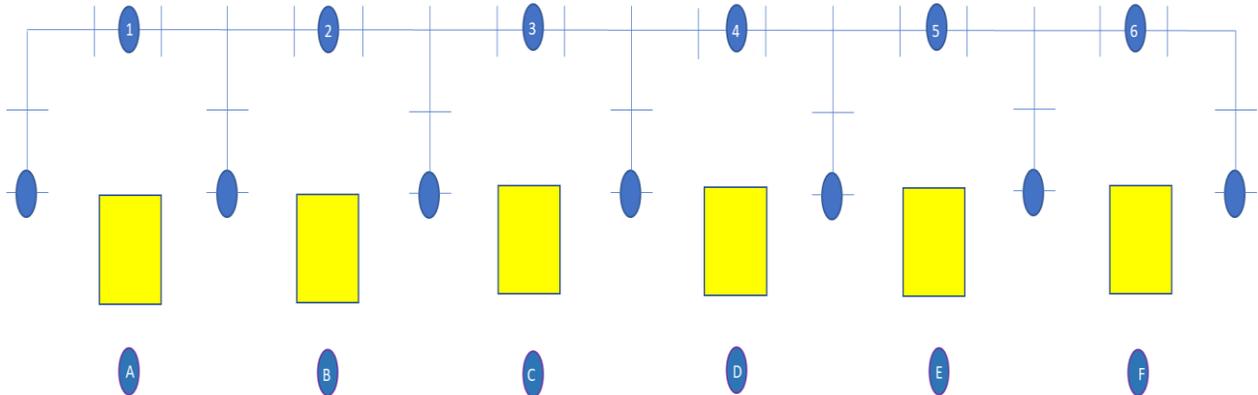
### AB Lines

For 2 Archers sharing a lane, in order to keep distances to no less than 2 meters, the line will need to be run as 2 lines, and the range behind the shooting line will need to be arranged as:

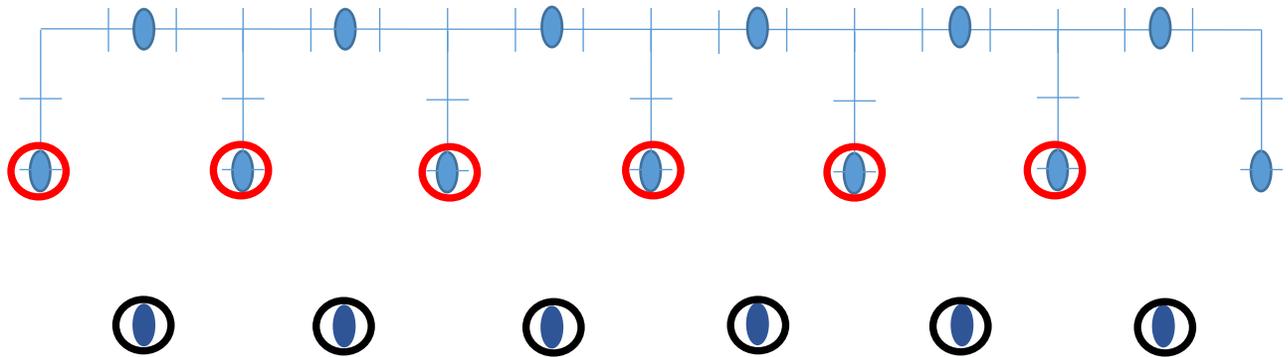


Where we have the same arrangement for a shooting line, but 2 m behind that, and between the shooting positions we have a line of "Transition Positions", and 2 metres behind that, in line with the shooting positions we have a line of "Waiting Positions".

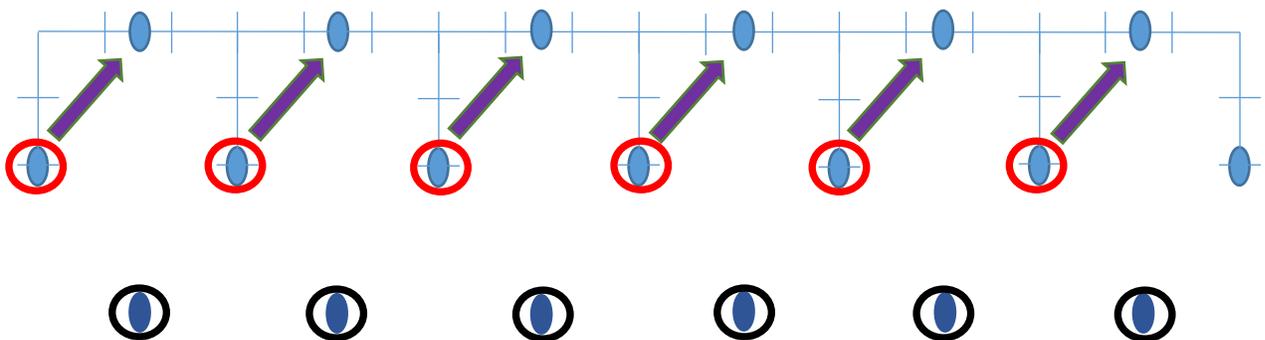
Only 1 Archer is allowed at any position at any time. Storage, bow racks, bow stands, etc. can be accommodated in the center area:



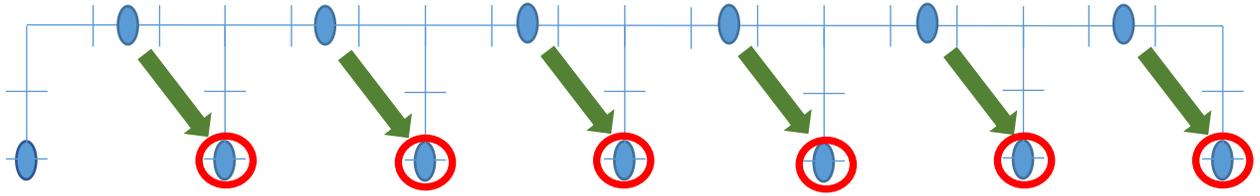
In order to move during shooting, we have archers starting on the transition position (red) and the waiting position (black):



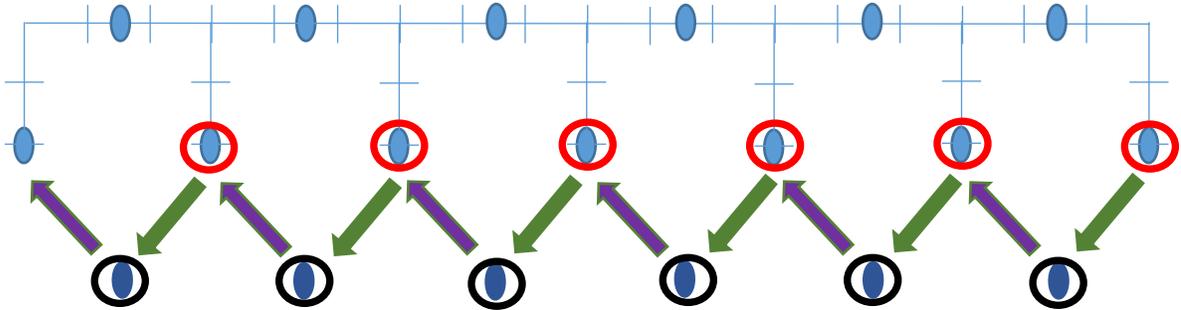
On the "Call to the Line", the Archer in the Transition Position moves to the Shooting Line:



The Archers then shoot their arrows, and move clockwise off the line to the other Transition Position:



Once all Archers are off the line, a Transition is signalled, and the 2 Archers move one position clockwise:



The Archers end up at the starting position, but with the second Archer ready to go on the line:

