

Reviewed and Approved by GNL Amended Return to Ultimate Plan June 15, 2021

Ultimate Newfoundland and Labrador (Ultimate NL) is the Provincial Sport Organization for ultimate frisbee in Newfoundland and Labrador. Ultimate NL offers various programs and events for members throughout the year, including skills series and tournaments.

In 2020, there were 784 members of Ultimate NL. 157 members are 17 years of age and younger; 627 members are 18 and older.

There are four sanctioned member leagues of Ultimate NL: Men's Avalon Ultimate League - MAUL, Mile Zero Ultimate - MZU, St. John's Women's Ultimate Recreational League - SWURL, and St. John's Oldies Ultimate League - SOUL. All four sanctioned leagues are located in St. John's and all members are in the Eastern Health Regional Health Authority.

All participants of Ultimate NL sanctioned events and programs and member league sanctioned competitions and programs are required to adhere to Ultimate NL sport-specific modifications to Sport Guidance including:

- All attendees must complete an online self- assessment prior to activity.
- A minimum of 2 meters or 6 feet between all participants is recommended at all times (e.g. when playing 'on the mark', while standing on the sidelines between shifts, when involved in group huddles, etc.).
- Congratulatory gestures such as high fives and handshakes are not permitted.
- Participants are prohibited from sharing athletic aids (e.g. foam rollers, bands, etc.).
- After activities conclude, participants must leave the field/building, but should maintain physical distance in returning to vehicles. Lobbies and other locations should not permit participants to linger and where possible have separate entry and exit doors/points.
- Organizations must make a record of all players, coaches, team personnel, game officials, and care/ respite workers who attend each sport activity.
- If sport equipment is supplied by organizers or operators to participants (e.g. discs, pylons, etc.), all equipment must be sanitized before and after the activity, with contactless pick up and return being made available wherever possible (e.g. disc bags).
- Equipment should be provided by using clearly marked bins for sanitized equipment and used equipment.
- Organizers will have the right to refuse any player from an activity/event, if they believe that a player is jeopardizing the health and safety of other players in attendance. Some situations include, but are not limited to:
 - A player exhibiting symptoms that could be attributed to COVID-19.
 - A player expresses that they might have been exposed to a case of community spread.
 - A player expresses that they did not pass the online self-assessment.

Alert Level 3

As per public health guidelines, individual athlete skill development sessions are permitted. Including coaches and athletes, the maximum number of individuals is 20. The following public health measures should be in place:

- An athlete must train with a coach
- Individuals (coaches & athletes) from separate households should maintain physical distance at all times.
- Individuals from a single household may be grouped in a single training pod.

Group sport activities are suspended until Alert Level 2

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Alert Level 2

Individual athlete skill development and team practice/training sessions are permitted in Alert Level 2. Based on provincial public health sport guidelines, individuals and training groups are not required to submit a Return to Sport Plan for activities in Alert Level 2 Phase 1.

Alert Level 2, Phase 1

Individual Athlete Skill Development (March 26 - April 10, 2021)

Athletes may resume ultimate-specific training and skill development in Phase 1 on their own or within a group.

- The maximum number of athletes, coaches, and trainers for one session is 50.
- The training group should remain the same from session to session, in order to reduce contacts.
- Athletes are strongly encouraged to participate in training sessions for only one sport in Phase 1.

Alert Level 2 Phase 1

- All athletes are required to be from the same regional health authority.

Team Practice/Team Training Sessions (March 26 - April 10)

Established ultimate teams pursuing high level competition may resume training sessions in Alert Level 2 Phase 1.

- The maximum number of athletes, coaches, and trainers for one session is 50.
- The training group should remain the same from session to session in order to reduce contacts.
- Athletes are strongly encouraged to participate in training sessions for only one sport in Phase 1

Alert Level 2 Phase 1

- All athletes are required to be from the same regional health authority.

Teams at the following levels of competition are expected to resume training for ultimate in Alert Level 2 Phase 1:

- Storm (Junior Provincial Team)
 - Junior (ages 14 - 18) Provincial Teams (Open and Women's)
 - Three coaches and maximum 45 athletes at each session.
 - Practices (indoors until June) twice weekly (120 minutes each).
 - Weekly conditioning session (90 minutes).
 - All participants are members of the Eastern Health RHA.
 - No spectators are permitted at team practices.

Recreational Sport Group/League (April 10 onward)

In Alert Level 2 - Phase 1, Ultimate NL will allow disrupted league play to resume for smaller sanctioned member leagues (SWURL, MAUL, and SOUL), as long as the total number of participants does not exceed 50. New league offerings will not be permitted in Alert Level 2 - Phase 1. All participants of Ultimate NL sanctioned events and programs and member league sanctioned league and programs are required to adhere to Ultimate NL sport-specific modifications.

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The following leagues and recreational groups are expected to resume playing ultimate in Alert Level 2 Phase 1:

- St. John's Women's Ultimate Recreational League (SWURL):
 - Disrupted league play is permitted to resume.
 - Adult women's league (age 16+).
 - Maximum 50 athletes per session.
 - All participants are members of the Eastern Health RHA.
 - No spectators are permitted.

- Men's Avalon Ultimate League (MAUL):
 - Disrupted league play is permitted to resume.
 - Adult men's league (age 16+)
 - Maximum 50 athletes per session
 - All participants are members of the Eastern Health RHA.
 - No spectators are permitted.

- St. John's Oldies Ultimate League (SOUL):
 - Adult mixed league (age 45+ for women and 50+ for men).
 - Scrimmage focused skills development league.
 - Maximum 50 athletes per session.
 - All participants are members of the Eastern Health RHA.
 - No spectators are permitted.

Alert Level 2, Phase 2 (Phase 2 activities in accordance with approved Return to Sport Plans)

In Alert Level 2 - Phase 2, Ultimate NL will allow regular league play to occur for its member leagues, as well as continuing any activities approved for play in Alert Level 2 - Phase 1. New league offerings from the member leagues are permitted in this phase. Ultimate NL and sanctioned member leagues may host clinics, activities, or programs with general members of the community, as long as the total number of participants does not exceed 50. All participants of Ultimate NL sanctioned events and programs and member league sanctioned competitions and programs are required to adhere to Ultimate NL sport-specific modifications.

The following leagues and recreational groups are expected to resume playing ultimate in Alert Level 2 - Phase 2:

- Mile Zero Ultimate (MZU):
 - Adult Mixed League (age 17+)
 - Spring (April - May 2021)
 - 18 team league - approximately 216 athletes participating weekly
 - Weekly games (55 minutes) at the Techniplex (8:00-8:55pm; 9:15-10:10pm; 10:30-11:25pm). 6 teams play during each time slot using 3 separate fields (divided by curtains).

 - Summer (June - August 2021)
 - ~24 team league - approximately 288 athletes participating weekly
 - Weekly games (75 minutes) held at City of St. John's outdoor fields (5:30-6:45pm; 7:15-8:30pm).

 - Fall Outdoor (September - October 2021)

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- 18 team league - approximately 180 athletes participating weekly.
- Weekly games (60 minutes) held at King George V field (6-7pm; 7:30-8:30pm; 9-10pm).

- Fall Indoor (September - December 2021)
- 18 team league - approximately 216 athletes participating weekly
- Weekly games (55 minutes) at the Techniplex (8:00-8:55pm; 9:15-10:10pm; 10:30-11:25pm).
- 6 teams play during each time slot using 3 separate fields (divided by curtains).
- All participants are members of the Eastern Health RHA.
- No spectators are permitted.

- St. John's Women's Ultimate Recreational League (SWURL):
 - Adult women's league (age 16+).
 - Spring (April - May 2021)
 - 2-6 team league - approximately 50 athletes participating weekly
 - Weekly games (60-90 minutes) held at the Techniplex, with fields divided by curtains.

 - Summer (June - August 2021)
 - 2-6 team league - approximately 50 athletes participating weekly
 - Weekly games (60-90 minutes) held at City of St. John's outdoor fields.

 - Fall (October - December 2021)
 - 2-6 team league - approximately 50 athletes participating weekly
 - Weekly games (60-90 minutes) held at the Techniplex, with fields divided by curtains.
 - All participants are members of the Eastern Health RHA.
 - No spectators are permitted.

- Men's Avalon Ultimate League (MAUL):
 - Adult men's league (age 16+)
 - Spring (April - May 2021)
 - 2-6 team league - approximately 50 athletes participating weekly
 - Weekly games (60-90 minutes) held at the Techniplex, with fields divided by curtains.

 - Summer (June - August 2021)
 - 2-6 team league - approximately 50 athletes participating weekly
 - Weekly games (60-90 minutes) held at City of St. John's outdoor fields.

 - Fall (October - December 2021)
 - 2-6 team league - approximately 50 athletes participating weekly
 - Weekly games (60-90 minutes) held at the Techniplex, with fields divided by curtains.

 - All participants are members of the Eastern Health RHA.
 - No spectators are permitted.

STORM (Junior Provincial Team):

- Junior (ages 14 - 18) Provincial Teams (Open and Women's).

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- Three coaches and maximum 45 athletes at each session.
- Practices (indoors until June) twice weekly (120 minutes each), June – September practices held at City of St. John’s outdoor fields.
- Weekly conditioning session (90 minutes).

- All participants are members of the Eastern Health RHA.
- No spectators are permitted at team practices.

St. John’s Oldies Ultimate League (SOUL):

- Adult sport group.
 - Scrimmage-focused skills development league.
 - Maximum 50 athletes per session.
 - All participants are members of the Eastern Health RHA.
 - No spectators are permitted.

Ultimate NL Women’s Skill Series (April 14 - May 26, 2021):

- Six-week skills and drills development series for women (ages 16+)
 - Weekly sessions (60 minutes)
 - Maximum 50 athletes per session.
 - All participants are members of the Eastern Health RHA.
 - No spectators are permitted.

Ultimate NL Master’s Skill Series (September-October):

- Six-week skills and drills development series for individuals 40+
 - Weekly sessions (60 minutes)
 - Maximum 50 athletes per session.
 - All participants are members of the Eastern Health RHA.
 - No spectators are permitted.

Ultimate NL Summer Youth Programming (July - August):

- Skill development and intra-squad games for children ages 8-18
 - Maximum of 50 participants per session including coaches
 - Weekly sessions (60 - 90 Minutes)
 - Participants are all from the same RHA

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Ultimate NL - Return to Play Plan (June 2021) Regional Competitions

Alert Level 2 Phase 3 - Phase 3 activities in accordance with approved RTS Plans Beginning July 1, 2021

In Alert Level 2 Phase 3, Ultimate NL will allow sanctioned competitions and tournaments, as well as continuing any activities approved for play in Alert Level 2 - Phases 1 and 2.

All participants of Ultimate NL sanctioned events and tournaments and member league sanctioned competitions and programs are required to adhere to Ultimate NL sport-specific modifications and tournament-specific modifications including:

- Tournament organizers must not provide or allow communal food for participants, however, individually wrapped/bagged items are permitted.
- Tournament organizers must keep attendance of participants for contact tracing purposes and records should be maintained for at least 14 days.
- Tournament organizers must adhere to the spectator policies of the facilities/ fields being used.
- Tournament participants that have travelled outside of the province and return to Newfoundland and Labrador are expected to adhere to the applicable isolation period before playing in ultimate activities (referring to public health guidelines).
- Tournament organizers must adhere to gathering limits, as stated in the public health guidelines (i.e. as of July 1, 2021 outdoor gatherings cannot exceed 250 individuals with space for physical distancing).

The following tournaments and competitions are expected to occur in Alert Level 2 Phase 3:

Salmon Cove Beach Tournament (July 10, 2021):

- 10-team outdoor tournament played at Salmon Cove Sands on 3 beach courts
- Athletes aged 17+
- Approximately 100 participants
- All participants are members of Eastern Health RHA with the potential for participants returning home to NL to participate. Participants that have travelled outside of the province and return to Newfoundland and Labrador are expected to adhere to the applicable isolation period before playing in ultimate activities (referring to public health guidelines).

Ultimate NL Elimin8s Tournament (Date TBD in September, 2021 - one-day tournament):

- 8-team outdoor ultimate tournament played on a City of St. John's field
- Athletes aged 17+
- Approximately 80 participants
- All participants are members of Eastern Health RHA

Ultimate NL HuckFest Tournament (Dec. 28, 2021):

- 5-team indoor ultimate tournament played on 2 playing surfaces at the Techniplex
- Athletes aged 17+
- Approximately 60 participants
- All participants are members of Eastern Health RHA with the potential for participants returning home to NL to participate. Participants that have travelled outside of the province and return to Newfoundland and Labrador are expected to adhere to the applicable isolation period before playing in ultimate activities (referring to public health guidelines).