



SPORT SPECIFIC RESOURCES

BC SCHOOL SPORTS

Resources to assist with the planning
of school sport practices during the
Return to School Sport



CURRENT BCSS RETURN TO SCHOOL SPORT STATUS

BC School Sports is still currently in Stage 2 of the BCSS Return to School Sport, meaning inter-school sport competition is **not** allowed at this time. Masks **must** be worn by adults at all times when they are indoors, and a barrier is not present Sport activities should be held **outside** whenever possible.

It is important to also note that wearing a mask does not eliminate the need for physical distancing, student-athletes from different educational cohorts must maintain physical distance at all times regardless of the student-athletes wearing a mask or not.

To align with the updated K-12 Restart plan BCSS has also provided clarification on Moderate-to-High Intensity Activities, as well as Low Intensity Activities;

Moderate-to-High Intensity Activities

As a general rule, these activities involve sustained heavier breathing and elevated heart rates

In general, BCSS activities except for golf would be classified as moderate-to-high intensity activities, in most normalized training or competition settings unless the activity is heavily restricted to a skill development focus.

- **Stationary physical activities (e.g. exercise bike, weights):** participants and equipment must be spaced 2 metres apart including for those from the same learning cohort. Masks do NOT replace the need to maintain physical distance.
- **Activities that involve movement:** students within the same learning group are not required to maintain physical distancing, but the activity must be delivered in a way that reduces the likelihood of contact beyond a brief moment. Students from different learning groups are required to maintain physical distancing of 2 metres at all times.
- Wearing masks during high-intensity sport activities whether it be a stationary activity or one that involves movement, indoors or outdoors is at the discretion of the student.

Low- Intensity Sport Activities

Most people engaged in low-intensity sport activities can carry on a conversation without having to catch their breath. (stretching, walking etc.)

In general, Golf is the only BCSS activity that falls into this category in a competition or normalized training environment unless the focus of a training session in another activity is restricted to skill development.

- For low-intensity activities (e.g. golf) students are required to wear a mask when they're either indoors, or unable to maintain physical distancing, or a barrier is not present.

BCSS has developed a guide of drills for all sports within the Spring Season of Play to assist Athletic Directors and Coaches in offering practices for their student-athletes. If you have any questions or would like further assistance on how to safely offer sports in your school don't hesitate to contact the BCSS office.



MOUNTAIN BIKING

Open to all Participants with Physical Distancing

- Full Practices
- Intra-School (within one school team) downhill or enduro friendly competition
- Any dry land, cardio, or team training where physical distance can be maintained

If students-athletes from different educational cohorts are unable to maintain physical distance at the start or finish line during practice/friendly competitions schools MUST modify their plan to ensure physical distance is maintained at all times between educational cohorts

Educational Cohort Only

- Any dry land, indoor cardio, team training, practices, or friendly intra-school competition where educational cohorts are unable to maintain physical distance.

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TENNIS / BADMINTON

Open to all Participants with Physical Distancing

- Singles training and intra-school (within the school) competition
- For doubles, teams must be from the same educational cohort but can train or practice against a different doubles team from a different educational cohort as long as physical distance is maintained between the two teams.

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TRACK AND FIELD

Open to all Participants with Physical Distancing

Schools may have their Track and Field student-athletes training in any/all of the offered track and field events granted modifications can be made to encourage physical distancing. Any track events can take place as long as there is at least 1 lane in-between athletes from different educational learning groups (cohorts). Field events may also take place as long as athletes from different educational cohorts are physically distanced.

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ULTIMATE

Open to all Participants with Physical Distancing (Drills)

- Butterfly Drill
 - Dump, cut, huck drill. Players rotate through each position and the up-field player returns the disc to the start line
- Throwing technique drill (5m,10m,15m,20m)
 - Line up at least 5m apart from partner passing disc without dropping, continuously move back until you drop the disk then start from the beginning
 - Can do backhand or forehand
- Pendulum Drill
 - Partners – 1 is the thrower, 1 is the receiver who runs a pendulum route to the disk.
 - Cut hard to the cone (at least 5m apart)
- Swing Drill
 - Have 3-4 players line up (physically distant) must swing the disc one direction then the other direction with dump cuts
- Circle Drill
 - Practice Zone D (no rabbit) to maintain physical distance
 - Players in a circle with defenders in the middle.
 - Players can pass to anyone at least 3 people away from them
- HORSE
 - Typical basketball scoring game but with soccer nets. Players in groups of 2-3 and have them call their throws and location.

Educational Cohort Only

- Small Sided game play
 - All players must be from the same educational cohort
 - Reduced contact where possible (ie. Require distance of defender from disc holder to be 2m, rather than the standard distance)

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SOCCKER

Open to all Participants with Physical Distancing (Drills)

- Passing
 - Ball control
 - One & Two Touch
 - Through the Gate
 - Ball Swap
 - Soccer Tennis
- Dribbling
 - Small touches (can add commands for more difficulty)
 - Relay Race
 - Turns
 - Skills to beat the cone (defender)
- Game Play
 - *Keep Ball*
 - *Keep Ball to Targets*
 - *Keep Ball 2v2 (emphasize physical distancing)*
 - *Keep Ball 4v4 (emphasize physical distancing)*

Educational Cohort Only

- *Small Sided Game play*
 - *5v2 Possession Game*
 - *7v7 Possession Game*
 - *3v3 With*
 - *5v5 to 4 goals*
 - *7 plus GK v 8 to 1 goal with 2 counter goals*
 - *2v4 final third of the field with finishing*
 - *6v4 + Keeper*
 - *8v6 + Keeper*

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RUGBY

Open to all Participants with Physical Distancing (Drills)

- Passing
 - Back plays
 - Looping (left & right)
 - Switches
 - Circle drill
 - defenders in the middle, offenders in a physically distanced circle can pass to anyone at least 3 players away from them. Defenders try to intercept ball being passed
 - Capture the chicken
 - keep each team within their own educational cohort
 - Kick a rugby ball instead of throwing a chicken
- Game like Drills
 - *Jackpot (Kicking/receiving)*
 - *Sliding drills*
 - *Track the ball*
 - *Coach points ball players follow that direction in a straight-line emphasizing importance of a flat line for defense.*
 - *Quadrant drill*
 - *Players set up an offense and defensive line at 1 of 6 balls scattered around the field (coach calls ball 1-6 to initiate drill) . Play out the ball unopposed to a try.*
 - *Gap Drills*
 - *Decision making with bags / coaches*
 - *Athletes must recognize the gap and get the ball there*

Educational Cohort Only

- *Small Sided Game play*
 - *Small touch game*
 - *Players do not go to ground*
 - *Unopposed rucks, scrums, and lineouts*
 - *Small Flag Games*
 - *Players do not go to ground*
 - *No rucks, scrums, or lineouts – Replace with team turnovers*

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