



# JAM

## Safe Return to Play

### Player Guidelines

JAM is committed to ensuring a safe playing experience for all players. The following guidelines have been put in place in accordance with provincial and local health authorities. JAM will update these guidelines when necessary to ensure we are enforcing measures that are relevant and necessary.

### Mandatory Covid-19 Vaccination

Anyone playing in an indoor JAM program must be fully vaccinated, as defined by the Government of Canada. For more details, please review our [FAQ](#) regarding vaccinations.

### Before You Play

- Do not attend any programs if you are exhibiting symptoms of or similar to COVID-19.
- Do not attend any programs if you have come in contact with someone who has recently tested positive for COVID-19.
- It is REQUIRED to wear a face mask that fully covers your nose and mouth when entering and exiting the facility. It is HIGHLY recommended that a face mask be worn when not actively on the field/court.
- Captains/Team Rep's will meet at a 2-meter distance before the start of each game to discuss and ensure all COVID-19 safety pledges have been met.
- Captains/Team Rep's are REQUIRED to ensure that online rosters are complete, and that attendance and health pledges have been completed by all teammates prior to play.
- Spectators are NOT permitted on-site for JAM games (players only).
- Practicing good hygiene is encouraged. Wash your hands with soap & water and/or hand sanitizer before, during and after game play. Avoid touching your eyes, nose or mouth with unwashed hands. Players should bring sanitizer and any additional PPE they deem appropriate for personal use.



### Preparing to Play

- As always, all participants are expected to review and understand JAM general guidelines and sport-specific rules.
- Please follow all League Ambassador directions when they are present.
- Facility safety guidelines, when more stringent than ours, will always supersede our guidelines. We will strive to harmonize messaging, but this may not always be possible.
- Players must arrive early to ensure vaccination checks can be completed and games start on time.
- Upon completion of the game, players must leave the facility as quickly as possible.
- As a best practice, players should arrive at games dressed and ready to play with an expectation that change rooms and washrooms will very likely not be available at the field, diamond or facility.
- Handshakes, high fives, and other pre/postgame contact among teams is NOT permitted. Please acknowledge your opponents in a socially distanced way, such as a cheer.

### Team Bench



- Teams must spread out along the sidelines. Players must respect physical distancing of 2 meters.
- Limit use of the benches or dugout at play spaces. Players must cover their mouth and nose when coughing or sneezing. Put all garbage in bins. At the end of the game, leave absolutely nothing on-site.
- Do not eat at game locations. Do not share water bottles.

### Sport-Specific Rules



- Review your specific sport rules for more COVID-19 accommodations that relate to your sport.
- COVID-19 Release: All players must have signed the updated waiver (including COVID-19 Release) before the first game. We highly recommend all members download the COVID Alert Health Canada App to their phones.

\*\* These guidelines are subject to change as the provincial response to COVID-19 evolves.\*\*

**For more information: <https://jamgroup.com/>**