

**FEBRUARY 2022 / VERSION 6**

# **WFTDA's COVID-19 Return to Roller Derby Guidelines & Recovery Plan**

**The WFTDA COVID-19 Return to Roller Derby Guidelines and Recovery Plan provides more pathways for our member leagues to return to full roller derby play. We have created this plan by considering the experiences of our more than 450 members in 33 countries during the COVID-19 pandemic, and are now providing a few opportunities to help you and your league achieve safe roller derby conditions.**

**[WFTDA.com/Return](https://www.wftda.com/Return)**

# WFTDA's COVID-19 Return to Roller Derby Guidelines & Recovery Plan

Our **COVID-19 Recovery Plan** is created with the **goal of reducing the risk to your league and local communities**, your family, workplace, and friends. To design this, we reviewed **COVID mitigation plans across the globe, and a variety of strategies for managing infections**.

Our initial response and Guidelines were created to pause roller derby until the development, distribution, and accessibility of vaccines or COVID-19 treatment protocols were established, and to ensure a safe and attainable return to play.

Additional challenges emerged in 2021 with regards to COVID-19: Discrepancies in global and local access to vaccines, high levels of vaccine hesitancy, and more contagious mutations of the disease. Our June 2021 Updates were on a trajectory to help get more of our members back on skates, and back on track. But these challenges have pushed the disparity in COVID-19 mitigation efforts by country even further apart.

To address this, the WFTDA made changes to the COVID-19 Return-to-Play Guidelines as follows, effective **October 1, 2021**:

- The WFTDA COVID-19 Return to Play Guidelines became recommendations instead of requirements.
- All WFTDA-member leagues must follow their local government/health department requirements surrounding contact sports, sporting events and public gatherings.

If a WFTDA league is also under the jurisdiction of a National Governing Body (NGB), it may follow their guidelines/recommendations.

Additionally:

- Please continue to monitor hospital capacity in your area. Access to healthcare is important for all leagues to monitor during the pandemic: It is not only an important indicator of COVID spread, but it may mean less access to treatment for roller derby athletes in the event of injury.
- **If your league has a reported case of COVID**, no matter which set of Guidelines you are following, all league members present at an event/practice with a known COVID exposure must pause for 5 days and are strongly encouraged to test negative for COVID before returning to events/practice. Unexposed league members may continue normal activities. If tests are not available, exposed members are encouraged to wait 7-10 days with no symptoms before returning. You may start back on the ladder where you were at the time of the pause. We feel this practice should be upheld by all participating members to ensure the safety of most vulnerable community members.
- Masking Recommendations: The World Health Organization (WHO) and the US Center for Disease Control (CDC) have recommended the use of masks indoors, even for vaccinated individuals. We'd like leagues to consider these and any (mask) recommendations of their home country as part of their safety plans.

# Acknowledgements

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# Important Concepts in This Document

**League** - A league for the purpose of this document is defined as any group of people - including juniors and recreational participants - who normally play and share space together. Even if multiple leagues practice together, when indicated in the Activity Recommendations for the initial tiers in the ladder, participants should be assigned to smaller groups or lineups.

Multiple leagues who utilize the same facility should, whenever possible, use the facility on different days/times in order to facilitate better contact tracing should an exposure occur.

**Local/Locality** - The geographic areas in which your league is located and all league's participants reside and work. Defining "local" is important for your league in order to be able to assess the presence of the virus in your community, and it may include more than just your town if league members travel to play from different areas. If members travel from a long distance to your events, and/or require the use of public transportation, you should also consider the impact of the virus on areas where they may stop and/or mode of transportation.

**Community-spread** - The spread of the virus within your local community (as described in Local/Locality above). When assessing league activity, it is first important to understand how the virus is impacting your league simply by the activities of local people congregating together.

**Travel-spread** - The spread of the virus due to travel to another locality, or from someone from another locality coming in. This is a risk that is added once the league starts traveling to other localities or inviting participants from other localities in.

In addition to assessing community spread vs. travel spread, it is also important to assess the daily impact of movement of people in your community's everyday life. It is recommended that leagues in high-density or high-traffic areas take extra care to assess their government policies and economic activities and the impact on the spread of the virus when determining how to proceed with roller derby activities.

**Region** - The geographic area in which your league participates and considers to be short-distance or regional travel. This is important if your league is in an area with multiple states, provinces or countries within close travel proximity and considers those other geographic areas as being within your region. It is important to hold off on international travel until the first step of competing domestically within your region is completed for at least a 14-day interval.

# Understanding the Baseline Condition Scenarios

Our new **COVID-19 Recovery Plan** is created with the goal of **reducing the risk to your league and local communities**, your family, workplace, and friends. To design this, we reviewed **COVID mitigation plans across the globe, and a variety of strategies for managing infections.**

We recognize that some roller derby participants have not been able to skate over the course of the pandemic (six or more months of no skating activity) and for these community members, we are introducing a new Baseline Level process for a safe return to on-skates activity.

**Our updated plan includes THREE possible Baseline Condition scenarios to step onto the ladder of activity:**

- 1 Areas that have a productive vaccination program in effect, wherein there is a high level of participation from residents;
- 2 Areas that have no mass vaccination program in effect currently, one that has a substantial wait, or one that has significant vaccine hesitancy but where COVID rates are decreasing;
- 3 Areas whose governments have mandated a COVID mitigation strategy that allows them to be completely open without mass vaccination programs

**The Updated Baseline Program asks leagues to re-enter roller derby slowly and carefully**, to minimize potential injuries or breakthrough COVID-19 cases. This includes a longer timeline for Baseline Activities, smaller groups, and prioritizing outdoor and highly ventilated areas.

- Prioritize outdoor practice in places where you are able to do so
- Emphasize rebuilding strength and fitness through non-contact drills
- Footwork, line drills, endurance with ample spacing
- Pods (6-10 people) and small-group-focused programming
- Recommended mask use
- Report any cases of COVID-19 you believe are a result of league activities

The WFTDA recommends that all members get vaccinated when they are able to do so. Vaccine rollouts have been inequitable along race and class lines, and based on government resources and it is important for us to center this in our returns. Additionally, not everyone is medically able to get vaccinated. All of these realities have influenced our COVID plans, which are based around health, safety, and vaccine access in your community.

**Leagues who have not skated for more than 6 months can review the Baseline Scenario that best fits your league, and then proceed to Baseline Activities.** If you've been using the ladder and have been able to skate, you may continue along the Tier system.

# WFTDA Statement on Audiences and Roller Derby

The WFTDA believes that re-engaging in the sport is a personal and difficult choice for leagues, especially those hardest hit by COVID-19. The guidelines in this plan are meant specifically and solely for participants of the sport, and we have paused our WFTDA competitive pathways in an effort to de-emphasize in-person fan engagement.

While we agree that some leagues may be ready to attempt a return, exposing non-participants to potential risk of infection for the benefit of our sport is not acceptable. Until there is widespread availability of vaccines for everyone, as well as a relaxation of health and government restrictions that make audiences ethically viable, we do not recommend your league welcome large, public, in-person audiences until the final tier of the ladder. As our plan has progressed, the WFTDA has been cautiously optimistic about the ability for members in certain areas of the world to begin the return to roller derby game play. We appreciate the support and participation of these teams as they begin the journey back to practice, scrimmage, and eventually games.

Organizations following the WFTDA Guidelines should note that small live audiences may be possible only beginning at TIER FIVE on the return ladder. The WFTDA has published a *WFTDA Audience Guidelines for COVID-19 Return to Play* that outlines required adjustments to the venue setup sections of the *WFTDA Risk Management Guidelines*, guidance for registration and seating of spectators, and recommendations for mitigating virus exposure risk once a league has reached Tier Five.

The WFTDA recommends **only** including community members who may already be or come into contact with your organization's members, such as friends, family, or coworkers, and limiting your venue capacity to no more than **25%**. External fans should be incorporated only after a league has successfully completed this Tier.

**For leagues sanctioning games or for leagues that hold WFTDA insurance, these new Audience Guidelines provide required adjustments to the venue setup guidelines in the *WFTDA Risk Management Guidelines* under Sections 3.1 Spectator Seating and 3.2 Barriers until further notice from the WFTDA.**

The Audience Guidelines provide additional guidance for registration, check-in, and seating of spectators as well as recommendations for keeping volunteers interacting with the public safe.

# WFTDA COVID-19: Guidelines for Officials, Photographers, Announcers and Other Volunteers

**Affiliated Officials:** The WFTDA relies on officials to ensure that roller derby is facilitated safely. If you are an affiliated official, please follow the guide along with your designated league.

**Announcers, Photographers, and Volunteers:** We value the contributions of our biggest supporters, and advise that community members affiliated with a league follow that league's progression on the ladder.

If you are an **unaffiliated official, announcer, photographer, or volunteer** who works with multiple leagues, we recommend these guidelines:

- Adhere to the WFTDA Infection Control Protocols
- Adhere to pre-activity COVID-19 symptom checks; if you show symptoms of COVID-19, alert any league you are in contact with and discontinue activity
- Your area of residence must also meet Baseline Guidelines to begin activities
- If unaffiliated, choose one league for temporary ladder integration; contact that league to discuss their readiness.
  - » Skating officials may participate as early as TIER ONE for non-contact exercise
  - » Non-skating officials may participate at TIER THREE
  - » Announcers, photographers, and volunteers may participate starting at TIER FOUR
- Once attending a league's activities, the WFTDA recommends that participants:
  - » Wait 14 days until the last day of your participation with one league before attending a different league's activities
  - » If invited to an interleague event, both leagues must be at TIER FOUR or higher
  - » If any league you work with steps off the ladder due to a positive case, you must follow that protocol



**BASIC PRACTICE HYGIENE GUIDELINES**

- Do not attend events when you are sick or suspect you are sick. COVID-19 symptoms are outlined on this page.
- Travel individually to and from practice unless participants live together
- Wash or disinfect gear after every use
- Do not share equipment, water bottles, etc.
- Limit outside visitors
- Allow the use of masks and gloves
- Follow disinfecting protocol of their facilities regularly, as outlined in the WFTDA Infection Control Guide

**COVID-19 SYMPTOMS**

COVID-19 presents with a wide range of symptoms reported - from mild symptoms to severe illness. Please discuss these symptoms with your league members and ensure that members feel comfortable reporting any of the following symptoms to league management. Symptoms may appear 2-14 days after exposure to the virus and include but are not limited to:

- Fever (100.4F/38C)
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

**If you develop any of these symptoms, get medical attention immediately:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to rouse
- Bluish lips or face



# Cardiac Risks of COVID-19

COVID-19's long-term complications on the heart are largely unknown at this time. However, COVID-19, like other viral syndromes, can cause damage to the heart. This damage can occur even with those who were asymptomatic with COVID-19, and may continue to not have any physical symptoms. The heart damage can be severe, leading to sudden cardiac death during exercise. The WFTDA cannot require skaters to have the full cardiac screening necessary to find evidence of heart damage, because not every skater has the same access to such resources.

People must be their own best evaluator of their ability and should practice self-monitoring. The WFTDA instructs member leagues to follow the *WFTDA Recommendations for Return to Full-Contact Skating*. This graduated return to play guide will help skaters reacclimate themselves to the demands of the sport, while also allowing them an opportunity to monitor for health problems related to exercise.

However, this gradual progression back to play does NOT screen for or prevent cardiac complications of COVID. Thus, choosing to play roller derby, or to exercise at all, after recovering from

COVID confers some risk. Skaters who have recovered from COVID-19 should consider this risk and speak with their primary care providers before returning to exercise.

Evidence-based recommendations for return-to-play guidelines are currently limited and clearly subject to change as further data are obtained in concert with improved COVID-19 case identification. The WFTDA COVID-19 medical team will continue to monitor these recommendations and will continue to update our guidelines to reflect any changes.

## COVID-19 Vaccination Statement

The WFTDA fully supports our community members getting vaccinated, if and when they are able to. We believe in science, and putting lives before the return of our sport is essential to living our values. But we also recognize that vaccination rollout will be inequitable at best, and that each person's health and healthcare system may make it impossible for some folks to get vaccinated.

Until the vaccine is widely available and members are able to get it as they wish, we ask that you continue along the COVID-19 Return to Play Tiers, and we will continue to assess the recovery of our countries, municipalities, states, cities, and towns to help you manage your league's path back to roller derby.

# GETTING GEARED UP: How Does My League Know We Are Ready?

**Has your league identified a Risk Coordinator to manage risk assessment and wellness for your league?** The job description may be found in the WFTDA Risk Management Guidelines. This person, along with your Coaching and Training committee, will be essential to helping your league leadership assess steps towards return to play.

**Has your leadership read the WFTDA Infection Control Guidance for Leagues and made them available to your league?** This document provides best practices for hygiene to avoid the spread of contagious diseases in your league.

**Has your leadership read the Recommendations for Return to Full-Contact Skating and made them available to your league?** This document provides best training practices for return to play from any absence from roller derby, which includes recommended off-skates activity before attempting on-skates exercise.

**Do you know where to find the most accurate and updated information on COVID-19 in your locality, region and country?** This will be essential to know when your league is legally allowed to resume activity. The Risk Coordinator should put together league-specific information on where to find this information to facilitate league knowledge and participation in this process. (See our online FAQs for resources.)



**When your league is GEARED UP you are ready to advance to BASELINE CONDITIONS »**

# Updated Baseline Conditions & New Baseline Activities

## 1 Is your league already on the ladder?

Check out our updated Step Down requirements for each Tier that make it easier for you to stay on the ladder!

## 2 Has your league skated in the past six months and needs to re-start the ladder?

**IF YES** Proceed to Baseline Conditions

**IF NO** Check the criteria below to see which scenario you qualify for



## 3 Is your league in an area that has a productive mass vaccination program in effect?

You can use an online vaccination tracker to find this information for your area. For the purposes of these Guidelines, we are defining “productive” as one in which the majority of the local population is eligible for vaccination and participating in the program. Ideally, your national government is rolling out these measures across the country, even though states or provinces may have different management systems.

**IF YES** Go to Page 12

**IF NO** See next question



## 4 Is your league in an area with no or limited vaccination programming or with vaccine hesitancy?

This includes areas with extreme vaccine hesitancy, areas with small vaccine supplies, or extended wait timelines. If yes, you may use our Updated Baseline metrics to calculate readiness.

**IF YES** Go to Page 13

**IF NO** See next question



## 5 Is your league in an area whose government has mandated a COVID mitigation strategy that allows them to be completely open without mass vaccination programs?

Chances are, your league has played in the past six months. If you have not, you may qualify immediately to do so.

**IF YES** see the criteria on Page 15 to determine readiness.

# UPDATED **Baseline Conditions & New Baseline Activities**

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## **SCENARIO 1**

### **Areas with Productive Mass Vaccination Programs in Effect That May or May Not Have Fully Opened Qualify If ALL Of The Following Criteria are Met:**

- 40%+ of residents in your league's localities are fully vaccinated OR 50%+ are partially vaccinated (contemplates both 4-week and 16-week vaccination schedules for 2-shot programs)
- All members of your league are **eligible** to receive a vaccination (recommended but not required)
- % positive tests over 2 weeks in your area remain less than 5% (PCR and Antigen can be averaged)
- Federal, local, and municipal governments have approved indoor contact sports and congregations of 30 or greater

Members who qualify may begin Baseline Activities and should do so for a **minimum of four weeks**.  
(See *Baseline Guidelines*.)

# UPDATED **Baseline Conditions & New Baseline Activities**

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## **SCENARIO 2**

### **Is your league in an area that does not have a functional vaccine program in effect?**

This includes areas with extreme vaccine hesitancy, or areas with small vaccine supplies, or extended wait timelines. If yes, you may use these Guidelines to calculate readiness.

### **Areas Awaiting Vaccines and/or with Non-Productive Vaccination Programs, or with Significant COVID-19 Prevention Measures Still in Place Qualify If You Meet ONE of the Following Criteria:**

- 100 new active cases per population of 100,000 averaged over 14 days (calculations included below), or for lower population density, see the chart on page 13

**OR**

- % positive tests over 2 weeks is less than 5% (PCR and Antigen can be averaged)

» *Ideally both are possible, but these criteria are not mutually exclusive.*

**AND when:**

- Federal, local, and municipal governments have approved indoor contact sports and congregations of 30 or greater

# UPDATED **Baseline Conditions & New Baseline Activities**

## How To Calculate Your Baseline Infection Metric:

The WFTDA has changed our baseline metrics for areas without productive vaccine programs to 100 per 100,000 positive cases over 14 days as our new ideal marker for areas awaiting a mass vaccination program, or with a vaccine program experiencing significant vaccine hesitancy.

**Below, we'll show you how to calculate this information using your area's population, but if you need help, we've included a simple Excel calculator.**

For areas that currently have a productive mass vaccination program in effect, please use the metrics on the previous page.

Members can calculate readiness from the total number of new cases reported using the formula below. Areas with sparse or less dense populations can use the table below:

Population of Your League's Locality	Daily Active COVID-19 Cases
0-9,999	5 cases
10,000-74,999	7 cases
75,000-99,999	10 cases
100,000+	See "How to calculate the maximum number of new active cases for a large city/high-density population area" below this table

*NOTE: If your health data is presented to you as a 7-day average, you should use two weeks of the average number of new active cases to determine your readiness to step on the ladder.*

## How to calculate the maximum number of new active cases for a large city/high-density population area:

- 1 Divide the population of your locality by 100,000. For example, the population of Philadelphia is reported as 1,584,000 people.  $1,584,000 \div 100,000 = 15.84$ . This is your population multiplier.
- 2 Multiply this population multiplier by 100 which is the maximum number of new active cases allowable.  $15.84 \times 100 = 1,584$  cases over 14 days.
- 3 Divide the maximum number of cases allowable over 14 days by 14 to find the maximum number allowable per day.  $1,584 \div 14 = 113$  new daily active cases reported by the City of Philadelphia.

### Still need help with the calculation?

**Use our Excel calculator!**

*All you need is your area's population.*

*NOTE: If your league draws participants from more than one town/city, your locality needs to include all the areas where participants live and work. If the numbers are higher than those listed in the table, then you should not start to play roller derby until all areas are at an allowable level.*

*Our updated Baseline Level is a way to encourage a slow, health-and safety-based return program for WFTDA Membership. Members who qualify may begin Baseline Activities and should do so for a minimum of four weeks. (See Baseline Guidelines.)*

# UPDATED **Baseline Conditions & New Baseline Activities**

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## **SCENARIO 3**

### **Areas with Governments Who Have Exhibited Excellent Mitigation and Completely Re-Opened or Removed All Restrictions Must Meet The Following Criteria:**

- Federal, local, and municipal governments have opened all facilities, schools, government operations
- Federal, local, and municipal governments have approved indoor contact sports
- Masks are not required in public places
- % positive tests over 2 weeks is less than 5% (PCR and Antigen can be averaged)

Most leagues in countries with exceptional COVID 19 control measures will likely have stepped on the ladder in the past 6 months, but we're clarifying that those in this position immediately qualify for Baseline.

# My League Has Finally Met Baseline for the First Time in More Than Six Months!

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The WFTDA acknowledges that the majority of its leagues has not returned to play since the beginning of the COVID-19 pandemic, therefore our Baseline Activities feature a slow, extended ramping up period for getting back on skates.

If your league has not skated in more than six months, we are requiring a new Baseline Activity Level that asks the following:

- **4 weeks of on-skates, non-contact**

- » We know that everyone is eager to play roller derby again. If you have not played roller derby in more than six months, we ask that your league create a plan for **4 weeks of on-skates, non-contact activity.**
- » If you need help or inspiration, have a look at the [This is Roller Derby - Beginner Curriculum](#) training elements and development stages.

- **Prioritize outdoor activities**

- » We recognize that not every locality has outdoor practice facilities. If you have not skated during the pandemic, it is essential that you begin slowly, and safely.
- » Outdoor practices and activities should meet Risk Management requirements
- » If you do not have access to outdoor skating areas, indoor spaces must have excellent ventilation opportunities, such as windows and garage or bay doors open at all times
- » Recommended mask usage



# BASELINE ACTIVITIES **continued**

- **Work in pods and small groups**

- » WFTDA recommends beginning your in-person training with pods (6-10 people) and small-group-focused programming.
- » Create a sign-up sheet for contact tracing with each practice. This means making a list of participants who attend each practice, and if one of them develops COVID-19, being able to alert other members that they may have been exposed. Names of those participants should be withheld to protect privacy rights.
- » Consider adding a weekly symptom-check-in for skaters returning to practice

- **Plan for the following weeks and months:**

- » Use the [This is Roller Derby: Introducing Contact and Recovery guide](#) to plan gradually getting back into contact training. Make sure you check out the values and behaviors for players engaging in contact.
- » If you are getting ready for scrimmage or more contact level drills, check out the [Recommendations on Mixed Level Play](#) and all the possible adjustments you could make.

**What happens if COVID rates go back up?** A seven-day upward trend means you should pause at Baseline until rates are no longer rising. If rates plateau and are under 5% positive cases, you may progress to Tier One activities.

## **Centering Equity While Returning**

When creating your league's Return to Play Plan, it is important for folks to make sure plans are created with equity and access in mind. This can mean a lot of things, including where your league is able to practice, how you think about recruiting or extending invitations to new members, or even your league participation policies. These are especially important as we slowly rebuild; recognizing that members will continue to be unpacking trauma.



### **KNOWING WHEN YOU MAY STEP UP TO THE NEXT TIER:**

If your league has skated in the past six months and you meet one of our Baseline Criteria, you may proceed to TIER ONE.

## SECTION ONE: League-only Graduated Return to Activities

### RETURN-TO-DERBY LADDER

### TIER ONE

## TIER ONE: League Return with No Contact

These are localized recommendations that apply for any locality in which a skater or official lives and participates. This tier allows for leagues to meet again in small groups for any non-contact activities.

### TIER ONE: Policy Recommendations

- **Suspend all league attendance policies;**
- Encourage **regular symptom checks at home**, including temperature checks before practice or activities (see COVID-19 symptoms);
- **Allow the use of cloth masks and gloves;**
- **Create and encourage a judgment-free, self-reporting structure** that includes mandatory isolation from in-person league activities or events for 14 days, or longer as advised by a medical professional, for participants who
  - » report any COVID-19 symptoms, or
  - » return from travel to areas with high-risk for COVID-19

### TIER ONE: Activity Recommendations

- **To track any potential exposure, limit practices to assigned, smaller groups of skaters and skating officials, where participants do not rotate or mix. It is not recommended to have Non-Skating Officials participate until TIER THREE.**
  - » You may assign groups by teams or lines, or people who live/congregate together outside of roller derby
  - » Any adjustments to groups should be limited and made at the same time.
- Leagues are expected to **read and abide by the WFTDA Graduated Return to Contact table in the WFTDA Recommendations for Return to Full-Contact Skating:**
  - » Start with a graduated exercise reacclimation period that can be assigned to skaters and officials before returning to skating practice:
    - Light aerobic exercise
    - Cardio exercise
    - Strength exercise
- **Read and follow the WFTDA Infection Control Guidance to ensure participants follow best practices for hand-washing and other hygiene, and to disinfect your facility properly.**

## TIER ONE: **League Return with No Contact**

### KNOWING WHEN TO STEP BACK DOWN:

#### BASELINE CONDITIONS

**One positive case in your league from an active member, or a member's close contacts (such as a roommate or cohabitant)** should always result in the league ceasing activities until the quarantine period recommended by your medical provider has passed, before restarting at TIER ONE of this ladder.

If your **local government re-institutes social distancing guidelines that limit congregation**, you must step back off the ladder and start again.

#### STAY AT TIER ONE

**An increase in the 14-day average in your league's locality metrics** should result in your team PAUSING AT THIS TIER. Or, if your location's % positive cases hits 5%, PAUSE AT THIS TIER.

**Warning:** If positive cases reach 7%, stay at TIER ONE. If they remain over 7% for more than 4 weeks, return to Baseline until they go below 5% positivity rates. Then, you may resume the ladder.



### KNOWING WHEN YOU MAY STEP UP TO THE NEXT TIER:

League participates without contact for 14-day intervals, all the baseline conditions for TIER ONE remain in place, government, sporting and health authorities allow for contact sports, where specified »

## TIER TWO: **League Restarts Contact Drills**

These are localized recommendations that apply for any locality in which a skater or official lives and participates. This tier allows for leagues to begin contact drills, but not full scrimmages.

### TIER TWO: **Policy Recommendations**

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- **Continue to follow policy recommendations as listed in TIER ONE (page 18)**

### TIER TWO: **Activity Recommendations**

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- **Continue to follow activity recommendations as listed in TIER ONE (page 18)**
- In addition to the TIER ONE activities from the WFTDA Recommendations for Return to Full-Contact Skating, **you may participate in low contact training drills.**

## TIER TWO: **League Restarts Contact Drills**

### KNOWING WHEN TO STEP BACK DOWN:

#### BASELINE CONDITIONS

**One positive case in your league from an active member, or a member's close contacts (such as a roommate or cohabitant)** should always result in the league ceasing activities until the quarantine period recommended by your medical provider has passed, before restarting at TIER ONE of this ladder.

If your local government re-institutes social distancing guidelines that limit congregation, you must step back off the ladder and start again.

#### RETURN TO TIER ONE

**An increase in the 14-day average in your league's locality metrics** should result in your team PAUSING AT THIS TIER. Or, if your location's % positive cases hits 5%, PAUSE AT THIS TIER.

**Warning:** If positive cases reach 7%, return to TIER ONE until rates go back down to at least 5%. Once rates are under 5%, you may restart at the TIER YOU WERE ON, unless the pause is longer than 4 weeks.



### KNOWING WHEN YOU MAY STEP UP TO THE NEXT TIER:

League participates in low-contact drills for 14-day intervals, all the baseline conditions for TIER ONE remain in place, and no 7-day increase trend in metrics in your locality; you may progress to TIER THREE »

## TIER THREE: **League-only Scrimmage and Full Contact**

These are localized recommendations that apply for any geographic locality in which a skater or official lives and participates. This tier allows for full scrimmages, including full officiating staff, but activities are limited to within the league itself and only for those participating in the activity.

### TIER THREE: **Policy Recommendations**

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- **Continue to follow policy recommendations as listed in TIER ONE (page 18)**

### TIER THREE: **Activity Recommendations**

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- **Continue to follow activity recommendations as listed in TIER ONE (page 18)**
- In addition to the TIER ONE and TWO activities from the WFTDA Recommendations for Return to Full-Contact Skating, **you may participate in full-contact training and scrimmage drills.**
- **Non-Skating Officials (NSOs) may be invited to participate in this Tier.**

## TIER THREE: **League-only Scrimmage and Full Contact**

### KNOWING WHEN TO STEP BACK DOWN:

#### BASELINE CONDITIONS

**One positive case in your league from an active member, or a member's close contacts (such as a roommate or cohabitant)** should always result in the league ceasing activities until the quarantine period recommended by your medical provider has passed, before restarting at TIER ONE of this ladder.

If your **local government re-institutes social distancing guidelines that limit congregation**, you must step back off the ladder and start again.

#### RETURN TO TIER ONE

**An increase in the 14-day average in your league's locality metrics** should result in your team PAUSING AT THIS TIER. Or, if your location's % positive cases hits 5%, PAUSE AT THIS TIER.

**Warning:** If positive cases reach 7%, return to TIER ONE until rates go back down to at least 5%. Once rates are under 5%, you may restart at the TIER YOU WERE ON, unless the pause is longer than 4 weeks.



### KNOWING WHEN YOU MAY STEP UP TO THE NEXT TIER:

League participates in full-contact and scrimmage drills for 14-day intervals, all the baseline conditions for TIER ONE remain in place, and no 7-day increase trend in metrics in your locality; you may progress to TIER FOUR »

## Preparing For Audiences

In the next Tier your league will return to inter-league game play, but audiences are not recommended until TIER FIVE. This is because at that Tier, the expectation is that effective contact tracing is in place to manage outbreaks, travel will be open enough to travel to new regions, and your league has already successfully gone through two weeks of full game play. However, even if your organization has not yet met TIER FIVE, there are still many systems you can work on and put into place to be ready to welcome additional community members.

We are asking members who may be on TIERS THREE and FOUR to plan for a slow reintegration of the following groups of community members into your spaces:

- **Officials:** Skating Officials may return at TIER ONE and Non-Skating Officials at TIER THREE;
- **Announcers and Volunteer Staff:** These community members are possible at TIER FOUR and must:
  - » **Practice social distancing**
  - » **Masks are recommended, where possible** (announcers may stand more than 6 feet (2 meters) apart and unmask when needed)
  - » **Practice frequent hand washing and facility disinfection**

Recommendations for small audiences of family and friends are included in TIER FIVE's Activity Recommendations per the *WFTDA Audience Guidelines for COVID-19 Return to Play*.



## SECTION TWO: Return to Inter-league Game Play

### RETURN-TO-DERBY LADDER

### TIER FOUR

Inter-league game play represents an important step in the Return-to-Play Ladder, and it must be contemplated carefully and attempted with care, with risk of COVID-19 infections in mind. The WFTDA recommends integrating this step slowly, and for many leagues, this step may take some time to attempt. We recommend using 14-day waiting periods following these games, as they represent an expansion of your contact circle, potentially widening the risk of infection.

- The WFTDA will not charge a late fee for rescheduling an event within 30 days if a game must be rescheduled after a 14-day waiting period.
- The WFTDA will not consider a communicated game cancellation due to a COVID-19 outbreak to be a forfeit.

## BASIC PROVISIONS FOR **Return to Inter-league Game Play:**



**All Baseline Conditions (page 11) continue to be met and your league has successfully passed through 14-day intervals of TIERS ONE-THREE.**



These games may be **sanctioned but should be limited to single games or smaller multi-game events** to limit congregation.



The league may **participate in games with other leagues**, but those leagues should be **within the same region** as defined as:



**No audiences recommended** per WFTDA's Statement on Audiences and Roller Derby.

- **a city, state/province, or multi-city/state/province locality within reasonable geographic proximity of the league; WITHIN THE SAME COUNTRY; AND**
- **sharing coordinated or similar COVID timing and response between health and governmental entities.**



**When ALL OF THESE BASIC PROVISIONS have been met, your league is ready to advance to TIER FOUR »**

## TIER FOUR: Return to Inter-League Game Play in Region

These are localized recommendations that apply for any geographic area in which a skater or official lives and participates. This tier allows for inter-league regulation and sanctioned games to resume, but only within the localized region of the league—for example, a county or small state—within the same country, and with no audiences.

### TIER FOUR: Policy Recommendations

- **Continue to follow policy recommendations as listed in TIER ONE (page 18)**
- **Speak openly to any opposing teams**, and recognize that the goal is to avoid active infections.
- To minimize the economic impact of a cancellation for health reasons, **work with a lawyer to:**
  - » **Structure your inter-league agreements to avoid penalizing cancellations**
  - » **Set up venue contracts that allow for flexibility in case of COVID resurgence in your locality or in case a participating league has a resurgence in their locality.**

### TIER FOUR: Activity Recommendations

- **Announcers and Volunteer Staff:** These community members are possible at Tier Four and must:
  - » Practice social distancing
  - » Masks are recommended, where possible (announcers may stand more than 6 feet [2 meters] apart and unmask when needed)
- **Continue to consider capping participants** in order to limit exposure when inter-league play resumes;
- **Read and abide by the WFTDA Graduated Return to Contact table** in the WFTDA Recommendations for Return to Full-Contact Skating. In addition to the TIER ONE through THREE activities, you may participate in:
  - » **Full Game Play**
- **Review the WFTDA Infection Control Guidance to ensure all participants follow best practices for hygiene, and your facility is disinfected properly to prevent the spread of infection.**

## TIER FOUR: Return to Inter-League Game Play in Region

### KNOWING WHEN TO STEP BACK DOWN:

#### BASELINE CONDITIONS

One positive case in your league from an active member, or a member's close contacts (such as a roommate or cohabitant) should always result in the league ceasing activities until the quarantine period recommended by your medical provider has passed, before restarting at TIER ONE of this ladder. New positive cases in your league or game participants, such as officials, should also result in a pause in travel.

If your **local government re-institutes social distancing guidelines that limit congregation**, you must step back off the ladder and start again.

#### RETURN TO TIER ONE

If positive cases reach 7%, return to TIER ONE until rates go back down to at least 5%. Once rates are under 5%, you may restart at the TIER YOU WERE ON, unless the pause is longer than 4 weeks.

**Note:** Be prepared to be flexible and mindful that community members may not feel comfortable engaging in gameplay or contact if cases begin to rise. This includes officials, support staff, or team members.

#### REMAIN AT TIER FOUR

An increase in the 14-day average in your league's locality metrics should result in your team PAUSING AT THIS TIER. Or, if your location's % positive cases hits 5%, PAUSE AT THIS TIER.



### KNOWING WHEN YOU MAY STEP UP TO THE NEXT TIER:

- League participates in regional game play with other leagues for 14-day intervals.
- Community-spread infection rates are not increasing in your region or the destination region.
- Full travel is appropriate and allowable between your region and your destination region without quarantine or other restrictions.
- Testing and contact tracing programs are available in the region of the event and the region of origin of any team or participant in the event.

## SECTION THREE: Graduated Return to Travel and Small Events

RETURN-TO-DERBY LADDER

TIER FIVE

SECTION THREE allows for travel outside of a league's region for the purpose of game play and is split into three tiers in order to assess the risk of:

- Travel distance - moving from short-haul travel to long-haul/international travel including travel restrictions, closed borders and quarantine requirements
- Medical advances and practices in participating regions
- Impact of the above on the safety of allowing audience participation in the event

## BASIC PROVISIONS FOR **Return to Domestic Gameplay (Small Events):**



**Testing and contact tracing programs are available in the region of the event as well as the region of origin of any team or participant in the event.**



Leagues may **travel outside of their region, as defined above in TIER FOUR**, to participate with leagues of another region of their country as long as each region does not require quarantine for travelers either upon arrival in the destination region or return to one's home region.



**Games may be sanctioned and should be limited to single games or smaller multi-game events.**



**Small live audiences are possible** per the requirements of the *WFTDA Audience Guidelines for COVID-19 Return to Play*.

NOTE: These guidelines make required adjustments to the *WFTDA Risk Management Guidelines* sections 3.1 and 3.2 in order to comply with requirements for WFTDA Insurance and WFTDA sanctioned game play.



**When ALL OF THESE BASIC PROVISIONS have been met, your league is ready to advance to TIER FIVE »**

## TIER FIVE: **Return to Domestic Gameplay (Small Events)**

These are recommendations that apply for short-haul domestic travel outside of the local region as defined by your league in Tier Four, but not across a large country or an international border, and with small audiences. (WFTDA audience guidelines will be forthcoming.)

### TIER FIVE: **Policy Recommendations**

- **Continue Policy Recommendations for TIER FOUR (page 25)**
- **Consider purchasing travel insurance for your league members** when travel is possible, to allow for cancellation should your league be affected by a new outbreak.
  - » Be sure to check for policy exclusions and read the policy terms carefully, prior to purchasing. **Not all travel policies include pandemic coverage.**

### TIER FIVE: **Activity Recommendations**

- **Continue to follow the WFTDA Infection Control Guidance to ensure participants follow best practices in travel and at play, and your facility is disinfected properly to prevent the spread of infection.**
- **For leagues hosting small audiences, follow the *WFTDA Audience Guidelines for COVID-19 Return to Play*.**

## TIER FIVE: Return to Domestic Gameplay (Small Events)

### KNOWING WHEN TO STEP BACK DOWN:

#### BASELINE CONDITIONS

One positive case in your league from an active member, or a member's close contacts (such as a roommate or cohabitant) should always result in the league ceasing activities until the quarantine period recommended by your medical provider has passed, before restarting at TIER ONE of this ladder. New positive cases in your league or game participants, such as officials, should also result in a pause in travel.

If your **local government re-institutes social distancing guidelines that limit congregation**, you must step back off the ladder and start again.

#### RETURN TO TIER THREE

If positive cases reach 7%, return to TIER THREE until rates go back down to at least 5%. Once rates are under 5%, you may restart at the TIER YOU WERE ON, unless the pause is longer than 4 weeks.

**Note:** Be prepared to be flexible and mindful that community members may not feel comfortable engaging in gameplay or contact if cases begin to rise. This includes officials, support staff, or team members.

#### REMAIN AT TIER FIVE

An increase in the 14-day average in your league's locality metrics should result in your team PAUSING AT THIS TIER. Or, if your location's % positive cases hits 5%, PAUSE AT THIS TIER.

#### POSTPONEMENT

Increasing 7-day trends in the region to which you wish to travel, and/or new government distancing guidance in that region, should result in the game being postponed.



### KNOWING WHEN YOU MAY STEP UP TO THE NEXT TIER:

- League participates in short-haul, domestic game play only for 14-day intervals.
- Community-spread infection rates are not increasing in your region or the destination region. Vaccines are widely available to all participants and either all participants are vaccinated or the infection rates are so low that participation does not risk infection.
- Long-haul and/or international travel is appropriate and allowable in your region/country and your destination region/country without quarantine or other restrictions.

## BASIC PROVISIONS FOR Return to Long-Haul and International Gameplay (Small Events):

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Leagues may engage in long-haul travel including crossing international borders.



Games may be sanctioned but should be limited to single games or smaller multi-game events.



Small live audiences are possible per the *WFTDA Audience Guidelines for COVID-19 Return to Play*.

NOTE: These guidelines make required adjustments to the *WFTDA Risk Management Guidelines* sections 3.1 and 3.2 in order to comply with requirements for WFTDA Insurance and WFTDA sanctioned game play.



When **ALL OF THESE BASIC PROVISIONS** have been met, your league is ready to advance to **TIER SIX»**

## TIER SIX: **Return to Long-Haul and International Gameplay (Small Events)**

These are recommendations that allow for leagues to take longer distance trips to compete, including crossing national borders to participate. This tier allows for all domestic and limited international travel, but for only smaller tournament events and small audiences.

### TIER SIX: **Policy Recommendations**

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- **Continue Policy Recommendations for TIER FIVE (page 28)**

### TIER SIX: **Activity Recommendations**

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- **Continue to follow the WFTDA Infection Control Guidance to ensure participants follow best practices for hygiene at travel and in play, and your facility is disinfected properly to prevent the spread of infection.**
- **For leagues hosting small audiences, follow the *WFTDA Audience Guidelines for COVID-19 Return to Play*.**



## TIER SIX: Return to Long-Haul and International Gameplay (Small Events)

### KNOWING WHEN TO STEP BACK DOWN:

#### BASELINE CONDITIONS

One positive case in your league from an active member, or a member's close contacts (such as a roommate or cohabitant) should always result in the league ceasing activities until the quarantine period recommended by your medical provider has passed, before restarting at TIER ONE of this ladder. New positive cases in your league or game participants, such as officials, should also result in a pause in travel.

If your **local government re-institutes social distancing guidelines that limit congregation**, you must step back off the ladder and start again.

#### RETURN TO TIER THREE

If positive cases reach 7%, return to TIER THREE until rates go back down to at least 5%. Once rates are under 5%, you may restart at the TIER YOU WERE ON, unless the pause is longer than 4 weeks.

**Note:** Be prepared to be flexible and mindful that community members may not feel comfortable engaging in gameplay or contact if cases begin to rise. This includes officials, support staff, or team members.

#### REMAIN AT TIER SIX

An increase in the 14-day average in your league's locality metrics should result in your team PAUSING AT THIS TIER. Or, if your location's % positive cases hits 5%, PAUSE AT THIS TIER.

#### POSTPONEMENT

Increasing 7-day trends in the region to which you wish to travel, and/or new government distancing guidance in that region, should result in the game being postponed.



### KNOWING WHEN YOU MAY STEP UP TO THE NEXT TIER:

- League participates in longer distance game play only for 14-day intervals.
- See the Baseline Conditions for TIER SEVEN to ensure they are in place before planning events that are allowable under that tier.

## SECTION FOUR: Return to Large-scale Events

### RETURN-TO-DERBY LADDER

TIER SEVEN

SECTION FOUR allows for unlimited travel for game play, large-scale events and audiences. WFTDA feels that our sport will only be able to return to this level of participation with the existence of commercially available vaccines and once governments and health authorities lift the activity and travel bans put in place to control the pandemic. The WFTDA Board of Directors and COVID-19 Medical Team will continue to monitor the virus and success of vaccinations and open TIER SEVEN to regions of the world once we feel it is safe to do so.

Even after pandemic restrictions are lifted, events hosting audiences must be extra careful to monitor the status of infection throughout the world to avoid travel-spread transmission to your participants and region via your event.

## BASIC PROVISIONS FOR **Return to Full-Scale Events with Spectators:**

 **No travel restrictions in all WFTDA regions, unless otherwise determined by the WFTDA Board of Directors.**

 **No limit to the size of the event or number of participants and spectators.**

 **WFTDA returns to full global competitive pathways and events.**



**When ALL OF THESE BASIC PROVISIONS have been met, WFTDA will allow your league to advance to TIER SEVEN »**

# TIER SEVEN: **Return to Full-Scale Events with Spectators**

## TIER SEVEN: **Policy Recommendations**

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- **Continue Policy Recommendations for TIER FIVE (page 28).**
- **Even though a vaccine is available, the league should always run an attendance policy that allows for participants to miss events when ill or suspecting illness.**

## TIER SEVEN: **Activity Recommendations**

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- **Continue to follow the WFTDA Infection Control Guidance to ensure participants follow best practices for hygiene in travel and at play, and your facility is disinfected properly to prevent the spread of infection.**

## TIER SEVEN: Return to Full-Scale Events with Spectators

### KNOWING WHEN TO STEP BACK DOWN:

#### BASELINE CONDITIONS

One positive case in your league from an active member, or a member's close contacts (such as a roommate or cohabitant) should always result in the league ceasing activities until the quarantine period recommended by your medical provider has passed, before restarting at TIER ONE of this ladder.

If your local government re-institutes social distancing guidelines that limit congregation, you must step back off the ladder and start again.

#### RETURN TO TIER THREE

If positive cases reach 7%, return to TIER THREE until rates go back down to at least 5%. Once rates are under 5%, you may restart at the TIER YOU WERE ON, unless the pause is longer than 4 weeks.

#### REMAIN AT TIER SEVEN

An increase in the 14-day average in your league's locality metrics should result in your team PAUSING AT THIS TIER. Or, if your location's % positive cases hits 5%, PAUSE AT THIS TIER.

**Note:** Be prepared to be flexible and mindful that community members may not feel comfortable engaging in gameplay or contact if cases begin to rise. This includes officials, support staff, or team members.

#### POSTPONEMENT

Increasing 7-day trends in the region to which you wish to travel, and/or new government distancing guidance in that region, should result in the game being postponed.