



# Return to Sport Planning Guide

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## Return to Sport for Shooting Federation of Nova Scotia

As Nova Scotians begin to see a phased opening of our province the Shooting Federation of Nova Scotia recognizes that Nova Scotian Shooter Sport participants want to return to their chosen sporting activities. The Shooting Federation of Nova Scotia, through its member Clubs, want to deliver shooting sports in the safest possible way through adaptation of rules and procedures to account for both legislated and best practices surrounding the prevention of COVID-19.

It is important for clubs to be prepared to reopen and have measures in place that will allow for the safe participation in the shooting sports, while limiting the spread of COVID-19.

It is also important for individual Shooters to take personal responsibility to follow all mandated regulations to ensure a safe and progressive return to shooting activities in Nova Scotia.

## How to Use the Planning Guide

First and foremost, all Participants, Clubs and Ranges must adhere to all Public Health Legislation or overarching guidance provided by the Shooting Federation of Canada. This Planning Guide is meant to assist you in operating within Provincial guidelines which can be found at <https://novascotia.ca/coronavirus/>.

This planning guide has been created to provide guidance to clubs and shooting ranges (Range) while they plan how they will provide their shooting programs and range access as Municipal, Provincial and Federal restrictions are lifted. This planning guide should be considered supplemental to the legislation, recommendations and guidance provided for your specific jurisdiction, including Municipal, Provincial and Federal guidelines and requirements. It has been broken down into the following considerations:

- A. **Environment - Shooting Range Operations**
- B. **Equipment**
- C. **Personal Protective Precautions**
- D. **Range Safety Officers**
- E. **Communication**

## Acronyms & Definitions

The following Acronyms or Definitions are used within this planning document.

- Participant** An employee or persons who is involved in the shooting sports as an Official, Organizer, Range Safety Officer or Shooter.
- Range** An Outdoor facility where lawful shooting activities occur.  
(The SFNS recognizes that many Indoor Range facilities shall remain closed until Provincial guidelines change and this plan shall be amended as the situation evolves)
- Clubs** A group, organization, affiliation, or confederation (private, commercial, public, not for profit, or profit) that is involved in the organization, hosting, or renting of a Range for Participants to lawfully participate in the shooting sports or activities.  
A member of the SFNS.



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<b>Firing Point</b>	Any physical location such as bench, stand, mat or the ground where a participant discharges a firearm.
<b>Legislation</b>	Any direction or regulations imposed by a Municipal, Provincial or Federal governing body or entity.
<b>PSO</b>	Provincial Sport Organization
<b>SFNS</b>	Shooting Federation of Nova Scotia
<b>IPSC</b>	International Practical Shooting Confederation
<b>SFC</b>	Shooting Federation of Canada

## A. Environment

**Shooting Range Access** All activities on a Range must comply with the physical distancing measures, and other recommendations and requirements issued through Legislation.

Where possible, an online or remote pre-registration process should be utilized to reserve access to the range to ensure the number of people on the range at any time is not greater than the current public guidelines. There are existing tools such E-mail, websites or [www.practiscore.com](http://www.practiscore.com) which could be used for remote or online registrations.

Range access shall be limited to a minimum number of Participants needed to complete essential tasks. No audience, viewers or other non-participants shall be present at the Range.

COVID-19 screening must be done by all Participants entering the range.

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.

Congregation on the Range including but not limited to parking lots, firing points, clubhouse, or shelters before and after range use must be avoided.

**Shooting Range Capacity** Range capacity shall be half of what it would be under normal operating conditions or shall be limited to the point where all Participants can easily follow and maintain all of the physical distancing guidelines required by Legislation and as outlined below.

Each Participant should be given an appropriate shooting lane width for the discipline involved plus a minimum of 2 m physical distancing. For example, a shooting discipline that requires a 1m shooting lane and a 2m social distance would require a 3m center to center separation of the shooters. For example, a discipline that requires shooting from an individual bench, 2m should be given between each bench.



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To prevent congregation of Participants in waiting areas or parking lots while not actively shooting or supervising the maximum number of participants should be limited to a single relay. If demand warrants multiple relays, arrival and departure times for each relay should be scheduled to avoid congestion.

## Signage

Place appropriate signage outside the Range and clubhouse/shelter (if present) and at all entry gates outlining the physical distancing guidelines in place. (See Appendix A – Signage)

Post signage for proper hand hygiene in a visible place at the entry to the range. (See Appendix A – Signage)

Post signage for proper hand hygiene in a visible place near washing stations or washrooms as applicable. (See Appendix A – Signage)

Place appropriate physical distancing along the range shooting line.

Post signage indicating that Participants should stay home and/or call 811 if they are feeling unwell or symptomatic. (See Appendix A – Signage)

## Clubhouses or Shelters

Any social areas such as clubhouses or shelters should be closed to access or altered in such a way to ensure appropriate physical distancing following municipal, provincial, or federal guidelines (i.e. limit access to washroom facilities only)

All chairs and tables in communal areas must be rendered inaccessible or removed to prevent gatherings in excesses of legislation

## Cleaning/Hygiene

Consider increasing or implementing new routine cleaning practices if possible.

All surfaces to be used or frequently touched by Participant must be cleaned and disinfected prior to and after use. For example, a target, target frame, carrier or backstop should be cleaned and sanitized prior to and after use by the Participants.

Ensure washrooms remain stocked with soap and consider offering hand sanitizer at entrances. In locations with no onsite water exist hand sanitizer dispensers should be installed to allow hand sanitation.

## Range Set-up

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

Where possible Participants should setup and take down their own target and target frame/carrier.

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



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Use markings on the ground to indicate proper distancing where possible

## **Coaching / Classes / Lessons**

Organized coaching sessions, classes or lessons and should be avoided until lifting of social distancing restrictions. If coaching sessions, classes or lessons are held they must respect physical distancing and group size guidelines as outlined in Legislation and this Planning Guide

Unless Club or shared equipment can be sanitized, Club or shared equipment should not be used.

## **B. Equipment / Participation**

### **Shooting Equipment**

Use only your own personal equipment if possible.

Do not share, touch, or borrow other people's equipment.

### **Respect and Physical distancing**

As much as possible, maintain a 2m distance from other Participants, unless they are from your household.

Participants should recognize that others on the Range or at the Club may have different levels of comfort and therefore should be treated with respect, given appropriate physical distance and Participants should always exercise patience.

Participants should visit the range on their own unless they are participating with someone with whom they live.

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

### **Targets and Scoring**

Handling of a Participants target frame, holder or similar shall be limited as much as possible to the Participant.

Participants are to score their own targets only and avoid double scoring or other such interactions with the target.

Participants will affix and remove their own targets and as much as possible avoid touching the target frames, holders or similar.

The Participant should disinfect their hands after each interaction with a target, target frame, carrier, or backstop.

If possible, use remotely reset or remotely scored targets to limit Participant interaction with the targets, target frames, carriers, butts, and backstops.

Use scoring apps (See Above) instead of physical scorecards if possible.



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

## C. Personal Protective Precautions

**Stay home so others can participate safely**                      Participants who feel unwell should stay home and exercise appropriate isolation. Participants should be encouraged to stay home if they are sick.

**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 much as possible, and if you do touch something, make sure to wash your hands and disinfect the surface you have touched.

**Education**                                      Educate Participants on self-screening, hygiene, sanitation physical distancing and its impact on preventing the spread of communicable diseases.  
  
   Educate Participants on the recognition of COVID-19 symptoms in each other and your members.  
  
   Ensure Participants are aware of the measures that your Club has put in place to slow the spread of COVID-19 as well as the signage in place to ensure these are being followed.

**Virtual meetings**                              Conduct meetings by phone or online whenever possible.

## D. Range Safety Officers (RSO)

**General**                                      While not at the expense of Range, Participant or Public Safety an RSO must make every effort to maintain a 2m social distance from other Participants.  
  
   For safety of the Participants or Public and by the nature of their activity. If an RSO needs to come closer than 2m of a Participant and as such everyone acting as an RSO should wear a cloth or N95 mask.  
  
   If a Range schedules a designated RSO to be on the range, that individual should have the authority to control the number of Shooters, physical distancing and ensure safe behavior as per the individual facilities operation Plan. During periods of low use, when no RSO is present, additional signage, outlining COVID-19 safety procedures should be in place.



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The Range facility must ensure there is sufficient room behind the firing Points for the RSO to travel between Shooters while still maintaining a 2m distance or have an alternative plan for the shooters to move away during the firearm clearing process.

Rifle racks, tables, etc. will need to be kept to the minimum required for safe shooting while allowing enough room for the RSO.

## **Guest / New Shooters**

Because of the inherent increase in close (within 2m) supervision by an RSO of New Shooters or Guests, New Shooters or Guests should be avoided until lifting of social distancing restrictions.

## **Bolt / Chamber Flags**

To allow an RSO to maintain physical distance while clearing a firing point all firearms shall be rendered safe by Participants and a Bolt / Chamber Flag installed.

## **E. Communications**

### **Communicate with Participants and Club Members**

Maintain ongoing communication with Participants and Club members to let them know the steps that your Club is taking to slow transmission of COVID-19 and what is expected of them when using Range or Club facilities. Use email, websites, social media, and signage as much as possible.

Communicate with Participants that if they are feeling unwell and/or are symptomatic, they should not participate in any Shooting Activities. Distribute through email, websites, social media, and signage to ensure the greatest possible distribution.

### **Update your website and phone messages**

Make sure automated phone message and websites provide Participants directions on where to find information about the club's operations while enhanced measures are in place.

Ensure that websites are updated to inform Participants that if they are feeling unwell and/or are symptomatic, they should not participate in any Shooting Activities.



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Appendix A - Signage



# REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.



1

Wet hands with warm water



2

Apply soap



3

For at least 20 seconds, make sure to wash:



4

Rinse well



5

Dry hands well with paper towel



6

Turn off tap using paper towel



palm and back of each hand



between fingers



under nails

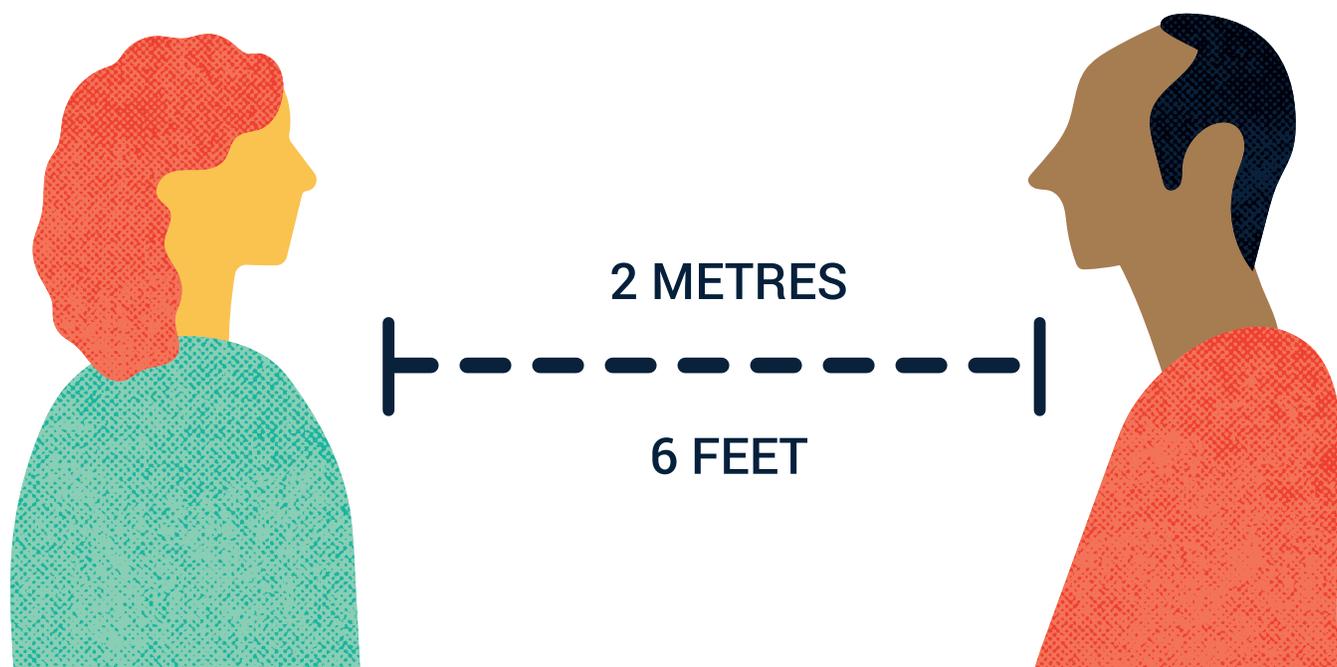


thumbs

📞 1-833-784-4397

@ [canada.ca/coronavirus](https://canada.ca/coronavirus)

# **Practice social-distancing**



**Keep 2 metres/6 feet away from others**

# ATTENTION COVID-19 NOTICE

PLEASE DO NOT ENTER THIS FACILITY WITHOUT ANSWERING THESE  
SCREENING QUESTIONS

Do you have any of the following symptoms:

1. Fever (i.e. chills, sweats)
2. Cough or worsening of a previous cough
3. Sore throat
4. Headache
5. Shortness of breath
6. Muscle aches
7. Sneezing
8. Nasal congestion/runny nose
9. Hoarse voice
10. Diarrhea
11. Unusual fatigue
12. Loss of sense of smell or taste
13. Red, purple or blueish lesions on the feet, toes or fingers without clear cause

If you answered **YES** to any one symptom

**DO NOT ENTER THIS FACILITY, RETURN HOME and CALL 811**

Have you:

1. Had any close contact within the last 14 days with a confirmed case of COVID-19?
2. Been diagnosed with COVID-19, and not been cleared by Public health as recovered?
3. Have you travelled outside of Nova Scotia in the last 14 days?
4. Been told by Department of Public Health Self-Isolate?
5. Been told by Department of Public Health that you may have been exposed to COVID-19?

If you answered **YES** to any of these Questions

**DO NOT ENTER THIS FACILITY, RETURN HOME and SELF-ISOLATE**