

SECTION 1: INTRODUCTION

Back on Track: Steps to Success

- Branch must review and understand the requirements of public health in each province and territory.
- Adjust the National Back to Track Document to add specific guidelines for the province or territory.
- Branch and/or Clubs review any policies and requirements imposed by the facility owner.
- Clubs/Training Groups complete risk assessment to understand the unique risks and challenges for each physical location and requirements of the training location. www.athletics.ca/wp-content/uploads/2020/05/Club-Risk-Assessment-and-Mitigation-Checklist-Tool-Appendix-B.xlsx
- Above risk assessment was developed by the national Return to Sport Task Force.
- A club, coach or training group leader must sign off on branch guidelines/protocols. They must be a registered branch member.
- Athletes / Coaches complete all required updated waivers.
- Branch authorizes group to restart training.
- Track all athletes attending and complete daily attestation to health questions.
- Ensure training plans comply with all public health requirements, protocols of Branch and Facility guidelines.

SECTION 2: General Overview and Recommendations for all Members

- All affiliates provide confirmation of having reviewed the new COVID-19 waiver and attestation document, prior to participating in any club training activities with a coach. Please refer to your provincial branch for the appropriate forms.
- It is the responsibility of each athlete and coach to undertake their own personal risk assessment and determine whether they are willing and able to return to sport at this time. Please refer to your provincial branch for the appropriate forms.

Stay Informed

- Check all guidance that has been published, especially concerning physical distancing and hygiene and any athletic specific guidance.
- Be aware guidance can change quickly and more restrictive rules may be applied in the future, so please refer to the Athletics Canada and Provincial Branch websites regularly.

As per Government Health regulations, the following individuals should NOT attend practice or training venues:

- Any person experiencing any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath). If these symptoms begin while at a training venue the individual must leave immediately and contact their physician for advice on further management. The individual must also inform their club and/or personal coach. This person must receive clearance by their physician before returning to training and the training venue.
- Any person who receives a diagnosis of COVID-19. Individuals must comply with the current mandated self-isolation policy.
- Any person who has been told to self-isolate at home.
- Any person who lives in a home or has been in close contact with someone with symptoms of COVID-19.
- Any person who lives in a home or has been in close contact with someone who has been told to self-isolate at home.
- Any person who has arrived in Canada from outside of the country within the last 14 days as they are mandated to self-isolate and monitor for symptoms for 14 days upon their arrival.
- consult with provincial health organizations, family physician, or Nurse Practitioner before participation.

SECTION 3: Setting up a Safe Training Environment - Recommendations for Clubs, Facilities and Coaches

- It is the responsibility of all clubs and facilities to undertake a risk assessment prior to the resumption of activities. Please refer to your provincial branch risk assessment document. It is important to remember that while mitigation measures can reduce the risk of COVID-19 infections, they cannot completely eliminate the threat.
- Appoint a Medical Liaison/Club Safety Officer to be present at practice/training sessions and be responsible for enforcing, and regularly reminding participants of health recommendations.
 - Keep updated on all Local/Provincial Health Guidelines and work with facilities to comply with any municipality or local regulations.
 - Communication with all club members and/or facility users of any training restrictions, regulations, and recommendations.
 - Listen to feedback from athletes about issues with training protocols. Ensuring that the athletes feel comfortable in their training spaces and confident when coming forward with concerns.
 - Confirm daily symptom screening is occurring.
 - Ensure there is communication with health officials if any cases of COVID-19 occur in the club's training groups.
- Implement a process for routine daily symptom screening for all coaches and athletes.
- Implement an attendance process at every practice to help with tracking, tracing, and quarantining if a case is discovered after the fact. Please refer to your provincial branch for the daily attestation tracking document. • This tracking should include all staff, athletes, coaches, parents, club personnel etc.
- Maintain consistent training groups. Keeping to the same group week after week can help mitigate transmission.
- Unattached athletes, or athletes that are self-coaching should still track where and when they are training and if they are training with other individuals.
- Total size of gatherings, inclusive of all athletes, coaches, parents, club personnel, and contracted services, to be limited by the Provincial Health Officers. As we transition back to sport, we should be cautious to not jump to these maximum numbers too quickly.
- Ensure Physical Distancing and Hygiene measures are being implemented and upheld.

- Educate athletes & coaches on hygiene and sanitation and its impact of preventing the spread of communicable diseases according to the Provincial Health Organization recommendations.
- Clubs must set training schedules accordingly that will allow for the club to meet all limits imposed on group size and to avoid congregating of athletes & coaches. (i.e. stagger training start times and/or training group locations within facilities.)
- Work with club and facility staff to adjust training plans as needed.
- Clubs/Facilities may need to consider factors specific to their environment to determine what number is appropriate for their space and the ability to maintain physical distancing.
- Regularly clean and disinfect frequently touched surfaces. (i.e. between uses and before and after training sessions)
- Ensure that wash stations or hand sanitizer stations are available in common areas.
- All equipment must be cleaned and disinfected after each use. (i.e. starting blocks, throwing equipment, hurdles, crossbars, medicine balls, etc.)
- Keep frequently used doors open where appropriate to avoid recurrent contamination of doorknobs and high touch points.
- Sets of Personal Protective Equipment (PPE) (i.e. Masks, Gloves & Eye Protection) must be available onsite to be donned by coach / safety monitor in case of injury and hands on assistance needed.
- If athletes, coaches, club personnel, choose to use PPE while attending training sessions they must ensure it is properly discarded or cleaned after use.
- Coaches/individuals cleaning any equipment must be given Personal Protective Equipment – gloves, mask, eye protection and wash their hands often.
- Clubs and/or unattached coaches are recommended to ensure that facilities have set schedules that allow for sports to meet municipal and provincial mandates for physical distancing and proper hygiene. (i.e. coordination between sports and other athletic clubs.)
- Clubs and/or unattached coaches are recommended to ensure that facilities have posted appropriate signage outside entrance to the facility briefly outlining the physical distancing guidelines in place.
- Clubs and/or unattached coaches are recommended to ensure that there is public notification of the training venue - signage posting of practice/group times when athletes will be training at track & field venues.
- Clubs and/or unattached coaches are recommended, as much as possible, to hold training in outdoor venues. If indoor training venues are used, they must comply with local public health guidelines with respect to group size, physical distancing and enhanced facility cleaning.
- Clubs and/or unattached coaches are recommended to ensure that facilities are conducting frequent cleaning throughout the day including cleaning, sanitation, and disinfecting of all common areas, especially high traffic areas such as counter surfaces, tables, public restrooms, door handles, equipment, and more.
- Athletes should arrive at their scheduled time for training and leave as soon as it is completed. Especially if the club is working with multiple training groups or if you are using a facility shared with the public.
- Ensure that all equipment is cleaned before and after use.
- High Jump and Pole Vault beds and sand pits are NOT to be used at this point in time.
- Public Health Agency of Canada: COVID-19 - Cleaning and Disinfecting Public Spaces.

www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/cleaning-

disinfecting-public-spaces/cleaning-disinfecting-public-spaces-eng.pdf

- Hard-surface disinfectants and hand sanitizers: List of disinfectants with evidence for use against COVID-19.

www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html

Coaches

- Undertake a routine daily symptom screening for all coaches and athletes.
- Have alternate home workout plans available for those that stay home if they feel unwell.
 - Have alternate home workout plans available for those that are unable to be at training due to a potential exposure .
 - Ensure all athletes that report symptoms are following up with their physician or local public health officials for a medical assessment. Athletes should be advised to seek clearance from their physician before returning to strenuous exercise.
- Remind athletes that their health and safety, and those around them are of the utmost importance.
- Plan to have smaller training groups.
- Avoid having athletes change training groups from day to day or week to week
- Track attendance. Note who showed up to practice and when your practice occurred.
- As much as possible, try to use private/booked spaces as it will be difficult to control the numbers in public spaces
- If sharing personal training equipment like starting blocks, med balls etc., ensure proper cleaning is done before the athletes use them.
- It is highly recommended that coaches use personal protective equipment as often as possible, especially if they will be working with multiple training groups.
- PPE should be worn in the event of an athlete injury where another individual, usually a coach, will need to attend to the injury. The minimum PPE should be a mask and gloves. A face shield may be considered.

SECTION 4: Operating in a new Training Environment - Recommendations for Athletes

- Ensure personal contact information is up to date through Trackie. If your club looks after your child's membership and Trackie registration, ensure that the appropriate contact at the club updates this information.
- Athletes should ensure that any risk has been assessed in carrying out their activity.
 - Have you completed and submitted the Participation Waiver?
 - Ensure you are prepared and have planned for circumstances where injuries or other accidents occur. Have a plan in place to resolve the issue while maintaining all government guidance.
- Ensure that all arrangements have been made prior to leaving home so that any government advice on physical distancing, as an example, can be maintained at any facility.
 - This may mean prior coordination of activities with the facility management or your coach.
- Frequently sanitize or wash your hands before and after training sessions, eating, using the washroom, sneezing/coughing etc. • Wash your hands with soap and water for at least 20 seconds. Using soap and water is the single most effective way of reducing the spread of infection. If soap and water are not available, alcohol-based hand rubs (ABHR) can be used to clean your hands as long as they are not visibly soiled. If they are visibly soiled, use a wipe and then ABHR to effectively clean them.
- Ensure you have enough food and hydration for the session.
- Be aware that changing facilities and toilets will likely not be open.

- All athletes should maintain a 2m (6ft) distance between each other if they are not from the same household.
- Do not touch your face, eyes, nose, or mouth with unwashed hands.
- Do not shake hands or high ve to celebrate or embrace.
- Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough.
- Do not share food, drinks, utensils, water bottles, towels, yoga mats, etc.
- Athletes are encouraged to bring their own ABHR with them to training, if possible.
- Wherever possible, use your own equipment. Sharing any equipment with fellow athletes should be avoided.
- Clean any equipment before and after your training session.

SECTION 5: Event Specific Guidelines

Track (Sprints, Hurdles, Distance)

- Prioritize large parks if not training at a track facility and decide if physical distancing can be maintained. Be mindful of anyone in the area that is not part of your group.
- Try keeping one lane apart when training on the track (i.e. use lanes 1, 3, 5, 7)
- Use staggered starts when doing intervals/repeats.
- Limit the use of equipment and avoid using equipment that cannot be thoroughly cleaned before another athlete can use it. (i.e. No relay exchanging, weighted vests, etc.)
 - If hurdles are to be used, make sure 1 person is designated for set up/take down and all thoroughly cleaned according to guidance before and after each session.
 - If starting blocks are to be used, they should be used just by one athlete and thoroughly cleaned according to guidance before and after each session.
- Steeplechase barriers and the water jump can be used by a coach and athlete provided the equipment is thoroughly cleaned according to guidance before and after each session.

Throws

- Practice physical distancing by keeping two meters (six feet) away from one another at all times.
- Coaches and athletes should ensure all equipment is used by one athlete and then thoroughly cleaned according to guidance before and after each session.
- Athletes should retrieve their own throwing implements.
- Personal aides like gloves, wrist straps, chalk, tape should not be shared between athletes.
- A coach or a specific individual should be appointed to using or moving equipment like toe boards, brooms, wrenches, etc.
- Coaches cleaning any equipment should use gloves and wash their hands often.

Jumps

- Practice physical distancing by keeping two meters (six feet) away from one another at all times.
- Long Jump & Triple Jump Pits NOT to be used at this time due to implementation of cleaning guidelines. Instead focus should be on technical drills.
- Pole Vault mats NOT to be used at this time due to implementation of cleaning guidelines*. Instead focus should be on technical drills. (*exceptions can be made, with approval by Provincial Branches, in a setting whereby there is only a single athlete is training.)
- Athletes are to use their own poles or if poles are shared, they must be disinfected after use.

- High Jump mats NOT to be used at this time due to implementation of cleaning guidelines*. Instead focus should be on technical drills. (*exceptions can be made, with the approval of Provincial Branches, in a setting whereby there is only a single athlete is training.)
- Coaches are encouraged to be creative around event specific drills and other activities to train athletes during this phase in preparation for when this equipment can be used in a later 'phase'.
- Ensure there is only one athlete on the runway at a time.
- Use cones on the side of the runway to visually remind athletes of the distance that should be maintained while waiting to

SECTION 6: Outbreak Action Plan

The Purpose of the "Outbreak Action Plan" is to aid in the contact tracing of those individuals who may have come into contact directly or indirectly with an infected individual. It is the responsibility of the entire athletics community to ensure we are keeping accurate records of those individuals for whom you are coming into contact with to help keep us all safe.

- All athletes & coaches attending training sessions must be active members of their club and/or Athletics Canada with current and up-to-date contact information on file either with the club, personal coach, Provincial Branch.
- Clubs and unattached coaches are asked to keep record of the date of each training session held, along with a listing of all athletes who attended the session. Unattached members they are asked to keep record of the individuals they are training with.
- Any individual experiencing any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath) or who have been advised to self-isolate are not be permitted to attend practice or training venues. Current symptoms that may suggest a COVID-19 infection include:
 - Fever
 - Chills
 - Cough
 - Barking cough/croup • Shortness of breath • Sore throat
 - Difficulty swallowing • Runny nose
 - Congested nose
 - Loss of taste or smell • Pink eye
 - Headache
 - Nausea, vomiting, diarrhea, stomach pain • Muscle aches
 - Extreme tiredness
 - Falling down often
- If symptoms begin while at a training venue the individual must leave immediately and contact their local public health office for recommendations.