



# Return to Sport Guidelines

Revised: December 5, 2020

changes highlighted

NOTE: Effective December 4, 2020, the Provincial Health Officer ordered all indoor and outdoor team adult sports be suspended, that youth (under age 19) can continue, but under *Phase 2* restrictions. viaSportBC issued direction consistent with the PHO order. BC Athletics in addition to the Order and viaSport, issued further direction that all indoor and outdoor adult group activities be suspended.

## Overview

The Athletics Victoria Track & Field Society (“Athletics Victoria” or “AVIC”) will be following the return to training guidelines developed by the [Athletics Canada’s “Back on Track” Task Force](#) and the [BC Athletics’ Return to Training Addendum](#). The Athletics Victoria COVID-19 Safety Plan integrates and builds upon these guidelines with our club’s own assessment of the risks that face our athletes, coaches, parents and administrators across all of our training groups and locations.

The recommendations outlined in this document will be reviewed and updated regularly as we receive guidance from the BC Government, WorkSafe BC, viaSport BC, and BC Athletics. Please note resuming of sport activities may not be linear, increasing restrictions may be required in response to fluctuating numbers of COVID-19 cases in the province. Club Members need to be flexible to accommodate and respond to changes in community transmission and the changes in advice from the Provincial Health Officer.

Guidelines in this document are for use in training/practice settings. Athletics Victoria will continue to update these guidelines as we progress through the later phases of the Pandemic. Return to Competition guidelines are currently being developed by government and sport authorities and will be released at a later phase.

## Disclaimer

The guidelines included in these Return to Training documents are intended to be used for the purposes set out in the document. While we aim to provide relevant and timely information, because information known about the COVID-19 coronavirus and recommended health and safety measures can rapidly change, no guarantee can be given as to the accuracy or completeness of any information provided in these Guidelines.

It is important to note that the Guidelines are not legal documents and are to be used as a guide only. They are not a substitute for actual legislation or orders of the Provincial Health Officer. In the event of an ambiguity or conflict between the Guidelines and the Public Health Act, regulations, or orders thereunder, the Act, regulations and orders prevail. All members of Athletics Victoria should comply with the requirements of the provincial and local government and health officials in terms of public gatherings and sporting events when determining when it is safe to return to activities. Nothing in these documents are intended to provide legal advice. Do not rely on these documents or treat them as legal advice.

# What will be different

## Training locations

Training Group	Historical	When we return	Notes
<b>Throws</b>	Lambrick Park Mt. Douglas HS (JT)	Authorized by BC Athletics June 20, 2020	
<b>Pole Vault</b>	Centennial Stadium, UVIC Indoors, OBHS Gym	Authorized by BC Athletics June 27, 2020	UVIC has closed the stadium indefinitely. OBHS gym n/a for indoor Fall 2021.
<b>Power / Speed</b>	Centennial Stadium, UVIC Pearkes Rec Centre Sport Court	Authorized by BC Athletics (LJ, TJ,HJ) June 27, 2020  Authorized by BC Athletics October 27, 2020	UVIC has closed the stadium indefinitely. OBHS Track is the alternate site

There will be limited to no use of public washrooms at training facilities, so athletes are strongly encouraged to use their home washroom immediately prior to departing for practice.

## Training Groups

In accordance with Athletics Canada and BC Athletics guidelines, and in an effort to reduce the risk of spreading COVID-19, training groups may be subdivided into training “pods.”

The total number of individuals in a training group / pod at any given practice must not exceed 20 individuals (1 coach + 19 athletes).

Athletes will usually only be assigned to one training pod (exceptions will be examined for multievent athletes). The coach of a pod may vary from practice to practice, but will be a coach normally associated with that training group.

Coaches of training groups (and the athletes assigned to them) will be asked to organize practices on certain days. Every effort is being made to ensure that each pod will get to train at least twice a week; the number of training sessions per week per group/pod is at the discretion of the coach assuming adherence to COVID-19 requirements can be kept.

## Illness

The following individuals are NOT to be permitted to attend practice or training venues:

- Any person who is 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 or within 14 days of having attended a training venue, the individual must leave immediately and contact their local public health office for recommendations. The individual must also inform their club and/or personal coach;
- Any person who receives a diagnosis of COVID-19. Individuals must comply with the current mandated self-isolation policy as per the BC Ministry of Health ([www.gov.bc.ca](http://www.gov.bc.ca));
- 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; and
- Any person who has arrived in British Columbia from outside of Canada within the last 14 days as they are mandated to self-isolate and monitor for symptoms for 14 days upon their arrival.

## Symptoms of illness arise during practice

Should an athlete develop symptoms of COVID-19 during a practice:

- That individual must wait in a designated location until their parent/guardian picks them up; and
- The coach should contact the athlete's emergency contact immediately and request they pick up the athlete as soon as possible.

Should a coach develop symptoms of COVID-19 during a practice:

- That practice session will be immediately terminated.
- Athletes' parents will be called and requested to pick up their children as soon as possible.
- Athletes will sit and wait in a designated area while maintaining at least a 2m distance from other athletes, as they await transportation home.

## Physical Distancing

All practice participants (athletes, coaches, designated parent volunteers, administrators) must maintain a 2-metre distance (**3-metre in Phase 2**) from all other practice participants, other recreational users, and members of the general public at all times. This includes:

- Upon arrival at practice
- During warm-up runs
- During intervals/reps
- In-between intervals/reps
- Stretching
- Core or strength activities
- Prior to leaving
- Travelling to and from practice – i.e. no carpooling with persons who do not live in your household

In an effort to not overcrowd a facility and compromise the health and safety of practice participants and users of the facility, we may be limiting the number of groups or pods that are scheduled to practice at a facility at any one time. This will be at the discretion of the coaches for the training groups or pods.

- For this reason, family members will not be allowed to enter the facility and are encouraged to remain in their vehicles when dropping off and picking up athletes.

Participants should aim to arrive at the facility no earlier than five minutes prior to the scheduled start time of their practice. They will be required to leave within 5 minutes of the scheduled end time of their practice.

## Hygiene

All participants are encouraged to bring their own hand sanitizer to each practice. Coaches will have hand sanitizer available as a backup.

Participants will be required to sanitize their hands for at least 20 seconds at the following times:

- Upon arrival to the practice
- Before using any club equipment
- After using any club equipment
- Before departing from the practice
- Any other time your coach requests

Participants must practise good hygiene, including:

- Not touch their face (especially eyes, nose and mouth)
- Sneeze only into the crease of their elbow
- Not sharing any food or drinks (including water) with other participants
- Not hi-fiving or elbow-bumping other participants. Air fives and “thumbs up” kudos only.

## Personal Protective Equipment (PPE)

You will not be required to wear personal protective equipment (“PPE) to practice, **unless otherwise required by PHO or other authority orders and direction**. Should you chose to wear PPE, you must ensure that you safely dispose of disposable PPE or disinfect reusable PPE prior to returning to the next practice.

## Equipment Sharing

Each athlete will be assigned equipment to train with. Equipment is not to be shared. If it is absolutely necessary to share equipment, it must be cleaned between each athlete’s use.

## Non-compliance

In the event that an athlete is non-compliant with the terms or spirit of these guidelines, to the point where their coach or club administration feel they are compromising the safety of others, they will be asked to leave the practice.

That athlete would then only allowed to attend future practices once the coach and club administration is satisfied that the athlete no longer poses a threat to the safety of others.

In the event that a coach or entire training group is found to be non-compliant with the terms and spirit of this safety plan, their practices may be suspended.

## Unsupportive comments from bystanders

Coaches, athletes and parents should understand that once they return to group training, they will likely receive a wide range of reactions from members of the general public. Members of the public will differ in their beliefs, attitudes and comments towards athletes returning to training in a group environment.

In this regard, coaches and athletes should hope for the best but prepare for the worst. Athletes may receive unsolicited comments that are negative, judgmental, and/or offensive. Should this occur, coaches and athletes should not take any comments personally and attempt to ignore them as best they can.

It is important for coaches and athletes to understand that COVID-19 has had wide-ranging impacts on people in their communities. While some are coping well, others may be experiencing hardship. It is, therefore, important not to judge, condemn or retaliate towards any unwanted comments, but rather act with empathy and respect for what they may be going through.

Should any member of the public make persistent comments or be disruptive for an extended period of time, the coach should request they leave.

Should the individual not comply, the coach may relocate the group (if possible) or terminate the practice at their discretion.

If the individual wishes to pursue the matter further, the coach should refer the individual to a club board member.

## Educational Training

All coaches, administrative staff, and parents performing any official volunteer capacities must review certain training materials prior to returning to practice. Details will be communicated directly to those individuals.

## Feedback and Safety Concerns

Individuals with health and safety concerns will be encouraged to report those concerns via any one of the following mechanisms

- Speaking to their coach
- Emailing the club's general email address [info@athleticsvic.ca](mailto:info@athleticsvic.ca)
- Emailing or phoning the Club's President (Sean Steele) at his personal contact: [seansteele@shaw.ca](mailto:seansteele@shaw.ca) (250) 888-3352

Club administration will revise plans, policies and procedures as frequently as new feedback is provided. Revised plans and policies will be communicated via:

- Updates on the website: [www.athleticsvic.ca](http://www.athleticsvic.ca)

- Emails to coaches, athletes and parents
- Instructions from coaches to athletes at the beginning of practice

## Individual requirements to return to practice

Before being allowed to return to practice, athletes and their parents (if under the age of majority) will be required to complete the following documents:

### BC Athletics required documents through Trackie.me

- 1a. Informed Consent and Assumption of Risk Agreement – to be signed by the parent/guardian of athletes under the age of eighteen.
- 1b. Release of Liability, Waiver of Claims and Indemnity Agreement – to be signed by athletes eighteen and over.
2. COVID-19 Questionnaire, Attestation and Participant Agreement available from Trackie.

### Athletics Victoria Club required documents

1. The last page of these “Athletics Victoria Return to Sport Guidelines”

Please either print, sign and scan the document and submit it to [info@athleticsvic.ca](mailto:info@athleticsvic.ca)

Please contact the Club if you experience any technical difficulties [info@athleticsvic.ca](mailto:info@athleticsvic.ca)

## Daily Self-assessment Tool

All coaches will be required to get ask participants if they have conducted a self-assessment prior to attending each and every practice to ensure that participants are not experiencing any symptoms of COVID-19, nor are they at an elevated risk of developing them due to exposure to travel or other individuals who are at an elevated risk of being infected.

The club is recommending the BC Centre for Disease Control Self-assessment tool available online or as an app for your phone. <https://bc.thrive.health>

Coaches will be required to monitor participant attendance and safety management at training using the form included at the end of these guidelines.

# Athletics Victoria Return to Sport Guidelines – Participant Agreement

I acknowledge that I have read, understood and agree to abide by all guidelines, policies and requirements contained in the above *Athletics Victoria Return to Sport Guidelines*.

**Name of Participant:**

Date of Birth:

Participant's Signature:

Printed Name of Parent/Guardian:

Parent/Guardian Signature:

Date Signed:




**Pandemic Practice Checklist**

Information on this form is to be completed and retained by Coach for each practice

Date:	Program:	<input type="checkbox"/> PS	<input type="checkbox"/> PV	<input type="checkbox"/> THW
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LOCATION:  OBHS  LAMBRICK  MT DOUG  OTHER: \_\_\_\_\_

COACH:  Clements, O  Johnson, D  Johnson, K  Gmitroski, S  Willett, L

**BEFORE SESSION**

**AFTER SESSION**

<input type="checkbox"/> Social distancing markers/barriers in place	<input type="checkbox"/> Equipment / implements cleaned
<input type="checkbox"/> Equipment/implements cleaned	<input type="checkbox"/> Social distancing markers removed
<input type="checkbox"/> PPE and sanitizing equipment on hand	<input type="checkbox"/>
<input type="checkbox"/> Confirmed participants did self-assessment before practice	<input type="checkbox"/>

**ATHLETES PRESENT:**

1. <input type="checkbox"/> Confirmed participant did self-assessment before practice
2. <input type="checkbox"/> Confirmed participant did self-assessment before practice
3. <input type="checkbox"/> Confirmed participant did self-assessment before practice
4. <input type="checkbox"/> Confirmed participant did self-assessment before practice
5. <input type="checkbox"/> Confirmed participant did self-assessment before practice
6. <input type="checkbox"/> Confirmed participant did self-assessment before practice
7. <input type="checkbox"/> Confirmed participant did self-assessment before practice
8. <input type="checkbox"/> Confirmed participant did self-assessment before practice
9. <input type="checkbox"/> Confirmed participant did self-assessment before practice

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