

Female Athlete Director Report

August 2020

Due to the worldwide impact of COVID-19, opportunities for athletes to train and compete this year have been curtailed.

Sadly, the BC High School Championships as well as the BC Athletics Jamboree were cancelled and there were no opportunities for youth athletes to compete at the national level this year; both the Legions and the Canadian National U20/U23 competitions were also cancelled.

The pandemic impacted the graduating high school students quite heavily, as there were many athletes hoping to medal and/or win in each of their respective events before they left high school sports after years of hard work and training. The post made on June 26th on the BCA website called “Congratulations to our 2020 Grads!” recognizes these hard-working athletes in another way by stating where they will take their talents to at the university level.

These past couple months though, the “no training in group settings” has been lifted and now includes club training and inter-club competitions but with tight restrictions. These restrictions and rules can be found on the BC Athletics website.

Athletes can stay motivated through these challenging times by structuring training schedules with guidance from their coaches as well as training with their friends while ensuring physical distancing.

The constraints on training and competing follow the government recommended guidelines and are in place for the time being as getting back on track to “normal” practices and competitions look to still be quite a while away.

Being cautious is best in these times of uncertainty so athletes are not risking their health, well-being, and safety.

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