



## BC Athletics' Return to In-Person Coach Education Summary Guidelines For Participants

The following document outlines guidelines on how together, we can help mitigate the risk of COVID-19 transmission during our course so we can all enjoy a safe and productive learning environment.

### Prior to the course participants must

- Register with their current contact information
- Sign the appropriate pre-course document of either the [Informed Consent and Assumption of Risk Agreement \(for those under the Age of the Majority\)](#) or the [Release of Liability, Waiver of Claims and Indemnity Agreement \(for those Over the Age of the Majority\)](#)
- Sign the [COVID-19 Questionnaire, Attestation and Participant Agreement](#)
- Complete the [BC COVID-19 Self-Assessment Tool](#)

### Participants will complete the self-screening questionnaire again upon arrival to each day of the course and should notify their learning facilitator if symptoms develop throughout the course

- If prior to the course they are not comfortable attending, become ill, are experiencing COVID-19 symptoms or have encountered someone with COVID-19 in the past 14 days they will receive a full refund to the course. Should symptoms develop during the course, they will be given the opportunity to take the modules they have missed at another time.

### Participants should bring their own personal "learning kit" consisting of:

- Mask or facial covering that covers both the nose and mouth. This must be worn at all times while indoors except when eating and drinking, and for those with a medical exemption
- Laptop, tablet, and/or workshop manuals with pens and pencils
- Water bottle, food, and snacks
- Hand sanitizer, with minimum of 60% alcohol content
- Gloves (optional)

### Participants should maintain physical distancing of 2 meters at all times

- Please respect designated standing areas and walking directions throughout the course
- Do not share any items throughout the course
- Use the same desk and chair throughout the course
- Wash, or sanitize hands frequently including and not limited to: entering and leaving a different classroom or space, before and after eating, sharing track and field equipment (where needed), and wearing or removing masks.

### On the track, participants should follow BC Athletics' Return to Training Addendum, which includes but not limited to:

- Equipment must be sanitized before and after each use, with minimal sharing occurring
- Participants must sanitize their hands before using any shared equipment (i.e. starting blocks, throwing implements, relay batons, long jump rakes, pole vault poles, high jump bars, tarps, etc.)
- Participants should keep one lane open between each participant in track events
- There is currently no known method to ensure long jump sand pits are properly sanitized. To help mitigate risk, the sand pit should be raked after each participant jumps. A single individual should be responsible for raking the sand to reduce sharing of the rake.
- High jump mats must be covered by a large tarp that must be fully sanitized after each participant jumps: alternatively, a single participant can complete all their turns at once before switching, with sanitization occurring at the end of their turn.

Click here for a the full [Return to In-Person Coach Education Guidelines](#)



## BC Athletics' Return to In-Person Coach Education COVID-19 Screening Questionnaire

This questionnaire will be administered upon entry to the course.

### 1. Do you have current symptoms of COVID-19, such as:

Yes      No

- \_\_\_\_\_      \_\_\_\_\_ a. a fever,  
\_\_\_\_\_      \_\_\_\_\_ b. a new or changed chronic cough,  
\_\_\_\_\_      \_\_\_\_\_ c. a sore throat that is not related to a known or preexisting condition  
\_\_\_\_\_      \_\_\_\_\_ d. a runny nose that is not related to a known or preexisting condition  
\_\_\_\_\_      \_\_\_\_\_ e. Nasal congestion that is not related to a known or preexisting condition  
\_\_\_\_\_      \_\_\_\_\_ f. Shortness of breath that is not related to a known or preexisting condition

### Have you traveled internationally within the last 14 days?

Yes      No

\_\_\_\_\_      \_\_\_\_\_  
\_\_\_\_\_      \_\_\_\_\_

### 2. Have you had unprotected close contact with individuals who have a confirmed or presumptive diagnosis of COVID-19 (i.e. individuals exposed without appropriate PPE in use)?

Yes      No

\_\_\_\_\_      \_\_\_\_\_

If you have answered 'yes' to any of the above questions, you will be asked to please stay at home. Please notify your learning facilitator if you develop symptoms throughout the day.

### **Cancellation Policy.**

If prior to the course you are not comfortable attending, become ill, are experiencing COVID-19 symptoms or have encountered someone with COVID-19 in the past 14 days, you will receive a full refund to the course.

Should symptoms develop during the course, you will be given the opportunity to take the modules you have missed at another time.