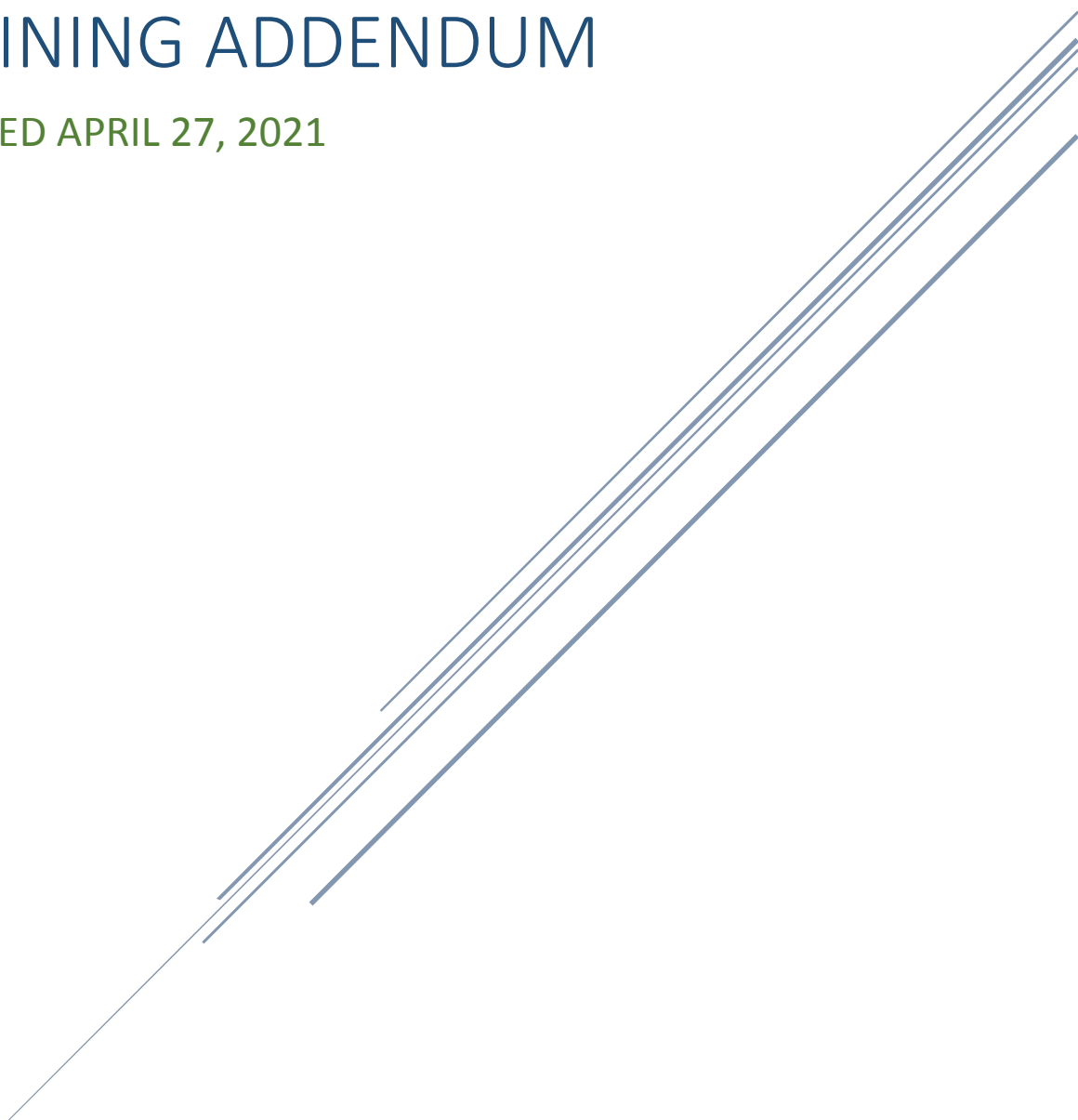




BC ATHLETICS RETURN TO TRAINING ADDENDUM

UPDATED APRIL 27, 2021



BC Athletics Return to Training Addendum Amendments

- **April 27, 2021**
 - Section 1: Health Orders change often and without notice.
 - Section 3.1: 2021 COVID-19 Membership Waivers year updated.
 - Section 4.1.3: Travel restrictions.
 - Section 4.2.1: Group sizes and definitions.
- **June 26, 2020**
 - Throughout document: formatting adjustments.
 - Section 4.1.2: Updated to more accurately describe BC Athletics Membership roles and requirements.
 - Section 4.1.3: Government Health Officials and viaSport are still advising to stay within the home sport community or club(s) where participants are members.
 - Section 4.3.1.a: Long Jump & Triple Jump Pits are now permissible for use. (See additional health & safety protocols)
 - Section 4.3.1.b: High Jump & Pole Vault Pits are now permissible for use. (See additional health & safety protocols)
- **August 24, 2020**
 - SECTION 4.1: General Overview and Recommendation for All Members
 - Travelling for Sport
 - SECTION 4.2: Setting Up A Safe Training Environment – Recommendation for Clubs, Facilities & Coaches
 - Size of individual training groups increased
 - SECTION 4.4: Outbreak Action Plan
 - Major changes

SECTION 1: OVERVIEW

Provincial Health Officer Orders change often and without notice. Where there are differences between this document and the Provincial Health Orders, the Orders take precedence. Please also consult updates on the [BC Athletics COVID-19 webpage](#) for current recommendations and advisories.

BC Athletics will be following the return to training guidelines developed by the Athletics Canada's "Back on Track" Task Force that included BC Athletics Staff representation.

- [Athletics Canada's Back on Track Guidelines](#)

BC Athletics' Return to Athletics Addendum will highlight any additional or differing guidelines that have been set specifically by BC Athletics for the Province of British Columbia.

The recommendations outlined in this document will be reviewed and updated regularly as we receive guidance from the BC Government, WorkSafeBC, and viaSport. 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. Members of BC Athletics 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. BC Athletics will continue to update these guidelines as we progress through the later phases of the Pandemic. **Return to Competition guidelines have been published in a separate document.**

All Athletics Canada's Back on Track guidelines are strongly recommended to be followed and implemented in your training regiments until further notice. In addition to those guidelines, BC Athletics, as recommended by the Government of BC, is recommending the following additions.

SECTION 2: 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 PHO. 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 BC Athletics 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.

SECTION 3: MUST BE COMPLETED BEFORE RETURNING TO TRAINING:

SECTION 3.1 INDIVIDUALS (Athletes of all Ages, Post-Secondary Team Roster Athletes, Coaches, Officials, Training, Track Rascals, and Associate).

1. All 2021 Memberships are not considered “active” until the COVID-19 Waivers have been accepted by the member.
 - a. Informed Consent and Assumption of Risk Agreement (To be executed by Members under the Age of Majority and the Participant’s Parent of Guardian)
 - b. Release of Liability, Waiver of Claims, and Indemnity Agreement (To be executed by Members over the Age of Majority)
 - c. COVID-19 Questionnaire, Attestation and Participant Agreement (To be executed by Members under the Age of Majority and the Member’s Parent of Guardian or by Members over the Age of Majority)
 - * Documents a,b,c are being conducted online through Trackie. Emails are sent to the address on your membership record. The emails are sent from Athletics Canada, check your spam folders. If you did not yet receive your email, please follow up with your club or coach.
2. To facilitate contact tracing, in the event of an outbreak, each member will also be asked (as part of the waiver and attestation process), to verify that the contact information stated on their 2020 BC Athletics membership (Trackie.me) is current and up to date including:
 - a. Individual’s PERSONAL Email
 - b. Home address
 - c. Phone Number

SECTION 3.2 CLUBS & TRAINING GROUPS

1. Clubs & Training Groups must:
 - a. Appoint a Health/Safety Officer
 - b. Complete risk assessment before using a public facility.
 - i. [Club Risk Assessment and Club Mitigation Checklist Tool](#)
 - c. Sign Club Attestation acknowledging they have read the guidelines and understand their risk and are committed to implementing the current recommendations.
 - d. Conduct routine daily symptom screenings for all coaches, volunteers, and participants. Wellness questionnaires and use of self-assessment tools are recommended.
 - i. [BC COVID-19 Self Assessment Tool.](#)
 - ii. [SAMPLE Athlete Check-In Document](#)
 - e. Communication with all club members and/or facility users of any training restrictions, regulations, and recommendations.
2. The BC Recreation and Parks Association Guidelines outline that user groups of rented municipal facilities are required to have a COVID-19 Safety Plan that clearly demonstrates how activities will be provided to align with the directives of the Provincial Health Officer, local authorities and other relevant regulators (i.e. WorkSafe BC).

- a. [BC Recreation and Parks Association Guidelines](#)
- b. Sample Safety Plan Template can be found in [Appendix G of the viaSport Guidelines](#) or via [WorkSafeBC](#).

Additional Templates, resources, and links to waivers can be found in Appendix A.

SECTION 4: BC ATHLETICS RECOMMENDATIONS TO BE USED IN ADDITION TO/IN REPLACE OF ATHLETICS CANADA'S "BACK ON TRACK" GUIDELINES:

SECTION 4.1: General Overview and Recommendation for All Members

1. It is recommended that Clubs or Training Groups meet with their athletes, coaches, officials, associates, and parents as appropriate, to present the Club's "Return to Sport" plan and discuss any issues and concerns that individual members may have. This meeting should follow the guidelines of the Provincial/Local Health Authorities relative to the size of gatherings, physical distancing, and necessary hygiene/safety protocols in place at facilities. Recommended to hold the meeting(s) through Video Conferencing.
2. Any individual attending a sanctioned training session must be a member of BC Athletics or another Athletics Canada Member Branch and have a current membership that aligns with the role/responsibility/position they have. i.e. Someone who is coaching must have a BC Athletics Coach membership; an Official – a BC Athletics Officials Membership; a Club Executive – a minimum of a BC Athletics Associate Membership.
3. Travelling for Sport
 - a. Government Health Officials and viaSport recommend that all non-essential travel should be avoided. Athletes, coaches and officials may only travel to their home club for sport.
 - b. Specific exemptions exist for High Performance athletes only, please consult the most recent Provincial Health Orders.
 - c. Inter-provincial and international travel are not recommended at this time.
 - d. If an individual chooses to travel internationally, they are required to follow Federal and Provincial Laws regarding quarantine and self-isolation upon return to Canada.

SECTION 4.2: Setting Up A Safe Training Environment – Recommendation for Clubs, Facilities & Coaches

1. All group training must follow current BC Health guidelines. Current guidelines limit group gatherings by age and level of sport. Continued use of physical distancing (3m) and hygiene measures.
 - a. Current PHO Orders can be [found here](#) and on the [BC Athletics COVID-19 Page](#).
 - i. As of December 29, 2020 groups are defined as U22 (youth) programs, Collegiate / Varsity Programs, High Performance (CSI-P/BCA Targeted/CAPP) and Adult Programs.
 1. U22, Collegiate and High Performance may meet in groups of up to 50, everyone onsite included.
 2. Adults not included in the above may meet in groups of up to 10.

3. Training groups should not mix and coaches should make best efforts to not mix between groups.
 4. A U22 athlete can participate in an Adult program, but would be subject to those rules and should not mix between multiple groups.
 - b. You (Athlete or Coach) should only be working out with one group, the same group each time, your 1st claim club.
 - c. No spectators should be onsite for sport.
 - d. BC Athletics also recommends:
 - i. Size of individual training groups limited to 20 (One coach to 19 athletes).
 1. For clarity, a club may hold a training session for 50 U22 athletes, coaches, and volunteers but, any one training group (i.e. Throws Group) should be limited to 20.
 2. It is important that each club and coach undertake a risk assessment to understand what size of training group is reasonable taking into consideration: Event Group, Facility, Age of Athletes, etc.
 - ii. One coach should not have multiple groups in one facility at the same time. Instead, the coach should have them staggered to mitigate transmission between training groups.
 - iii. Clubs will need to consider other factors to determine what size of gatherings are appropriate for their space and the ability to maintain physical distancing.
 - iv. Maximum group size counts need to consider staff, coaches, participants etc., and the size of the space is also a key factor. There must be sufficient space in the venue to allow for physical distancing between people; this means that in a smaller venue, occupancy limits may be much less than 50.
2. Conduct routine daily symptom screenings for all coaches, volunteers, and participants. Wellness questionnaires and use of self-assessment tools are recommended.
 - i. [BC COVID-19 Self Assessment Tool](#).
 - ii. [SAMPLE Athlete Check-In Document](#)
3. Ensure Personal Protective Equipment (gloves, masks, etc.) is on hand and available to coaches. Where risk of exposure is high (cannot maintain physical distancing), PPE should be required. Train coaches on how to put masks and gloves on and off to avoid cross-contamination. BC CDC Information on Masks [Here](#). Ensure that PPE is not used as a substitute for more effective safety measures (distancing, hygiene). Refer to WorkSafe BC on specifics related to use of PPE.
4. Signage within the facility is important to ensure that participants are aware of expectations related to use of the facility and best practices related to maximum capacity, physical distancing, personal hygiene, and protection against COVID-19. See Appendix A for links to download posters. It is important to ensure that facility plans can support sport-specific plans. Contact Recreation Facilities Association of BC: www.rfabc.com for additional resources and advice.

SECTION 4.3: Event Specific Guidelines

1. Sprints/Hurdles, Throws, Middle-Distance, Distance, Race Walk
 - a. See [Athletics Canada's "Back on Track" Guidelines](#)

2. Horizontal & Vertical Jumps
 - a. Long Jump & Triple Jump Pits are permissible for use.
 - i. It is important to recognize that there currently is no known method to ensure sand pits are properly sanitized. As a result, use of these sand pits comes with an increased risk of infection. To help mitigate this risk we strongly recommend:
 1. Sanitizing your hands before and after each jump.
 2. Avoid getting sand in your eyes, nose, or mouth.
 3. The landing pit should be turned and raked before and after each individual athlete/user.
 4. Equipment such as rakes, measuring tapes, should be managed by dedicated individuals for a particular session i.e. one athlete or the coach, and cleaned between one athlete's series of jumps or between sessions.

 - b. Pole Vault & High Jump Pits are permissible for use.
 - i. Required:
 1. Pits are to be covered by a large tarp that must be fully sanitized before and after each individual athlete/user.
OR
 2. Pits are to be covered by a large tarp that is unique to each athlete and put in place and removed before and after each individual athlete/user (therefore multiple tarps needed).
 - a. [Public Health Agency of Canada: COVID-19 - Cleaning and Disinfecting Public Spaces.](#)
 - b. [Hard-surface disinfectants and hand sanitizers: List of disinfectants with evidence for use against COVID-19](#)
 3. Poles should be re-gripped before use and any part of the pole outside of the grip should be cleaned before use by another athlete.
 4. Cross Bars should be cleaned before use and managed by dedicated individual for a particular session. Bars should be sanitized after contact by an athlete.
 5. Have the approval of the facility owner to use equipment – if not owned by the club.

SECTION 4.4: Outbreak Action Plan

5. Emergency Response

a. First Aid

- i. If first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.
- ii. [A guide for employers and Occupational First Aid Attendants](#)
- iii. [First aid protocols for an unresponsive person during COVID-19](#)

b. Outbreak Action Plan

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

- i. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Determine who within the organization has the authority to modify, restrict, postpone, or cancel activities.
- ii. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility right away.
- iii. Implement your illness policy and advise individuals to:
 1. Monitor their symptoms daily, use [the COVID-19 self-assessment tool](#) to help determine if further assessment or testing for COVID-19 is needed.
 - a. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - b. Individuals can learn more about how to manage their illness [here](#).
- iv. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your Illness Policy and your enhanced measures.
 1. [Regional Health Authorities](#)
- v. If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.

APPENDIX A - RESOURCES

GENERAL

- [Athletics Canada's Back on Track Guidelines](#)
- [BC Athletics Back to Competition](#)
- [viaSport Guidelines](#)
 - [viaSport Sample Safety Plan](#)
- [BC Recreation and Parks Association Guidelines](#)
- [Club Risk Assessment and Mitigation Checklist Tool](#)
- [SAMPLE Athlete Check-In Document](#)

PROVINCE OF BRITISH COLUMBIA

- [Province Wide Restrictions](#)
- [Mass Gathering Order](#)
- [BC COVID-19 Go-Forward Management Strategy](#)
- [B.C. Go Forward Strategy Checklist](#)
- [PHO Orders](#)
- [PROVINCE OF BRITISH COLUMBIA - ORDER OF THE MINISTER OF PUBLIC SAFETY AND SOLICITOR GENERAL](#) (June 10, 2020)

REGIONAL HEALTH AUTHORITIES

- [Fraser Health](#)
- [Interior Health](#)
- [Island Health](#)
- [Northern Health](#)
- [Vancouver Coastal Health](#)

HEALTH RESOURCES

- [COVID-19 \(B.C.\) Provincial Support](#)
- [BC COVID-19 Self-Assessment Tool](#)
- [Health Canada Handwashing Guidelines](#)
- [Health Canada Personal Protective Equipment against COVID-19](#)
- [Health Canada List of Disinfectants for use against COVID-19](#)
- [BCCDC Cleaning and Disinfecting](#)

POSTERS

- [Physical Distancing](#)
- [Handwashing](#)
- [Do not enter if you are sick](#)

WORKSAFE BC RESOURCES

- [Returning to Safe Operations](#)
- [COVID-19 Safety Plan Template](#)

SPORT AND RECREATION RESOURCES

- [Return to High Performance Sport Framework](#)
- [BCCDC guidance for recreation facilities](#)
- [BCRPA Sector Guidelines for Restarting Operations](#)