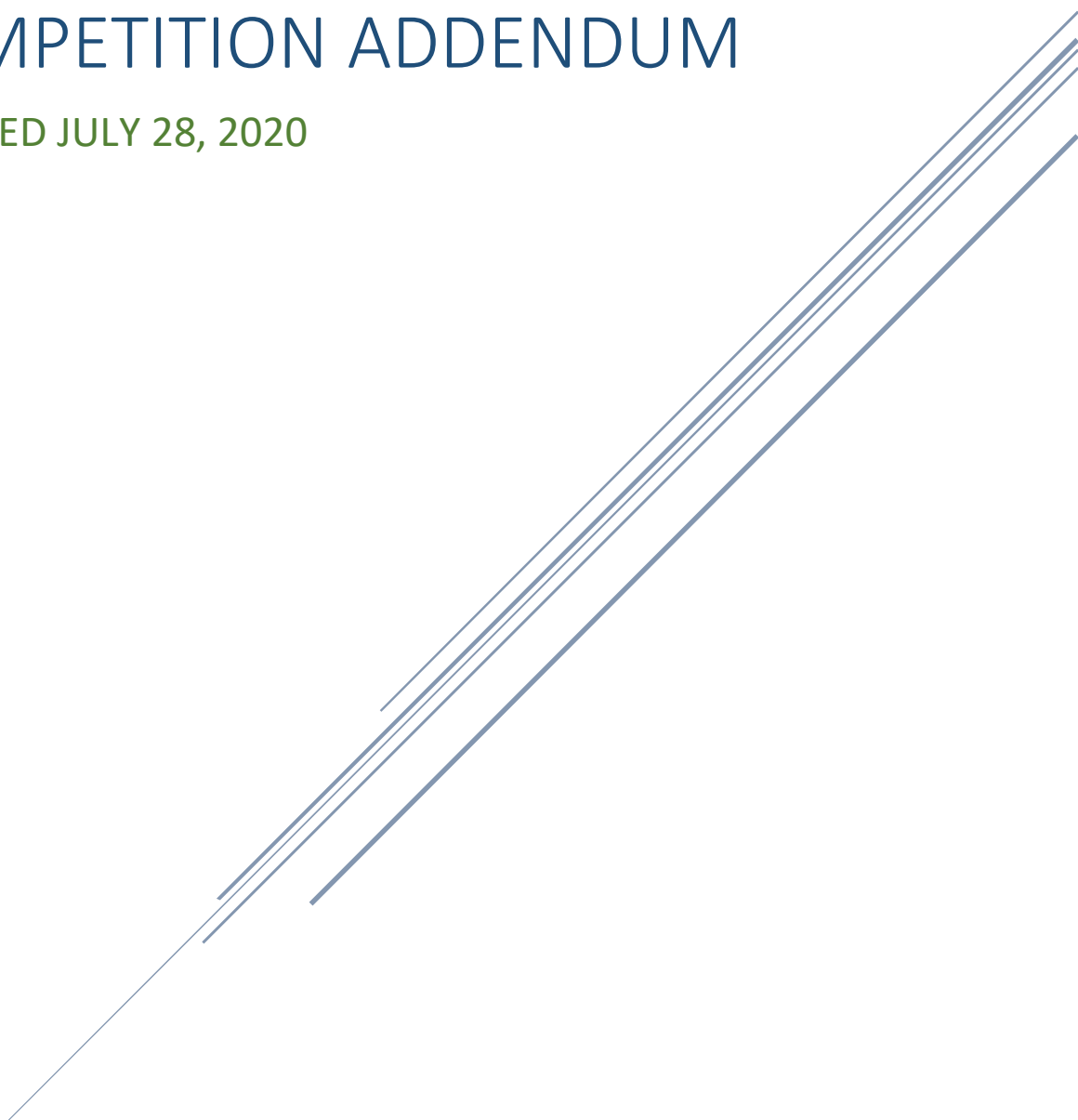




# BC ATHLETICS RETURN TO COMPETITION ADDENDUM

UPDATED JULY 28, 2020



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## UPDATES AND CHANGES TO THIS DOCUMENT

- July 28, 2020 – Published

## SECTION 1: OVERVIEW

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

- [Athletics Canada's Back on Track: Return to Competition Guidelines](#)

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

Guidelines in this document are for use in competition settings. BC Athletics has also published:

- [Return to Training Guidelines](#)
- [Return to Competition - Officials Guidelines](#)

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.

All Athletics Canada's Back on Track: Return to Competition Guidelines are strongly recommended to be followed and implemented in competition settings 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 Competition 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 AND/OR COMPETITION:**

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

1. On June 16<sup>th</sup>, 2020, all memberships were set to “inactive” in Trackie.reg. To reactivate one’s membership they must read and complete the following:
  - 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 have been sent to the address on file. 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 4: BC ATHLETICS RECOMMENDATIONS TO BE USED IN ADDITION TO/IN REPLACE OF ATHLETICS CANADA’S “BACK ON TRACK: RETURN TO COMPETITION GUIDELINES”:**

#### **SECTION 4.1: GENERAL OVERVIEW AND RECOMMENDATIONS**

1. In Phase 2 (“Transition Measures”) of viaSport’s Return to Sport Guidelines, only in-club competitions are permitted. During this Phase, BC Athletics will permit the sanctioning of competitions for:
  - a. In-Club Competitions (Open only to members of a single club or training group)
    - i. For the avoidance of doubt, only those athletes that train together on a regular basis, under the direction of a singular coach (or in some cases a coaching team), are able eligible to take part in an In-Club Competition.
2. Competitions must appear on BC Athletics Calendar of Events a minimum of 15 days prior to the first day of competition.
  - a. Track & Field Requests: Chris Winter ([Chris.Winter@bcathleics.org](mailto:Chris.Winter@bcathleics.org))
  - b. Road/Trail/XC Requests: Clif Cunningham ([Clifton.Cunningham@bcathletics.org](mailto:Clifton.Cunningham@bcathletics.org))
3. Any individual attending a sanctioned competition must be a member of BC Athletics and have a current membership that aligns with the role/responsibility/position they have. i.e. Someone who is competing must have a BC Athletics Competitive Membership; a Coach – a BC Athletics Coach membership; an Official – a BC Athletics Officials Membership; a Club Executive – a minimum of a BC Athletics Associate Membership.
4. Host Organizing Committees must:
  - a. Submit a BC Athletics Sanctioning application form a minimum of 15 days prior to the first day of competition.
    - i. Track & Field Requests: Chris Winter ([Chris.Winter@bcathleics.org](mailto:Chris.Winter@bcathleics.org))

- ii. Road/Trail/XC Requests: Clif Cunningham ([Clifton.Cunningham@bcathletics.org](mailto:Clifton.Cunningham@bcathletics.org))
- b. Appoint one or more Health/Safety Officers to be present at every sanctioned competition.
- c. Complete risk assessment before using a public facility.
  - i. [Club Risk Assessment and Club Mitigation Checklist Tool](#)
- d. BC Athletics Member Clubs must sign Club Attestation acknowledging they have read the guidelines and understand their risk and are committed to implementing the current recommendations.
- e. Conduct sign-in and symptom screenings for all participants, coaches, officials, volunteers, and spectators. Wellness questionnaires and use of self-assessment tools are recommended.
  - i. [SAMPLE Sign-In Document](#)
- f. Connect and coordinate with the Officials Regional Development Coordinators to ensure appropriate officiating for the event.

John & Carol Cull	Lower Mainland (Zones 3,4,5)	johncull at telus.net
Todd Blumel	Vancouver Island (Zone 6)	toddler at shaw.ca
Alwilda van Ryswyk	Okanagan/Kootenays (Zones 1,2)	alvan50 at shaw.ca
Greg Nicol	Okanagan/Kootenays (Zones 1,2)	gregorylnicol136 at gmail.com
Rob Milar	Northern BC (Zones 7,8)	millarob at hotmail.com

- g. Communication with all participants and/or facility users of restrictions, regulations, and recommendations.
- 5. 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. WorkSafeBC).
  - 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](#).

#### SECTION 4.2: SETTING UP A SAFE COMPETITION ENVIRONMENT – RECOMMENDATIONS FOR CLUBS, COACHES, & FACILITY USERS

1. All competitions must follow current BC Health guidelines. Current guidelines limit group gatherings to a maximum of 50 and continued use of physical distancing and hygiene measures.
  - a. Maximum group size counts need to consider everyone that is in the facility / attending the event - staff, coaches, participants, spectators, etc.
  - b. 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.
  - c. The 50-person maximum is over the **entire timeframe of the event**, from setup to pack up. Currently, health authorities are **NOT allowing staggered starts** to extend the maximum person count and are considering the event, in its entirety, as one permit (50 people).
2. WorkSafeBC regulations must be followed by each event. WorkSafeBC has always recognized events as a work site. Please see WorkSafeBC link in the appendix for more information.

3. Each of the Local Health Authorities have their own regulations in place. Ensure that you are compliant with all the permit requirements for your health region.
4. BC Athletics officials must adhere to the BC Athletics “Back to Competition – Officials Guidelines”
5. Ensure Personal Protective Equipment (PPE) (gloves, masks, etc.) is on hand and available to coaches and officials. Where risk of exposure is high (cannot maintain physical distancing), PPE is required. BC CDC Information on Masks [Here](#). Ensure that PPE is not used as a substitute for more effective safety measures (distancing, hygiene). Refer to WorkSafeBC on specifics related to use of PPE.
6. 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](http://www.rfabc.com) for additional resources and advice.

### SECTION 4.3: EVENT SPECIFIC GUIDELINES

#### 4.3.1 - MIDDLE-DISTANCE, DISTANCE, AND RACE WALKING

- Limitations apply to situations in which contact between athletes is close and prolonged, such as running in a pack.
- To allow for the organization of middle-distance, distance, and race walking races, the events must be adapted to accommodate physical distancing requirements.
- **Guidelines:**
  - Physical Distancing (Minimum of 2 meters separation) should be observed. For the avoidance of doubt, physical distancing should be observed before, during, and after the competition.
  - A maximum of 4 athletes per race.
  - Laned start for events 800m and shorter.
    - Recommendation for 800m:
      - Break after three turns, start in individual lanes (one lane apart) using starting line for 4x400m.
      - Competitors maintain an individual lane for a minimum of 500m

### SECTION 4.4: OUTBREAK ACTION PLAN

7. 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
    - 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. self-isolate
  2. monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
  3. Use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
    - a. [BC COVID-19 Self-Assessment Tool](#)
    - b. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
    - c. 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](#) - Published June 1, 2020
- [Athletics Canada's Back to Competition Guidelines](#) – Published July 27, 2020
- [viaSport Guidelines](#) - Published June 1, 2020
  - [viaSport Sample Safety Plan](#)
- [BC Recreation and Parks Association Guidelines](#)
- [Club Risk Assessment and Mitigation Checklist Tool](#)
- [SAMPLE Athlete Check-In Document](#)
- Sanctioned Camp & Clinic Waivers: All Day of Event members must understand and sign the appropriate following documents prior to attending BC Athletics Sanctioned Camps and Clinics. Process to be managed by Host Organizing Committee.
  - [Informed Consent and Assumption of Risk Agreement \(To be executed by Participants under the Age of Majority and the Participant's Parent of Guardian\)](#)
  - [Release of Liability, Waiver of Claims and Indemnity Agreement \(To be executed by Participants over the Age of Majority\)](#)
  - [COVID-19 Questionnaire, Attestation and Participant Agreement \(To be executed by Participants under the Age of Majority and the Participant's Parent of Guardian or by Participants over the Age of Majority\)](#)

### PROVINCE OF BRITISH COLUMBIA

- [B.C.'s Restart Plan](#)
- [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](#)
- [Kids Help Phone - COVID-19 Support](#)

#### POSTERS

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

#### WORKSAFEBC 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](#)

### APPENDIX B: EVENT ORGANIZER CONSIDERATIONS

#### COVID-19 SAFETY PLAN

- Events such as Track & Field Meets, Cross Country Meets, and Road & Trail Races meet the definition of workplaces under WorkSafeBC.
- Event Organizers are required to develop a COVID-19 Safety Plan for their event that outlines the policies, guidelines, and procedures to reduce the risk of COVID-19 transmission. Refer to the BC Athletics Return to Training Guidelines for additional information.
- The COVID-19 Safety Plan should follow the [six steps outlined on COVID-19](#) and returning to safe operation. You can also refer to the COVID-19 Safety Plan OHS Guideline for information about developing a safety plan, including the level of detail required and using supporting documentation.
- Event Organizers are not required to submit plans to WorkSafeBC (or BCA) for approval, but in accordance with the order of the Provincial Health Officer, this plan must be posted at the worksite. During a WorkSafeBC inspection, WorkSafeBC will ask employers about the steps they have taken to protect their workers or to see the plan if it has been developed.

#### WORKSAFEBC

- WorkSafeBC – [Sport and Recreation Guidelines](#)-
- WorkSafeBC – [Additional COVID-19 Resources](#)
- WorkSafeBC – [Safety Plan Template](#)

## PARTICIPANT WAIVERS

It is the responsibility of each member to undertake their own personal risk assessment and determine whether they are willing and able to return to sport at this time.

For in-club competition all participants must be members and have completed the additional waivers and assumption of risk that were required to resume training.

When Athletics moves to regional competition, Event Organizers should have all 'day of event' participants complete the following waivers and attestations.

1. [Informed Consent and Assumption of Risk Agreement \(To be executed by Participants under the Age of Majority and the Participant's Parent of Guardian\)](#)
2. [Release of Liability, Waiver of Claims and Indemnity Agreement \(To be executed by Participants over the Age of Majority\)](#)
3. [COVID-19 Questionnaire, Attestation and Participant Agreement \(To be executed by Participants under the Age of Majority and the Participant's Parent of Guardian or by Participants over the Age of Majority\)](#)

## EVENT PERMITS / BOOKINGS AND SANCTIONING

Be prepared that you may be required to submit additional documentation when applying for a permit or booking.

- COVID-19 Safety Plan
- Medical Plan
- Risk Assessment Documents

Potential other plans as applicable:

- Traffic Management Plan
- Community Impact Plan
- Waste Management Plan

Examples of Risk Assessment Forms

- City of Vancouver - [Event Proposal Risk Assessment V8](#)
- Own The Podium – [COVID-19 Risk Assessment for Sport - Appendix A](#)

## COMMUNICATION

Ensure that everyone onsite at your event is aware of the items below:

- **If you are sick, feel unwell, or show any symptoms you must stay home.**
  - Staff, Volunteers, Participants, Contractors, you.
- Encourage attendees to bring and use their own hand sanitizer.
- Discourage spectators and additional people from attending the event.
- Encourage masks to be worn, especially when not competing / participating.
- Encourage physical distancing while on site, on course, running, passing other participants.

- Encourage participants to be self-sufficient. Do not bring bags to check. Bring their own water.
- Minimize and discourage drafting of other athletes.
- Do a self-check before coming to the event and when you arrive onsite.

**Communication Strategies:**

- Communicate clearly, often and in multiple methods / locations.
- Post COVID-19 safety measures onsite.
- Include on your:
  - o Website
  - o Registration
  - o Volunteer Registration
  - o Communication to participants
  - o On Race Day, have the announcer include in their scripts

**CREW AND VOLUNTEERS**

- WorkSafeBC regulations apply to staff and volunteers.
- Protect volunteers with shielding, PPE, gloves, sanitizer, and hand washing stations.
- Reduce handling of materials, have one person responsible for one area / supply. Sanitize items in between use/touch.

**REGISTRATION**

- Collect the name, address, phone, and email of every participant, volunteer, contractor and staff person. **EVERYONE THAT IS ONSITE FOR THE EVENT.**
- Allow ONLY ONLINE registration, no in person registration.

**Additional Waivers MUST include:**

- They will NOT attend if they feel ill in any way.
- They will NOT attend if they show symptoms of COVID-19.
- They will NOT attend if they have recently traveled outside of the country or have been in contact with someone diagnosed with COVID-19.
- That they understand and accept the risk of being in public, at the event and by doing so have the possibility to come in contact with other people.

Include a separate COVID-19 waiver that each participant, volunteer, staff person, contractor must sign in addition to your standard sponsor / stakeholder / personal liability waiver.

**PACKET PICKUP / CALL TENT**

- Consider mailing registration packets to participants.
- Have participants show an email confirmation, instead of paper.
- Extend hours / days to reduce concentration of people.
- Outside is better than inside.
- Protect volunteers with shielding, PPE, gloves, sanitizer and hand washing stations.
- Remember 2m spacing applies to volunteers, participant lines, and participant interaction.

#### Strategies to reduce contact:

- Have more stations (number pickup tables, call tables/tents, volunteer check ins) available.
- Place two tables between volunteers and public to enforce distancing.
- Hang clear plastic from a tent edge to provide a barrier between
- Place dots, spray chalk, flour on the ground to denote 2m spacing in lines / call areas.

#### STAGING AREAS

- Do not offer traditional bag check, participants should arrive ready to participate. If necessary, can offer, supervised “Self-Drop”.
- Participants should be self-sufficient with their own hydration and food requirements.
- Do not share water bottles or food.
- No high fives, hugs or other embraces, no group photos. Stay 2m from everyone.

#### APPENDIX C: EVENT MODIFICATIONS IN OTHER JURISDICTIONS

Some of the ideas in the following documents and links **may not be allowed in British Columbia**, reviewing them may give you ideas on how you can modify your event to fit local regulations.

- Race Indiana – An event for 250 held in mid-May. [See story here](#)
- Run Sign Up has developed some [looking forward guidelines here](#).
- Runner’s World – [Is it safe to run in groups again?](#)
- Spartan – has held a practice event in Florida for small number participants and plans to hold second with a slight larger field. See articles on what they have put in place – [Obstacle Racing Media](#) – [Runner’s World](#).
- IronMan – has developed a number of protocols that they will have in place this year for their events. [See their Athlete Smart Program here](#).
- Run Colfax - [Running Event Guidelines](#)
- [Here is a very simple example](#) of the minimum that would need to be included in a medical plan. This is from the City of Airdrie but provides a simple example.