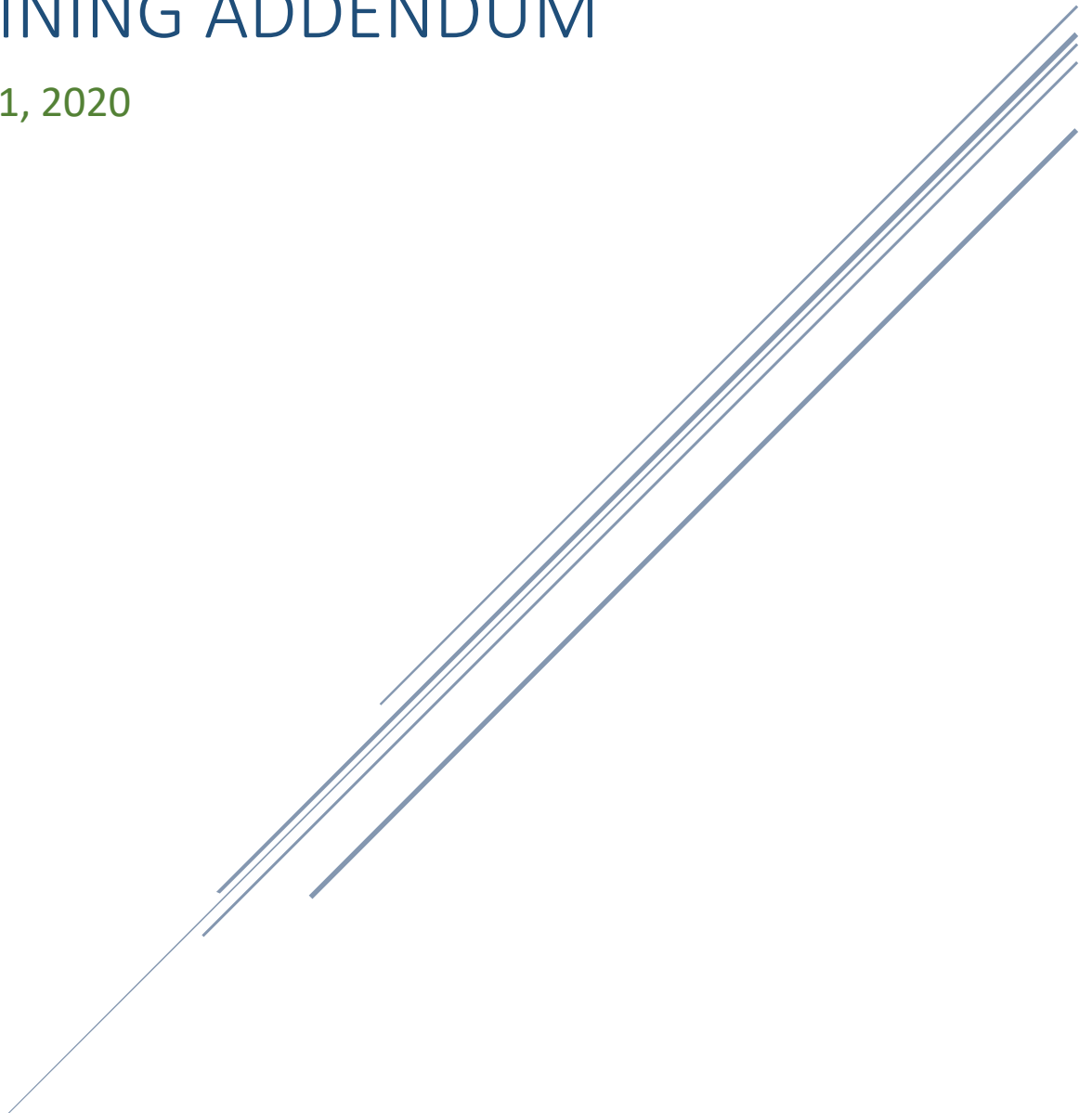




# BC ATHLETICS RETURN TO TRAINING ADDENDUM

JUNE 11, 2020



## OVERVIEW

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 Training 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, WorkSafe BC, 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 are currently being developed and will be released at a later phase.

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.

## 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.

## MUST BE COMPLETED BEFORE RETURNING TO TRAINING:

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

1. All memberships have been set to "inactive" in Trackie.reg. To reactivate one's membership they must:
  - I. Read the guidelines and complete the BC Athletics COVID-19 Questionnaire and Attestation on Trackie.reg before being allowed to return to sanctioned training.

- II. Read the guidelines and complete the BC Athletics COVID-19 Waiver/Release or Acknowledgement of Risk to Parent/Guardian on Trackie.reg before being allowed to return to sanctioned training.

## **CLUBS & TRAINING GROUPS**

1. Clubs & Training Groups must appoint a Health/Safety Officer and complete the following:
  - a. Risk assessment before using a public facility.
    - i. [Club Risk Assessment and Club Mitigation Checklist Tool](#)
  - b. Sign off acknowledging they have read the guidelines and understand their risk and are committed to implementing the current recommendations into their training sessions.
  - c. Conduct routine daily symptom screenings for all athletes, coaches, officials, and associates. Wellness questionnaires and use of self-assessment tools are recommended.
    - i. [SAMPLE Athlete Check-In Document](#)
  - d. 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 [WorkSafe BC](#).

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

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

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, at a minimum, training members of the association. This includes all athletes, coaches, officials, associates, etc.
3. All group training 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. BC Athletics also recommends:
  - a. Size of individual training groups limited to 10 (One coach to 9 athletes).

- i. For clarity, a club may hold a training session for 50 athletes, coaches, officials, and associates but, any one training group (i.e. Throws Group) should be limited to 10.
      - b. 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.
      - c. 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.
      - d. Maximum group size counts need to consider athletes, coaches, officials, associates, 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.
4. 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. 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.
5. 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.
6. Remain community focused
  - a. Stay within the home sport community or club(s) where participants are members
  - b. Avoid cross-regional, inter-provincial or cross-country travel. Note that non-essential travel within B.C. and Canada is currently very strongly discouraged (this is expected to change later in the summer). International travel is subject to quarantine rules and raises other risks including unpredictable flight schedule changes and cancellations, and the potential for sudden changes to border controls.
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 coaches and associates if a case or outbreak is reported. Determine who within the organization has the authority to modify, restrict, postpone, or cancel activities.
    - ii. If a member reports they are suspected or confirmed to have COVID-19 and have attended a training session, 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
- [viaSport Guidelines](#) - Published June 1, 2020
- [BC Recreation and Parks Association Guidelines](#)
- [Club Risk Assessment and Club Mitigation Checklist Tool](#)
- [SAMPLE Athlete Check-In Document](#)

### 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](#)

### POSTERS

- [COVID-19 Protection](#)
- [Physical Distancing](#)
- [Handwashing](#)
- [Do not enter if you are sick](#)
- [Vulnerable Populations](#)
- [Occupancy Limit](#)

### 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](#)