

August 3,
2020

BC Athletics Officials' Newsletter

Happy Thoughts!!!

This is your RETURN TO COMPETITION Newsletter



Return to Competition

Noted on the BCA Calendar, as of July 28th 2020, BC Athletics is able to sanction in-Club Track and Field Meets. Currently there are two more Throws Meets to come, both of which are being held in Kamloops August 1 and 2 and August 7 and 8. Additionally there are some Road and Trail races that have been sanctioned. These events are taking place in various locations in the Province.

If we, in the Lower Mainland, are asked for Officials to staff these Competitions or others, you will find that information here, just as soon as word is sent to us. Regional Development Coordinators in the Interior and on Vancouver Island may also be contacting Officials in their areas with information on requests for help with upcoming Meets.

Protocols for Return to Competition

All Competitions will take place under strict Protocols and Safety Guidelines. Your Officials' Committee along with BC Athletics staff have developed Protocols for each of the Event areas. These were approved by the BCA Board of Directors. No Rule modifications have taken place; however, safety guidelines have been written to ensure that our practices in dealing with all participants in a Competition are clear and provide for health and safety. These guidelines, unfortunately, restrict the numbers of Officials and Volunteers but will still allow results to be valid and all records set by Athletes accepted by accrediting bodies.

Guidelines and Protocols found here:

<https://www.bcathletics.org/News/bc-athletics-announces-return-to-in-club-competition/3014/>

These guidelines and protocols are subject to change and Officials should review them prior to attending a competition. While notices of events in this Newsletter will try to keep you informed about any technical changes or issues, it is important that Officials also review the information made available by the HOC on their websites. BCA Return to Sport guidelines state that the use of masks is strongly recommended, however, in some situations they may become Mandatory as dictated by the Host Club or Municipality.

This information will be made available to participants by the HOC.

The guidelines will currently allow for only small group competitions of athletes within a single club. Provincial requirements state that we may have only 10 individuals (this includes athletes, officials and volunteers) at a single event and only 50 individuals in the facility or stadium. A move to intra-club competitions (club to club, larger competitions) are, we hope, in our future but currently not yet allowed.

It is important that Officials who attend competitions read and follow the guidelines and protocols specific to the Meet they will be attending. It will be necessary for each participating Official to supply themselves with their own kit of PPE items as well as food and beverages to be consumed during their time at the Meet. Much as they might want to accommodate Officials, Host Organizing Committees are currently prevented by safety concerns from distributing food and drink to participants.

Your **PPE Kit** should include:

- Face masks
- Those Officials who will be in high-contact positions should also consider having goggles or face shields
- Gloves
- Hand sanitizer
- Disinfectant wipes or spray (not easily found)
- Paper Towels

Note: A list of Health Canada approved hand sanitizers and disinfectants can be found [here](#):

Host Organizing Committees (HOC) will be responsible for sanitizing all equipment to be used by Athletes and Volunteers (including Officials). Officials should be prepared to monitor their involvement and use items from their own kits as is necessary.

BC Athletics Officials Questionnaire

At the suggestion of the Officials' Committee, a questionnaire was distributed to Officials by BC Athletics to determine the likelihood of a return by individual Officials. We will, as usual, continue to publish requests for help from Officials. Reply to the Regional Development Coordinator indicated in the posting if you are interested in participating as an Official in a Meet.

If you have not completed the BCA survey and wish to do so, please find that information here:

<https://www.cognitoforms.com/BCAthletics1/ReturnToOfficiating>

Please note that a negative response at this time will not change your status as each of you must determine what activity is appropriate, safe and within your comfort zone.

Official's Development

Your Branch Officials' Committee for 2020

- **Brian Thomson** - Committee Chairperson
 - Bill Koch
 - Marnie Benz
 - Carol Cull
 - John Cull
 - Cheryl Elke
 - Wayne Elke
 - Sue Kydd
 - Jim Rollins
 - Anthony Thomson
 - Jasmine Gill – BC Athletics representative to the Committee

Wanting to Upgrade your Certification??? Please, look at the following information!

- Evaluations and Mentoring will begin again with the Indoor Season. Don't forget to complete the Upgrading Tracking form (<https://www.cognitoforms.com/BCAthletics1/OfficialsUpgradingTrackingForm>), if you require evaluations or credits for upgrading in the coming season.
- If you have already completed the requirements for Upgrading contact Cheryl at wcelke@shaw.ca. More information can be found on the Officials' page of the BC Athletics website.
- You can also speak with your local regional development coordinator if you have any questions.
- Coordinators in the Interior – Greg Nicol (gregorylnicol136@gmail.com), Alwilda van Ryswyk (alvan50@shaw.ca), Marnie Benz (m.benz@shaw.ca)
Coordinators on the Island – Vince Sequeira (vince.sequeira@shaw.ca), Brian Thomson (bthomson@alantem.ca), Todd Blumel (toddler@shaw.ca)
Coordinators in the Lower Mainland – Carol Cull (carolcull@telus.net), John Cull (johncull@telus.net)
Coordinator for Zones 7 and 8 TBA

Technical Corner

Upcoming Workshops

The Officials' Level 1 and Level 2 Workshops that have been developed by NOC (National Officials' Committee) have and are being piloted and will soon be revised and available for all interested individuals. Stay tuned for more information.

The Officials' Committee has drafted guidelines for a Return to Training of Officials. These guidelines provide for safety in any training situations that we may develop. At this point, only outdoor training would be permitted. Such training, at present, would require adherence to the same requirements as those for competitions with regard to numbers of participants as well as social distancing protocols and safety measures. The Guidelines will be submitted to the BCA Board of Directors for approval on August 6, 2020.

There are no in-person training sessions for Officials currently planned for anywhere in the Province of BC.

In Touch

Membership Renewal

Don't forget you may still renew your membership with BC Athletics for 2020. Unattached members can sign up online through the BC Athletics website and members of BC Athletics clubs should sign up through their club registrar.

The 2020 BC Athletics Annual General Meeting

The AGM will take place on Saturday, August 22, 2020.

This is a virtual meeting and details may be found on the BC Athletics website under the topic heading 'GOVERNANCE'.

Officiating Q & A

Questions

New Questions – still using the 2018/2019 Rule Book but this will be the last time as more and more folks will have their new Rule Books.

If you are eligible for a 2020 Rule Book and have not yet received yours, please contact your Regional Coordinator.

Q 1

The Judge in a field event raises the white flag (valid trial) but changes their mind and subsequently raises the red flag (indicating a foul). Is this allowed?

- a) yes b) no

Q 2

In a long jump, the distance measured is rounded off to the nearest whole centimetre above the distance measured.

- a) True b) False

Q 3

A relay race takes place during a downpour. In order to improve their grip on the baton, an athlete wears a glove only on the hand holding the baton. What is the ruling of the Referee?

Items from the Branch Officials' Committee

We look forward with much anticipation to Meeting again soon, however, no date for this has been set.

With Much Appreciation

Thank you to those of you who have stayed in touch and kept yourselves aware of what is happening in our Sport. We are all anxious to be back at it SOON!

Officiating Opportunities

Watch this Space

Calling all Officials Who Enjoy Cooking and/or Eating

Dale Loewen, an innovative and great cook himself, suggests that an 'Officials' Cookbook' would be a fun and worthwhile endeavour. Staying home and cooking, perhaps more often than in the past, you have undoubtedly developed great recipes. If you would like to contribute a favourite recipe or two (or more), please send them along to Dale dale_loewen@telus.net . If you have an accompanying picture, that would be grand.

Here is an example of a recipe from our own files:

Apricot Chutney

"Chutneys" (Chatni) are a family of fresh or pickled sauces that accompany meals of all types in many different regions of India. This apricot chutney is only vaguely related to them.

Wikipedia explains:

Western-style chutneys originated from Anglo-Indians at the time of the British Raj [who] recreated Indian chutneys using English orchard fruits—sour cooking apples and rhubarb, for example. They would often contain dried fruit: raisins, currants, and sultanas.

It is odd but charming that Western-style chutney has become re-naturalized in India, and is quite popular. The Major Grey chutney and the "sweet mango" chutney are actually Western-style concoctions which are now imported from India into Canada.

7 cups apricots
 1 ½ cups sugar
 4 tbs honey
 2/3 cup cider vinegar
 1 cup sweet onion
 3 tbs fresh ginger
 6 cloves garlic
 2 tbs chopped fresh chilis
 ½ cup raisins
 1 tsp salt
 1 tsp mustard seeds
 1 tsp ground cumin
 1 tsp ground coriander
 1 tsp black pepper

Pit and chop apricots,
 Mince onion, ginger, garlic, chilis.

Put all listed ingredients into a saucepan and bring to a boil. Simmer for about 45 minutes until liquid is reduced and apricots achieve a jam-like consistency.

Ladle into jars.

Screw on lids and process in a boiling water bath for 15 minutes. Remove from canner, and place on a folded towel until all jars are sealed.

Looking forward to positive changes ahead.

Carol

Officiating Q & A Answers

A1

a) yes (Rule #180.8)

A2

b) False The distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimetre. (Rule #184.8)

A3

The Referee would disqualify the team. Athletes are not permitted to wear gloves or to place material or substances on Their hands in order to obtain a better grip of the baton. (Rule #170.6b)