

May 10, 2021

# BC Athletics Officials' Newsletter

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Welcoming sunny days (though not the weeds)!

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## Competition Protocols

Reminder – Guidelines and Protocols for Competition can be found here:

[bcathletics.org](http://bcathletics.org)

A Message from Brian McCaldar

The PHO Orders and ViaSport application of these to Sport and BC Athletics application of these specifically to Athletics are:

1. Officials must wear masks all the time – whether indoors or outdoors.
2. Officials who have been vaccinated:
  - a. Must continue to follow all the Health and Safety Guidelines. The Provincial Health Officer and Ministry of Health are the only authorities that can ease/relax the current restrictions. **There is, as per the bi-weekly online updates with viaSport staff and all PSO leaders – no flexibility or exception to PHO orders whether the individual is vaccinated or not.**
  - b. The current restrictions are for those **who are vaccinated** and for those **who are not vaccinated**:
    - i. Do not attend an event if you are not feeling well, have had contact within the last 14 days with someone who has test positive for COVID.
    - ii. Must follow all Health and Safety Protocols in place at the In-Club or Varsity Performance Trials or approved High Performance Competitions.
    - iii. Must wear a mask both indoors and outdoors when at an event to Officiate.
    - iv. Must maintain physical distance of 3 metres.
    - v. Must only officiate for the 1<sup>st</sup> or 2<sup>nd</sup> claim clubs at In-Club or Varsity Performance Trials - Unless it is for a High Performance Competition. If unsure of the level of the event (In-Club, Varsity, High Performance) contact Megann VanderVliet [megann.vandervliet@bcathletics.org](mailto:megann.vandervliet@bcathletics.org) or Clif Cunningham [clifton.cunningham@bcathletics.org](mailto:clifton.cunningham@bcathletics.org) to confirm.
    - vi. For High Performance competitions, draw Officials from the local community and region whenever possible.
    - vii. As per the March 19<sup>th</sup>, 2021 PHO Order and application of these by viaSport for Sport in BC:
      1. Although there is some flexibility to allow for participants to travel short distances to reach a home club, the intention of the Order is to **minimize travel for sport activities, and to stay close to home**. For example:
        - a. participants from Vancouver Island should not travel to the Lower Mainland, from the Kootenays to the Okanagan, or from the North to Okanagan.
3. **Note:** PHO Orders, Restrictions on Sport and Specifically to Athletics can change from one day to the next, without consultation, warning or lead time.

Please be sure that Officials are staying up to date by providing the above and the most recent [COVID-19 Updates](#) to them as appropriate.

If you are still unsure of the PHO Orders and Restrictions as they apply to Athletics, please contact me at your earliest opportunity.

Thank you

Brian M

It is good practice to build your own PPE Kit to bring with you to any competitions you may attend.

**Your PPE Kit** should include:

- Face masks
- Gloves
- Hand sanitizer
- Disinfectant wipes or spray
- Paper Towels

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

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.

## Official's Development

### Your Branch Officials' Committee for 2021

- **Brian Thomson** - Committee Chairperson  
Bill Koch  
Marnie Benz  
Carol Cull  
John Cull  
Cheryl Elke  
Wayne Elke  
Dawn Driver  
Debbie Foote  
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 take place as circumstances allow. Don't forget to complete the Upgrading Tracking form (<https://www.cognitofrms.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](mailto: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 ([gregorynicol136@gmail.com](mailto:gregorynicol136@gmail.com)), Alwilda van Ryswyk ([alvan50@shaw.ca](mailto:alvan50@shaw.ca)), Marnie Benz ([m.benz@shaw.ca](mailto:m.benz@shaw.ca))  
Coordinators on the Island – Vince Sequeira ([vince.sequeira@shaw.ca](mailto:vince.sequeira@shaw.ca)), Brian Thomson ([bthomson@alantem.ca](mailto:bthomson@alantem.ca)), Todd Blumel ([toddler@shaw.ca](mailto:toddler@shaw.ca))  
Coordinators in the Lower Mainland – Carol Cull ([carolcull@telus.net](mailto:carolcull@telus.net)), John Cull ([johncull@telus.net](mailto:johncull@telus.net))  
Coordinator for Zones 7 and 8 TBA

### Travel Expenses

BCA Officials Committee is approving local travel expenses for payment in the usual way.

Current rates are:

Travel within Local Region \$.30 per km, with a carpool \$.40

For information and claim form, please visit: [www.bcathletics.org/officials/](http://www.bcathletics.org/officials/) Select OFFICIALS EXPENSE CLAIMS



## Technical Corner

### Upcoming Officials' Workshops

The on-line Officials' Level 1 (Module 101) and Level 2 (Module 201) Workshops that have been developed by NOC (National Officials' Committee) and are available to be taken by interested individuals.

Those individuals interested in becoming an Athletics' Technical Official and have limited or no prior experience in the Sport are encouraged to take Module 101.

Those individuals with prior experience with the Sport (e.g., Coach, Athlete, or former Athlete etc.) are encouraged to take Module 201.

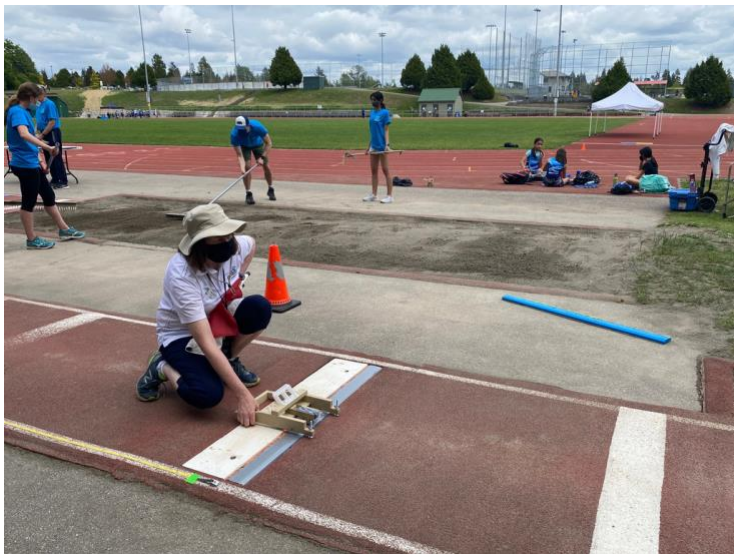
For more information about the process and the steps you will need to take please contact Marnie Benz ([m.benz@shaw.ca](mailto:m.benz@shaw.ca)) or Debbie Foote ([dfoote@bflcanada.ca](mailto:dfoote@bflcanada.ca)) who will be only too glad to provide you with all the information that you require.

### Electronic Distance Measuring

Only one workshop remains of the 5 that were originally scheduled (two spots are still available – contact John Cull if you are interested in participating. ([johncull@telus.net](mailto:johncull@telus.net)))

May 16                    Collier Throwing Centre (Richmond).

### Laser Measuring



Cathy Carr, Ocean Athletics official demonstrates laser measuring at a recent Performance Trial meet. The long jump laser can be built in a home workshop using materials from a hardware store; Bosch laser, dimension lumber, screws etc. The 'carrier' is held in position with metal "feet" that slide on the edge of the take-off board. Officials can do a simple calibration at the beginning of the day by using a steel tape to verify a measurement and adjust the position of the laser with a setscrew. Total cost of the unit is about \$75.00.

Officials or volunteers can learn to set-up and operate within a few minutes. The long jump version is more difficult to use for triple jump because of board changes. This inexpensive laser is at the limit of its visible range at 14 or 15 meters. The shot-put model is most useful for junior development, and up to U-16, but events for older athletes should be done with the (much) more expensive EDM unit, or tapes.

In the hands of our younger officials, laser measuring is quick, and highly accurate. For the older personnel, it is still highly accurate, but ..... it takes a little longer.

One further limitation relates to records. The laser toys are not yet accepted by WA or AC for record performances. Record performances must be re-measured by conventional means.



Kevin is planning to build a few more, and they will be showing up at meets in the Lower Mainland.

Read our quick guide to using these new laser devices [here](#)

Questions? Kevin Kydd [kkydd55@gmail.com](mailto:kkydd55@gmail.com)

## Upcoming Webinars

The BC Athletics Officials Committee Development Working Group invites officials to the Officials Development Webinar Series (2021).

### Target Audience:

The webinar series is targeted at level 2 officials or officials in the pathway to level 2 (e.g., completed the online module 201) to help them prepare to be an official in a specific discipline at a club meet.

### Purpose:

The webinars will assist officials prepare to officiate at club level meets. The webinars build on the content presented in the online training by providing additional information on rules and logistical information for officiating a specific discipline.

The webinars will cover the following:

- 1.) What is your position responsible for at a meet?
- 2.) What are the various roles you can perform as this position?
- 3.) How do you set up your event at the track?
- 4.) When running your event, what do you need to be looking for?
- 5.) What do you do to finish after your event is done?
- 6.) What do you need to bring to run an event?
- 7.) Who do you go to if you have an issue?

### Format:

The 45-minute webinar will comprise roughly 20-25 minutes of presentation and 20 minutes of activities and questions/answers.

Participants will learn from existing level 3+ officials in a series of disciplines to assist them prepare to officiate at a club level meet.

### Webinar Schedule:

Discipline	Date	Time	Host	Presenter
<b>Starter's Assistant</b>	May 13	7pm	Anthony Thomson	Brian Thomson <a href="#">Registration</a>
<b>Starter</b>	May 18th	7:30pm	Anthony Thomson	Bill Koch <a href="#">Registration</a>
<b>Umpire</b>	May 20th	7pm	Anthony Thomson	Vince Sequeira <a href="#">Registration</a>
<b>Vertical Jumps</b>	May 25th	7pm	Anthony Thomson	John and Carol Cull <a href="#">Registration</a>

Discipline	Date	Time	Host	Presenter
Horizontal Jumps	May 27 <sup>th</sup> (Tentative)	7pm	Anthony Thomson	TBA <a href="#">Registration</a>
Throws	June 1 <sup>st</sup> (Tentative)	7pm	Anthony Thomson	TBA <a href="#">Registration</a>

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#### Additional Information:

Contact Program Director

- Anthony Thomson
- antathomson@gmail.com

#### Steeplechase Races

Peter Fejfar asked us to give you a reminder about **steeplechase hurdles** (see Rule TR23).

All hurdles should be fully adjustable to the 3 (THREE) required heights. (bring out the WD 40 Rust Release):

0.914 m

0.838 m

0.762 m

And while you are at it, make sure that your first hurdle is “at least 5m in width”.

#### Amendment to WA Long Jump Rules

The long-awaited change to Long Jump Rules comes into effect this Fall.

Please read the text, and admire the picture in:

[Technical Rules: Amendment to Rule 30.1.1](#)

#### Figure (a) TR29 (Rule 184) - Take-off board and plasticine indicator board

[From 1 November 2021]

Lots of time to re-cut those plasticine indicator boards and buy some plasticine strips.

Read up on it.

#### Wondering about competing in carbon fibre shoes?

The National Officials Committee and Athletics Canada have developed guidelines for the implementation of the World Athletics shoe rule 5. The guidelines are targeted at athletes, coaches and officials and include shoe declarations by the athlete and shoe checks at competitions. The guidelines are available under the Latest News section of the Officials page of the BC Athletics website.

## In Touch

#### Sharing Memories

Dale Loewen ([dale\\_loewen@telus.net](mailto:dale_loewen@telus.net)) asks that you share your photo or video memories, of events you attend, with him. Dale continues to collect these remembrances in order to create his wonderful year-in-review presentations. Please remember that photos should be taken in landscape rather than portrait orientation.

## Officiating Q & A

### Questions

*Rule Numbers used are those cited in the 2020 World Athletics Competition and Technical Rules manual.*

*If you are eligible for a 2020 Rule Book and have not yet received your copy, please contact your Regional Coordinator or Betsy Rollins ([clanrollins@shaw.ca](mailto:clanrollins@shaw.ca))*

#### Q 1

How is the distance of a race measured?

- a) From the edge of the start line nearer to the finish to the edge of the finish line nearer to the start
- b) From the edge of the start line farther from the finish to the edge of the finish line nearer to the start
- c) From the edge of the start line farther from the finish to the edge of the finish line farther from the start

#### Q 2

How many shotputs may an athlete submit for use in their shotput event?

- a) One
- b) Three in a Championship Event, one for all other events
- c) Not more than two

#### Q 3

A High Jump Competition begins with 7 athletes. All athletes but one has failed when the bar has reached a height of 1.50m. The remaining Athlete wishes to continue. Is this allowed?

- a) The final athlete is awarded first place and the competition ends.
- b) The final athlete may continue for one more round.
- c) The final athlete may continue jumping until they have forfeited their right to compete further.

## With Much Appreciation for Your Help

Thank you to all our BC Officials who continue to offer support for competitions held by their Clubs. We know that you would willingly give your time to help all Clubs, not just your own, and we are hopeful that the time will come soon when this becomes possible again.

Be Well! Stay Safe!

Carol

### Officiating Q & A Answers

#### A1

- b) (Rule #TR14.3) From the edge of the start line farther from the finish to the edge of the finish line nearer to the start



**A2**

- c) (Rule #TR32.2) The athlete may submit no more than two shotputs (unless the Technical Delegate decides otherwise).

**A3**

- c) (Rule #TR26.3) The final athlete may continue jumping until they have forfeited their right to compete further.