



## BC ATHLETICS “RETURN TO SPORT” – PHASE 1 – DRAFT 1

**Purpose:**

To outline the processes and measures for how we safely return to the sport of Athletics.

**Overview:**

The following document outlines BC Athletics recommended processes and measures with regards to Phase One of its “Return to Sport”. Addressed in this document are limitations to group size, maintaining physical distance of 2 meters, minor modifications to sport activities, all the while placing an emphasis on skill development and training within the Community. This means, where at all possible, no travel outside of the community for training – i.e. as is possible, only Richmond Residents should train at Minoru Park which is home to the Kajaks TFC. Please consult with BC Athletics prior to initiating travel outside of your community for training.

Competition is not to be the part of Phase 1.

**Audience:**

All annual members of BC Athletics including Athletes and their families, Coaches, Officials, Administrators, Volunteers.

TRAINING GUIDELINES		
Rule #	DEPARTMENT	PROCEDURE
G-001	General	Club executives and coaches are to read the following document and sign off on agreement to abide by guidelines / procedures.
G-002	General	All coaches, athletes, and club personnel must follow municipal and provincial mandates for all facilities.
G-003	General	Size of individual training groups (Coaches & Athletes) are limited to 10.
G-004	General	Total size of gatherings, inclusive of all athletes, coaches, parents, club personnel, and contracted services, to be limited by the Provincial Health Officer. This number is currently set at 50. However this will be determined by the BC Provincial Health Officer/Ministry of Health who must

		approve the BC Athletics Return to Sport Guidelines and Municipal Guidelines/Policies/Orders for facility use. In addition the space available at a Track & Field Facility will also determine the size of the group allowed at one time.
G-005	General	<p>The following individuals will not be permitted to attend practice or training venues:</p> <ul style="list-style-type: none"> <li>• Any person experiencing any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache or shortness of breath). If these symptoms begin while at a training venue or within 14 days of having attended a venue the individual must leave immediately and contact their local public health office for recommendations.</li> <li>• Any person who receives a diagnosis of COVID-19. Individuals must comply with the current mandated self-isolation policy as per the BC Ministry of Health (<a href="http://www.gov.bc.ca">www.gov.bc.ca</a>).</li> <li>• Any person who has been told to self-isolate at home.</li> <li>• Any person who lives in a home or has been in close contact with someone with symptoms of COVID-19.</li> <li>• Any person who lives in a home or has been in close contact with someone who has been told to self-isolate at home.</li> <li>• Any person who has arrived in British Columbia from outside of Canada within the last 14 days as they are mandated to self-isolate and monitor for symptoms for 14 days upon their arrival.</li> </ul>
G-005	General	Individuals that belong to a higher risk demographic for COVID -19 related symptoms are recommended to consult with provincial health organizations before participation.
G-006	General	Practice social/physical distancing by keeping two meters (six feet) away from one another at all times.
G-007	General	Wash your hands often with soap and water for at least 20 seconds. Using soap and water is the single most effective way of reducing the spread of infection. If soap and water are not available, alcohol-based hand rubs (ABHR) can be used to clean your hands as long as they are not visibly soiled. If they are visibly soiled, use a wipe and then ABHR to effectively clean them.

G-008	General	Do not touch your face, eyes, nose or mouth with unwashed hands.
G-009	General	Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough.
G-010	General	Regularly clean and disinfect frequently touched surfaces.
G-011	General	Do not share food, drinks, utensils, water bottles, etc.
G-012	General	Sets of Personal Protective Equipment (PPE) must be available onsite to be donned by coach / safety monitor in case of injury and hands on assistance needed.
G-06	General	If athletes, coaches, club personnel, choose to use PPE while attending training sessions they must ensure it is properly discarded.
AE-001	Athlete Expectations	Do not shake hands or high five to celebrate.
AE-002	Athlete Expectations	Do not loiter at the facility or in the parking lot before or after training sessions.
TH-001	Throwing Events	Put in place physical barriers to separate athletes from the public. (i.e. cones or markers may be used to cordon off area to be used for training.)
TH-002	Throwing Events	Practice proper hygiene - Wash hands before and after practice, do not touch your face, avoid touching frequently touched surfaces when at practice
TH-003	Throwing Events	Athletes to be assigned their own set of throwing implements during training and competitions. To prevent cross contamination there should no sharing of implements.
TH-004	Throwing Events	Athletes to retrieve their own throwing implements.
TH-005	Throwing Events	Throwing Implements to be sanitized before and after each training session. Coaches cleaning any equipment must be given gloves and wash their hands often.
JU-001	Jumping Events	Put in place physical barriers to separate athletes from the public. (i.e. cones or markers may be used to cordon off section/lanes of track to be used for training.)

JU-002	Jumping Events	Use of equipment (i.e. rake, shovel, broom) to only be handled by the coach and disinfected after use. Coaches cleaning any equipment must be given gloves and wash their hands often.
JU-003	Jumping Events	Cones or markers to be used as markers for athletes to keep their distance while on the sidelines awaiting their turn.
JU-004	Jumping Events	Only one athlete to be allowed on the runway at a time.
JU-005	Jumping Events	Long Jump & Triple Jump take off boards only to be handled by coach and disinfected after use.
JU-006	Jumping Events	Only one Long/Triple Jump Pit to be used at any one time to reduce congregating.
JU-007	Jumping Events	Pole Vault mats NOT to be used at this time*. Instead focus should be on technical drills. (*exceptions can be made, with approval by BC Athletics, in a setting whereby there is only a single athlete is training.)
JU-008	Jumping Events	Athletes are to use their own poles or if poles are shared, they must be disinfected after use.
JU-008	Jumping Events	High Jump mats NOT to be used at this time*. Instead focus should be on technical drills. (*exceptions can be made, with the approval of BC Athletics, in a setting whereby there is only a single athlete is training.)
SP/H-001	Sprints/Hurdle Events	Put in place physical barriers to separate athletes from the public. (i.e. cones or markers may be used to cordon off section/lanes of track to be used for training.)
SP/H-002	Sprints/Hurdle Events	During training, staggered starts must be used for longer intervals/repeats. Individual athletes must run alone, no group runs.
SP/H-003	Sprints/Hurdle Events	Athletes are to run in lanes and must use alternating lane (i.e., lanes 1, 3, 5, 7)
SP/H-004	Sprints/Hurdle Events	Equipment (i.e., hurdles, blocks, etc.,) must be sanitized between usages of different athletes.
SP/H-005	Sprints/Hurdle Events	Refrain from relay practice as sharing of batons will not allow for proper sanitation between each athlete's use.
MD-001	Middle Distance / Endurance	Advocate for large parks and outdoor training spaces (and only those officially open to the public).
MD-002	Middle Distance / Endurance	Workouts must be formatted in a way that allows athletes to maintain social/physical distancing according to most up to date public health agencies. <ul style="list-style-type: none"> <li>• Maintain appropriate physical distance between athletes (side/side) during straight-away style reps.</li> <li>• Staggered starts for longer repeats/intervals.</li> </ul>

MD-003	Middle Distance / Endurance	Social/physical distancing to be followed by all members of the athlete and coaching group - before, during, and after the workouts (2 meters apart of their gear, themselves, etc.)
P-004	Para Athletics	Para Ambulatory athletes are asked to adhere, where possible, to the guidelines outlined in this document. Wheelchair or seated throws athletes are asked to consult guidelines published by BC Wheelchair Sports.
F-001	Facility	Clubs must ensure that facilities have set schedules that allow for sports to meet municipal and provincial mandates. (i.e. coordination between sports and other athletic clubs.)
F-002	Facility	Clubs must ensure that facilities have posted appropriate signage outside entrance to the Facility briefly outlining the physical distancing guidelines in place.
F-003	Facility	Clubs must ensure that there is public notification of the training venue - signage posting of practice/group times when athletes will be training at track & field venues.
F-004	Facility	Clubs must ensure that there is signage posted within facilities encouraging good handwashing and respiratory hygiene.
F-005	Facility	Clubs must ensure that all training sessions are to be held outside. No use of clubhouse/sheds/indoor meeting places.
F-006	Facility	Clubs must ensure that facilities are conducting frequent cleaning throughout the day including cleaning, sanitation, and disinfecting of all common areas, especially high traffic areas such as counter surfaces, tables, public restrooms, door handles, equipment, and more.
F-007	Facility	Clubs must ensure that facilities have removed/disconnected/covered water fountains.
F-008	Facility	Clubs must ensure that facilities have removed/covered facility trash cans. Attendees are asked to take their own garbage home.
C-001	Club	Clubs must set training schedules accordingly that will allow for the club to meet all limits imposed on group size and to avoid congregating of athletes & coaches. (i.e. stagger training start times and/or training group locations within facilities.)
C-001	Club	Educate athletes & coaches on hygiene and sanitation and its impact of preventing the spread of communicable diseases.
C-002	Club	Make available wash stations or hand sanitizer stations in common areas.

C-003	Club	Coaches and club administrators are tasked with ensuring everyone is adhering to social/physical distancing rules.
F-004	Club	All equipment must be cleaned and disinfected after each use. (i.e. starting blocks, throwing equipment, hurdles, crossbars, medicine balls, etc.)
F-005	Club	Coaches cleaning any equipment must be given Personal Protective Equipment – gloves, mask, eye protection and wash their hands often.