



# Oceanside Track & Field - Return to Sport Guidelines

Revised: MARCH 9, 2021

NOTE: Effective December 4, 2020, the Provincial Health Officer ordered all indoor and outdoor team adult sports be suspended, that youth (under age 19) can continue, but under Phase 2 restrictions. viaSportBC issued direction consistent with the PHO order. BC Athletics in addition to the Order and viaSport, issued further direction that all indoor and outdoor adult group activities be suspended.

Effective February 5, 2021, the Order restricting events and gatherings was extended indefinitely

## OVERVIEW

The Oceanside Track and Field Club (OTFC) will be following the return to training guidelines developed by the Athletics Canada's "Back on Track" Task Force and the BC Athletics' Return to Training Addendum. The Oceanside Track and Field Club COVID-19 Safety Plan integrates and builds upon these guidelines with our club's own assessment of the risks that face our athletes, coaches, parents and administrators across our training groups and location.

The recommendations outlined in this document will be reviewed and updated regularly as we receive guidance from the BC Government, WorkSafe BC, viaSport BC, and BC Athletics. 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. Club Members 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. OTFC will continue to update these guidelines as we progress through the later phases of the Pandemic.

## 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, 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 Provincial Health Officer. 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 OTFC 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.

## OTFC RETURN TO SPORT GUIDELINES

TRAINING GROUP U10-U19

LOCATION - BALLENAS SECONDARY SCHOOL

RETURN TO SPORT DATE - MARCH 31, 2021

### WASHROOMS

There will be no public washrooms - athletes are to use their home washroom immediately prior to departing for practice.

### TRAINING GROUPS

In accordance with Athletics Canada and BC Athletics guidelines, and in an effort to reduce the risk of spreading COVID-19, training groups will be subdivided into training "pods."

The total number of individuals in a training group / pod at any given practice must not exceed 20 individuals (1 coach + 19 athletes)

Athletes will usually only be assigned to one training pod (exceptions will be examined for multi event athletes). Pods will train together., There will be, at least , two practices per week.

### ILLNESS

The following individuals are NOT to be permitted to attend practice or training venues:

- Any person who is 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 training venue, the individual must leave immediately and contact their local public health office for recommendations. The individual must also inform their club and/or personal coach;
- 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 ([www.gov.bc.ca](http://www.gov.bc.ca));
- Any person who has been told to self-isolate at home;
- Any person who lives in a home or has been in close contact with someone with symptoms of COVID-19;
- Any person who lives in a home or has been in close contact with someone who has been told to self-isolate at home; and
- 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.

### SYMPTOMS DEVELOP DURING PRACTICE

Should an athlete develop symptoms of COVID-19 during a practice:

- That individual must wait in a designated location until their parent/guardian picks them up; and
- The coach should contact the athlete's emergency contact immediately and request they pick up the athlete as soon as possible.

### SHOULD A COACH DEVELOP COVID19 SYMPTOMS DURING PRACTICE

- That practice session will be immediately terminated.
- Athletes' parents will be called and requested to pick up their children as soon as possible.
- Athletes will sit and wait in a designated area while maintaining at least a 2m distance from other athletes, as they await transportation home.

## PHYSICAL DISTANCING

All practice participants (athletes, coaches, designated parent volunteers, administrators) must maintain a 2-metre distance from all other practice participants, other recreational users, and members of the general public at all times. This includes:

- Upon arrival at practice
- During warm-up runs
- During intervals/ reps
- In-between intervals/ reps
- Stretching
- Core or strength activities
- Prior to leaving
- Travelling to and from practice – i.e. no carpooling with persons who do not live in your household

In an effort to not overcrowd a facility and compromise the health and safety of practice participants and users of the facility, we may be limiting the number of groups or pods that are scheduled to practice at a facility at any one time. This will be at the discretion of the coaches for the training groups or pods.

• For this reason, family members will not be allowed to enter the facility and are encouraged to remain in their vehicles when dropping off and picking up athletes.

Participants should aim to arrive at the facility no earlier than ten minutes prior to the scheduled start time of their practice. They will be required to leave within ten minutes of the scheduled end time of their practice.

## HYGIENE

All participants are encouraged to bring their own hand sanitizer to each practice. Coaches will have hand sanitizer available as a backup.

Participants will be required to sanitize their hands for at least 20 seconds at the following times:

- Upon arrival to the practice
- Before using any club equipment
- After using any club equipment
- Before departing from the practice
- Any other time your coach requests

Participants must practise good hygiene, including:

- Not touch their face (especially eyes, nose and mouth)
- Sneeze only into the crease of their elbow
- Not sharing any food or drinks (including water) with other participants
- Not hi-fiving or elbow-bumping other participants. Air fives and “thumbs up” kudos only.

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## PERSONAL PROTECTIVE EQUIPMENT (PPE)

- Masks to be worn by coaches and volunteers at all times while on site
- Masks to be worn by athletes for jumping and throwing events
- Masks not mandatory for running events, careful social distancing measures will be applied

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## EQUIPMENT SHARING

Each athlete will be assigned equipment to train with. Equipment is not to be shared. If it is absolutely necessary to share equipment, it must be cleaned between each athlete's use.

## NON COMPLIANCE

In the event that an athlete is non-compliant with the terms or spirit of these guidelines, to the point where their coach or club administration feel they are compromising the safety of others, they will be asked to leave the practice. That athlete would then only allowed to attend future practices once the coach and club administration is satisfied that the athlete no longer poses a threat to the safety of others.

In the event that a coach or entire training group is found to be non-compliant with the terms and spirit of this safety plan, their practices may be suspended.

If the individual wishes to pursue the matter further, the coach should refer the individual to a club board member.

## EDUCATIONAL TRAINING

All coaches, administrative staff, and parents performing any official volunteer capacities must review certain training materials prior to returning to practice. Details will be communicated directly to those individuals.

## FEEDBACK and SAFETY CONCERNS

Individuals with health and safety concerns will be encouraged to report those concerns via any one of the following mechanisms

- Speaking to their coach
- Speaking to an administrator
- Emailing the Club's President (Jane Waite) at her personal contact: [waito7@telus.net](mailto:waito7@telus.net)

Club administration will revise plans, policies and procedures as frequently as new feedback is provided. Revised plans and policies will be communicated via:

- Updates on the website: [oceansidetrackfield.ca](http://oceansidetrackfield.ca)
- Emails to coaches, athletes and parents
- Instructions from coaches to athletes at the beginning of practice

## INDIVIDUAL REQUIREMENTS FOR RETURN TO PRACTICE

Before being allowed to return to practice, athletes and their parents (if under the age of majority) will be required to complete the following documents:

BC Athletics required documents through [Trackie.me](http://Trackie.me)

1a. Informed Consent and Assumption of Risk Agreement – to be signed by the parent/guardian of athletes under the age of eighteen.

1b. Release of Liability, Waiver of Claims and Indemnity Agreement – to be signed by athletes eighteen and over.

2. COVID-19 Questionnaire, Attestation and Participant Agreement available from [trackie.me](http://trackie.me)

3. Complete Daily Covid Self Assessment prior to attending practice . The club recommends the BC Centre of Disease Control Self-Assessment Tool available online or as an app for your phone. <https://bc.thrive.health>

Coaches will be required to monitor participant attendance and safety management at training using the form included at the end of these guidelines.

**NOTE: OTFC PARTICIPANT RETURN TO SPORT WAIVER TO BE COMPLETED WITH REGISTRATION AT [trackie.me](http://trackie.me)**

