

Return to Sport Guidelines

Overview

Okanagan Athletics Club (OAC) 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](#). Okanagan Athletics Club's 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 all of our training groups and locations.

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. OAC will continue to update these guidelines as we progress through the later phases of the Pandemic. Return to Competition guidelines are currently being developed by government and sport authorities and will be released at a later phase.

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 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 Okanagan Athletics Club 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.

What Will Be Different

Training days will be split into 2 sessions. There will be a 15 minute break between each training session to allow athletes to arrive and depart safely.

Training group size will be limited to 50 people (athletes and coaches) in any 1 training session.

There will be very limited use of public washrooms at training facilities, so athletes are strongly encouraged to use their home washroom immediately prior to departing for practice.

Training Pods

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 pod at any given practice must not exceed 20 individuals (1 coach + 19 athletes).

Athletes will only be assigned to one training pod. They may not be a member of two different pods, with the exception of the multi-event group, nor can they train with members of a different Pod. The coach of a Pod may vary from practice to practice.

Training pods (and the athletes assigned to them) will only be invited to attend practices on certain days. Every effort is being made to ensure that each pod will get to train at least twice a week. (JD) and three times a week for all senior pods.

Group/Pod	Monday	Tuesday	Wednesday	Saturday	Sunday
Track Rascals (Monday Pod A & B)	4:00-5:30pm	N/A	4:00-5:30pm	N/A	N/A
Track Rascals (Wednesday Pod A & B)	4:00-5:30pm	N/A	4:00-5:30pm	N/A	N/A
Junior Development Cross country	N/A	4:30-6:00pm	N/A	N/A	10-11:30am
Junior Development (Track & Field Pod A & B)	4:00-5:30pm	N/A	4:00-5:30pm	N/A	N/A
Senior Power/Speed (Pod A & B)	5:45-7:45pm	N/A	5:45-7:45pm	10:00-12:00	N/A
Throws Group	5:45-7:45pm	N/A	5:45-7:45pm	10:00-12:00	N/A
Senior Cross Country	5:45-7:45pm	4:30-6:00pm	N/A	N/A	10-11:30am
Middle Distance	5:45-7:45pm	N/A	5:45-7:45pm	10:00-11:30	N/A

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);
- 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 Of Illness Arise 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 symptoms of COVID-19 during a 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 will be limiting the number of training pods we schedule to practice at any one time.

- 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 five minutes prior to the scheduled start time of their practice. They will be required to leave within 5 minutes of the scheduled end-time of their practice.

Depending on the facility and number of pods training that day, we may ask members to be dropped off and pickup up at specific entrances or locations at the facility so as to reduce the risk of cross-contamination between pods. Cross Country athletes and parents are required to exercise social distancing at the cross country training venues.

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

You will not be required to wear personal protective equipment (PPE) to practice. Should you chose to wear PPE, you must ensure that you safely dispose of disposable PPE or disinfect reusable PPE prior to returning to the next practice.

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 only.

Equipment Sharing

Athletes will be allocated throwing equipment to be used only by themselves during their practice session

Hurdles will be sanitized after each use and only coaches and the club's equipment manager are permitted to move them

Athletes are not permitted to share personal equipment

Non-compliance

In the event that an athlete is non-compliant with the terms or spirit of our 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.

Unsupportive Comments From Bystanders

Coaches, athletes and parents should understand that once they return to group training, they will likely receive a wide range of reactions from members of the general public. Members of the public will differ in their beliefs, attitudes and comments towards athletes returning to training in a group environment.

In this regard, coaches and athletes should hope for the best but prepare for the worst. Athletes may receive unsolicited comments that are negative, judgmental, and/or offensive. Should this occur, coaches and athletes should not take any comments personally and attempt to ignore them as best they can.

It is important for coaches and athletes to understand that COVID-19 has had wide-ranging impacts on people in their communities. While some are coping well, others may be experiencing hardship. It is, therefore, important not to judge, condemn or retaliate towards any unwanted comments, but rather act with empathy and respect for what they may be going through.

Should any member of the public make persistent comments or be disruptive for an extended period of time, the coach should request they leave.

Should the individual not comply, the coach may relocate the group (if possible) or terminate the practice at their discretion.

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
- Emailing or phoning the Club's Manager (Karen Hatch: manager@okac.ca – 250 862 6039)
- Submitting an anonymous form online: [OAC - Health and Safety Concerns](#)

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: www.okac.ca
- Emails to coaches, athletes and parents
- Instructions from coaches to athletes at the beginning of practice

Individual Requirements to 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

- 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.

Okanagan Athletics Club Required Documents

3. The last page of these "Okanagan Athletics Club Return to Sport Guidelines"
Please either print, sign and scan the document, or use the "Fill & Sign" function in Adobe Acrobat Reader.

Once signed, please submit via this form: [OAC - Return to Sport Guidelines](#)

Please contact the club manager, Karen Hatch if you experience any technical difficulties:
manager@okac.ca – 250 862 6039

Daily Screening Tool

In addition to the documents that must be signed one time prior to attending the first practice, all practice participants will be required to complete the “OAC Daily Screening Tool” form prior to attending each and every practice to ensure that participants are not experiencing any symptoms of COVID-19, nor are they at an elevated risk of developing them due to exposure to travel or other individuals who are at an elevated risk of being infected.

This form must be completed within a four-hour window prior to the start of their practice.

Coaches will be checking form submissions prior to starting practice and will not admit athletes to practice until their form has been submitted, and it is determined that they are symptom-free and low risk.

The daily screening tool can be accessed here: [OAC - Daily Screening Tool](#)

All club members are encouraged to favourite that link in their mobile web browser.

Okanagan Athletics Club Return to Sport Guidelines – Participant Agreement

I acknowledge that I have read, understood and agree to abide by all guidelines, policies and requirements contained in the above Okanagan Athletics Club Return to Sport Guidelines.

Name of Participant: _____

Date of Birth: _____

Participant's Signature: _____

*Printed Name of Parent/Guardian: _____

*Parent/Guardian Signature: _____

*Required If participant is under the age of 18