



**UPDATE – March 28, 2021**

**UPDATED TRAINING GUIDELINES – OAC:**

<http://okac.ca/wp-content/uploads/2021/03/OAC-Covid-19-training-guidelines-Spring-Summer-2021.pdf>

**UPDATED COVID-19 SAFETY PLAN – OAC:**

<http://okac.ca/wp-content/uploads/2021/03/COVID-19-Plan-Okanagan-Athletics-Club-December-update.pdf>

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**UPDATE – SEPTEMBER 1, 2020**

**UPDATED RETURN TO SPORT GUIDELINES – OAC:**

<http://okac.ca/wp-content/uploads/2020/10/OAC-Return-To-Sport-Guidelines-2020-Fall-Winter.pdf>

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**UPDATE – JUNE 27, 2020**

**WE ARE BACK!!!**

**RETURN TO SPORT GUIDELINES – OAC:**

<http://okac.ca/wp-content/uploads/2020/10/OAC-Return-To-Sport-Guidelines-2020.pdf>

**Outdoor Training Starts July 6<sup>th</sup> to August 26<sup>th</sup> (August 12<sup>th</sup> for the middle-distance group)**

Due to COVID-19, outdoor training will be different this year. Strict protocols have been put in place to allow us to resume our programs. There will be no Track Rascal program until the Fall (at the earliest). Our training groups will be split into "pods" of 9 athletes + 1 coach. Each practice day will be split in to 2 separate training sessions.

**All athletes and parents will be required to:**

\*Agree to and sign the "Informed Consent and Assumption of Risk Agreement" - Parent/Guardian for Minors (under the age of 19)

\*Agree to and sign the "Release of Liability, Waiver and Claims and Indemnity Agreement" - Adult members of BC Athletics

\*Complete the "COVID-19 Questionnaire, Attestation and Participation Agreement" - Parent/Guardian for Minors (under the age of 19) or Adult members of BC Athletics

\*Provide their mailing address, phone number and email address

More information available at: <https://www.bcatletics.org/News/step-by-step-instructions-on-your-return-to-training/3005/>

***Due to the COVID-19 restrictions there will be a cap of 9 athletes in each group. We therefore recommend that you register early. Priority will be given to the athletes who registered for the 2020 online training session.***

### Schedule

Group	"Pod"	Session 1	Session 2	Session 3
Junior Development	A	Mon 4:45 - 6:15pm		Sat 9:00 – 10:30am
*Junior Development	*B		Wed 4:45 – 6:15pm	Sat 10:45 – 12:15pm
Senior Power/Speed	A	Mon 4:45 – 6:15pm	Wed 4:45 – 6:15pm	Sat 9:00 – 10:30pm
Senior Power/Speed	B	Mon 6:30 – 8:00pm	Wed 6:30 – 8:00pm	Sat 10:45 – 12:15pm
Supplemental	E	Mon 4:45 – 8:00pm	Wed 4:45 – 8:00pm	Sat 9:00 – 12:15pm
Throws Group	A	Mon 4:45 – 8:00pm	Wed 4:45 – 8:00pm	
Middle Distance	A	Mon 4:45 – 6:15pm	Wed 4:45 – 6:15pm	Online

**\*Junior Development group "B" – registration for this group will open only when/if group A fills**

### Competitions

As all outdoor 2020 competitions have been postponed or cancelled, we are hopeful to be able to offer 2 "mini meets" on Saturday July 25<sup>th</sup> and Wednesday August 26<sup>th</sup>.

These meets may or may not be sanctioned but will be held in accordance with COVID-19 protocols and will follow World Athletics (formerly IAAF) rules.

Head over to our Official Handbook for all the info and to register!

<http://okac.ca/wp-content/uploads/2020/06/2020-OFFICIAL-HANDBOOK-Summer-OAC.pdf>

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### UPDATE – APRIL 15, 2020

We hope everyone is staying healthy, fit and enjoying your weekly training plans!

An update regarding our upcoming OAC meets, BC Athletics has decided that all athletics competitions under the jurisdiction of BC Athletics will be suspended until further notice. This decision means that, at this point, the Jack Brow Memorial and Junior Development Pentathlon Championships will be cancelled. Should things change in time for a summer season, then we will likely reschedule for later in the summer.

On top of all BC Athletics sanctioned meets, the 2020 BC Summer Games have been cancelled, as well as the Legion Youth National Championships that was to be held in Nova Scotia.

Our 2<sup>nd</sup> Annual Pub Night Fundraiser that was to take place on May 1<sup>st</sup>, 2020 has been rescheduled to Friday, October 9<sup>th</sup>, 2020. We hope we can count on all of you to attend this FUN night and support OAC!

Warmly, Your OAC Executive

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#### **UPDATE – MARCH 28, 2020**

I hope that this email finds you all well and healthy. These are challenging times.

As many of you are aware: "Until further notice, BC Athletics clubs are to suspend training sessions due to the COVID-19 health crisis." - March 23rd, 2020.

In order to allow for OAC athletes in the **Senior Training Groups** (Senior Middle Distance & Senior Power Speed) to resume training on a periodized and structured training program, senior coaches will provide weekly online training programs to their athletes. This will allow for athletes to, as seamlessly as possible, resume regular training when we are able to.

The online program will begin April 1st (regular 1st day of training) and will run through until the end of June. If regular training resumes before that time, then the proportionate remainder of the online training fees will be applied towards the regular training fees for the remainder of the spring/summer season. If regular training has not resumed, then there will be an option to continue with online training for as long as is necessary, or until the end of the regular season.

Athletes participating must be registered with the OAC (BC Athletics). The cost of online training is \$180.00 per athlete, until the end of June. Athletes will also have to have a 2020 BC Athletics membership (\$15.75) and will be responsible for selling \$50 worth of raffle tickets. Only athletes who are registered for online training will receive weekly training plans.

#### **OAC Senior Online Training Coaches:**

Malindi Elmore - Middle Distance

Rochelle Minagawa - Throws

Pat Sima-Ledding - Sprints, Hurdles, Jumps, Combined Events

**JD and Track Rascals** athletes will also have the opportunity to participate in online training. 2 practice plans will be sent out weekly, every Wednesday from April 1st through to the end of June. If regular training resumes before that time, then the proportionate remainder of the online training fees will be applied towards the regular training fees for the remainder of the

spring/summer season. If regular training has not resumed, then there will be an option for the JD athletes to continue with online training for as long as is necessary, or until the end of the regular season. The Track Rascals Program concludes at the end of June.

Athletes participating must be registered with the OAC (BC Athletics). The cost of online training is \$75.00 per athlete, until the end of June. Athletes will also have to have a 2020 BC Athletics membership (\$15.75 JD/\$15.00 TR) and will be responsible for selling \$50 worth of raffle tickets (not applicable to the Track Rascals). Only athletes who are registered for online training will receive weekly training plans.

**OAC Track Rascals & JD Online Training Coach:**

Skylar Bown

While we understand the difficulties and limitations of online training, the OAC is working hard to provide athletes with the necessary tools, so that they can resume regular training protocols when it's appropriate to do so.

Please let me know if you have any questions or concerns.

Thank you,  
Pat Sima-Ledding  
OAC Head Coach

[headcoach@okac.ca](mailto:headcoach@okac.ca)

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**UPDATE – MARCH 27, 2020**

With the current Covid-19 health crisis, all clubs have been instructed to suspend their training activities. This means our spring/summer outdoor season will not begin on April 1st (6th/8th for track rascals) as planned and will be suspended until further notice.

Refunds for those who have paid online by credit card have been processed to the credit card used. Please be aware that this can take between 3-7 business days to show on your statement.

The BC Athletics portion of your fees will not be refunded yet. This is because Okanagan Athletics Club has made this payment on your behalf, and BC Athletics won't be making their decision on refunds until May 30th.

We will be offering a "Online Training Plan" for those who are interested in staying active from home, and those who want to stay prepared for track meets should they resume. Details of this will be sent out shortly.

Thank you all for your patience and understating in these difficult times.

We hope all OAC families are keeping healthy and safe.

Warmly, Your OAC Executive

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#### **UPDATE – MARCH 17, 2020**

Announcement In Response to COVID-19:

As we all face the challenge of attempting to minimize the effects of COVID-19, we are striving to keep our membership informed with respect to how the Okanagan Athletics Club is approaching this evolving situation. We are preparing, as best we can, responding to new developments, while prioritizing the well-being of our members and greater community.

Based on current efforts to slow the spread of COVID -19, the Okanagan Athletics Club has made the decision to cancel the Western Canada Combined Events Challenge and both OAC Twilight Meets that were to take place in May.

In the interest of the health and safety of our membership, and the community, we are continuing to monitor the situation closely and we are aligning ourselves with the steps being taken by all levels of government and the recommendations of health organizations to slow the spread of COVID - 19.

No firm decisions have yet been made regarding the start to our Spring/Summer season on April 1st; it is our priority to communicate updates promptly as they come available.

Stay healthy, everyone!

Warmly, Your OAC Executive