



COVID-19 Protocols For Return To Sport

Purpose: The purpose of this document is to provide Ocean Athletics members with a reference tool to make decisions on whether to attend training and what they can expect as well as what is expected of them before, during and after attending training.

Principles: The following five principles from [BC's Restart Plan](#) guide this document and the Return to Training for Ocean Athletics:

Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none"> • Frequent handwashing • Cough into your sleeve • Wear a non-medical mask • No handshaking 	<ul style="list-style-type: none"> • Routine daily screening • Anyone with any symptoms must stay away from others • Returning travellers must self-isolate 	<ul style="list-style-type: none"> • More frequent cleaning • Enhance surface sanitation in high touch areas • Touch-less technology 	<ul style="list-style-type: none"> • Meet with small numbers of people • Maintain distance between you and people • Size of room: the bigger the better • Outdoor over indoor 	<ul style="list-style-type: none"> • Spacing within rooms or in transit • Room design • Plexiglass barriers • Movement of people within spaces

All Ocean Athletics members (including athletes, parents/guardians, coaches and the Executive Board) are required to read and acknowledge the following Protocols to ensure a safe training environment for all.

Prior to returning to training:

- BC Athletics members are reminded that they must read and understand [Athletics Canada's "Back on Track" Guidelines](#) released on June 1,2020 and the [BC Athletics "Return to Training Addendum"](#)
- To provide confirmation, all members must sign the appropriate following documents prior to resuming training with the club:
 1. Informed Consent and Assumption of Risk Agreement (To be executed by Participants under the Age of Majority and the Participant's Parent or Guardian)
 2. Release of Liability, Waiver of Claims and Indemnity Agreement (To be executed by Participants over the Age of Majority – 19+)
 3. COVID-19 Questionnaire, Attestation and Participant Agreement (To be executed by Participants under the Age of Majority and the Participant's Parent or Guardian or by Participants over the Age of Majority)
 4. To facilitate contact tracing, in the event of an outbreak, each member will also be asked (as part of the waiver and attestation process), to verify that the contact information stated on their 2020 BC Athletics membership (Trackie.me) is current and up to date including:
 - a. Individual's PERSONAL email
 - b. Home address
 - c. Phone number



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d.

- Athletics Canada will email each BC Athletics member the [COVID-19 Attestation and Participant Agreement](#) waiver, available online at the Trackie.com website. Ocean Athletics must receive confirmation that the waiver has been signed to prior to a return to training.
- Prior to attending a training session all athletes and/or parents must review the [Athlete Check-In Document](#). If an Ocean Athletics member and/or parent answers yes to any of the questions the member must not attend training. If you are unsure of any symptoms, consult the [BC COVID-19 Self-Assessment Tool](#).

Training Session:

- Athletes will be assigned to specific training groups and will only show up for those sessions. Athletes should plan to arrive no earlier than 10 minutes prior to the start of that session.
- Athletes and Coaches will advise Ocean Athletics if they are considered to be vulnerable or at-risk (elderly, immune-suppressed, suffering from a serious health problem, notably high blood pressure, pulmonary disease, diabetes, obesity or asthma) before attending a training session and seek doctor's approval prior to attending training sessions.
- Athletes will avoid carpooling with non-family members and parents/guardians will not enter the training facility and/or be spectators, to ensure they do not to impact the attendance limits.
- Athletes will follow all instructions as per posted signage and/or as Ocean Athletics coaches and volunteers advise.
- Athletes and Coaches:
 - Will always check-in on arrival.
 - Will wash their hands with soap and water or use hand sanitizer provided at the facility.
 - Be prepared to answer the questions from the Athlete Check-In Document.
 - Be prepared to allow a temperature reading.
 - Will have supplies (water bottle, clothing, shoes) in a bag that is clearly labelled.
- Once checked in, athletes:
 - Will report to the coach and the designated area for their training session. Athletes will not enter equipment sheds. The areas directly in front of the shed will be used for check-in only; athletes are not allowed to gather in this area.
 - Will not partake in any non-Ocean activities before, during or after training while in the designated training area.
 - Will maintain social distancing as prescribed by the assigned coach during the training session.
 - Will stay with assigned group for the training session, noting that there are strict requirements on the group sizes.
 - Will not come in physical contact with another athlete or coach (including other member's personal items and the club equipment assigned to them) and refrain from hand shaking, high fiving or fist bumping during the training session.
 - Will cough or sneeze into their sleeve or a tissue and not into their hands.



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- Will avoid touching door handles, gates, benches and other objects where the virus may be. If touching cannot be avoided, athletes and coaches will wash/sanitize their hands and the surface as quickly as possible.
- If developing symptoms during training, will notify the Health and Safety Officer and if asked will go home and report back on condition.
- After training session:
 - Will wash their hands or use hand sanitizer as available at the facility.
 - Will gather all belongings.
 - Will promptly leave the training facility, noting that there are staggered sessions and strict guidelines on the number of individuals allowed at the training facility at one time.
 - Will advise the Health and Safety Officer promptly if any symptoms develop and will not participate in future training sessions until confirmation is received that symptoms are:
 - a) not COVID-19 related; or
 - b) the athlete has fully recovered from any non-COVID-19 related illness.
 - Will cooperate with Ocean Athletics and the local health authorities as required.
 - Will self-isolate for 14 days as prescribed by local health authorities if they either:
 - a) Test positive for COVID-19;
 - b) Come in close contact with someone infected with COVID-19; or
 - c) Are awaiting test results for COVID-19 due to exposure.

Reference Materials:

[BC Athletics Return To Training Addendum](#)

[Athletics Canada's Back on Track Guidelines](#)

[ViaSport Return to Sport Guidelines](#)

[BC COVID-19 Self-Assessment Tool](#)