



AO Coaches & Club Town Hall meeting – Wed May 13, 2020

Good afternoon everyone and welcome to the Athletics Ontario Coaches & Club Town Hall meeting. This is our 8th weekly meeting since we started on March 25th, which was about a week after the lockdown started.

Our Agenda for today is:

- 1) CEO updates
- 2) Guest speaker Jessica O'Connell - 2016 Olympian
- 3) Q&A

As a reminder all AO staff are still working, remotely, during this time and are available to answer any questions through email or phone. Contact information is available at: <https://athleticsontario.ca/about/staff/>

CEO Updates

Last week we discussed that Athletics would not be part of the Ontario Summer Games, if it goes ahead this July and the Ministry has still not made a formal decision to whether the Games will be cancelled or postponed. It is interesting to note that yesterday the city of Toronto cancelled the CNE, for only the 2nd time in 142 years!

Over the past week AO has been working with over 20 of our coaches who volunteered to assist in drafting some preliminary 'Return to Sport' plans. We had 4 different groups focusing on specific requirements for their event groups. I would like to thank all of the participants of our event groups for working so quickly to assist us as we start developing 'Return to Sport' guidelines.

Throws – John Allan, Sylvia Kontra, Richard Parkinson, Randy Millar & Sean Doucette

Endurance – John Stevenson, Sharon Stewart, Dave Christiani, Bill Stephens & Dave Mills

Sprints/Hurdles – Bob Westman, Derrick Johnston, Jason Kerr, Kurt Downes, Jason Reindl, Nick Stofberg & Dr. Jeff Cubos

Jumps – Brett Lumley, Caroline Ehrhardt, Leslie Estwick, Carl Georgevski, Ray Rudder, Jim Taylor, Doug Wood & Vickie Croley

We are also reviewing information that has been developed in the other Provinces to help us with our planning. Randolph is currently compiling all of the various inputs that we have received, and we expect to have a draft plan available to share with this group by the time of our Town Hall meeting next week.

Coaching

The AO Foundations of Coaching Online Pilot is now underway, Week 1 successfully completed. Have 16 motivated Coaches across all disciplines participating. AO will be offering a follow up later this month and June. Email Saheed Khan to be added to the Waiting List.

There are still openings for Coaching Certification. During Isolation is a great time to register and submit your Portfolios. Once Training is reinstated then the second phase, Practice Observation can be completed.

Tonight, is the next Athletics Canada webinar: Science, splits & strategy of middle-distance racing. This is a great hour long webinar that gives Coaches one PD point just for attending.

Guest speaker – Jessica O'Connell

"Jessica attended West Virginia University on a full scholarship, where she was an All-American in track and field and graduated magna cum laude with a BS in Exercise Physiology and minors in Biology and Sports Psychology. She then completed an MSc in Kinesiology - Health and Exercise Physiology at the University of Calgary, while continuing to train full-time. She is an accredited exercise physiologist, holding the CSEP-CEP certification, and works as a researcher in the Human Performance Laboratory in Calgary. She has also worked as a track and field coach and as a personal trainer with clients with a range of disabilities."

Jessica is a member of Athletics Alberta and has been on numerous national teams specializing in the 1500m as a junior and moving up to be a 5000m specialist. She competed at the 2014 Commonwealth Games, placing 10th, she finished 7th at the Pan Am Games here in Toronto, and was a member of the 2016 Canadian Olympic team competing in Brazil. In 2019 Jessica won the silver medal at the Pan Am Games in Peru.

Jessica will talk about her own injury history as a bit of a case study, and discuss injury comeback and cross-training from an athlete and physiology/rehab perspective.

Review questions submitted

Interactive Q&A

Future Guests & potential sessions for athletes

Coaching resources

Athletics Canada has updated the NCCP Athletics Manuals. They can be found for all LFs and interested Coaches in the coaching section of the AC website:

https://athletics.ca/coach/fac_docs.php

Athletics Canada also launched their online Webinar series today. In addition, there are a host of AC approved online athletics courses available, some FREE, some at cost. They can be found in the programs section of the AC website:

<https://athletics.ca/programs/coaching/e-learning/>

AC created a 10 minute YouTube video explaining the NCCP in Athletics Pathways for Coaching Development. It is a strong overview and a part of the new Online modules being rolled out next month. LF training begins next week.

<https://athletics.ca/programs/coaching/coaching-education/>

Reminder that this isolation period is the best time to work on and submit your Portfolio towards your Certification.

Risk Management & Insurance reminder

Athletics Ontario's advice is that each coach needs to evaluate the age appropriateness of the information that is being provided to athletes and if providing specific training plans could potentially promote risky behaviours like running in remote isolated areas or breaking local municipality rules in order to get workouts in.

Our insurance brokers have provided the following direction on holding virtual training sessions, in order to be covered under the AO Liability and Accident insurance plans.

- All online coaching sessions must be private sessions with no recording available after the session that is accessible to the general public. This includes no live streaming sessions to the general public (Facebook live etc)
 - Video's posted online fall under broadcasting rules and is not covered under AO insurance policies.
- When something is pre record and put over a broadcast medium you become a broadcaster that requires errors and omissions insurance.

- All coaches delivering the online training sessions and the athletes participating in the online training session must be current AO members in order to be covered under the AO insurance plans. You can register members as recreational athletes (\$20 or \$5 for U12) and then upgrade them to competitive memberships later when we know what the outdoor season will look like.
- Any coaches participating on a session who are not members of AO must have their own Liability insurance as they will not be covered by AO's plan.
- Coaches delivering an online session must record the date and time of the session, the names of the people in attendance and if there were any injuries.
- If a club or coach posts video links to workout examples online the owner of the video is liable and not the person sharing the video link.
- No issues for athletes or others who post Instagram or Facebook posts about workouts they are doing as long as the post is not deemed to be an instructional video post.
- As normal, Coaches are covered by AO Liability insurance for any written workouts sent to athletes