



AO Coaches & Club Town Hall meeting – Wed May 6, 2020

Good afternoon everyone and welcome to the Athletics Ontario Coaches & Club Town Hall meeting.

I have muted everyone for the moment, to keep background noise to a minimum. Once I have provided a brief update, I will unmute everyone so we can take questions and continue our interactive discussions.

Our Agenda for today is:

- 1) CEO updates
- 2) Guest speaker Dr Nicole Forrester
 - 2008 Olympian and current Assistant Professor at Ryerson University
- 3) Q&A
- 4) Collaborative discussion on 'Return to Sport' planning

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

After our Town Hall meeting last week AO informed the Ministry that Athletics would not participate if the Ontario Summer Games were to go ahead this July as currently scheduled. The Ministry acknowledged our decision and indicated that they completely understood our position. They are still waiting on a formal decision to whether the Games will be cancelled or postponed.

Last Friday the Provincial branches and Athletics Canada started discussions around developing Return to Sport guidelines. Provinces like Manitoba, Saskatchewan and BC are further ahead in their planning and collectively the Provinces agreed to share their plans. The work is broken down into two distinct areas:

- 1) Group training guidelines as well and;
- 2) Competition guidelines.

The plans are very detailed and broken down into different functional areas of focus with specific guidelines. Current planning is also focusing on how to implement these

guidelines while maintaining social distancing guidelines i.e. people staying 6 feet or 2 meters apart.

At this point the biggest challenge remains the lack of direction from the Public Health bodies with respect to any specific requirements. The sports are being requested to submit their thoughts and then the various Provincial ministries will review and provide feedback on additional specific requirements.

Coaching

The AO Foundations of Coaching Online Modules being held May 11, 12, 19 and 20 were completely booked in just a few days. This is our first pilot of these online modules and we will work to add more sessions as soon as possible.

Canada Post Foundation Grants - due Thursday, May 28, 2020 at 12:00 pm (Eastern)

Project grants: Grants are awarded up to \$25,000. Grants to schools, school/parent organizations, daycares, sports teams and all recreation facilities (for example, pools, ice rinks, skateboard parks) can receive up to a maximum of \$5,000.

Details at: <https://www.canadapost.ca/cpc/en/our-company/giving-back-to-our-communities/canada-post-community-foundation/community-foundation-projects.page>

The Canada Post Foundation grant info above can also be placed on our website at <https://athleticsontario.ca/club-funding/> as well as in the newsletter

Guest speaker - Dr. Nicole Forrester

Nicole has studied high performance as it relates to psychology, physiology, biomechanics, and business. She has a doctoral degree in sport psychology, with her studies integrated in industrial/organizational psychology, specializing in the psychosocial aspects and processes involved in super-elite performances. Additionally, she has a Master of Education in Exercise and Sport Psychology, and Bachelors of Science and Arts in Movement Science (concentration in exercise physiology and biomechanics) and Sport Management and Communication, respectively.

Her integrated academic background has allowed her to understand how excellence does not occur in separate silos. There is a relationship between psychological, emotional, and physical variables. It is Nicole's belief that an applied integrated approach to consulting, best serves individuals in achieving goals, improving motivation and productivity, bouncing back from setbacks, and ultimately realizing one's potential.

Nicole is an Assistant Professor at Ryerson University.

She is a Canadian Olympian, AO Hall of Fame inductee, Canadian Championship record holder and Ontario record holder in the high jump, with a personal best of 1.97m achieved in Greece in 2010. Nicole is an 8-time National Outdoor Champion, winner of Commonwealth Gold and bronze medals, Pan Am and Francophone silver and bronze medals, and a World University silver medal and a member of the 2008 Olympic team.

And if that is not impressive enough, Nicole at 1.92m tall, is the only female I know, personally, that is taller than me.

Nicole will be presenting on Sport Psychology.

Please Refer to Town Hall Audio

Review questions submitted

Interactive Q&A and collaborative discussion – ‘Return to Sport’

Future Guest

Next week please join us to hear from Jessica O’Connell. Jessica will share the story of her injury history and will discuss injury comeback and cross training from an athlete and physiology/rehab perspective.

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