



Niagara Olympic Club Return to Training Protocol (COVID-19) June 1, 2020

Parents are responsible for deciding if their child is returning to training with Niagara Olympic Club (NOC) under the current circumstances and protocol. We respect that you may decide your child needs to continue training independently at home. The coaches will continue to provide work outs. Current information on COVID-19 can be found at <https://covid-19.ontario.ca/>. The requirements and ability for training may change as advice is provided from Athletics Ontario, Athletics Canada, Municipal Government, Ontario Government and Canadian Government and their representatives. The guidance provided in this NOC return to training protocol is in addition to and does not supersede any requirements by these governing bodies. The following are requirements for training by NOC athlete members at the NOC facility in St. Catharines. The track remains closed to the public until further notice.

Preparation Required for Return to Team Training

- Athletes must be registered members with NOC and Athletics Ontario.
- Athletes must read [Athletics Canada Back on Track Returning to Training Guidelines](#), [Athletics Ontario Return to Training Addendum](#). Parents are responsible for reviewing all protocols from Athletics Canada, Athletics Ontario and the Niagara Olympic Club with their child and ensure the athletes understand the rules.
- Athletes must have completed the NEW online waiver, as posted by AO on Trackie. (coming soon)
- Athletes and parents must be familiar with and follow the Outbreak Action Plan as outlined in section six of the [National Back on Track Return to Training Guidelines](#) document on the AO [Return to Sport](#) page.

Preparation Before Leaving the House on the day of Training

- Has anyone in the household been at risk of contact with COVID-19 in the past 14 days? If the answer is yes, then the athlete must be cleared by a physician to come to practice.
- A parent is responsible for performing a COVID-19 Self-Screen as described at the Province of Ontario web site <https://covid-19.ontario.ca/self-assessment/>. The athlete must pass the screening before travelling to NOC.

Common COVID-19 Symptoms Include:

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| <ul style="list-style-type: none">○ Fever / chills○ Cough (new or worse)○ Shortness of breath (even with sitting or walking)○ Sore throat○ Runny nose/nasal condition (not due to allergies) | <ul style="list-style-type: none">○ Unusual level of fatigue○ Unusual headache○ Nausea / vomiting, diarrhea, or loss of appetite○ Feeling unwell for an unknown reason |
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- In your NOC back pack, in addition to your usual training requirements, you must have:
 - Sufficient hand sanitizer and sanitizing wipes to last the practice.
 - Disposable tissues (eg. Kleenex)
 - Plastic zip lock bags for disposal of wipes, tissues or other personal garbage.
 - A towel or blanket for sitting/stretching on the track/ground (note that this should be made of material that can be sanitized/washed after use).
 - Make sure you know your designated training group, training zone and coach for the training session. Athletes will be a group of 9 or less, with 1 designated coach. A maximum of 3 groups is permitted at the track for the same training session.

Facility Protocol at the Track - Get in, train, get out.

- NO washroom facilities will be available. Plan ahead.
- NOC will have a Health and Safety Officer at the gate when athletes arrive. Attendance will be recorded with arrival times and departure times. Athletes MUST pass the Self-Screen for COVID -19 Risk test for the Health and Safety Officer. Parents are responsible for this screening process before they leave home. If [COVID-19 symptoms](#) begin while at a training venue the individual must inform their coach and leave immediately.
- The main gate will be unlocked 15 minutes prior to the start of training, and will be closed again at the start of training time. No late entries are permitted.
- Parents are asked to remain in the parking lot to keep numbers down inside the facility. Parents are also asked to remain at the facility, or close by and available by cell phone.
- Athletes will be designated to a training zone in the track facility as per the site map. From the main gate, athletes must travel directly to this zone. This will be their base for the practice. Personal backpacks, clothing and equipment to be placed in this zone and 2m from any other athlete's bags, etc. Water bottles must stay with your back pack. If you remove layers of clothing during the warm up or work out, it must be placed with your back pack.
- NO sharing of clothing or equipment; such as rollers, bands, ropes, and throwing implements, etc.
- Physical distancing of a minimum 2 m must be maintained at all times. When moving through the facility athletes must avoid other athletes designated base zones and practice zones (e.g. avoid being on the track unless you are training). Please see the travel paths on the site map.
- Absolutely no body contact, high fives or fist pumps.
- No spitting, or clearing of nasal passages other than into a disposable tissue in the training space. The disposal tissue must be put directly into a zip lock bag and taken home by the athlete for disposal. The athlete should also bring plastic bags and paper towel in case of vomit, which must be taken home and disposed of.
- Club house access will be restricted to coaches only.

Training Protocol:

- A minimum 2 m distance between people, in all directions, must be maintained. If running behind another runner a minimum of 10 m must be maintained.
- Warm up, work out and cool down must take place in your individual 2m bubble.
- Coaches will give clear instructions prior to training.

IF YOU FAIL TO FOLLOW PROTOCOL YOU WILL BE SENT HOME IMMEDIATELY.