

Welcome Back to the Toronto Track and Field Centre!

The Toronto Track and Field Centre continues to build on our operational plan as new guidelines become available that complement the City of Toronto - Toronto Public Health protocols and utilizes the guidelines and recommendations put forth by Athletics Ontario and Athletics Canada for the "Return to Train" phase.

As of Tuesday, September 8th we are pleased to welcome back all members back to the Toronto Track and Field Centre to sign up to utilize the facility during our new hours of operation which; which includes 7 training session times to choose from and the opening of our weight rooms.

The side of the track weight training options have been split up into zones to assist in maintaining physical distancing. The machines associated with each zone is as follows:

- **Zone A – Cable Machines**, Calf Raise, Glute/Ham (Back Extensions), Bike
- **Zone B – LEGS** Unilateral Leg Press, Seated Leg Press, Calf Raise, Seated Leg Curl, Bike
- **Zone C – LEGS** War Machine, Calf Raise, Seated Leg Curl, Hip Abductor, Glute/ham (back extensions), Reversible Leg Curl/Extension, Bike
- **Zone D – UPPER BODY** Seated Row, Pectoral/Rear Deltoid, Assisted Dip Chin- Up, Bike
- **Zone E – UPPER BODY** Biceps Curl, Lateral Pull Down, Shoulder Press, Bike

Procedure to gain access to a training space:

Prior to arrival at TTFC:

- All registered Coaches and/or athletes will be required to email sign up for a time slot to train using the Return to Train – TTFC Form and email it to torontotrackandfieldcentre@toronto.ca
- Once the completed form is received; TTFC staff will review the form and time slots will be filled on a first come first serve basis
- Athletes may only sign up for a **maximum of 2 training time slots** at a time and be put on a wait list for additional preferred times if a spot becomes available
- The Return to Train – TTFC Form will be cross-referenced with Athletics Ontario database to confirm valid membership status
- An e-mail confirmation will be sent back to confirm a user's scheduled admittance validation and training location times

Upon arrival at the TTFC:

- Registered Coaches and/or athletes arrive at the assigned Admittance Validation time slot provided
- During this time the user group is met outside the front entrance of the TTFC to check in and complete a screening questionnaire; staff have the right to refuse entry if a participant exhibits any symptoms.
- The user group is then confirmed that they are on the scheduled training list
- The user group is then admitted to the front desk to be processed. (ie. Pay admittance fee, swipe membership card)
- User group is then granted permission to go to assigned training space

Upon exit of the TTFC:

- User groups will be given notification in 5 minute intervals 15 minutes prior to their schedule training session ending
- User groups will be reminded to take all of their belongings including garbage

Additional Notes:

- Current capacity outdoors is 50 people and 50 people indoors.
- Due to outdoor construction on the East side of the oval, only the 100m straights will be in operational order. Once construction ends the oval will open up for use as part of the sign up process.
- AO requires coaches to record daily attestations.
- AO registered clubs will be responsible for their athletes and their own emergency care plans (ie. How to notify a parent when needed).
- AO requires athletes and coaches to carry their own hand sanitizer. (Please ensure your athletes are not allergic to the agents used in the hand sanitizer)
- Athletes and coaches are responsible to bring their own equipment. One wagon per user group will be admissible into the TTFC (No shopping carts).
- Users are required to bring their own garbage with them when exiting the facility.
- No spectators will be permitted into the facility.
- Please be mindful of start and end times. When your time is up please exit the facility immediately.
- When parking on York University property please be aware of all signage and updates. Currently parking is free and when fees are re-implemented we will do our best to advise you ahead of time.
- Please park in a designated parking spot appropriately. Do not block entrances or park in fire routes. You will be tagged and towed by the City of Toronto – Parking Enforcement.