

Athletics Ontario
Return to Training



Government of Ontario Updates

Indoor or outdoor sports facilities

8. Every person responsible for a facility described in paragraph 34.2 or 34.3 of Schedule 2 shall ensure that,

- (a) the only person permitted to use the facility are athletes who are members of an organization, league or club described in paragraph 34.4 of Schedule 2;
- (b) any person who enters or uses the facility maintains a physical distance of at least two meters from any other person who is using the facility;
- (c) team sports and pool-based sports are not practised or played within the facility;
- (d) other sports or games that are likely to result in individuals coming within two meters of each other are not practiced or played within the facility;
- (e) all sport activities are conducted in accordance with the rules and policies of the applicable organization identified in paragraph 34.4 of Schedule 2, including the rules and policies put in place to enable a safe return to the sport;
- (f) No spectators are permitted at the facility, other than up to one accompanying parent, guardian or other adult for each athlete under the age of 18; and
- (g) Any locker rooms, change rooms, showers and clubhouses in the facility remain closed, except to the extent they provide access to a washroom or a portion of the facility that is used to provide first aid.

Government of Ontario Updates

- Indoor or outdoor sports facilities for athletic training or competition can be used by individuals that are part of a:
 - A national sport organization funded by Sport Canada or a member club of such an organization
 - A provincial sport or multi-sport organization recognized by the Ministry of Heritage, Sport, Tourism and Culture Industries or a member club of such an organization.
 - A professional sport league or a member club of such a league.

Overview

The Return to Training document will be the first of 4 phases during the COVID-19 pandemic.

Phase 1 (In Progress) – Return to Training: Plans Being Developed

Phase 2 (TBD) – Return to Competition and Larger Training Groups

Phase 3 (TBD) – Normalizing Competitions

Phase 4 (TBD) – Post COVID-19

Until our Return to training guidelines are fully developed, no group activity or training will be sanctioned, nor endorsed by Athletics Ontario

Overview

What we will be discussing today

- Reinforce general health guidelines
- Planning requirements
- Outline roles for clubs, coach, and athletes
- Event specific guidance

General Information & Recommendations

- Insurance coverage
 - Highly recommended to follow mitigating risks
- Waiver
 - Members to provide confirmation of reviewing the COVID-19 waiver and attestation
- Symptomatic?
 - Use Government of Ontario's Self-Assessment Tool
 - Avoid group settings
- Abide by Ontario Health Guidelines
 - 2m (6ft) / hockey stick
 - No physical contact
- Habits
 - Regular hand washing/carry sanitizer
 - Arrive on time and stick to the schedule
- Unsure?
 - Vulnerable population, seek professional medical advise
 - Utilize personal protective equipment

Athletics Ontario's Plan for Returning to Training



Internal meeting with coaches, associates, board members

Plan and ensure consistent messaging
Municipal and local facility regulations should be added to your planning
Training group sizes to be kept to a minimum



Appoint a Health Safety Officer

Track attendance at practice/training
Refuse switching of training groups
Ensure a consistent and safe environment.
New norms/habits to be adhered to



Discussion with Athletes and Parents

Ensure that athletes understand that situation and that new habits should be followed
Home workout plans can be put in place when needed



Prepare

Assess athlete's fitness
Ensure smooth transition from the lockdown to training

Athletes at Practice

Avoid sharing equipment

- Plan and bring all equipment necessary

Prioritize physical distancing

- No high fives/fist bumps/hugging
- Remain apart during breaks

Touch Less

- COVID-19 can survive on many surfaces

Punctuality is important

- Limited space, limited time

Coach's Corner



Check-up

Consistent monitoring is key. Remind and reinforce



Back-up Plans

Expect some people to return to home training temporarily



Keep track of practice

A simple tracking of participants at group settings



Prioritize Larger Environments

Controllable environments
Indoor facilities with cleaning and distancing as priorities



Equipment

Thorough cleaning between exchanging equipment
One athlete - single use equipment
Designate individual for equipment use

Event Specific

Sprints/Hurdles/Distance

- Keep one lane in between
- Staggered starts
- Equipment – facility and personal
- Large areas for training – mindful of others

Throws

- Equipment – facility and personal
- Athletes to retrieve their own implements
- Mindful of not touching your face in between using equipment

Jumps

- Visual cues
- Vertical and horizontal highly advised to avoid
- At this time, we are advising against the use of landing mats and sand pits.

Outbreaks

- What to do?
 - Members should always default to up to date Health Ontario Protocols
 - Shut down training group?
 - Inform club/coach electronically or by phone at earliest convenience
- Important Information
 - Telehealth Ontario: 1-866-797-0000 or TTY: 1-866-797-0007
 - Self-Assessment Tool:
<https://covid-19.ontario.ca/self-assessment/>
 - List of Local Public Health Unit:
<http://www.health.gov.on.ca/en/common/system/services/phu/locations.aspx>