

## Return to Competition – Updates

<b>August 14, 2020</b>	<p>All municipalities in Ontario are officially in stage 3.</p> <ul style="list-style-type: none"> <li>- Track events should continue to limit to 4 athletes in laned races, up to 6 when using a waterfall start, and up to 12 in flights.</li> <li>- If competitions cannot confidently provide planning to keep participants safe and socially distanced before, during, and after competition, then they should opt for carrying out flights/hearts on smaller scales.</li> <li>- Masks continue to be recommended for all participants (athletes, spectators, coaches), where social distancing cannot be maintained.</li> </ul> <p>Municipalities may continue to have more strict recommendations/regulations. Ensure you add any nuances to your plans that the city or facility is asking you to follow.</p>
<b>June 21, 2020</b>	<ul style="list-style-type: none"> <li>- Vertical and Horizontal jumps will now be permitted province wide             <ul style="list-style-type: none"> <li>o Reference recommendations on Page 11 of the Back on Track document</li> </ul> </li> <li>- In addition to the training recommendations, jump groups must also ensure             <ul style="list-style-type: none"> <li>o Elevated hand sanitizing regularly when using sandpits</li> <li>o A personal tarp is available for each athlete when using landing beds in vertical jump events</li> <li>o A dedicated individual(s) utilizing equipment for the selected jump training session</li> </ul> </li> </ul>

## Return to Competition – July 20, 2020

### General

- Participation numbers must follow provincial and municipal guidelines.
- Stage 3 of the reopening plan will allow a maximum of 100 people at an outdoor gathering. Municipalities that are still in stage 2 will be restricted to 10 in a gathering.
  - o The following link will show when stage 3 will begin for your municipality:  
<https://www.ontario.ca/page/reopening-ontario-stages>
- Interaction between officials/volunteers and competitors should be kept to an absolute minimum.
- The competition area for any event must always be closed off to athletes and officials only. Any spectator area that is outside of a typical seating area such as bleachers should be clearly marked. Try using spray paint on grass, pylons, spikes with caution tape, etc. that visually outline where spectators can safely stand or setup their own chairs/mats/towels to sit on.
- Meet Organizers must ensure volunteers and officials are utilizing personal protective equipment.
- Include transmission mitigation plans in their technical package.
  - o Communication can be sent separately to volunteers and officials on where they can get PPE such as masks and gloves if they do not have their own.
  - o Volunteers/officials must always have access to sanitization products if they are going to be handling equipment that is not their own.
  - o Any mileage forms should be distributed electronically and submitted electronically.
  - o Hosts must ensure that there is clear direction given to athletes and coaches ahead of the competition that outline warm-up and cool down guidelines. Can warm-ups occur on the infield? Outside the facility?
  - o Meet organizers may select their method of contact tracing. To limit individual interaction, it is recommended to utilize Trackie to register spectators, volunteers, officials, as a form of contact tracing.
- Ensure that Trackie registration is set to members only. This will ensure that individuals that have not completed the Waiver and Attestation form are not able to register for your event until they complete it.

## Events

- Athletes should be encouraged to keep their belongings away from start and finish lines. This should be outlined on a facility map and distributed to participants and coaches ahead of time.
- Athletes should leave the competition area or finish line as soon as they complete their event.
- Seeding in track events should be done so that athletes of varying performances are in a section (seed as if it were a semi-final).
- For distance races over 800m, athletes should be placed on the start line ensure there is 2-meters between each athlete and utilize two waterfalls as often as possible.
- Where equipment is being used, ensure that sanitization products are nearby for competitors to use. Athletes may need to sanitize their hands more often as touch points are more prevalent in field events.

## Return to Training – Updates

<p><b>July 17, 2020</b></p>	<ul style="list-style-type: none"> <li>- Training groups province wide has opened to a maximum of 100 in a gathering, where permitted.                             <ul style="list-style-type: none"> <li>o Venues/facilities may have altered gathering size restrictions in place that are lower than the province wide 100 persons limit. Ensure you are following local municipal and facility regulations.</li> <li>o As often as possible, keep numbers of participants in groups at a minimum.</li> </ul> </li> </ul>
<p><b>June 30, 2020</b></p>	<ul style="list-style-type: none"> <li>- Vertical and Horizontal jumps will now be permitted province wide                             <ul style="list-style-type: none"> <li>o Reference recommendations on Page 11 of the Back on Track document</li> </ul> </li> <li>- In addition to the training recommendations, jump groups must also ensure                             <ul style="list-style-type: none"> <li>o Elevated hand sanitizing regularly when using sandpits</li> <li>o A personal tarp is available for each athlete when using landing beds in vertical jump events</li> <li>o A dedicated individual(s) utilizing equipment for the selected jump training session</li> </ul> </li> </ul>
<p><b>June 12, 2020</b></p>	<ul style="list-style-type: none"> <li>- Training groups have increased to 10 province-wide                             <ul style="list-style-type: none"> <li>o 1 coach to 9 athletes</li> </ul> </li> </ul>

## Return to Training – May 28, 2020

Athletics Ontario will be following the return to training guidelines developed by the National task force, Back on Track. This document will highlight any additional or differing guidelines that have been set specifically for the Province of Ontario.

The recommendations outlined in this document will be reviewed and updated regularly as we receive more guidance from the Ontario Government and Ontario Health Officials. Please note that the province has also mandated that facilities for athletics training or competitions are to be used by one or more of the following organizations, leagues, or clubs to train amateur or professional athletes or to run amateur or professional athletic competitions:

- i. A national sport organization funded by Sport Canada or a member club of such an organization
- ii. 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.
- iii. A professional sport league or member club of such a league.

Guidelines in this document are for use in training/practice settings. Athletics Ontario will continue to update these guidelines as we progress through the pandemic. Return to Competitions guidelines are currently being developed.

All Athletics Canada’s **Back on Track** guidelines must be followed and implemented in your training regiments until further notice. In addition to those guidelines, Athletics Ontario is recommending the following additions throughout the province of Ontario. These provincial recommendations will be updated on the [Return to Training](#) page as Ontario, and Canada, progress through the pandemic.

### Ontario recommendations to be used in addition to the Athletics Canada’s **Back on Track** guidelines

- 1) Any athlete in training groups must be, at a minimum, recreational members.

- 2) All group training must follow current Ontario Health guideline. Current guidelines limit group gatherings to a maximum of 5 and continued use of 2m physical distancing.
  - a. One coach to 4 athletes.
  - b. One coach should not have multiple groups in one facility at the same time. Instead, the coach should have them staggered to mitigate transmission between training groups.
- 3) Clubs must have personal protective equipment available on-site if physical distancing cannot be followed. Examples of this include, but not limited to, attending to injuries, medical needs, or athletes who may require assistance.

Must be completed before returning to training

- 1) All athletes must read this document and complete the Athletics Ontario COVID-19 Questionnaire and Attestation on Trackie.ca before being allowed to go back to sanctioned training.
- 2) Clubs must appoint a Health Safety Officer and complete the following:
  - a. Risk assessment before using a public facility.
  - b. Waiver acknowledgment and plans on implementing current recommendations into their group sessions
- 3) Ensure athletes and parents follow the Outbreak Action Plan, outlined in section six of the [National Back on Track Return to Training Guidelines](#) document or on the [Return to Training](#) page of our website.

Templates, resources and links to waivers can be found on the **Return to Training** page:

<https://athleticsontario.ca/return-to-sport/>