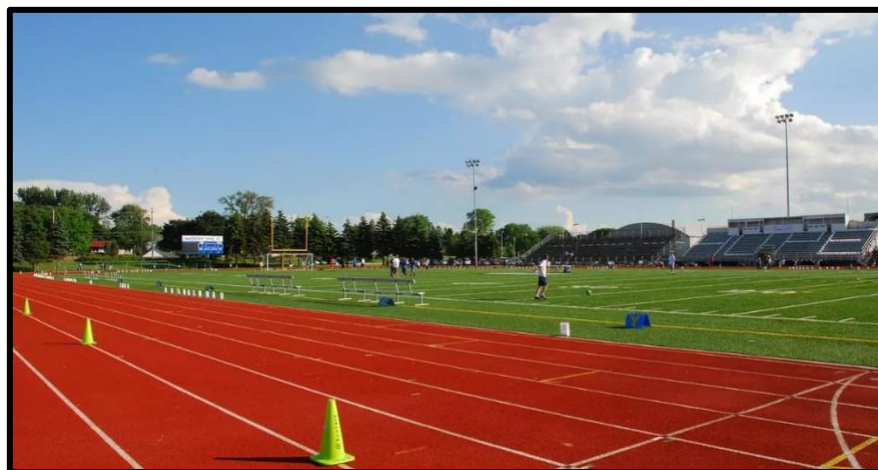


Athletics Ontario Track and Field Days at Birchmount Stadium Scarborough, Ontario August 18th and 20th, 2021



Athletics Ontario Track and Field Days at Birchmount Stadium

Who:

- Athletics Ontario Instructors working with kids ages 4 to 12 from across the G.T.A
- All ability levels welcomed, participants may include new and experienced track and field athletes
- Participant recruitment targeting kids in the G.T.A who are already involved in track and field and AO registered, and kids who may have never tried the sport out

What:

- Track and Field Days at Birchmount Stadium
 - o Introducing kids to the sport of track and field, using stations where skills for different disciplines can be learned, developed, and practiced
 - o Following the COVID-19 provincial guidelines for social distancing
Equipment will be wiped down with disinfectant wipes. No physical contact will occur between any individual inside or outside the track and field facility. All participants and staff will stay 3m apart. Disinfectant stations will be set up at the facility entrance and exits
- Each athlete will be assigned a starting station. At designated time intervals, the athletes will walk to the next station with the staff member that they started their first station with
- Athletics Ontario staff members are required to wipe down the track and field equipment using the disinfectant wipes after it has been used
- Athletes will rotate to the station that they have next when they are instructed to do so. At the new station, they will complete that activity until it is time to rotate again

When:

- **Wednesday August 18th, 2021** track activity programming from 2:30pm to 4:30 pm
- **Friday August 20th, 2021** track activity programming from 2:30pm to 4:30 pm
- Birchmount Stadium available from 2:00pm to 5:00pm (AOs staff arrive at 2:00pm for set up, **Participants arrive at 2:15pm for Covid Screening**, AOs staff clean up at 4:30pm and leave at 5:00pm to allow for the 5:00pm permit holders to begin their scheduled programming on time). Participants are welcome even if they are unable to stay for the duration of the track and field day. For example, if they are in day camp until 3:00pm and they arrive to the track day at 3:30pm

Where:

- Birchmount Stadium, 85 Birchmount Rd, Scarborough, ON M1N 3J7

Athletics Ontario Track and Field Days at Birchmount Stadium

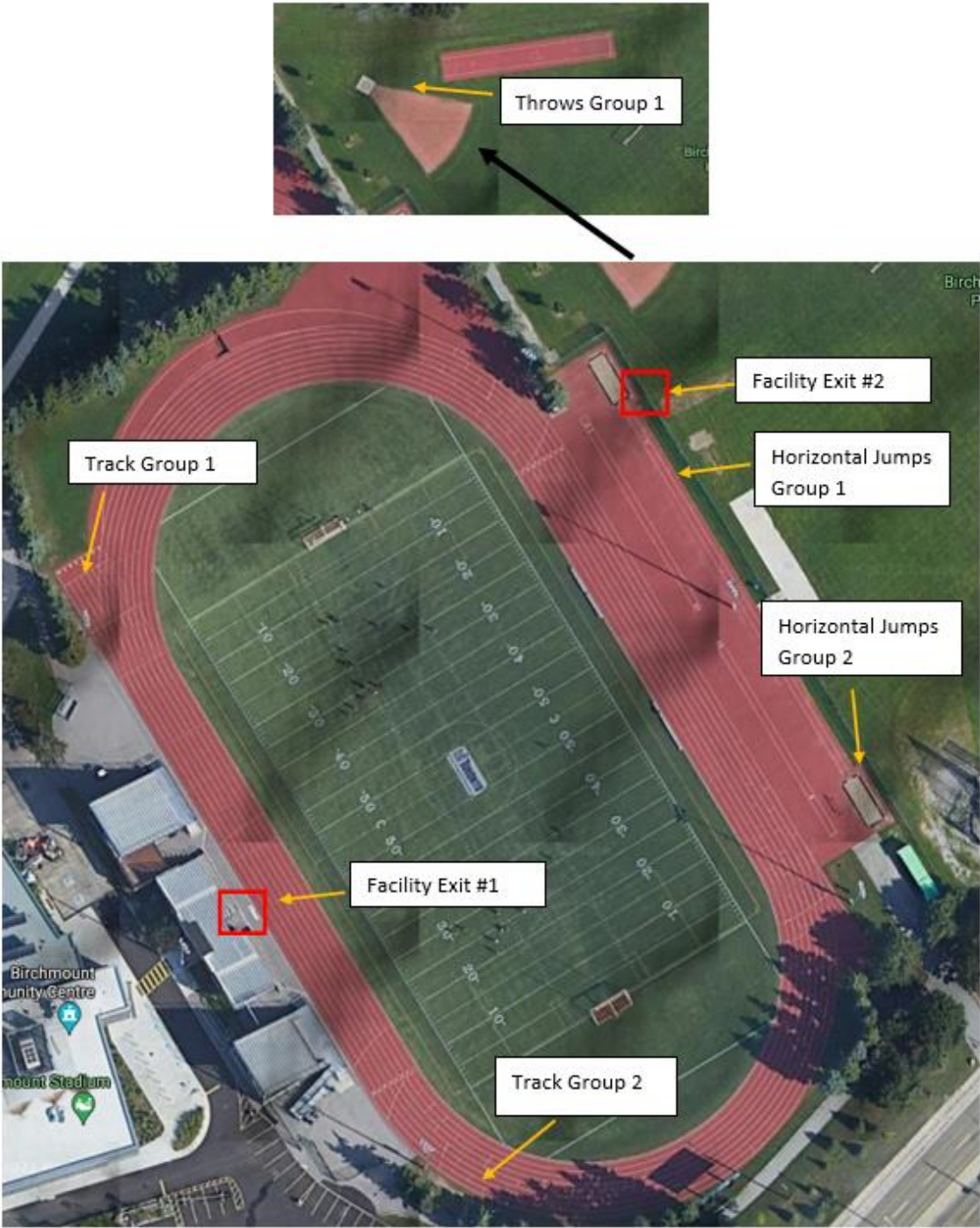
Participant Recruitment Strategy:

- Targeting kids that are already involved in track and field in the G.T.A
 - o Promotion via Athletics Ontario Instagram and Facebook pages
 - o Promoting the event on the Athletics Ontario newsletter
 - o Sending emails out to track clubs and people that have been to the Athletics Ontario events in the past
 - o Promoting this event at the upcoming championships (U18)
- Targeting kids that may be new to track and field
 - o Reaching out to the camps that we had try it days with and inviting them
 - o If camps would like to book try it days with us for the week of August 16th, then we can invite them to our Birchmount camp

Goals

- To introduce kids to the various disciplines that make up track and field, such as horizontal jumping events, throws, the sprints, and middle distance running, using planned and supervised practices that allow kids to try something new while ensuring their safety is the priority
- To deliver our track and field programming using stations where skills for different disciplines can be learned, developed, and practiced at a level that is suitable for their age group. Each station will follow the current long term athlete development guidelines
- To promote physical literacy and an enjoyment for being physically active. Working with kids to teach them fundamental movement skills such as running, jumping, and throwing patterns that can be applied to a range of sporting contexts
- To get kids excited and involved in Track and Field and show them that they can excel and succeed in a range of events when they are given the opportunity to do so. To continue to grow the sport of Track and Field in Ontario, and promote club and competition enrolment
- Aiming to have 100 kids enrolled in each Athletics Ontario Track and Field Day

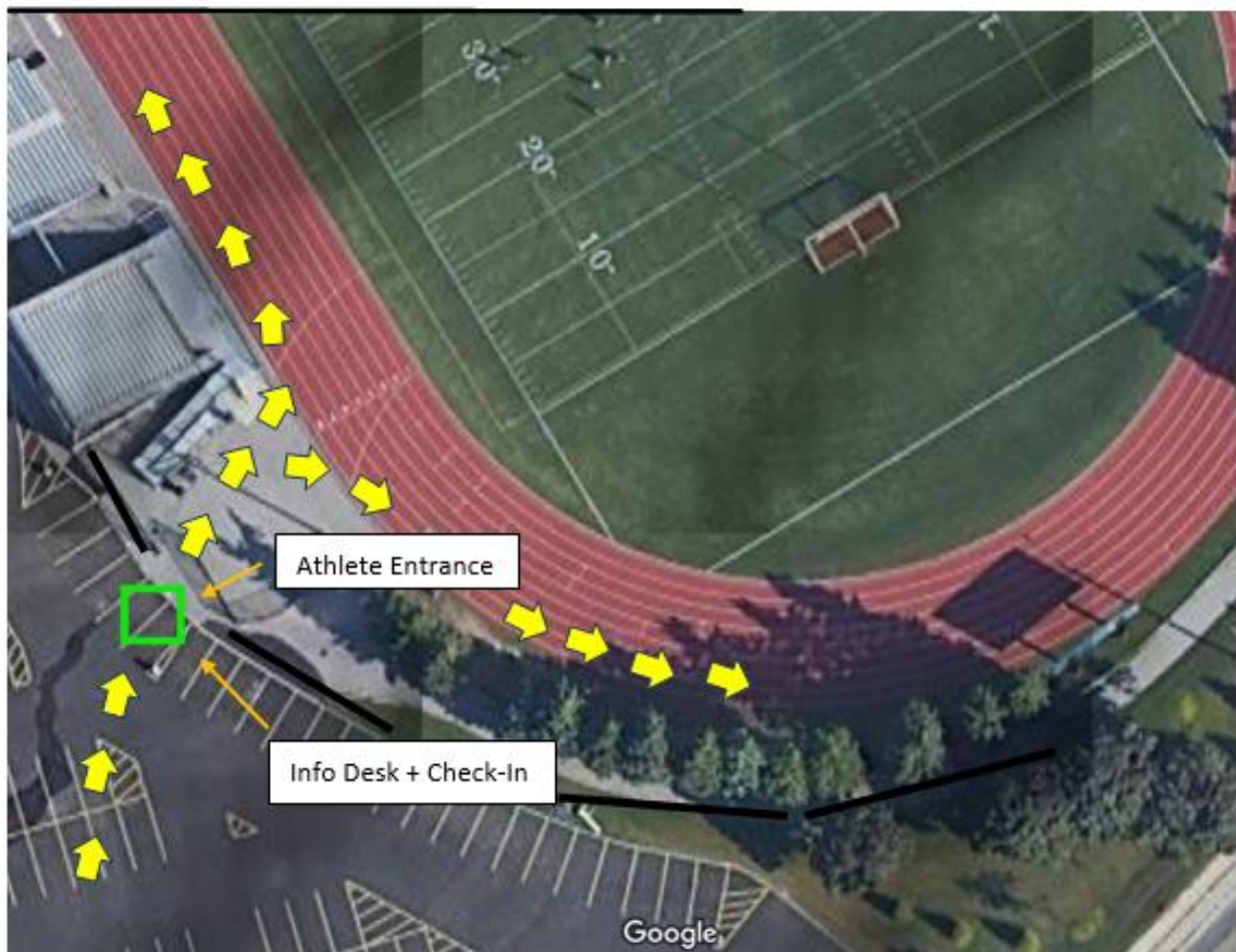
Athletics Ontario Track and Field Day Spacing



The layout displays a way that five track and field stations can be run at once. Facility exits are highlighted in red.

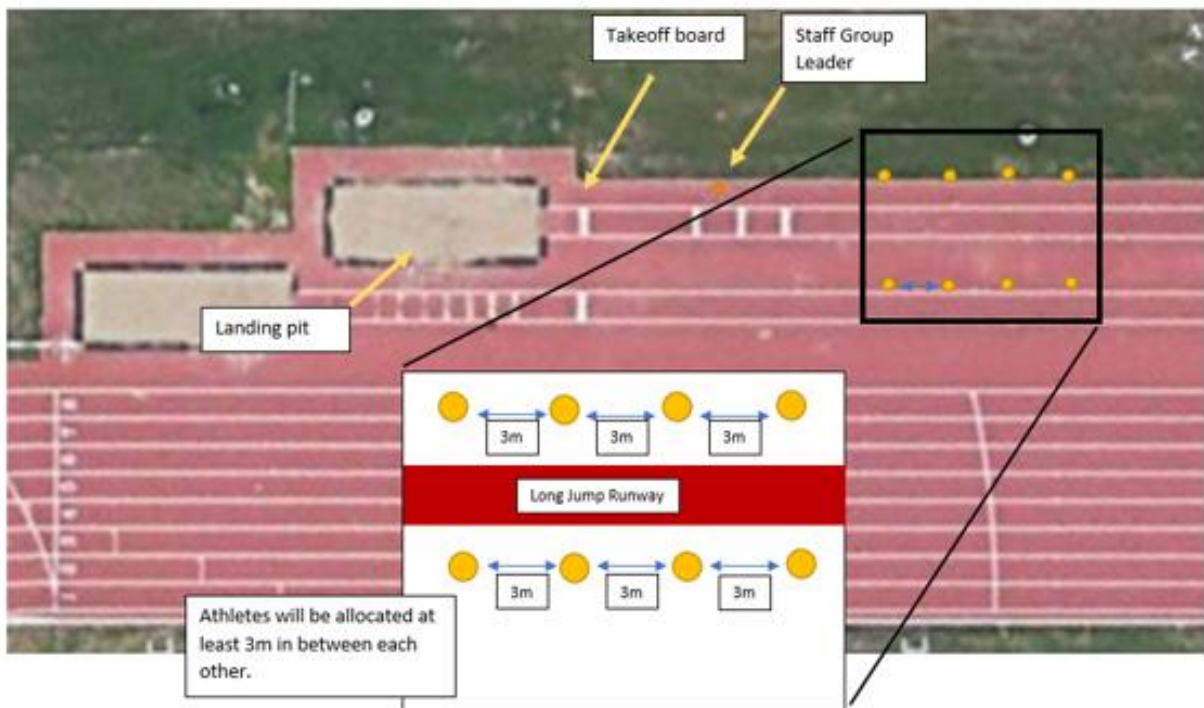
Check in and Entry Waypoint into Birchmount Stadium

- Upon arrival at Birchmount Stadium, athletes will check in at an info desk where two Athletics Ontario staff will be working. This will be located outside the track and field facility. A first aid kit will be located at the check-in desk.
- Athletes will complete the COVID-19 provincial screening questionnaire before entering the Birchmount Stadium.
- Upon completing the questionnaire, athletes will be directed to their pre – assigned activity group.



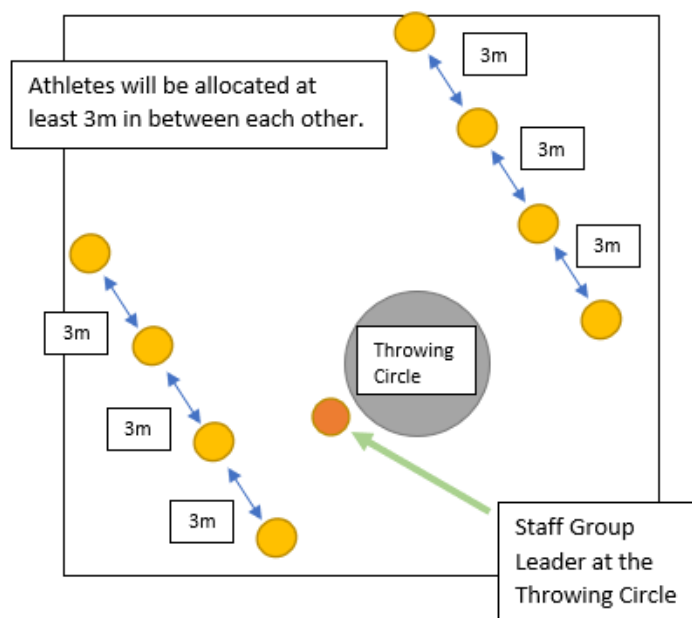
Horizontal Jumps Station Layout

- Athletes will have a designated area to leave their belongings along the East fence line of the facility at this station.
- Athletes will be positioned along the long jump runway 3m apart
- This station will consist of long jump technique and running drills.
 - o **Warm Up:** Short warm up jog, dynamic stretching circle with name game
 - o **Drills:** Arm circles, overhead swings, knee to chest, hip circles, walking on toes, walking on heels, marching As, marching Bs, skipping Cs, high knees
 - o **Specific Jump Drills:** Single leg jumps, standing jumps into the pit, timing drills, triple extension take offs, accelerations, measuring take off distance
 - o **Planned Activities:** standing long jump competition into the pit, hop scotch introduction to triple jump, triple jump into hula hoops progressing into the sand pit, landing practice with knees bent, single leg jump practice into the pit with short run up progressing into full run up, long jump competition into pit
- Sand pit will be assessed prior to the event to make sure there are no dangerous objects within the sand.
- Sand pit will be raked regularly between jumps



Throws Station

- If available, located in the back field behind Birchmount stadium. Alternative locations could be the centre of the Birchmount turf field in the stadium if it is not in use
- Athletes will learn shot put, discus, javelin drills using rubber and plastic implements.
- **Warm up:** short warm up jog, dynamic stretches with focus on arm and hip mobility, “simon-says” game following the leader focusing on continuous movement and explosive drills such as jumping jacks and single leg hops, name game where each participant shows their favourite stretch
- **Shot put:** introducing the technique and cues (bend knees, ball set up, push not throw, opposite arm for direction and balance), practice using the small balls, practice aiming at targets (hoops, block structures), progress to heavier balls, practice aiming for distance, add in rotation and step
- **Javelin:** introducing the technique, “javelins on a string” against the fence, “point to where you want it to go, bend your knees, follow through”, practice using the Styrofoam rockets to aim at targets and for distance
- **Discus:** introducing the technique, discussing hand and arm position, when to release, trying out the different discus implements (ranges from plastic to rubber for the implements we have been using), practice aiming for different targets and distance, experiment with different hand positions to show participants which is the most effective
- Conclude each throw event with a mini competition to see who can throw the farthest and work with the kids to set personal bests
- Disinfectant wipes will be used to clean implements between uses.
- Athletes will have designated waiting areas that are 3m apart.
- Athletes will throw in the opposite direction of the group from a throwing circle. This will be done one at a time at designated targets.
- Implements will only be retrieved from the field when it is safe to do so, under the instruction of the Athletics Ontario staff personnel in charge of that station



Running Station

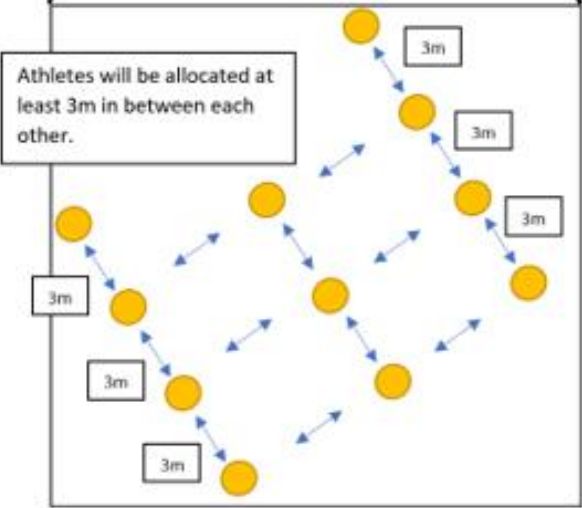
- This station will consist of running drills, ladder exercises, agility hurdle drills, and short sprints.
- For warm up drills, participants will line up 3m apart at the track in rows of 4. One row of 4 will complete the assigned drill at a time. The staff leader will signal each row of 4 to start the drill when the previous group has reached an appropriate distance away.
- Social distancing will be maintained for the duration of the station.
- Athletes will run in one direction, toward the finish line of the track.
- Once completing each drill, athletes will walk back on the outside of the track to their starting position

- **Warm up:** short warm up jog, dynamic stretches with focus on A, B, C, and dribble circle drills, progressing from walking to marching to jogging each drill, focusing on gait technique and landing under your centre of mass, accelerations over small agility hurdles, working on incorporating the positive elements from the running technique drills into the running gait of the athletes

- **Planned Activities:** introduction to middle distance running, participants run 2 x 400m with 2 min rest at pace that they can talk at (for the athletes that are interested in doing so), acceleration drills with the athletes running down the 100m straight way, learning about track and field starts and not false starting, teaching kids about Olympic track and field relay events and the exchanges, setting up a 4x100m relay event all the way around the track, obstacle course relay race

(continued on the following page)

Running Station: Spacing for Running Drills at the 100m Start Line



Athletics Ontario Track and Field Days at Birchmount Stadium

Proposed Activity Schedule for 3 groups of 20 (60 kids)

Time	Details
2:00pm	Athletics Ontario Staff arrive at Birchmount Stadium
2:00 – 2:30pm	Athletics Ontario Staff set up their starting station
2:15 – 2:30pm	Athletes arrive and check in, complete screening, go to assigned starting station
2:30 – 3:00pm	Station activity with group leader
	Rotate to next station + water break
3:15 – 3:45pm	Station activity with group leader
	Rotate to next station + water break
4:00 – 4:30pm	Station activity with group leader
	Session concludes, and athletes exit the facility via facility exit #1
4:30 – 5:00pm	Athletics Ontario Staff pack up their station and exit the facility via facility exit #1

*Each group spends 30 min at each station (3 stations: Running, Jumping, Throwing)

*Planned water breaks at each rotation, additional water and snack breaks throughout

Proposed Activity Schedule for 5 groups of 20 kids (100 kids)

Time	Details
2:00pm	Athletics Ontario Staff arrive at Birchmount Stadium
2:00 – 2:30pm	Athletics Ontario Staff set up their starting station
2:15 – 2:30pm	Athletes arrive and check in, complete screening, go to assigned starting station
2:30 – 2:55 pm	Station activity with group leader
	Rotate to next station
2:55- 3:20pm	Station activity with group leader
	Rotate to next station
3:20 – 3:45	Station activity with group leader
	Rotate to next station
3:45 – 4:10	Station activity with group leader
	Rotate to next station
4:10 – 4:35	Station activity with group leader
4:35pm	Session 1 concludes, and athletes exit the facility via facility exit #1
4:35 – 5pm	Athletics Ontario Staff pack up their station and exit the facility via facility exit #1

*Each group spends 25 min at each station (5 stations: Track Group 1, Track Group 2, Horizontal Jumps 1, Horizontal Jumps 2, Throws Group 1)

*Water breaks given at start and end of each station

Athletics Ontario Track and Field Days at Birchmount Stadium

Group Rotation Waypoint for Proposed Schedule of 5 groups of 20 kids (100 kids)



- Groups will complete the activity at their starting station for 25 minutes and then rotate with their Athletics Ontario Staff member to the next station (See proposed schedule)
- Track and Field equipment will be wiped down using disinfectant wipes

Covid-19 Screening: Adopted from a previous document

Google Form Tracking Sheet:

https://docs.google.com/forms/d/e/1FAIpQLSe36yHFkJYvzkwjb9tpryepbWKeJrJt7GtWe4Vy6nhj9PIPdA/viewform?usp=sf_link

This screening must be completed once per day by coaches and athletes that will be attending the training block from 2 - 5pm.

Please do not attend a training/practice session if you:

- 1) Travelled internationally within the last 14 days.
- 2) Been in close contact with individual(s) who have a confirmed or presumptive diagnosis of COVID-19
- 3) Have a fever (temperature of 37.8 C or higher) OR any new/worsening symptoms including cough, shortness of breath, sore throat, difficulty swallowing, hoarse voice, runny nose, stuffy or congested nose, lost sense of taste or smell, digestive issues such as nausea/vomiting, diarrhea or stomach pain or other symptoms such as fatigue, falling down more than usual, chills, headache?

Athletes will be prompted to input their full name, email address, phone number, and the club that they belong to.

Emergency Action Plan

Location: Birchmount Stadium, 85 Birchmount Road, Scarborough, Ontario

Major Intersection: Kingston Road and Birchmount Road (East Side)

Emergency Services: 911

Facility Manager: 416 392 2489, 416 396 4310

Nearest Hospital: Michael Garron Hospital, 825 Coxwell Avenue, East York, Ontario

Call person: name: _____

- Conduct initial assessment of injury
- Designate somebody to watch other participants (stop all activities and ensure all participants are in a safe area if nobody is available to supervise)
- Wait with injured participant and help keep them calm until emergency medical services arrive and conduct their assessment of the injury
- Record the injury using accident report form

Call person responsibilities: name: _____

- Call for emergency help
- Provide all necessary information to dispatch
 - o Facility location, closest access door to injured participant, nature of injury, description of first aid that has been performed, other medical information (allergies, medical conditions)
- clear any traffic from the facility entrance or access road before the ambulance arrives
- Wait by the entrance to direct the ambulance
- Call the participant's emergency contact person
- Assist the charge person as needed

When an Injury Occurs:

First Aid Kit located at Athlete Check-In Desk

- 1) Control the environment so that no further harm occurs**
- 2) Do an initial assessment of the situation**
- 3) Assess the injury**
- 4) Control the return to activity**
- 5) Record injury in an incident report form and inform athletes parental guardians**

Athletics Ontario Track and Field Days at Birchmount Stadium

Equipment List

Equipment to borrow for the event from the City of Toronto if possible

- Two rakes for long jump pits
- Fold out table for check-in desk
- Two chairs for check-in desk
- Four garbage bins to be placed around the facility
- Four track starting blocks if available at Birchmount stadium
- Six to Ten full size hurdles if available at Birchmount stadium

Athletics Ontario Equipment

- Plastic agility hurdles
- Cones, foam blocks, hula hoops
- Plastic turbo javelins, foam javelins, practice javelins on a string
- Plastic discs, rubber discs
- Shot put training balls, plastic balls, soft balls
- Measuring tape

Supplies

- Ribbons for participants
- Try-It day completion certificates
- Snacks for participants (ex. Juice boxes, granola bars)

Details to Confirm with Birchmount Facility Staff

- Confirm washroom access at Birchmount Stadium
- Confirm the facility entrances and exits that will be available to us

Additional Notes

- Olympic Themed
- Prizes for the kids: ribbons
- Snack sponsors: juice boxes, granola bars
- Olympian special guests
- Media coverage for the event
- Promoting championship event sign up for kids that are interested
- Number of Athletics Ontario staff required at event: 10 – 20 people depending on the size of enrolment