

The background of the entire page is a vibrant red color. Overlaid on this background is a complex, white, stylized graphic of a running track. The track is composed of numerous concentric, curved lines that create a sense of depth and movement, resembling a topographical map or a series of ripples. The lines are most dense in the center and become more sparse towards the edges.

BACK ON TRACK

JULY 13, 2020





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SECTION 1: INTRODUCTION

Athletics Canada is committed to the health and safety of its members. Municipal, Provincial and Federal Health regulations should always be adhered to when returning to any form of training. Please keep in mind that as governments lift/adjust restrictions, we may have to roll back or cancel plans if the government requires us to do so.

As the COVID-19 response varies from location to location, there can be no standard approach that applies to all Provinces, clubs and coaches. Athletics Canada has developed the Back on Track guidelines as a tool to assist in developing a responsible return to programming.

This document does not address a return to competition plan. Return to competition guidelines have been crafted separately and have been added as an Annex to this document.

It is the responsibility of provincial branch members, clubs, officials and coaches to abide by the various requirements outlined by their provincial and municipal governments. It is the responsibility of all members and affiliates to abide by policies and procedures designated to ensure a safe environment for all.

By following these guidelines, as well as those from provincial and municipal governments and health agencies, athletes and their families will be able to make informed decisions as to when they can return to training, and eventually competition.

Athletics Canada would like to acknowledge provincial members who helped develop the national Back on Track program, in particular Athletics Ontario, British Columbia Athletics, Athletics Manitoba and Athletics Alberta.

Athletics Canada would also like to acknowledge the work and guidelines provided by the national Return to Sport Task force headed by Task Force Chair Anne Merklinger. The risk assessment and mitigation tools developed by the Return to Sport Task Force inspired much of the Back on Track guidelines and protocols.

Review Restrictions

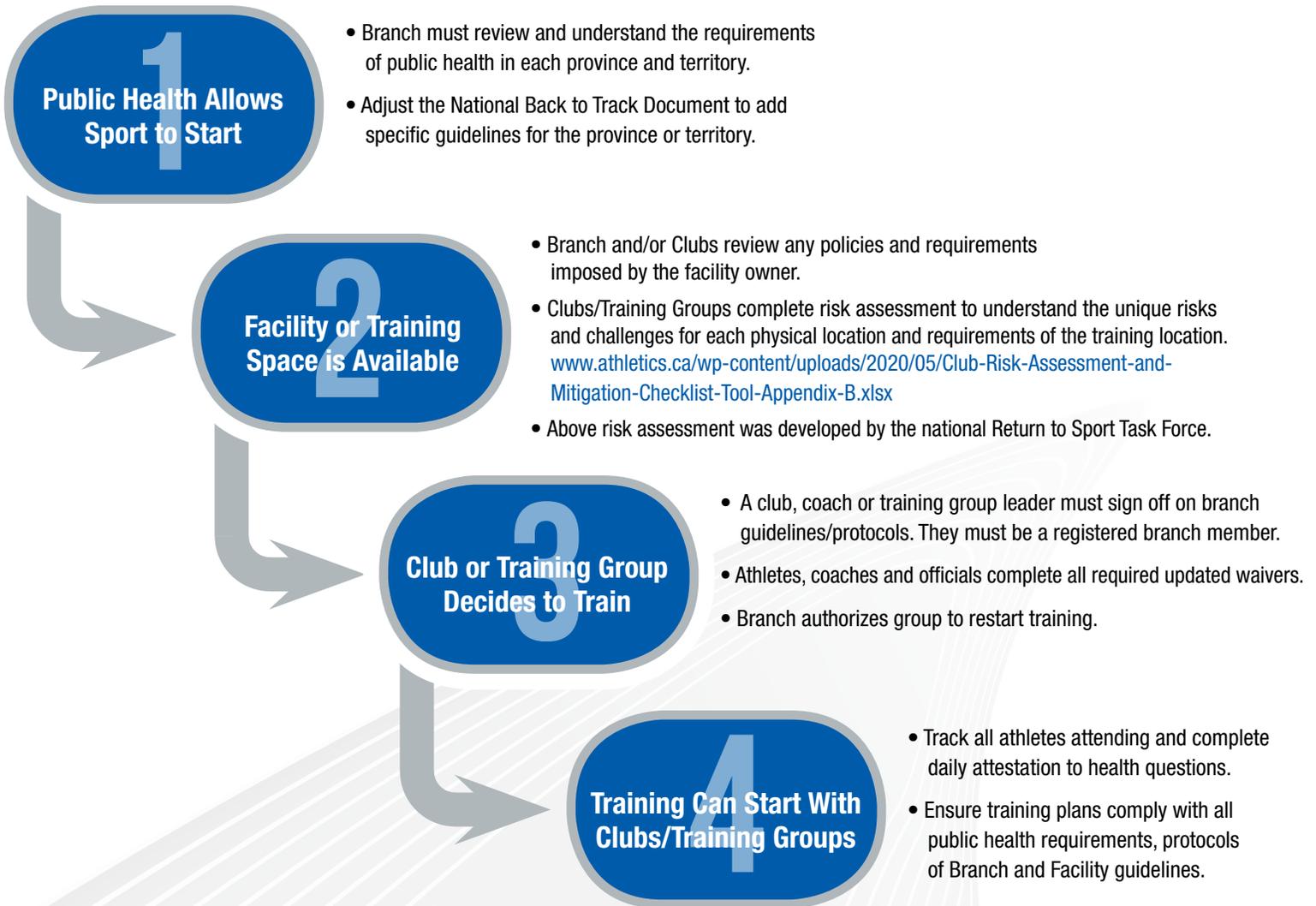
Information and guidelines are constantly changing, conditions are different based on geographic region.

Athletics Canada clubs and activities can only resume if permitted by the jurisdiction they are located in. All members and affiliates must follow the precautions outlined by their provincial and municipal governments and local venue operators.

- Review provincial and municipal government business reopening guidelines.
- Follow guidelines on numbers of people allowed in the facility at one time and physical distancing requirements.
- Designate an individual to monitor provincial and municipal government websites for updates or changes to guidelines.

SECTION 1: INTRODUCTION (continued)

BACK ON TRACK: STEPS TO SUCCESS





SECTION 2: GENERAL OVERVIEW AND RECOMMENDATIONS FOR ALL MEMBERS

- All affiliates provide confirmation of having reviewed the new COVID-19 waiver and attestation document, prior to participating in any club training activities with a coach. Please refer to your provincial branch for the appropriate forms.
- It is the responsibility of each athlete, coach and official to undertake their own personal risk assessment and determine whether they are willing and able to return to sport at this time. Please refer to your provincial branch for the appropriate forms.

Stay Informed

- Check all guidance that has been published, especially concerning physical distancing and hygiene and any athletic specific guidance.
- Be aware guidance can change quickly and more restrictive rules may be applied in the future, so please refer to the Athletics Canada and Provincial Branch websites regularly.

As per Government Health regulations, the following individuals should NOT attend practice or training venues:

- Any person experiencing any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath). If these symptoms begin while at a training venue the individual must leave immediately and contact their physician for advice on further management. The individual must also inform their club and/or personal coach. This person must receive clearance by their physician before returning to training and the training venue.
- Any person who receives a diagnosis of COVID-19. Individuals must comply with the current mandated self-isolation policy.
- Any person who has been told to self-isolate at home.
- Any person who lives in a home or has been in close contact with someone with symptoms of COVID-19.
- Any person who lives in a home or has been in close contact with someone who has been told to self-isolate at home.
- Any person who has arrived in Canada from outside of the country within the last 14 days as they are mandated to self-isolate and monitor for symptoms for 14 days upon their arrival.

Minor Athletes (under the age of majority in the province/territory)

- Coaches must ensure they have the permission/agreement of the responsible parent or guardian of an athlete who is under the age of majority to coach that athlete.
- All guidance applicable to coaches and athletes in this document is relevant to Minor athletes.
- Groups of athletes which have participants that may have difficulty to maintain physical distancing, or adhering to all guidelines, due to the following, but not limited to, behavioral issues, self-control limitations, or proper awareness, etc, should take appropriate measures and precautions (ie. training of coaches and athletes before a session is to begin, training of coaches on the proper use of PPE including masks, setting up physical space with pylons, cones, taped or marked/painted barriers, etc)



SECTION 2: GENERAL OVERVIEW AND RECOMMENDATIONS FOR ALL MEMBERS (continued)

Para Athletics

- Para Athletics athletes are asked to adhere, where possible, to the relevant guidelines outlined in this document. Some para athletes normally require assistance for training; guiding for Athletes with a visual impairment, personal assistants for transferring athletes at training, or handling training equipment. Where this assistance can be provided by members of the athlete's home residence, no extra precautions are necessary. But if the assistant is not part of the athlete's home residence, it is recommended that the assistant wear the appropriate PPE for any contact essential to training and that all non-essential contact be avoided. Extra precautions should be taken to ensure the assistant is symptom free, has not traveled in the last 14 days and has not come into contact with a known or suspected case of COVID-19 in the last 14 days.
- Due to the nature of their disability, some athletes will be considered higher risk for a more severe course of COVID-19. Athletes that are considered higher risk should follow any medical guidance they have been given about ensuring their health and welfare. If there are further concerns, please consult with your provincial health organizations, family physician, or Nurse Practitioner before participation.
- If an athlete requires an assistant to train (ie. transferring into the equipment and/or retrieving implements) it is recommended that the assistant be someone from the same household. If the athlete unable to bring someone from their household, the assistant must be the same person each week. The assistant will wear PPE while working with the athlete, all assistants will go through the same daily screening check.
- Each seated throws athlete should be given or have their own tie down kit that will only be used by them/their assistant and any communal throws chairs must be sanitized between each training session.
- If athletes are using Harness Racing Gloves and do not have an assistant/volunteer to help them put them on, it is recommended they sanitize their push rims and gloves pre and post practice.

Masters Athletes

- All guidance applicable to coaches and athletes in this document is relevant to Masters athletes.
- Individuals that belong to a higher risk demographic/category (i.e. Over the age of 60 or underlying chronic medical condition) for COVID-19 related symptoms are recommended to consult with provincial health organizations, family physician, or Nurse Practitioner before participation.

Unattached Athletes

- All guidance applicable to club coaches and athletes in this document is also relevant to unattached athletes and coaches.

SECTION 3: SETTING UP A SAFE TRAINING ENVIRONMENT - RECOMMENDATIONS FOR CLUBS, FACILITIES AND COACHES

- It is the responsibility of all clubs and facilities to undertake a risk assessment prior to the resumption of activities. Please refer to your provincial branch risk assessment document. It is important to remember that while mitigation measures can reduce the risk of COVID-19 infections, they cannot completely eliminate the threat.
- Appoint a Medical Liaison/Club Safety Officer to be present at practice/training sessions and be responsible for enforcing, and regularly reminding participants of health recommendations.
 - Keep updated on all Local/Provincial Health Guidelines and work with facilities to comply with any municipality or local regulations.
 - Communication with all club members and/or facility users of any training restrictions, regulations, and recommendations.
 - Listen to feedback from athletes or parents about issues with training protocols. Ensuring that the athletes feel comfortable in their training spaces and confident when coming forward with concerns.
 - Confirm daily symptom screening is occurring.
 - Ensure there is communication with health officials if any cases of COVID-19 occur in the club's training groups.
- Implement a process for routine daily symptom screening for all coaches and athletes.
- Implement an attendance process at every practice to help with tracking, tracing, and quarantining if a case is discovered after the fact. Please refer to your provincial branch for the daily attestation tracking document.
 - This tracking should include all staff, athletes, coaches, parents, club personnel etc.
- Maintain consistent training groups. Keeping to the same group week after week can help mitigate transmission.
- Unattached athletes, or athletes that are self-coaching should still track where and when they are training and if they are training with other individuals.
- Total size of gatherings, inclusive of all athletes, coaches, parents, club personnel, and contracted services, to be limited by the Provincial Health Officers. As we transition back to sport, we should be cautious to not jump to these maximum numbers too quickly.
- Ensure Physical Distancing and Hygiene measures are being implemented and upheld.
 - Educate athletes & coaches on hygiene and sanitation and its impact of preventing the spread of communicable diseases according to the Provincial Health Organization recommendations.
 - Clubs must set training schedules accordingly that will allow for the club to meet all limits imposed on group size and to avoid congregating of athletes & coaches. (i.e. stagger training start times and/or training group locations within facilities.)
 - Work with club and facility staff to adjust training plans as needed.
 - Clubs/Facilities may need to consider factors specific to their environment to determine what number is appropriate for their space and the ability to maintain physical distancing.
- Regularly clean and disinfect frequently touched surfaces. (i.e. between uses and before and after training sessions)
- Ensure that wash stations or hand sanitizer stations are available in common areas.
- All equipment must be cleaned and disinfected after each use. (i.e. starting blocks, throwing equipment, hurdles, crossbars, medicine balls, etc.)
- Keep frequently used doors open where appropriate to avoid recurrent contamination of doorknobs and high touch points.
- Sets of Personal Protective Equipment (PPE) (i.e. Masks, Gloves & Eye Protection) must be available onsite to be donned by coach / safety monitor in case of injury and hands on assistance needed.
- If athletes, coaches, club personnel, choose to use PPE while attending training sessions they must ensure it is properly discarded or cleaned after use.
- Coaches/individuals cleaning any equipment must be given Personal Protective Equipment – gloves, mask, eye protection and wash their hands often.

SECTION 3: SETTING UP A SAFE TRAINING ENVIRONMENT - RECOMMENDATIONS FOR CLUBS, FACILITIES AND COACHES (continued)

Equipment/Facility

- Clubs and/or unattached coaches are recommended to ensure that facilities have set schedules that allow for sports to meet municipal and provincial mandates for physical distancing and proper hygiene. (i.e. coordination between sports and other athletic clubs.)
- Clubs and/or unattached coaches are recommended to ensure that facilities have posted appropriate signage outside entrance to the facility briefly outlining the physical distancing guidelines in place.
- Clubs and/or unattached coaches are recommended to ensure that there is public notification of the training venue - signage posting of practice/group times when athletes will be training at track & field venues.
- Clubs and/or unattached coaches are recommended, as much as possible, to hold training in outdoor venues. If indoor training venues are used, they must comply with local public health guidelines with respect to group size, physical distancing and enhanced facility cleaning.
- Clubs and/or unattached coaches are recommended to ensure that facilities are conducting frequent cleaning throughout the day including cleaning, sanitation, and disinfecting of all common areas, especially high traffic areas such as counter surfaces, tables, public restrooms, door handles, equipment, and more.
- Athletes should arrive at their scheduled time for training and leave as soon as it is completed. Especially if the club is working with multiple training groups or if you are using a facility shared with the public.
- Ensure that all equipment is cleaned before and after use.
- High Jump and Pole Vault beds and sand pits are NOT to be used at this point in time.
- Public Health Agency of Canada: COVID-19 - Cleaning and Disinfecting Public Spaces.
www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/cleaning-disinfecting-public-spaces/cleaning-disinfecting-public-spaces-eng.pdf
- Hard-surface disinfectants and hand sanitizers: List of disinfectants with evidence for use against COVID-19.
www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html

Coaches

- Undertake a routine daily symptom screening for all coaches and athletes.
- Have alternate home workout plans available for those that stay home if they feel unwell.
 - Have alternate home workout plans available for those that are unable to be at training due to a potential exposure .
 - Ensure all athletes that report symptoms are following up with their physician or local public health officials for a medical assessment. Athletes should be advised to seek clearance from their physician before returning to strenuous exercise.
- Remind athletes that their health and safety, and those around them are of the utmost importance.
- Plan to have smaller training groups.
- Avoid having athletes change training groups from day to day or week to week
- Track attendance. Note who showed up to practice and when your practice occurred.
- As much as possible, try to use private/booked spaces as it will be difficult to control the numbers in public spaces
- If sharing personal training equipment like starting blocks, med balls etc., ensure proper cleaning is done before the athletes use them.
- It is highly recommended that coaches use personal protective equipment as often as possible, especially if they will be working with multiple training groups.
- PPE should be worn in the event of an athlete injury where another individual, usually a coach, will need to attend to the injury. The minimum PPE should be a mask and gloves. A face shield may be considered.

SECTION 4: OPERATING IN A NEW TRAINING ENVIRONMENT - RECOMMENDATIONS FOR ATHLETES AND PARENTS

- Ensure personal contact information is up to date through Trackie. If your club looks after your child's membership and Trackie registration, ensure that the appropriate contact at the club updates this information.
- Athletes (and parents) should ensure that any risk has been assessed in carrying out their activity.
 - Have you completed and submitted the Participation Waiver?
 - Ensure you are prepared and have planned for circumstances where injuries or other accidents occur. Have a plan in place to resolve the issue while maintaining all government guidance.
- Athletics Canada recommends parents not attend training sessions if possible.
 - Those with younger children may attend training/practice to ensure that their child is maintaining physical distancing.
 - It is not mandatory to send your child to training/practice if you do not feel comfortable with current guidelines and risk mitigation strategies currently in place.
 - If needed, consult with provincial health organizations, family physician, or Nurse Practitioner before participation.
- Ensure that all arrangements have been made prior to leaving home so that any government advice on physical distancing, as an example, can be maintained at any facility.
 - This may mean prior coordination of activities with the facility management or your coach.
- Frequently sanitize or wash your hands before and after training sessions, eating, using the washroom, sneezing/coughing etc.
 - Wash your hands with soap and water for at least 20 seconds. Using soap and water is the single most effective way of reducing the spread of infection. If soap and water are not available, alcohol-based hand rubs (ABHR) can be used to clean your hands as long as they are not visibly soiled. If they are visibly soiled, use a wipe and then ABHR to effectively clean them.
- Ensure you have enough food and hydration for the session.
- Be aware that changing facilities and toilets will likely not be open.
- All athletes should maintain a 2m (6ft) distance between each other if they are not from the same household.
- Do not touch your face, eyes, nose, or mouth with unwashed hands.
- Do not shake hands or high five to celebrate or embrace.
- Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough.
- Do not share food, drinks, utensils, water bottles, towels, yoga mats, etc.
- Athletes are encouraged to bring their own ABHR with them to training, if possible.
- Wherever possible, use your own equipment. Sharing any equipment with fellow athletes should be avoided.
- Clean any equipment before and after your training session.

SECTION 5: EVENT SPECIFIC GUIDELINES

Track (Sprints, Hurdles, Distance)

- Prioritize large parks if not training at a track facility and decide if physical distancing can be maintained. Be mindful of anyone in the area that is not part of your group.
- Try keeping one lane apart when training on the track (i.e. use lanes 1, 3, 5, 7)
- Use staggered starts when doing intervals/repeats.
- Limit the use of equipment and avoid using equipment that cannot be thoroughly cleaned before another athlete can use it. (i.e. No relay exchanging, weighted vests, etc.)
 - If hurdles are to be used, make sure 1 person is designated for set up/take down and all thoroughly cleaned according to guidance before and after each session.
 - If starting blocks are to be used, they should be used just by one athlete and thoroughly cleaned according to guidance before and after each session.
- Steeplechase barriers and the water jump can be used by a coach and athlete provided the equipment is thoroughly cleaned according to guidance before and after each session.

Throws

- Practice physical distancing by keeping two meters (six feet) away from one another at all times.
- Coaches and athletes should ensure all equipment is used by one athlete and then thoroughly cleaned according to guidance before and after each session.
- Athletes should retrieve their own throwing implements.
- Personal aides like gloves, wrist straps, chalk, tape should not be shared between athletes.
- A coach or a specific individual should be appointed to using or moving equipment like toe boards, brooms, wrenches, etc.
- Coaches cleaning any equipment should use gloves and wash their hands often.

SECTION 5: EVENT SPECIFIC GUIDELINES (continued)

Jumps

- Practice physical distancing by keeping two meters (six feet) away from one another at all times.
- Horizontal Jumps
 - It is important to recognize that there currently is no known method to ensure sand pits are properly sanitized. As a result, use of these sand pits comes with an increased risk of infection. Please consult with your Provincial Branch to confirm if sand pits are approved for use. If they are being used, to help mitigate this risk, we strongly recommend:
 - Sanitizing your hands before and after each jump.
 - Avoid getting sand in your eyes, nose, or mouth.
 - The landing pit should be fully turned and raked before and after each individual athlete/user.
 - Equipment such as rakes, measuring tapes, should be managed by dedicated individuals for a particular session i.e. one athlete or the coach, and cleaned between one athlete's series of jumps or between sessions.
- Vertical Jumps
 - Pits are to be covered by a large tarp that must be fully sanitized before and after each individual athlete/user; or
 - Pits are to be covered by a large tarp that is unique to each athlete and put in place and removed before and after each individual athlete/user (therefore multiple tarps needed).
 - Public Health Agency of Canada: COVID-19 - Cleaning and Disinfecting Public Spaces.
www.canada.ca/en/public-health/services/publications/diseases-conditions/cleaning-disinfecting-public-spaces.html
 - Hard-surface disinfectants and hand sanitizers: List of disinfectants with evidence for use against COVID-19
www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html
 - Poles should be re-gripped before use and any part of the pole outside of the grip should be cleaned before use by another athlete.
 - Cross Bars should be cleaned before use and managed by a dedicated individual for a particular session. Bars should be sanitized after contact by an athlete.
 - Have the approval of the facility owner to use equipment – if not owned by the club.
- Athletes are to use their own poles or if poles are shared, they must be disinfected after use.
- Ensure there is only one athlete on the runway at a time.
- Use cones on the side of the runway to visually remind athletes of the distance that should be maintained while waiting to use the runway.

Off Track Coaching and Leading Including Road Running

- Coaches and athletes running or training in a public space, other than a track and field facility, should adhere to all restrictions that may be placed on a public space by the owner of that space.
- Coaches should ensure they have carried out a standard risk assessment of any training space or route, as they would normally, prior to the session taking place.
- Coaches and athletes should ensure they carry out standard safety procedures (e.g. phones, route planning etc) when accessing 'wild' public spaces.
- Coaches and athletes aiming to access trails and mountains or public spaces a long way from assistance and emergency services should make themselves aware of any local guidance/considerations prior to travel/training. Consideration of whether the activity could add to pressure on emergency services should be taken.

SECTION 6: OUTBREAK ACTION PLAN

The Purpose of the “Outbreak Action Plan” is to aid in the contact tracing of those individuals who may have come into contact directly or indirectly with an infected individual. It is the responsibility of the entire athletics community to ensure we are keeping accurate records of those individuals for whom you are coming into contact with to help keep us all safe.

- All athletes & coaches attending training sessions must be active members of their club and/or Athletics Canada with current and up-to-date contact information on file either with the club, personal coach, Provincial Branch.
- Clubs and unattached coaches are asked to keep record of the date of each training session held, along with a listing of all athletes who attended the session. Unattached members they are asked to keep record of the individuals they are training with.
- Any individual experiencing any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath) or who have been advised to self-isolate are not be permitted to attend practice or training venues. Current symptoms that may suggest a COVID-19 infection include:
 - Fever
 - Chills
 - Cough
 - Barking cough/croup
 - Shortness of breath
 - Sore throat
 - Difficulty swallowing
 - Runny nose
 - Congested nose
 - Loss of taste or smell
 - Pink eye
 - Headache
 - Nausea, vomiting, diarrhea, stomach pain
 - Muscle aches
 - Extreme tiredness
 - Falling down often
- If symptoms begin while at a training venue the individual must leave immediately and contact their local public health office for recommendations.



SECTION 7: OTHER IMPORTANT INFORMATION

PROVINCIAL AND TERRITORIAL HELPLINES AND WEBSITES

www.healthlinkbc.ca/health-topics/abo4579

SELF-ASSESSMENT TOOL

ca.thrive.health/covid19/en

COVID-19: PREVENTION AND RISKS

www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html?topic=tilelink

TAKING CARE OF YOUR MENTAL HEALTH DURING COVID-19

www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/mental-health.html

TO CONTACT YOUR LOCAL PUBLIC HEALTH UNIT

British Columbia www.healthlinkbc.ca/

Alberta www.alberta.ca/health-wellness.aspx

Saskatchewan www.saskhealthauthority.ca/

Manitoba www.gov.mb.ca/covid19/index.html

Ontario www.health.gov.on.ca/en/common/system/services/phu/locations.aspx

Quebec www.quebec.ca/en/health/

Nova Scotia www.nshealth.ca/

New Brunswick www2.gnb.ca/content/gnb/en/departments/health.html

PEI www.princeedwardisland.ca/en/topic/health-pei

Newfoundland www.health.gov.nl.ca/health/

NWT www.hss.gov.nt.ca/en

Yukon www.hss.gov.yk.ca/

FOR ADDITIONAL INFORMATION, REFER TO HEALTH CANADA'S WEBSITE ON COVID-19

www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/beingprepared.html?topic=tilelink



SECTION 8: BACK ON TRACK TASK FORCE

Co-Chairs

Bill MacMackin, *Chair - Athletics Canada*

Paul Osland, *Chief Executive Officer - Athletics Ontario*

Athlete Representative

Charles Philibert-Thiboutot, *Athletics Canada Board of Directors - Male Athlete Director*

Athletics Canada Hub Representation

Dr. Paddy McCluskey, *Chief Medical Officer - Athletics Canada West Hub*

Dr. Sari Kraft, *Medical Doctor - Athletics Canada East Hub*

Molly Killingbeck, *Hub Lead - Athletics Canada East Hub*

Rosie Kirkpatrick, *Hub Manager - Athletics Canada West Hub*

Provincial Representation

Alanna Boudreau, *Executive Director - Athletics Manitoba*

Randolph Fajardo, *Competitions & Technical Specifications Manager*

James Rosnau, *Executive Director - Athletics Alberta*

Chris Winter, *Technical Manager Track & Field - British Columbia Athletics*

Athletics Canada Head Office

David Bedford, *Chief Executive Officer - Athletics Canada*

Mathieu Gentès, *Chief Operating Officer - Athletics Canada*

Simon Nathan, *High Performance Director - Athletics Canada*