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## **ATHLETICS PEI “RETURN TO SPORT” – PHASE 1 – DRAFT 1**

### **PURPOSE:**

To outline the processes and measures for how we safely return to the sport of Athletics in the Province of PEI.

### **OVERVIEW:**

The following document outlines Athletics PEI recommended processes and measures with regards to Phase One of its “Return to Sport”. Addressed in this document are limitations to group size, physical distancing measures, minor modifications to sport activities, all the while placing an emphasis on skill development and Community focused sport activities that take place within the home sport community or clubs where participants are members. This means avoiding cross-regional, inter-provincial or cross-country travel for sport.

Competition is not to be the part of Phase 1.

### **WHO SHOULD READ THIS DOCUMENT:**

All annual members of Athletics PEI including Athletes and their families, Coaches, Officials, Administrators, and Volunteers. The University of PEI administrators, who own / administer the top track and field facility in the province. This document is also created for those unattached members that may participate in group training environments and non-members looking to return to group training environments.

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### **INSURANCE COVERAGE**

It is important to note that most insurance policies exclude coverage related to communicable diseases or pandemics, including Directors and Officers Insurance. Therefore, return to sport discussions should include acknowledgement of the inherent risk to the resumption of sport during a pandemic and clear strategies to mitigation of these risks.

## INDIVIDUAL RESPONSIBILITY

- The following individuals are NOT to be permitted to 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 or within 14 days of having attended a training venue the individual must leave immediately and contact their local public health office for recommendations. The individual must also inform their club and/or personal coach.
  - Any person who receives a diagnosis of COVID-19. Individuals must comply with the current mandated self-isolation policy as per the PEI Ministry of Health.
  - 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 PEI from outside of Canada within the last 14 days as they are mandated to self-isolate and monitor for symptoms for 14 days upon their arrival.
- Individuals that belong to a higher risk demographic/category for COVID-19 related symptoms are recommended to consult with provincial health organizations before participation.
- Practice social/physical distancing by keeping two meters (six feet) away from one another at all times.
- Wash your hands often 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.
- Do not touch your face, eyes, nose, or mouth with unwashed hands.
- 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, etc.
- Do not shake hands or high five to celebrate or embrace.
- Do not loiter at the facility or in the parking lot before or after training sessions.
- Temporary suspension of carpooling, unless travelling with an existing housemate.
- If individuals choose to use Personal Protective Equipment (PPE) while attending training sessions, they must ensure it is properly discarded or cleaned after use.

## RECOMMENDATIONS TO MEMBER CLUBS

- Club executives and coaches are to read this document and sign off on agreement to abide by guidelines / procedures.
- All coaches, athletes, and club personnel must follow municipal and provincial mandates for all facilities.
- Size of individual training groups (Coaches & Athletes) are currently limited to 10 (outdoors).
- Total size of gatherings, inclusive of all athletes, coaches, parents, club personnel, and contracted services, to be limited by the Provincial Health Officer. The maximum group size will be determined by the PEI Ministry of Health. Clubs will need to consider other factors to determine what number is appropriate for their space and the ability to maintain physical distancing. As we transition back to sport, we should be cautious to not jump to these maximum numbers too quickly.
- Regularly clean and disinfect frequently touched surfaces.
- Sets of Personal Protective Equipment (PPE) (i.e. Masks & Gloves) 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.
- 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.)
- Educate athletes & coaches on hygiene and sanitation and its impact of preventing the spread of communicable diseases according to the Provincial Health Organization recommendations.
- Ensure that wash stations or hand sanitizer stations are available in common areas.
- Coaches and club administrators are tasked with ensuring everyone is adhering to social/physical distancing rules.
- All equipment must be cleaned and disinfected after each use. (i.e. starting blocks, throwing equipment, hurdles, crossbars, medicine balls, etc.)
- Coaches/individuals cleaning any equipment must be given Personal Protective Equipment – gloves, mask, eye protection and wash their hands often.

## **TRAINING VENUES & FACILITIES**

- 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 to ensure that there is signage posted within facilities encouraging good handwashing and respiratory hygiene.
- Clubs and/or unattached coaches are recommended to ensure that all training sessions are to be held outside. No use of clubhouse/sheds/indoor meeting places or facilities at this time.
- 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.
- Clubs and/or unattached coaches are recommended to ensure that facilities have removed/disconnected/covered public water fountains.

## **EVENT SPECIFIC GUIDELINES**

### **THROWING EVENTS**

- Practice social/physical distancing by keeping two meters (six feet) away from one another at all times.
- Practice proper hygiene - Wash hands before and after practice, do not touch your face, avoid touching frequently touched surfaces when at practice
- Put in place physical barriers to separate athletes from the public. (i.e. cones or markers may be used to cordon off area to be used for training.)
- Athletes to be assigned their own set of throwing implements during training and competitions. To prevent cross contamination there should be no sharing of implements.
- Athletes to retrieve their own throwing implements.
- Throwing Implements to be sanitized before and after each training session. Coaches cleaning any equipment should use gloves and wash their hands often.

### **JUMPING EVENTS**

- Practice social/physical distancing by keeping two meters (six feet) away from one another at all times.
- Put in place physical barriers to separate athletes from the public. (i.e. cones or markers may be used to cordon off section/lanes of track to be used for training.)
- Use of equipment (i.e. rake, shovel, broom) to only be handled by the coach and disinfected after use. Coaches cleaning any equipment should use gloves and wash their hands often.
- Cones or markers to be used as markers for athletes to keep their distance while on the sidelines awaiting their turn.
- Only one athlete to be allowed on the runway at a time.
- Long Jump & Triple Jump take off boards only to be handled by coach and disinfected after use.
- Long jump pits (sand filled) not to be used during phase 1.
- Pole Vault mats NOT to be used at this time. Instead focus should be on technical drills.

- Athletes are to use their own poles or if poles are shared, they must be disinfected after use.
- High Jump mats NOT to be used at this time. Instead focus should be on technical drills.

### **SPRINTS / HURDLES**

- Practice social/physical distancing by keeping two meters (six feet) away from one another at all times. Side to side and front to back.
- Put in place physical barriers to separate athletes from the public. (i.e. cones or markers may be used to cordon off section/lanes of track to be used for training.)
- During training, staggered starts must be used for longer intervals/repeats. Individual athletes must run alone, no group runs.
- Athletes are to run in lanes and must use alternating lane (i.e., lanes 1, 3, 5, 7)
- Equipment (i.e., hurdles, blocks, etc.,) must be sanitized between usages of different athletes.
- Refrain from relay practice as sharing of batons will not allow for proper sanitation between each athlete's use.

### **MIDDLE DISTANCE / ENDURANCE**

- Social/physical distancing to be followed by all members of the athlete and coaching group - before, during, and after the workouts (2 meters apart of their gear, themselves, etc.). Side to side and front to back.
- Advocate for large parks and outdoor training spaces (and only those officially open to the public).
- Workouts must be formatted in a way that allows athletes to maintain social/physical distancing according to most up to date public health agencies.
  - Maintain appropriate physical distance between athletes (side/side) during straight-away running reps.
  - Staggered starts for longer repeats/intervals.

### **PARA ATHLETICS**

- Para Ambulatory athletes are asked to adhere, where possible, to the relevant guidelines outlined in this document.
- Wheelchair or seated throws athletes are asked to consult guidelines published by Para sport PEI.

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### **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 PEI, with current and up-to-date contact information on file either with the club or personal coach. (Club members should contact their club registrars; Unattached members should contact Athletics PEI )
- 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) are not be permitted to attend practice or training venues. If symptoms begin while at a training venue or within 14 days of having attended a training venue the individual must leave immediately and contact their local public health office for recommendations.
- Any individual experiencing any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath) must inform their coaches or club personnel (via email or telephone) immediately.
- Any individual who has been told to self-isolate at home, due to having come in contact with someone with symptoms of COVID-19, are not permitted to attend practice or training venues and must inform their coach or club personnel (via email or telephone) immediately.
- If the affected individual had contact with any other athletes or coaches in the past 14 days, the coach or club personnel should inform other potentially affected individuals (taking care to keep the affected athlete's identity and medical information private) and ask those who have any symptoms to self-isolate at home.
- If a club or unattached coach has a member diagnosed with COVID-19 all in-person training must be discontinued for a period of 14 days.