



Excel Athletika Return to Training Plan

Fall 2020

August 14th, 2020

OVERVIEW

This document will provide a return to training plan for Excel Athletika athletes and coaches. Guidelines established by the *City of Regina, Saskatchewan Athletics, and Saskatchewan Health Authority* will be referenced and clarified for all Excel Athletika members. All guidelines and recommendations referred in this document must be adhered to in order to maintain safe training. This document as well as future plans will be continually evaluated due to potential changes from governing bodies that are established. If changes to training occur, the club manager and board will ensure all Excel Athletika members are informed. This is a challenging time for athletes, coaches, and many others. Excel Athletika thanks everyone for their patience and assistance in our safe return to training.

PREPARING FOR RETURN

All preparations for athletes and coaches to return to training have been thoroughly developed by *Saskatchewan Athletics and Athletics Canada*. All Excel Athletika athletes and coaches are required to follow and complete the following upon returning to training:

STEP 1 – Completion of Attestation Form

- All Saskatchewan Athletics members—which include Excel Athletika athletes and coaches—would have received an email from *Trackie* providing a link to the form
- Everyone will be required to complete this form it is a waiver developed Athletics Canada and ensure everyone understands safe training developed by local clubs and athletic associations
- If you have not received a link to complete the Attestation Form, please let the club manager know immediately
- **YOU CANNOT TRAIN OR COMPETE UNTIL THE FORM IS COMPLETED**

STEP 2 – Stay Informed & Follow SHA Guidelines

- Although Excel Athletika will develop a plan to follow, it is important everyone follows updated guidelines from Saskatchewan Health Authority
- All Excel Athletika members will be expected to follow government guidelines to maintain safe and enjoyable training

After preparing yourself for return to training and registering for desired training season(s), all athletes will wait to hear from coaches or club manager when training dates and times will begin.

EXCEL ATHLETIKA TRAINING PROTOCOLS

As many organizations and business have reopened with new “COVID-19” protocols, return to training will continue to have new protocols. It is important to adhere to these training protocols as they are required by many governing bodies and must be completed to continue training. The following Excel Athletika guidelines will need to be adhered to and completed:

1. COVID-19 Screening

- a. Screening for symptoms will mean coaches will ask for honest answers from athletes and/or parents if the athlete is experiencing any symptoms
- b. An athlete can also self-screen before you leaving for training
- c. A few example of screening questions will be:
 - i. Have you experienced any unidentifiable symptoms like coughing, sneezing, fever, etc. in the last 24 hours?
 - ii. Have you been in contact with anyone with the above symptoms in the last 24 hours?
 - iii. Have you travelled out of province in the last 24 hours?
- d. Screening ensures an athlete has not been in contact or experienced any symptoms
- e. If you have symptoms PLEASE STAY HOME, if they continue call 811 for additional information and direction.

2. Attendance Tracking

- a. Upon arriving to training sessions, all athletes and/or parents will be required to check-in with coaches
- b. Attendance of all coaches, parents, and Excel Athletika members must be recorded at each practice.
- c. An attendance record is required while using City of Regina facilities as well as a requirement under Saskatchewan Athletics
- d. Coaches will submit attendance after each training session to club manager

3. Training Group Size

- a. Training group sizes will vary depending on discipline (i.e. sprints, jumps, etc.) and on age of group
 - i. All U14-Masters training groups including all track disciplines—family members are asked to drop off and pick up athletes ONLY
 - ii. All U12 & under training groups including all track disciplines—ONLY 1 family member may be elected to stay and spectate the training session
 - iii. Spectating however will be very limited for training groups to adhere to maximum group sizes
- b. Currently training groups including coaches and spectators will not exceed 30 people—this is for outdoor & indoor training
- c. More specific information on training group sizes may come from a coach or club manager

4. Physical Distancing

- a. All athletes and coaches will be expected to follow physical distancing measures established by *Saskatchewan Health Authority* guidelines
 - i. Coaches will assist with educating athletes on importance of maintaining physical distance while training
 - ii. Coaches will ensure all athletes to main 2 meters (6ft) of physical distances between themselves and athletes when possible
- b. Disciplines that include workouts on the track must ensure there is physical distance between other training groups and/or public
 - i. Training groups may need to have buffer lanes between other—i.e. a training group may use lane 1, keep lane 2 free, and use lane 3
- c. Physical distancing plans established by Excel Athletika and/or coaches may need to be adjusted depending on facility usage and updates from governing bodies

5. Equipment & Facility Use

- a. Equipment owned by Excel Athletika can be used by all training groups during training sessions
 - i. After each use and training session, coaches and/or athletes will be required to clean and disinfect all equipment
- b. Equipment owned by City of Regina may be used upon given permission
 - i. Permission will be acquired by club manager ONLY and notified to coaches
 - ii. After each use and training session, coaches and/or athletes will be required to clean and disinfect all equipment
- c. As all training sessions will operate on/in City of Regina facilities, protocols, guidelines, and facility use is subject to change
 - i. All training groups are required respect facility use guidelines established by the City of Regina

6. Personal Protective Equipment (PPE) & Disinfection

- a. Many sanitation stations have been setup for user group and public use at City of Regina facilities
 - i. All coaches and athletes are required use sanitizing stations upon entering City of Regina facilities
- b. Excel Athletika will provide all necessary PPE if need that is required for coaches and athletes
 - i. All coaches and athletes are required to follow PPE protocols established by City of Regina and other governing bodies
 - ii. All PPE should be worn while cleaning equipment
- c. Excel Athletika will provide disinfectants for cleaning equipment and surfaces
 - i. All disinfectants will be stored in Excel Athletika storage areas
 - ii. Mats and jump pits must be cleaned after every use

More information and protocols will be provided as guidelines and recommendations change. The above training protocols must be adhered to ensure safe training can continue for Excel Athletika coaches and athletes. If there are questions or suggestions for Excel Athletika training protocols, please contact the club manager.

RETURN TO COMPETITION & OUTBREAK ACTION PLAN

Excel Athletika continues to work with *Saskatchewan Athletics* and other track club throughout the province to create, and establish return to competition guidelines. With return to competition plans not yet complete, Excel Athletika will await any announcements from *Saskatchewan Athletics*. Excel Athletika also does not recommend, support or endorse any out of province travel for competition.

As the province continues to remain open and many athletes will return to school this fall, Excel Athletika will begin creating an Outbreak Action Plan. This plan, once completed, will establish procedures for Excel Athletika to follow in the event of a COVID-19 outbreak and/or second wave. The province continues to trend healthy, and by adhering to return to training protocols Excel Athletika coaches, athletes, and family members can enjoy the return to training.



For more information and updates, you can visit government and Athletics Canada websites.

EXCEL ATHLETIKA REFERENCES

ATHLETICS CANADA

Back on Track—updated July 13th, 2020

<https://athletics.ca/wp-content/uploads/2020/05/Back-on-Track-June-1-2020.pdf>

SASKATCHEWAN ATHLETICS

Return to Sport – Sask Athletics—updated June 18th, 2020

http://saskathletics.ca/images/pdfs/Return_to_Sport_-_Final_Draft.pdf

SASKATCHEWAN HEALTH AUTHORITY

COVID-19 Information—updated daily

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus>

GOVERNMENT OF SASKATCHEWAN

Reopen & Phase Saskatchewan Plans—updated August 5th, 2020

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan/re-open-saskatchewan>