



Excel Athletika Return to Training Plan

Fall 2020

Sept. 27, 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 referenced 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 (Grant Van Eaton) and the Excel Athletika 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 the Informed Consent and Assumption of Risk Agreement form.

- All athletes and coaches must complete the Informed Consent and Assumption of Risk Agreement form before they can start training indoors. This link will take you to those forms.
- http://www.saskathletics.ca/images/pdfs/INFORMED_CONSENT_AND_ASSUMPTION_OF_RISK.pdf (for athletes under age 18)
- http://www.saskathletics.ca/images/pdfs/RELEASE_OF_LIABILITY.pdf (for athletes and coaches ages 18 and over)
- These forms are to be completed once at the start of the indoor season by every athlete and coach. The forms must be returned to the Club Manager before training starts. This can be done by scanning the form or taking a picture and sending it to the Club manager at gvaneaton@accesscomm.ca. **PLEASE NOTE THAT COACHES WILL NOT TAKE THESE FORMS FROM AN ATHLETE – THEY MUST BE COMPLETED BEFORE INDOOR PRACTICE STARTS**

STEP 2 – Stay Informed & Follow SHA Guidelines

- Although Excel Athletika will develop a plan to follow, it is important everyone follows updated guidelines from the 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 a training season(s), all athletes will wait to hear from coaches or the 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 must 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 must self-screen before leaving for training
- c. A few examples 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 is experiencing any symptoms. If an athlete answers yes to any of these points they cannot attend practice.

IF YOU ARE SICK FOR ANY REASON YOU CAN NOT ATTEND PRACTICE. PLEASE NOTE THE INFORMATION BELOW REGARDING EXPOSURE AND OR OUTBREAK ACTION PLAN

2. Attendance Tracking

- a. Prior to arriving to training sessions, all athletes and/or parents attending the training session are required to complete an attendance tracking form. **Note this process is currently being developed by Excel Athletika. Additional communication around this process will be added once it is available.**
- b. Attendance of all coaches, parents, and Excel Athletika members must be recorded
- 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 the Club Manager if required.

3. Training Group Size

- a. Training group sizes cannot exceed 30 people. This includes athletes, coaches and any parents or family members who are in the area with the 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 will limit training group sizes and impact the ability 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

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 the importance of maintaining physical distance while training
 - ii. Coaches will ensure all athletes maintain 2 meters (6ft) of physical distances between themselves and athletes when possible
- b. Disciplines that include workouts on the track must maintain 2 meters (6ft) of physical distance between other training groups and/or public. A maximum of 30 people including athletes, coaches and the public are allowed on the track at one time.
 - 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. Athletes and Coaches must arrive in time to enter the field house and start practice based on their training group start time. Do not come early and hang out in the hallway.
- d. Athletes must leave directly after practice ends. Do not stay to visit.

- e. Training Groups that start at 6:45 will end at 7:45 so athletes can leave the training area before the 8pm athletes arrive. 8pm athletes can not enter the building until 8 pm.
- f. Lockers, showers etc are not to be used. Please wear your training clothes and keep your bags, jackets etc with you. When it is raining or snowing etc., please place outdoor clothing in a plastic bag and take it with you to practice. **Do not wear or take wet or mudding foot wear into the track area.**
- g. 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, volunteers and or athletes will be required to clean and disinfect all equipment
- b. Equipment owned by the City of Regina may not be used by Excel Athletika members.
- 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 to respect facility use guidelines established by the City of Regina
 - d. All athletes must bring their own water bottles and training clothing. Any clothing, water bottles etc left at the track will be throw out.

6. Personal Protective Equipment (PPE) & Disinfection

- a. Many sanitation stations have been setup for user groups and public use at City of Regina facilities
 - i. All coaches and athletes are required to use sanitizing stations upon entering City of Regina facilities
 - ii. All coaches, athletes, volunteers and family members are required to wear a mask when entering and leaving the indoor facility.
 - iii. All Coaches are required to wear a mask during practice if they will be within 2 meters or 6 feet of an athlete.
- b. Excel Athletika will provide all necessary PPE that is required for coaches and volunteers. Athletes will be required to have their own masks.
 - i. All coaches and athletes are required to follow PPE protocols established by the 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 followed 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 gvaneaton@accesscomm.ca.

EXPOSURE AND OR OUTBREAK ACTION PLAN

- If an athlete is sick, for whatever reason, they must not come to practice. They will self-quarantine for 48 hours and if still sick after that time call 811 for further instructions regarding testing. The Club Manager must be advised of all situations when an athlete or coach is sick and what further steps or action, if any is taken prior to returning to practice.
- If an athlete or coach has been out of the province or country they are required to not attend practice for a period of 2 weeks after arriving home.
- If an athlete or coach have been exposed to someone who has Covid 19 they must self-quarantine for 2 weeks from date of exposure.

WHAT HAPPENS IF AN ATHLETE, COACH OR FAMILY MEMBER DEVELOPS COVID AND THEY HAVE BEEN AT PRACTICE?

- When an athlete, coach or volunteer tests positive for Covid 19 and they have been at practice they must report this immediately to the Club Manager at gvaneaton@accesscomm.ca.
- All athletes, coaches, volunteers and family members who were at practice with this individual will be required to self-quarantine for 2 weeks before returning to practice. For example, if an athlete who attends the Mon night practice reports they have tested positive for Covid 19, all athletes, coaches and volunteers who have been training with this athlete or the same training times with this athlete will be required to self-quarantine for 2 weeks. In this example that would be all U12, U14, U16 and older sprinters and jumpers and all Run Jump Throw athletes and coaches.
- Excel Athletika will also follow the Province of Sask. and the city of Regina protocols in a situation like this.



Excel Athletika will continue to work with *Saskatchewan Athletics* 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 will not be sponsoring or attending any competitions at this time. This will be reviewed moving forward.

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>