

# PGTF's Return to Sport Guidelines

## Overview

The Prince George Track & Field Club ("PGTF" or "Club") will be following the return to training guidelines developed by the [Athletics Canada's "Back on Track" Task Force](#) and the [BC Athletics' Return to Training Addendum](#). The Prince George Track & Field Club's COVID-19 Safety Plan integrates and builds upon these guidelines with our club's own assessment of the risks that face our athletes, coaches, parents and administrators across all of our training groups and locations.

The recommendations outlined in this document will be reviewed and updated regularly as we receive guidance from the BC Government, WorkSafe BC, viaSport BC, and BC Athletics. Please note resuming of sport activities may not be linear, increasing restrictions may be required in response to fluctuating numbers of COVID-19 cases in the province. Club Members need to be flexible to accommodate and respond to changes in community transmission and the changes in advice from the Provincial Health Officer.

Guidelines in this document are for use in training/practice settings. PGTF will continue to update these guidelines as we progress through the later phases of the Pandemic. Return to Competition guidelines are currently being developed by government and sport authorities and will be released at a later phase.

## Disclaimer

The guidelines included in these Return to Training documents are intended to be used for the purposes set out in the document. While we aim to provide relevant and timely information, because information known about the COVID-19 coronavirus and recommended health and safety measures can rapidly change, no guarantee can be given as to the accuracy or completeness of any information provided in these Guidelines.

It is important to note that the Guidelines are not legal documents and are to be used as a guide only. They are not a substitute for actual legislation or orders of the Provincial Health Officer. In the event of an ambiguity or conflict between the Guidelines and the Public Health Act, regulations, or orders thereunder, the Act, regulations and orders prevail. All members of the Prince George Track & Field Club should comply with the requirements of the provincial and local government and health officials in terms of public gatherings and sporting events when determining when it is safe to return to activities. Nothing in these documents is intended to provide legal advice. Do not rely on these documents or treat them as legal advice.

## What will be different

### Training locations

The club has booked Masich Place Stadium "throw, jumps, track" areas only. The inner artificial turf field will not be available for use. All participants will enter and exit the stadium from the Massey Drive parking lot by the throwing cages.

There will be limited use of public washrooms at the stadium, so participants are strongly encouraged to use their home washroom immediately prior to departing for practice.

## Training Groups

In accordance with Athletics Canada and BC Athletics guidelines, and in an effort to reduce the risk of spreading COVID-19, the summer training group will be limited to 30 participants and subdivided into event training groups.

The total number of individuals in an event training group at any given practice must not exceed 10 individuals.

## Illness

The following individuals are NOT to be permitted to attend practice or training venues:

- Any person who is 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 BC Ministry of Health ([www.gov.bc.ca](http://www.gov.bc.ca));
- 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; and
- Any person who has arrived in British Columbia 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.

## Symptoms of illness arise during practice

Should an athlete develop symptoms of COVID-19 during a practice:

- That individual must wait in a designated location until their parent/guardian picks them up; and
- The coach should contact the athlete's emergency contact immediately and request they pick up the athlete as soon as possible.

Should a coach develop symptoms of COVID-19 during a practice:

- That practice session will be immediately terminated.
- Athletes' parents will be called and requested to pick up their children as soon as possible.
- Athletes will sit and wait in a designated area while maintaining at least a 2m distance from other athletes, as they await transportation home.

## Symptoms of illness arise after practice

Should an athlete develop symptoms of COVID-19 after a practice:

- That individual should not return to another practice for two weeks
- That individual should contact the Club's Health and Safety Officer Elena Thomas by email or phone as soon as possible ([princegeorgetrackandfield@gmail.com](mailto:princegeorgetrackandfield@gmail.com); 250-612-9186)
- That individual should fill out the PGTF Illness Tracking Form so that contact tracing can be done and the athlete's return to practice can be determined; the form is here: <https://forms.gle/VZPHuj7oggkKxfaaA>

## Physical Distancing

All practice participants (athletes, coaches, designated parent volunteers, administrators) must maintain a 2-metre distance from all other practice participants, other recreational users, and members of the general public at all times. This includes:

- Upon arrival at practice
- During sign-in
- During warm-up runs/exercises
- During intervals/reps/turns
- In-between intervals/reps/turns
- Stretching
- Core or strength activities
- Prior to leaving
- Travelling to and from practice – i.e. no carpooling with persons who do not live in your household

In an effort to not overcrowd a facility and compromise the health and safety of practice participants and users of the facility, we will be limiting the number of groups we schedule to practice at any one time.

- For this reason, family members will not be allowed to enter the facility and are encouraged to remain in their vehicles when dropping off and picking up athletes, or outside the training area.

Participants should aim to arrive at the facility no earlier than five minutes prior to the scheduled start time of their practice. They will be required to leave within 5 minutes of the scheduled end-time of their practice.

Depending on the facility and number of groups training that day, we may ask members to be dropped off and pickup up at specific entrances or locations at the facility so as to reduce the risk of cross-contamination between groups.

## Hygiene

All participants are encouraged to bring their own hand sanitizer to each practice. Coaches will have hand sanitizer available as a backup.

**Participants will be required to sanitize their hands for at least 20 seconds at the following times:**

- Upon arrival to the practice
- Before using any club equipment
- After using any club equipment
- After every jump in a sand pit

- Before departing from the practice
- Any other time your coach requests

You will not be required to wear personal protective equipment (“PPE”) to practice. Should you choose to wear PPE, you must ensure that you safely dispose of disposable PPE or disinfect reusable PPE prior to returning to the next practice.

**Participants must practise good hygiene, including:**

- Not touch their face (especially eyes, nose and mouth)
- Sneeze only into the crease of their elbow
- Not sharing any food or drinks (including water) with other participants
- Not hi-fiving or elbow-bumping other participants. Air fives only.

## Equipment Sharing

Athletes are requested to:

- Bring any implements of their own to use at training. Implements must have their initials for easy identification and are not be shared
- Choose an implement for the duration of training and not share it
- Retrieve their own implements after throwing
- Pit jumpers must bring their own tarps for covering the mats; the club will provide spray disinfectant for cleaning them
- Sand pits will be used by only one athlete for the duration of their turns; sand must be turned and rakes, measure equipment disinfected before next user starts

## Non-compliance

In the event that an athlete is non-compliant with the terms or spirit of our guidelines, to the point where their coach or club administration feel they are compromising the safety of others, they will be asked to leave the practice.

That athlete would then only allowed to attend future practices once the coach and club administration is satisfied that the athlete no longer poses a threat to the safety of others.

In the event that a coach or entire training group is found to be non-compliant with the terms and spirit of this safety plan, their practices may be suspended.

## Unsupportive comments from bystanders

Coaches, athletes and parents should understand that once they return to group training, they will likely receive a wide range of reactions from members of the general public. Members of the public will differ in their beliefs, attitudes and comments towards athletes returning to training in a group environment.

In this regard, coaches and athletes should hope for the best but prepare for the worst. Athletes may receive unsolicited comments that are negative, judgmental, and/or offensive. Should this occur, coaches and athletes should not take any comments personally and attempt to ignore them as best they can.

It is important for coaches and athletes to understand that COVID-19 has had wide-ranging impacts on people in their communities. While some are coping well, others may be experiencing hardship. It is, therefore, important not to judge, condemn or retaliate towards any unwanted comments, but rather act with empathy and respect for what they may be going through.

Should any member of the public make persistent comments or be disruptive for an extended period of time, the coach should request they leave the area.

Should the individual not comply, the coach may relocate the group (if possible) or terminate the practice at their discretion.

Although PGTF has requested that the booked areas (throw, jumps, track) not be open to the public during training, passerbys and participants on the inner field may make comments.

## Educational Training

All coaches, administrative staff, and parents performing any official volunteer capacities must review certain training materials prior to returning to practice. Details will be communicated directly to those individuals.

## Feedback and Safety Concerns

Individuals with health and safety concerns will be encouraged to report those concerns via any one of the following mechanisms

- Speaking to their coach
- Emailing or phoning the Club's Health & Safety Officer Elena Thomas ([princegeorgetrackandfield@gmail.com](mailto:princegeorgetrackandfield@gmail.com); 250-612-9186)
- Submitting an anonymous form online: <https://forms.gle/vosG513w3joyjckk7>

Club administration will revise plans, policies and procedures as frequently as new feedback is provided. Revised plans and policies will be communicated via:

- Updates on the website: <https://www.pgtrackandfield.ca/>
- Emails to coaches, athletes and parents
- Instructions from coaches to athletes at the beginning of practice

## Individual requirements to return to practice

Before being allowed to return to practice, athletes and their parents (if under the age of majority) will be required to complete the following documents:

### BC Athletics required documents through Trackie.me (sent as an email from Athletics Canada)

- 1a. Informed Consent and Assumption of Risk Agreement – to be signed by the parent/guardian of athletes under the age of eighteen.

- 1b. Release of Liability, Waiver of Claims and Indemnity Agreement – to be signed by athletes eighteen and over.
2. COVID-19 Questionnaire, Attestation and Participant Agreement.

## Prince George Track and Field Club required documents

3. The last page of these “PGTF Return to Sport Guidelines”

Please either print, sign and scan this page, or use the “Fill & Sign” function in Adobe Acrobat Reader.

Once signed, please submit via this form: <https://forms.gle/H8a9ioDQohef36ix7>

Please bring the printed page to practice if you experience any technical difficulties submitting online.

## Pre-practice Self-assessment Checklist

In addition to the documents that must be signed one time prior to attending the first practice, all practice participants will be required to complete the “PGTF Pre-practice Self-assessment Checklist” form at arrival to each and every practice to ensure that participants are not experiencing any symptoms of COVID-19, nor are they at an elevated risk of developing them due to exposure to travel or to other individuals who are at an elevated risk of being infected.

This checklist needs to be completed during attendance sign-in prior to the start of practice.

The self-assessment checklist can be found here:

[https://drive.google.com/file/d/1RfjhPRpz2\\_U1GbNHgaJWEDQUKD1I4GMA/view?usp=sharing](https://drive.google.com/file/d/1RfjhPRpz2_U1GbNHgaJWEDQUKD1I4GMA/view?usp=sharing)

# PGTF Return to Sport Guidelines – Participant Agreement

I acknowledge that I have read, understood and agree to abide by all guidelines, policies and requirements contained in the PGTF's Return to Sport Guidelines. I understand my responsibilities as a participant at PGTF practices.

**Name of Participant:** \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Participant's Signature: \_\_\_\_\_

Printed Name of Parent/Guardian: \_\_\_\_\_  
(if participant is under the age of 18)

Parent/Guardian Signature: \_\_\_\_\_  
(if participant is under the age of 18)