

# PGTF's 2022 Return to Sport Guidelines

## Indoor Training

### 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 location

The club has booked the Northern Sports Centre **Indoor Track Sprint Lanes and Stretch Zone**. Participants should aim to arrive at the facility no earlier than 10 minutes prior to the

scheduled start time of their practice. All participants will enter the facility through the indicated drop off zone SOUTH door.

Upon entry, all PGTF participants, coaches and volunteers will sanitize their hands. As a group, participants will head to the stairs and the upper level track entrance. A coach will have a fob to open the door.

Please note: There will be no change rooms open for participants to use and only water bottles are permitted on the track.

After practice, participants are expected to sanitize their hands. They will be required to leave within 5 minutes of the scheduled end-time of their practice via the drop of zone NORTH door.

## NSC Track Use Policy

- All participants must wear a mask when not engage in physical activity.
  - Adult participants, coaches and volunteers require vaccine passports, to be monitored by PGTF (ages 22 and older).
  - Youth participants do not require a vaccine passport.
  - No siblings, parents or spectators permitted on the track during sessions.
  - Club has use of one lane, two sprint lanes and use of stretching areas on third level.
  - Indoor shoes and appropriate fitness clothing only permitted on the track.
  - All drinks must be in a sealed container.
  - Food or gum is not permitted on the track.
  - Inside lane is for walkers; Middle lane is for joggers; Outside lane is for runners.
  - Single file only when jogging or running on the track.
  - All machines and equipment must be cleaned after each use with the provided cloths and spray.
  - To mitigate any possible 'collisions', no stopping on track to observe activities below.
  - **ANY spectators/parents going past the front desk will be required to show full proof of vaccination and 1 piece of government issued photo ID upon every entry**
- **For this reason, family members are encouraged to remain in their vehicles when dropping off and picking up athletes.**

## Training Groups

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

## 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 **should review** the "PGTF Pre-practice Self-assessment Checklist" form 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 by travel or other individuals who are at an elevated risk of being infected.

The self-assessment checklist can be found here:

[https://drive.google.com/file/d/1RfjhPRpz2\\_U1GbNHqaJWEDQUKD1I4GMA/view?usp=sharing](https://drive.google.com/file/d/1RfjhPRpz2_U1GbNHqaJWEDQUKD1I4GMA/view?usp=sharing)

## 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

Although physical distancing is not required by the PHO, NSC or PGTF, all participants are encouraged to be aware of the comfort of others. Be respectful and keep your distance when necessary.

## 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
- After using any equipment
- Before departing from the practice
- Any other time your coach requests

All participants, coaches and volunteers must wear a mask when entering NSC and in common areas. You will not be required to wear personal protective equipment ("PPE) during 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 practice 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 equipment (towels, stretch bands...) of their own to use at training. Equipment must be identifiable and is not be shared
- Choose NSC equipment for the duration of training and not share it
- Return NSC equipment after use and sanitize

## 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 be 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, 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 ask an athlete to retrieve an NSC staff member for assistance.

## 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/vosG513w3joyickk7>

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. COVID-19 Questionnaire, Attestation and Participant Agreement
- 2a. Informed Consent and Assumption of Risk Agreement – to be signed by the parent/guardian of athletes under the age of eighteen.
- 2b. Release of Liability, Waiver of Claims and Indemnity Agreement – to be signed by athletes eighteen and over.

### Prince George Track and Field Club required documents

3. The last page of these “PGTF 2022 Return to Sport Guidelines Indoor Training”

**Please print, sign and bring the last page to the first training session**

# PGTF 2022 Return to Sport Guidelines

## Participant Agreement for Indoor Training

I acknowledge that I have read, understood and agree to abide by all guidelines, policies and requirements contained in the **PGTF's 2022 Return to Sport Guidelines for Indoor Training**. 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)

**PLEASE PRINT, SIGN AND BRING TO THE FIRST INDOOR TRAINING SESSION**