

Return to Sport Guidelines

Overview

The Mile2Marathon Track & Field Club (“Mile2Marathon”) will be following the return to training guidelines developed by the [Athletics Canada’s “Back on Track” Task Force](#), the [BC Athletics’ Return to Training Addendum](#), and the Athletics Ontario Return to Training Addendum. The Mile2Marathon 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 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 Governments of Ontario and British Columbia, WorkSafe BC, viaSport BC, BC Athletics, and Athletics Ontario. 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. Mile2Marathon 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 Mile2Marathon 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 are intended to provide legal advice. Do not rely on these documents or treat them as legal advice.

What will be different

Overall Group Size

Vancouver

No more than 50 individuals (coaches + athletes), divided into pace groups of 10 (1 coach + 9 athletes), at any one start time. We will stagger start times in order to accommodate more than 50 athletes.

Burnaby

As above for Vancouver

Ottawa

No more than 10 individuals (1 coach + 9 athletes) at any one start time. We will stagger start times in order to accommodate as many athletes as possible.

Pace Groups

In accordance with Athletics Canada, BC Athletics and Athletics Ontario guidelines, and in an effort to reduce the risk of spreading COVID-19, training groups will be subdivided into “pace groups”.

The total number of individuals in a pace group at any given practice must not exceed 10 individuals (1 coach + 9 athletes).

Pace groups will be recommended to athletes based on recent race/time trial performances for common distances as well as past experience training in our group setting.

Athletes may not be a member of two different pace groups, nor can they train, during Mile2Marathon organized training sessions with members of a different pace group, including during warmup and cooldown. The coach of a pace group may vary from practice to practice. When a coach is not available to supervise a pace group a member of that group will be required to act in the role of safety officer.

Pace Groups (and the athletes within them) will only be invited to attend practices on certain days. Every effort is being made to ensure athletes have equal opportunity to participate in practices.

Designated gathering areas will be marked for each pace group. We ask that you do your best to remain within your pace group from the time you arrive at the facility.

Warmup, drills and strides, other pre workout activities only with your pace group.

Athletes shall not switch pace groups. If you absolutely need to we will require you not attend practices for 2 weeks, before returning to a different pace group (assuming room exists).

Training locations

Training Group	Historical	When we return	Notes
Vancouver Tuesday Group	Point Grey Secondary School Track	Point Grey Secondary School Track	will keep this group to ~20
Vancouver Wednesday Group	Point Grey Secondary School Track	Jericho Beach Park	more space to accommodate size of group safely
Vancouver Saturday Group	Various Locations	Stanley Park	
Ottawa Wednesday Group	The Movement Co	Friends of the Farm Parking Lot	Workout at Arboretum or Experimental Farm

We have chosen training locations that are open air and provide sufficient space to practice appropriate social distancing.

There will be limited to no use of public washrooms at training facilities, so athletes are strongly encouraged to use their home washroom immediately prior to departing for practice.

We will not provide water and do not anticipate access to water will be available at public facilities. Please bring your own. Do not share.

Post-workout; freezies or other refreshments may be provided at the head coaches discretion. Athletes shall not handle a freezie for another athlete. Hand sanitizer will be provided at the 'freezie station'.

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 warm-up runs
- During intervals/reps
- In-between intervals/reps
- 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 pace groups we schedule to practice at any one time.

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

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 your provincial health authority.
- 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 or Ontario 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.

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
- 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 and strava kudos only.
- No group selfies

Equipment Sharing

Participants shall not share water bottles.

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, 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.

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

Educational Training

All coaches and administrative staff 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 President Dylan Wykes (dylan@mile2marathon.com)
- Emailing or phoning the Club's Head Coach, Rob Watson (rob@mile2marathon.com)
- Submitting an anonymous form online: <https://forms.gle/wPM1tD4WdEaRrg4h9>

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://mile2marathon.com/m2m-covid-19-updates/>]
- Emails to coaches and athletes.
- 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:

Vancouver and Burnaby Members

BC Athletics required documents through Trackie.me for

- 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.

Note that the above documents are anticipated to be available sometime in the middle of the week between June 15-19, 2020 on trackie.me

Ottawa Members

Independent club waivers must be signed by all athletes wishing to attend workouts.

The forms/waivers can be found [HERE](#) and include:

1. Informed Consent and Assumption of Risk Agreement
2. Release of Liability, Waiver of Claims and Indemnity Agreement
3. COVID-19 Questionnaire, Attestation and Participant Agreement

All Members

Acknowledgement that you have read this document.

Please complete this form to acknowledge that you have read this document.

<https://forms.gle/diDasdFrZ7yfbNN37>

Please contact Erica Digby if you experience any technical difficulties

Erica@mile2marathon.com

Practice Signup Process

As noted above, we will do our best to accommodate all athletes who want to attend practices. Since it is essential we know and potentially limit how many athletes attend any one practice, we will be using a sign up system. Signup for practice will be done via our website (www.mile2marathon.com).

Please refer to the Pace Groups section of this document for our requirements and recommendations on pace groups. You will need to signup to a session dedicated to a specific pace group.

Daily Screening Tool

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 “M2M Daily Screening” form prior to attending 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 other individuals who are at an elevated risk of being infected.

This form must be completed within a four-hour window prior to the start of their practice.

Coaches will be checking form submissions prior to starting practice and will not admit athletes to practice until their form has been submitted, and it is determined that they are symptom-free and low risk.

The link to the form will be available in the workout signup confirmation email. The daily screening tool can also be accessed here: <https://forms.gle/c941HnYj1TqR4yYe7>

All club members are encouraged to favourite that link in their mobile web browser.