



BURNABY STRIDERS TRACK & FIELD CLUB

Return to Training (subject to ongoing reviews & updates – July 20, 2020)

As outlined in the viaSport Return to Sport – Guidelines for BC, below highlight the types of activities that can be considered as we transition through the various return phases. You will notice a range of activities indicated that may be allowed within a given phase. It is however still the advice of public health officials to move ahead slowly, and systematically restart activities in a way that allows your organization and local health authorities to monitor, evaluate and adjust as needed.

	Strictest Controls Prior to May 19, 2020	Transition Measures Approx. May 19th to Sept	Progressively Loosen Future date TBC	New Normal Future date TBC
Restrictions in Place	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel 	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel No group gatherings over 50 people 	Refer to PHO and local health authorities	Refer to PHO and local health authorities
Enhanced Protocols	Increased hand hygiene	<ul style="list-style-type: none"> Increased hand hygiene Symptom Screening in place 	Increased hand hygiene	Increased hand hygiene
Facility	<ul style="list-style-type: none"> Outdoor or within home Facilities and playgrounds closed 	<ul style="list-style-type: none"> Outdoor is safest Indoor facilities slowly re-opening 	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	<ul style="list-style-type: none"> Small Groups No or limited spectators 	<ul style="list-style-type: none"> Groups sizes may increase Limited spectators 	<ul style="list-style-type: none"> Large groups allowed No restrictions on spectators
Non-contact Activities	<ul style="list-style-type: none"> Low risk outdoor activities can occur (biking, running, etc). Virtual activities 	<ul style="list-style-type: none"> Fundamental movement skills Modified training activities, drills 	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	<ul style="list-style-type: none"> Should not occur Contact sports should look for non-contact alternatives to training 	Introduction to pair or small group contact skills	No restrictions on activity type
Competition*	Should not occur	In club play or modified games may slowly be introduced	Interclub or regional game play may be considered	Provincial competitions and larger scale events may return
Equipment	No shared equipment	<ul style="list-style-type: none"> Minimal shared equipment Disinfect any shared equipment before, during and after use 	<ul style="list-style-type: none"> Some shared equipment Enhanced cleaning protocols in place 	Shared equipment

*Introduction of competitive activities should be in alignment with Sport Specific guidelines

As BC Athletics members, we are to follow the return to training guidelines developed by the National “Back on Track” Task Force, and also the BC Athletics’ “Return to Training Addendum” which, highlights any additional or differing guidelines that have been set specifically for the Province of BC.

BC Athletics Return to Training Plan includes:

- Athletics Canada released the [“Back on Track”](#) (return to sport plan) - June 1st
- viaSport released the [BC Govt Return to Sport Government Guidelines](#) – June 1st
- [BC Athletics Return to Training](#) Plan was completed and will appear as an Addendum to the [Athletics Canada “Back on Track” Guidelines](#) – June 5th



BURNABY STRIDERS TRACK & FIELD CLUB

- Club/Training Group Risk Assessment & Mitigation Checklist Tool
- BC Athletics had the following documents reviewed and affirmed by Legal Counsel and SBC Insurance:
 - a. Informed Consent and Assumption of Risk Agreement - *(To be executed by Participants under the Age of Majority and the Participant's Parent of Guardian)*
 - b. Release of Liability, Waiver Of Claims and Indemnity Agreement *(To be executed by Participants over the Age of Majority)*
 - c. COVID-19 Questionnaire, Attestation and Participant Agreement

Before Training Can Restart:

- Striders will be approving & adopting both the BC Athletics Return to Training Plan & Athletics Canada "Back on Track" Guidelines.
- Burnaby Striders signed a "Club Attestation and Acknowledgement Form" document verifying that we agree to BC Athletics Return to Training & Athletics Canada "Back on Track" Guidelines.
- An email link will be issued to all registered athletes enabling membership re-activation for 2020, with the requirement to complete the following:
 1. The Parent/Guardian of an individual member, the member being under the age of Majority, must agree to and sign the "Informed Consent and Assumption of Risk Agreement"
 2. Each Individual member, over the age of majority, must agree to and sign the "Release of Liability, Waiver of Claims and Indemnity Agreement"
 3. Each member or Parent/Guardian of a member who is a Minor, must complete and sign the "COVID-19 Questionnaire, Attestation and Participant Agreement"

In addition to the above and to facilitate contact tracing, in the event of an outbreak, each member is also be asked to verify that the contact information stated on their 2020 BC Athletics membership is current and up to date including:

- Individual's PERSONAL Email
- Home address
- Phone Number

Guidelines for Training:

- Participant agrees to symptom screening checks and will let their club/training group know if they have experienced any of the symptoms in the last 14 days.
- Participant agree to stay home if feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.
- Participant agrees to sanitize their hands upon entering and exiting the facility, with soap & water or sanitizer.
- Participant agrees to sanitize the equipment (shared and personal equipment) they use throughout their practice with approved cleaning products provided by the club/training group.
- Participant agrees to continue to follow social distancing protocols of staying at least 2m away from others.
- Participant agrees to not share any equipment during practice times.
- Participant agrees to abide by all of their Clubs/Training Group COVID-19 Policies and Guidelines.
- Participant understands that if they do not abide by the aforementioned policies/guidelines that they may be asked to leave the club/training group for up to 14 days to help protect the participant and others around them.



BURNABY STRIDERS TRACK & FIELD CLUB

- Participant acknowledges that continued abuse of the policies and/or guidelines may result in the temporary suspension of their club membership.
- Participant acknowledges that there are risks associated with entering training facilities and/or participating in club/training group activities, and that the measures taken by the club/training group and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.
- It is imperative that everyone attending will at all times adhere to the protocols put in place by Athletics Canada, BC Athletics and Burnaby Striders.
- Signage for social distancing will be in place. Washroom facilities will be open and hand sanitizer will also be available. Disinfectant wipes will also be available, however we are limited shared equipment as best we can.
- Each Coach will be limited to training 9 athletes at a time in different areas of the facility. Should we run into a case where we have more athletes than allowed, there may be times that the athletes will have to take turns training. As a small club we don't necessarily anticipate this happening but want everyone to be aware.
- Practices will be limited to track events only, there will be no field training for the duration of the year.
- With respect to drop off and pick up times at Burnaby Central, we strongly encourage parents to keep it brief, and minimize any spectating so that we can maintain smaller group sizes.

We are asking that all athletes, or parents/guardians of athletes ensure that they understand the rules put in place and support the adherence to these rules. It is critical that we all do our part to ensure a safe and healthy execution of our Return to Training plan.

Thank you!