



# ATHLETICS NEW BRUNSWICK RETURN TO TRAINING & COMPETITION ADDENDUM

September 2, 2020



## Overview

Athletics New Brunswick will be following the return to training and competition guidelines developed by the National task force, Back on Track. This document will highlight any additional or differing guidelines that have been set specifically for the Province of New Brunswick and Athletics New Brunswick.

The recommendations outlined in this document will be reviewed and updated regularly as we receive more guidance from the New Brunswick Government and New Brunswick Health Officials.

Guidelines in this document are for use in training/practice, as well as competition settings where applicable. Athletics New Brunswick will continue to update these guidelines as we progress through the pandemic.

All of Athletics Canada's **Back on Track** guidelines are strongly recommended to be followed and implemented in your training regiments and competitions until further notice. In addition to those guidelines, Athletics New Brunswick is recommending the following additions throughout the province of New Brunswick. These provincial recommendations will be updated on the [Covid-19 Resource Page](#) as New Brunswick, and Canada, progress through the pandemic.

New Brunswick recommendations to be used in addition to the Athletics Canada's **Back on Track** guidelines

## Contents:

*Overview – 2*

*Return to Training – 3*

*Return to Competition (Track & Field) – 4*

*Return to Competition (Cross Country Staggered Start/Time Trial) – 6*

*Return to Competition (Cross Country Mass Start) – 8*



### ***Return to Training***

- Any athlete in training groups must be, at a minimum, recreational members.
- There should be a maximum of 50 persons in any given training group.
- All group training must follow current New Brunswick Public Health guidelines. Please ensure you are following guidelines and protocols created by the facility of choice, as their facility maximums can vary. Continue to use the 2 meters of physical distancing at all times, recognizing that brief close contacts are permitted on the field of play.
  - a. One coach should not have multiple groups in one facility at the same time. Instead, the coach should have them staggered to mitigate transmission between training groups. If coach has to work with various groups, non-medical face masks are recommended.
- Clubs must have personal protective equipment available on-site if physical distancing cannot be followed. Examples of this include, but are not limited to, attending to injuries, medical needs, or athletes who may require assistance.

### **Must be completed before returning to training AND competition**

1. All athletes must read this document and complete the Athletics New Brunswick COVID-19 Questionnaire and Attestation sent to them by Trackie before being allowed to go back to sanctioned training or competition.
2. Clubs are strongly encouraged to appoint a Health Safety Officer and complete the following:
  - a. Risk assessment before using a public facility.
  - b. Waiver acknowledgment and plans on implementing current recommendations into their group sessions.
3. Ensure athletes and parents follow the Outbreak Action Plan, outlined in section six of the [National Back on Track Return to Training Guidelines](#) document or on the [Covid-19 Resource Page](#) of our website.

Templates and other resources can be found on the Covid-19 Resource Page: <https://www.anb.ca/resources/covid-19/>



### ***Return to Competition – Track & Field***

All competitions must be sanctioned by Athletics New Brunswick in order to be considered for rankings, records, as well as insurance coverage. Sanction requests can be found here: [Sanction Request Form](#)

Attached with your sanction request form, please provide the following documentation:

- Clearly indicate which type of competition you plan to host
- Schedule of Events (including age-groups in each event)
- Plan with clear explanation on how physical distancing protocols will be managed

\*ANB may request re-submission of Sanction Request Form if any of the documentation is not attached, or does not meet the below mentioned recommendations\*

Competitions will not be promoted or posted on the ANB fixtures list until the sanction has been approved.

#### New Brunswick recommendations to be used in addition to the Athletics Canada's **Back on Track** guidelines

All athletes, coaches and officials participating in these competitions must be members of Athletics New Brunswick, and have completed the COVID waiver sent to them by Trackie. No exceptions. No last-minute entries should be provided to ensure all registrants have their COVID waivers completed *prior-to* the competition.

It is the responsibility of the host organizing committee to ensure all physical distancing requirements are followed and adhered to and to provide all volunteers and officials with PPE, should they wish to make use of them.

#### Types of Competitions ANB will sanction **at this time**:

- Event specific competition (i.e Throws meet, Distance Night, etc.)
- Twilight Meet (maximum of 4 events held in different areas of the facility)

*\*If planning for a hurdles race, 110mh and 100mh would count as one of the four events, as there are different heights and distances for men and women. This would also apply to a 400m vs 300m, or 200m vs 150m so long as the individuals racing in these events are **age appropriate**\**

#### Host Responsibilities

Please check with the facility for any specific requirements for limitations on capacity prior to hosting. If there is a limit to number of people permitted in a venue, please be sure to include volunteers, athletes, coaches and spectators in your tallies when planning to host an event.

Ensure health of each person entering the facility is verified using an attestation questionnaire. (Back on Track page 25). Organizers must keep a log of each person in attendance (athletes, coaches, volunteers, officials, spectators) including their contact information.

Having hand sanitizer and masks available is highly recommended.

Ensure an Emergency Action Plan is in place, in the event of an incident requiring first aid/medical attention.



Having the following on-site is strongly recommended:

- Onsite qualified First Aid/Medical Personnel
- Medical supplies/First Aid Kit
- Medical Plan, Traffic Management Plan, Waste Management Plan
- Extreme weather plan

### Event-Specific Guidelines

#### ***Jumps***

It is not recommended that Pole Vault take place in competition at this time. If planning to host High Jump events, as per Back on Track documents, each athlete in the event should have their own separate tarps, and be interchanged in between jumpers.

For Horizontal Jumps, it is crucial that the sand be fully turned over and raked in between each jump.

#### ***All other events***

In addition, **ALL** event-specific guidelines in the Back on Track document are **strongly** encouraged to be followed.

### Officials

Please refer to page 19 of the Back on Track document. Further details will become available as the NOC develops their guidelines.

\*\*\*Please refer to the ANB Covid Resource Page frequently for the most up-to-date guidelines from ANB and Athletics Canada.\*\*\*



## ***Return to Competition – Cross Country (Staggered Start / Time Trial)***

### **General**

- Have a COVID Safety Officer oversee the enforcement of your COVID Safety Plan and the protection of everyone onsite.
- Work to eliminate all touch points.
- Encourage participants to come solo, come just before the start and to leave immediately after.
- No high-fives, hugs, group photos or spitting.
- No in person registration, online only. Avoid cash transactions.
- Have a record of every volunteer and staff person onsite. Name, phone number.
- Personal Protective Equipment must be provided to all volunteers (Masks, gloves and hand sanitizer) and/or physical barriers at interaction points.
- Communicate with participants and volunteers, clearly and often, that if they feel unwell or show any symptoms, they should not attend the event.

### **Sanitation**

- Supply hand washing stations or sanitizer anywhere near any other high touch surfaces such as on course at hydrations stations and entry to corrals.
- Spread out porta-potties considering 2-meter physical distance requirement, if space is a constraint consider staggering door entrances, one forward and one back. Have line up areas marked to encourage physical distancing.
- Encourage participants to wash their hands with soap and water and/or hand sanitizer prior to and after using porta-potty. Touchless hand sanitizer dispensers are recommended.
- Talk with your sanitation provider about enhanced cleaning of facilities.

### **Race Kit Pickup**

- Outside is better than inside. Avoid indoor packet pickup.
- Consider other options for packet pickup, like mailing out to schools prior-to event.
- Allow and mark spacing for physical distancing.
- Protect volunteers with a combination of physical barriers, masks and spacing.
- Consider multiple pickup stations, spaced apart, to reduce lines.
- Have lines flow one direction, in one way, out another.
- Extend kit pick up hours to maximize physical distancing opportunities.
- Prepackage everything into one package to reduce touch points.

### **Crowd Management Before, During, And After Event**

- Encourage participants not to bring spectators.
- Encourage participants to arrive just before their event and leave immediately after. Course walk-throughs are not recommended but having clearly marked courses and maps of your course are essential.
- Encourage masks / facial coverings before and after their event.
- Have a flow to your event site, to prevent grouping and encourage physical distancing. In one way, out another.



### **Start Corrals and Line (Staggered Start / Time Trial Format)**

- Seed start times based on expected race finish time, to reduce on course interaction. (This would apply to Provincials only).
- Minimum 15-30s in between each runner, therefore eliminating the chaos of a mass start. Timing/results would be done by aligning their start time with their bib # (i.e. if racer #105 starts @ 0:45.... At the finish, deduct 0:45 from the final finish time for his/her time). Results would NOT be available on-site for this type of timing, results would be available a few days later, banners available later, etc.)
- Look into chip timing (Atlantic Chip) – this can be costly. This would take care of timing completely, and results can be available almost instantaneously with minimal error.

### **On Course**

- No drafting permitted. A minimum of 2-meter physical distance must be practiced by all participants and volunteers before, during, and after the event. Front to back, side to side.
- *Course should allow for physical distancing and must be a minimum of 2 meters wide.*
- Reduce two-way runner traffic areas.
- On corners and turn around points, allow extra room for participants to distance.
- Have volunteers encourage physical distancing to participants on course and at corners. Have signage encouraging physical distancing.

### **Finish Area**

- Allocate more space for finish approach, line and finish chute. Finish approach should be as wide (or more) as your finish line.
- Communicate to participants clearly prior to race day on the website and in pre-race e-mail and on race day, the flow of finish line dispersal zone.
- Encourage masks to be worn by participants and all volunteers in finish line area.
- Volunteer Marshals in the Finish Line Dispersal Zone will remind finishers to keep moving while keeping their distance.
- Finishers should continue to egress along the road/path to exit the venue to their departure mode of transportation.
- To reduce/eliminate crowding, a post event gathering of any sort should be discouraged. Ask participants to leave once they have finished their event.



## ***Return to Competition – Cross Country (Mass Start)***

### **General**

- Have a COVID Safety Officer oversee the enforcement of your COVID Safety Plan and the protection of everyone onsite.
- Work to eliminate all touch points.
- Encourage participants to come solo, come just before the start and to leave immediately after.
- No high-fives, hugs, group photos or spitting.
- No in person registration, online only. Avoid cash transactions.
- Have a record of every volunteer and staff person onsite. Name, phone number.
- Personal Protective Equipment must be provided to all volunteers (Masks, gloves and hand sanitizer) and/or physical barriers at interaction points.
- Communicate with participants and volunteers, clearly and often, that if they feel unwell or show any symptoms, they should not attend the event.

### **Sanitation**

- Supply hand washing stations or sanitizer anywhere near any other high touch surfaces such as on course at hydrations stations and entry to corrals.
- Spread out porta-potties considering 2-meter physical distance requirement, if space is a constraint consider staggering door entrances, one forward and one back. Have line up areas marked to encourage physical distancing.
- Encourage participants to wash their hands with soap and water and/or hand sanitizer prior to and after using porta-potty. Touchless hand sanitizer dispensers are recommended.
- Talk with your sanitation provider about enhanced cleaning of facilities.

### **Race Kit Pickup**

- Outside is better than inside. Avoid indoor packet pickup.
- Consider other options for packet pickup, like mailing out to schools prior-to event.
- Allow and mark spacing for physical distancing.
- Protect volunteers with a combination of physical barriers, masks and spacing.
- Consider multiple pickup stations, spaced apart, to reduce lines.
- Have lines flow one direction, in one way, out another.
- Extend kit pick up hours to maximize physical distancing opportunities.
- Prepackage everything into one package to reduce touch points.

### **Crowd Management Before, During, And After Event**

- Encourage participants not to bring spectators.
- Encourage participants to arrive just before their event and leave immediately after. Course walk-throughs are not recommended but having clearly marked courses and maps of your course are essential.
- Encourage masks / facial coverings before and after their event.
- Have a flow to your event site, to prevent grouping and encourage physical distancing. In one way, out another.





### **Start Corrals and Line (Mass Start Format)**

- Seed start times based on expected race finish time, to reduce on course interaction. (This would apply to Provincials only). Waved mass start is also recommended (lines of 10-15 runners sent off in waves).
- Reduced field sizes is HIGHLY recommended.
- For mass start, start line must be large enough to host designated number of athletes per field size, with 2 meters distance between each. The risk for mass start would be the first 2-3 minutes when athletes are likely to be pack running before speed differences allow for separation.
- Allow for physical distancing (2 meters) in start corrals or approximately 4 square meters of ground space per person.
- Runners enter the corral only when their time slot has been announced. One time slot would be at the Start Line with the next group on deck on standby. Physical distancing chalk circles two metres apart can be placed on the road/trail/grass.
- If only one-meter separation on start line between runners for mass start, face coverings must be worn on the start line until moments before starting gun goes off (can be thrown on the ground and picked up by a volunteer wearing PPE after they are gone).
- Two-sided signs for physical distancing should be put up along the sides of the corral every two barricades or so.

### **On Course**

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- *Course should allow for physical distancing and must be a minimum of 2 meters wide.*
- Reduce two-way runner traffic areas.
- On corners and turn around points, allow extra room for participants to distance.
- Have volunteers encourage physical distancing to participants on course and at corners. Have signage encouraging physical distancing.

### **Finish Area**

- Allocate more space for finish approach, line and finish chute. Finish approach should be as wide (or more) as your finish line.
- Communicate to participants clearly prior to race day on the website and in pre-race e-mail and on race day, the flow of finish line dispersal zone.
- Encourage masks to be worn by participants and all volunteers in finish line area.
- Volunteer Marshals in the Finish Line Dispersal Zone will remind finishers to keep moving while keeping their distance.
- Finishers should continue to egress along the road/path to exit the venue to their departure mode of transportation.
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