

ROYAL CITY ATHLETICS CLUB BACK ON TRACK STATEMENT

Below you will find some of the protocols we will follow in order to comply with Athletics Canada and Athletics Ontario guidelines. You should all familiarize yourselves with this document - <https://athletics.ca/wp-content/uploads/2020/05/Back-on-Track-June-1-2020.pdf>.

Club Registration

'Royal City Athletics' is registered as an approved club by Athletics Ontario. In order to gain approval, there were several elements to put in place, many of which can be found on Athletics Ontario's [Return to Sport](#) page.

Waivers and Assumptions of Risk

The registration process includes various individual waivers that must be completed before anyone can return to training (assumption of risk, code of conduct, Anti-doping, etc). You will also be able to see the Risk Assessment and Mitigation Tool that has been completed in order to address the necessary protocols to return to training.

Health & Safety Officer, Training Groups, Times, and Venues

Your coaches will serve as 'Health & Safety Officers' and will communicate training groups, times, and venues. It will be very important for athletes to arrive on time (not early or late!) and to leave immediately following a session so that the next group can arrive and get settled.

Attendance & Medical Pre-Screening

Coaches will be responsible for taking attendance, and collecting pre-screening data. Anyone who has not completed the registration/waivers/pre-screening will not be permitted to train with the group. We are fortunate to have this opportunity to train together, so please respect the guidelines and protocols below that are in place for your health and safety.

Return to Training Basic Guidelines

- • Group size – 20 max on fieldhouse track (including coaches)
- • Health & Safety Officers identified
- • Risk Assessment Tool completed
- • Attendance Tracking for all training sessions
- • Medical pre-screening prior to training
- • Physical Distancing is to be respected
- • Hand Sanitizer provided as well as wipes for cleaning equipment
- • Equipment usage – no sharing of equipment or water bottles/towels/etc.
- • Athletes/Coaches will not be permitted to join in with a group unless they are registered – for insurance purposes and also completing the necessary expectations of code of conduct, coach background checks, and assumption of risk.
- • Set schedules for arrivals and departures – don't linger – enter and exit without interaction