

RETURN TO SPORT PLAN

OVERVIEW

The Kajaks Track & Field Club will be strictly adhering to the following guidelines set forth by the Athletics Canada "Back to Track" Task Force, BC Athletics Return to Sport Plan and the viaSport Return to Sport Plan. We will also ensure that we abide by any guidelines set forth by the National and Provincial Health Ministry. The Kajaks Track & Field Club Return to Sport Plan will include all guidelines set forth by the above named organizations and will work to provide safety procedures that match, and in some cases exceed, those recommendations. To provide the safest possible training environment, the Kajaks Track & Field Club will be constantly assessing training sessions for all programs.

INTRODUCTION

The purpose of this document is to provide Kajaks Track & Field Club members with information pertaining to training/practice sessions as COVID-19 restrictions are updated and we implement these updates to new training parameters. Guidelines set forth in this document will be in use for all training/practice sessions. The guidelines and policies in this document will be updated as we receive guidance from the National and Provincial Government, City of Richmond, WorkSafe BC, viaSport and BC Athletics. Please note that resumption of club programs and training groups may not be linear as increased restrictions may be required because of changing conditions during the COVID-19 pandemic. We appreciate your patience, and we will be sure to keep the lines of communication open as we move forward. We are looking forward to seeing our #KajaksFam members again soon.

DISCLAIMER

The guidelines included in this document 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 COVID-19 is ongoing 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 Kajaks 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 are intended to provide legal advice. Do not rely on these documents or treat them as legal advice.

BEFORE YOU CAN RETURN TO TRAINING/PRACTICE

BC ATHLETICS REQUIRED DOCUMENTS (via Trackie.me)

Before being permitted to return to training/practice BC Athletics requires athletes (and their parents if athlete is under 18 years of age) to complete the following documents:

- 1a. Informed Consent and Assumption of Risk Agreement – to be signed by the parent/legal guardian of athletes under the age of 18 years).
- 1b. Release of Liability, Waiver of Claims and Indemnity Agreement – to be signed by athletes over the age of 18 years).
2. COVID-19 Questionnaire, Attestation and Participant Agreement*
3. Update of member contact information including address, personal email and phone number.

**Note: You should have already received an email from Athletics Canada with the link to these documents. If you have not received this email and you wish to return to training please contact our Club Manager (Karen) at info@kajaks.ca.*

KAJAKS TRACK & FIELD CLUB REQUIRED DOCUMENTS

Before being permitted to return to training/practices, the Kajaks Track & Field Club requires athletes (and their parents if under 18 years of age) to complete the following document:

4. The Kajaks Track & Field Club Return to Sport Plan Acknowledgement (provided at the end of this document. Athletes or parents/legal guardian can print, sign, scan and submit this document via online form at:

<https://www.cognitofrms.com/KajaksTFC/KAJAKSTFCRETURNSTOSPORTPLANACKNOWLEDGEMENT>

If you are having any issues, please contact our Club Manager (Karen) at info@kajaks.ca.

The Kajaks Track & Field Club Return to Sport Plan Acknowledgement Form must be submitted prior to the start of the practice/training session. Coaches will not have this form onsite to limit transmission. Items 1 through 4 must be completed. Athletes who have not completed these 3 items will not be admitted to training/practice sessions until their forms have been signed and it is determined that they are symptom-free and low risk.

EDUCATIONAL TRAINING

All coaches, administrative staff and parents performing any official volunteer capacities (ie: Board of Directors, JD Coordinator) must comply with all guidelines, waivers and acknowledgment requirements prior to returning to returning to club operations. Details will be communicated directly to those individuals.

NEW TRAINING/PRACTICE INFORMATION

TRAINING LOCATIONS/VENUES

Training will take place in various locations. For Masters and Athlete Development programs, individual coaches for those training groups will set and communicate new training times and training locations. For Junior Development programs, new training locations, dates and times will be communicated through the Club Manager (Karen) and/or the JD Coordinator (TBD). Once the City of Richmond certifies us, we will begin to notify athletes.

There will be **LIMITED USE TO NO USE OF PUBLIC WASHROOMS** at training facilities, so athletes are please asked to prepare accordingly and are strongly encouraged to use their home washroom immediately prior to departing to any training/practice session.

TRAINING/GROUP SIZES

In accordance with Athletics Canada and BC Athletics guidelines, and to reduce the risk of spreading COVID-19, training/practice groups sizes at any given practice will adhere to the 19 PLUS 1 rule which is that training/practice sessions must not exceed 20 individuals (19 athletes + 1 coach), Junior Development ratios are 10 to 1. In some instances training/practice groups will need to be scheduled in multiple sections. In those cases, coaches or staff will notify you of which groups you will train in over the next few days and we will try to keep athletes in the same training group/day for continuity.

Athletes age 22+ and Masters Athletes are only permitted to train in groups with a reduced number of participants:

- Two people may engage in indoor sports with one another
- Four people may engage in outdoor sports with one another.

EQUIPMENT SHARING

In training/practice sessions utilizing shared equipment, staff will be provided with the necessary cleaning and sanitizing equipment to help prevent cross contamination. This cleaning equipment will be used primarily for equipment and not for personal use.

Where possible athletes will be assigned the same set of equipment to use throughout a practice so the cleaning and sanitizing can be done at the beginning and end of the practice.

BEFORE PRACTICE/TRAINING

Prior to the start of each training/practice session, each athlete (or parent if athlete is under 18 years of age) must complete the following within a 4 hour window of the scheduled start to practice:

1. Indicate your (or your athlete's) intent to attend practice via TeamSnap.
2. Complete the Team Snap Daily Health Check on the day of practice by accessing it through Team Snap practice reminder (available at 8:30am on the day of practice).
3. Pack the necessary items for practice including any Personal Protective Equipment (PPE).

Please note the KajaksTFC Team Snap DAILY HEALTH CHECK screening tool must be completed before each and every training/practice session. A how-to guide for the Daily Health Check tool is available by emailing info@kajaks.ca.

ILLNESS

The following individuals WILL NOT BE PERMITTED to attend training/practice sessions or training venues and they must inform the club:

- Any person who is experiencing any symptoms of COVID-19 (example: 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.
- 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. These can be found online at 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 who has been instructed to self-isolate at home;
- 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;

Any individual who has attended practice and later develops symptoms or is instructed to self-isolate must immediately notify the club. Athletes and parents/legal guardians can email the Club Manager at info@kajaks.ca.

SYMPTOMS OF ILLNESS ARISING DURING TRAINING/PRACTICE SESSIONS

Should an athlete develop symptoms of COVID-19 during practice:

- That individual will be separated immediately and will wait in a designated location until their parent/legal guardian picks them up;
- The coach should contact the athlete's emergency contact immediately and request they pick up the athlete as soon as possible.
 - Understanding that it may not be feasible for parents to arrive immediately, the athlete will be quarantined away from the other athletes, but near the group so that the coach can keep an eye on the athletes 2 meters away. If multiple athletes show symptoms, they will be quarantined near the group within a safe distance so the coach(es) can monitor.

Should a coach develop symptoms of COVID-19 during practice:

- The practice session will be immediately terminated;
- The 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 3 metre distance from other athletes as they await transportation home.

PHYSICAL DISTANCING DURING TRAINING/PRACTICE SESSIONS

All training/practice participants (athletes, coaches, designated parent volunteers, administrators) must maintain a **3 meters** distance from all other training/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;
- Stretching;
- Core or strength activities;
- Prior to leaving;
- Travelling to and from practice (example: car-pooling with persons who do not live in your household has recently been allowed, but masks should be worn in this situation).

No spectators are allowed in the vicinity of any Kajaks TFC practice at this time.

JD Parents who are in the park to escort their athletes to and from practice, but should be careful to stay 3 metres from other parents, coaches and athletes and plan to arrive close to the beginning and the end of practice to avoid lingering in the training area.

Participants should aim to arrive at the facility no earlier than 5 minutes prior to the scheduled start time of their practice. They should be required to leave 5 minutes after the scheduled end-time of their practice.

To avoid overcrowding a facility and compromising the health and safety of practice participants, we will be limiting the number of training groups we schedule to practice at any one time. For this reason, family members will be asked to stay back from the practice area and maintain social distancing from athletes and other parents.

Depending on the facility and number of training groups 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 training groups.

HYGIENE DURING TRAINING/PRACTICE SESSIONS

All participants are encouraged to bring their own hand sanitizer to each practice. Coaches will have hand sanitizer as a backup. Athletes and Coaches are encouraged to use the hand sanitizer frequently.

Participants will be required to sanitize their hands for at least 20 seconds at the following times:

- Upon arrival to 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 practice good hygiene, including:

- Not touching 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 high-fiving or elbow bumping other participants

SOCIAL GATHERINGS / TRAINING SESSIONS

No social gatherings of any size with anyone other than your core bubble. Training and Competitions are not deemed a "Social Gathering" however, athletes should arrive at their scheduled time for training and leave as soon as it is completed. (A core bubble are the people you spend the most time with and are physically close to. For some people, their core bubble is their immediate household. For others, their core bubble may contain a partner, relative, friend or co-parent who lives in a different household.)

- Avoid having athletes change training groups from day to day or week to week
- Track attendance. Note who shows up to practice and when your practice occurred
- ***Parents can continue to carpool kids to and from approved training sessions and competitions.
- No spectators are allowed at any sport activities under the order. The only people allowed to attend sport activities are those that provide care to a participant or player. For example, providing first aid.

TRAVEL RESTRICTIONS

From November 19, 2020 at 10:00 pm to February 5th 2021 at 12:00 pm travel into, out, and between communities should be limited to essential travel only. Travel to, from and between communities for athletic competitions is prohibited. It is the expectation of Kajaks TFC that our membership will comply with the intent of this Order.

Athletes are permitted to travel to and from their home club if their home club is outside of their immediate community. I.e: athlete who lives Fraser Health region but trains with Kajaks in Richmond every week.

TRAVEL EXEMPTIONS

High performance athletes are not included in the order. To qualify as a high performance athlete, you must be:

- Identified by the Canadian Sports Institute Pacific as a high performance athlete affiliated with an accredited provincial or national sports organization
- Already training in B.C.
- Continuing to follow the safety guidelines of your provincial sports organization

GROUP INDOOR PHYSICAL ACTIVITIES

Clubs or training groups in the Province of BC that organize or operate indoor fitness training are able to resume training but must follow the requirements of "Public Health Guidelines for Group Low Intensity Exercise." These activities can be replaced with individual exercise or practice that allows everyone to maintain a safe physical distance. These include training for:

- These activities can only be conducted indoors if everyone is able to maintain a safe physical distance.
- No person may attend as a spectator at an indoor sport activity unless this is necessary to provide care to a participant. (i.e. first aid)
- Masks are now required for everyone in all public indoor settings
- <https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-public-health-guidelines-low-intensity-exercise.pdf>

Where possible all other training should continue to be held outdoors. This includes:

- Sprinting, Running, Jogging
- Hurdles
- Circuit Training
- High Jump, Long Jump, Triple Jump, Pole Vault (Indoors or Outdoors)
- Hammer Throw, Discus Throw, Shot Put, Javelin (Indoors or Outdoors)
- Any activity that increases the respiratory rate

MASK REQUIREMENTS

Masks are now required for everyone in all public indoor settings and workplaces. People who cannot put on or remove a mask on their own are exempt. This include:

- Community Centres
- Recreation Centres

SPECTATORS

No spectators are allowed at any sport activities under the order. The only people allowed to attend sport activities are those that provide care to a participant or player. For example, providing first aid.

NON-COMPLIANCE

In the event that an athlete is non-compliant with the terms and spirit outlined in this document, 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.

The 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. If the athlete does not meet the level of satisfaction pertaining to the terms and spirit outlined in this document, the athletes will be dismissed.

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. In the event that a coach continues to breach the terms of this safety plan, they will be dismissed by the Kajaks Track & Field Club and reported to BC Athletics.

DEALING WITH UNSUPPORTIVE PUBLIC OPINION

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 toward any 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. If an incident arises please feel free to report the incident using the [Kajaks Track & Field Club Online Incident Report](#)

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 and 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(s) not comply, the coach may:

- Relocate the group (if possible)
- Call the RCMP non-emergency line at **(604) 278-1212**
- Terminate the practice at their discretion

If this occurs, coaches are asked to please fill out an incident report using the [Kajaks Track & Field Club Online Incident Report](#).

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 individual coach
- Emailing the Head Coach (headcoach@kajaks.ca)
- Emailing the Club Manager (info@kajaks.ca)
- Emailing the Club Board of Directors President (dereck@hamada.ca)

RETURN TO SPORT PLAN – ACKNOWLEDGEMENT (see below)

As explained on page 2 The Kajaks Track & Field Club Return to Sport Plan Acknowledgement must be completed before any athlete or coach will be permitted to train with the club. Athletes or parents/legal guardian can print, sign, scan and submit this document via online form at:

<https://www.cognitoforms.com/KajaksTFC/KAJAKSTFCRETURNTOSPORTPLANACKNOWLEDGEMENT>



KAJAKS TRACK & FIELD CLUB

RETURN TO SPORT PLAN – ACKNOWLEDGEMENT

I acknowledge that I have read, understood, and agree to abide by all guidelines, policies and requirements contained in the above Kajaks Track & Field Club Return to Sport Plan.

NAME OF PARTICIPANT:

DATE OF BIRTH:

PARTICIPANT SIGNATURE:

If participant is younger than 18 years of age, please fill out below.

NAME OF PARENT/LEGAL GUARDIAN

PARENT/GUARDIAN SIGNATURE
