

**Back On Track
Phase 3
Town Hall #4**

OCTOBER 14 2020



Agenda

1. Introduction

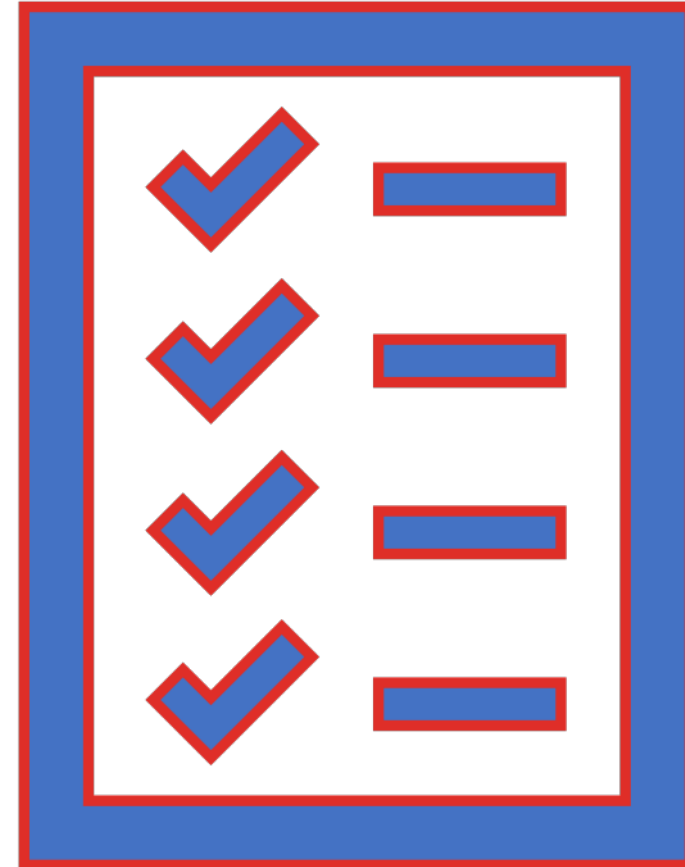
Executive Director - James Rosnau

VP Programs - Robbie Cumming

2. Back on Track Plan -Phase 3 Update for XC and Indoor season.

3. Submission of Questions

4. Q & A



Overview

Alberta remains in a STAGE 2 holding pattern with an update on cohorts and indoor guidance. We will present the following guidance for XC and indoor “training” with a further update in November on Indoor competitions.

The presentation will be posted to the website following the call as a reference point.



PHASE 3: Return to competition

(Cross Country Season)



PHASE 4: Return to indoor training

While the province remains in **STAGE 2** of the relaunch, we have built out the guidelines to support a competitive cross-country season and provincial championships and we have also finalized the indoor training guidelines.

AHS STAGE 2 - Athletics Alberta will remain in our current phase.

- ▶ Original goal was to focus on a competitive cross county season which will be accomplished (See updated guidelines page 13). Please review with your club members.
- ▶ Indoor training - based on facility availability and density restrictions.

Government of Alberta and AHS UPDATE - We are in STAGE 2. Athletics Alberta will proceed with phase 3 XC and Indoor training.

- ▶ Group event sizes is being reviewed regionally. We will remain at cohorts of 50 for phase 3/4.
- ▶ Sport/training opportunities may expand to provincial based on the ability to maintain 2M distancing.
- ▶ Travel outside the province for sport events is still not recommended.
- ▶ Spectators allowed for XC using social distancing, no cheering/yelling unless wearing a mask.
- ▶ Shared equipment allowed following proper cleaning and distancing rules.
- ▶ Focus on the importance of accurate documentation and record keeping.

Cross Country highlights

- ▶ All races must follow all AHS guidelines as well any additional local guidelines.
- ▶ Online Registration only.
- ▶ No Awards Ceremonies. Awards will be handed directly to the winner at the completion of the race away from the finish line. A mask must be worn by the presenter of the award and the athlete receiving the award.
- ▶ No Spitting, High-Fives, or physical contact of any kind. Each event must designate a safety officer to oversee operations and protocol.
- ▶ Course must be minimum 2m wide.
- ▶ At the start line, athletes must be minimum 2m apart in all directions. Start lines will be made 40-50m wide if need be.
- ▶ Athletes are permitted to be on course for warmup NO MORE than 30 minutes before their scheduled race. Athletes must depart the course within 30 minutes of completion of their scheduled race. This will permit adequate time for pre-race exercise and post-race recovery and cooldown and will avoid excessive loitering on the racecourse.

Cross Country highlights continued

- ▶ No concession for 2020 at Alberta XC Provincials or any other race.
- ▶ Maps will be provided indicating detailed areas for spectating, course marshaling, parking, and awards.
- ▶ Signage will be provided to control human traffic if required.
- ▶ Races capped at 70 athletes.
- ▶ NO SHOWS this year. If you no show without notifying the race director, you will be disallowed from competing for the rest of the series. Spots are scarce and there will be a waiting list for signup. If you cannot compete, please let the race director know 4 days in advance so the spot can be filled.
- ▶ Designated warmup areas will be provided to athletes prior to race start once registration closes.
- ▶ Spectating will be setup and roped off to control crowd, masks must be worn by coaches and spectators within area. NO COURSE WANDERING THIS YEAR.

Return to Indoor competition

- ▶ The definition of competition in COVID times can be very different than what we are typically accustomed to. Ultimately, a competition is an activity that is sanctioned by the Provincial/Territorial Branch.
- ▶ It is the responsibility of the Provincial/Territorial Branch to determine what size/scale of event is acceptable given the current health and safety guidelines within their Province/Territory.
- ▶ All participants/competitors/officials must be registered members of the Provincial/Territorial association and have completed the COVID-19 participant waiver and attestation.
- ▶ We plan to have an update on the indoor competition season by early November.

Return to Indoor competition - Meet Director and Officials

- ▶ There are general guidelines to reference in setting up a socially distanced competition.
 - ▶ Arrival/ Departure
 - ▶ Registration Package pick up
 - ▶ Medical first Aid
 - ▶ Call Room
 - ▶ Field of play
- ▶ NOC has produced additional guidelines specific to officials.

AA -Indoor Guidelines

- ▶ Group Size - Cohorts of up to a max 50 in a training or COMPETITION session
- ▶ Understand and exercise social distancing
 - ▶ 2 M distance - High Intensity suggesting 3M distancing
- ▶ Travel
 - ▶ Regional travel for formal events (provincial championships) or training is allowed for cross country and being explored for the indoor season.
 - ▶ Please note the change to the travel on page 22 of the guidelines. Report any competition-based travel to your safety officer/cohort group.
 - ▶ Understand that when you travel you expand your cohort group and thus expose your training cohort group to those you interact with.
 - ▶ Shared equipment allowed following proper cleaning protocols as outlined in the guidance document.
- ▶ Face masks for coaches is required and based on facility specific guidelines.
- ▶ Car pooling - Is allowed within your cohort provided that non-surgical face masks are worn during the activity.
- ▶ Event specific guidelines outlined in guidance document under “Phase 2” our goal is to update this section by the first week of November based on AHS updates and restrictions.

Checklist

- ▶ Read and adhere to the AC competition guidelines.
- ▶ Submit the competition inquiries to Robbie for review and possible sanctioning approval.
- ▶ Completion of daily training event documentation by on site safety officer.
- ▶ Continue to use the online form submission or submit to info@athleticsalberta.com



Important documents

1. Attestation document - completed by all participants.
2. Attendance check in/check out document - Completed daily by the safety officer at each training session.
3. Equipment sanitization document - Completed daily by the safety officer at each training session (when required).
4. Daily pre-screening checklist - Completed daily by the safety officer at each training session. Note this has been updated on page 21 of the guidelines.
5. Competition Travel reporting updated on Page 22.

****ALL documents are to be signed by the safety officer and records are to be uploaded or emailed to Athletics Alberta weekly. Athletics Alberta will retain the records for 3 weeks and then destroy them according to PIPA.**

Questions

