

Back On Track Phase 1 Town Hall

June 10 & 11, 2020



Agenda

1. Introduction

Executive Director - James Rosnau

VP Programs - Robbie Cumming

Technical Manager - Brad Babiak

2. Back on Track Plan -Phase 1 Review

3. Submission of Questions

4. Q & A



Overview

Our goal was to set out guidelines that can be followed and successfully delivered by our members that allow us to return to training in a safe environment. We are being proactive and preventative so that we as a community can get back to the sport we love.

We collaborated with Athletics Canada on the national guidelines and then coordinated our efforts to extend those guidelines to our provincial members as they apply to the direction set by AHS and the GOA (Government of Alberta).

Overview

- ▶ There is a significant amount of information to consider when retuning to training and we want to ensure we are successful in each phase with the goal to resume a competition calendar in the fall for cross country and then the indoor season.
- ▶ We may move through this phase quickly, but the goal is to start and not have to stop again which is why we are asking the members to follow the Athletics Alberta phase 1 guidelines.
- ▶ As shared by Dr Henshaw earlier in the week, the main goal is to limit large-scale bounce in cases and focus on successfully executing phase one with a target to return to full competition in the fall.

Government of Alberta update (June 9th) as it relates to our timelines

- ▶ Earlier this week the GOA announced the launch of the provincial guidelines progressing to phase 2. We had planned all along to target the phase 2 GOA launch with our phase 1 Athletics Launch. There is a great amount of work that is required to coordinate and execute a safe return to our sport.
- ▶ Our phase 1 launch is still targeted for June 19th which was set with the understanding that the following factors are in place place:
 - ▶ This involves coordination with our municipal facility partners on signage, ingress, egress, and control over those attending the private booking.
 - ▶ Coordination with legal counsel and association insurance provider on waiver documentation.
 - ▶ Setting the process up with Trackie to have every AA club & member intending to train to sign the necessary legal documentation.

Phase 1 Highlights

- ▶ Group Size - Cohorts of up to a max 50 in a training session
 - ▶ Discuss update stated yesterday of up to 100 - Why are we staying at 50
- ▶ Understand and exercise social distancing
 - ▶ 2 M distance - High Intensity Dr Henshaw is suggesting 3M distancing
- ▶ Travel - Travel restriction in western Canada are relaxed
 - ▶ Regional travel for informal events or training is not allowed at this time
 - ▶ Understand that when you travel you expand your cohort group and thus expose your training cohort group to those you interact with.
 - ▶ Responsibility to report travel and your club may ask you to get tested prior to returning to training.
- ▶ No shared equipment in phase 1
- ▶ Face masks for coaches is recommended.
- ▶ Event specific guidelines for each phase

PPE (Personal Protective Equipment)

- ▶ You can acquire a disposable mask from the various fast food outlets in Alberta - Tim Hortons, MacDonald's, A&W.
- ▶ Additional PPE can be acquired from your local supplier and we provided a link in the document.
- ▶ Alternatively Athletics Alberta will be receiving a shipment of washable AA masks that are free to registered coaches.
- ▶ Brad will set up an online request form for coaches to sign up for a mask and have a mask sent to them.



Understanding Cohorts

- ▶ A cohort is defined by the following numbers
 - ▶ Up to 15 in a family, common household.
 - ▶ Up to 50 in a “common” training group. This can be defined by a club (Spartans, Harriers, Capital City, etc)
 - ▶ Clarification on the 100 cohort as outlined in the update.



Understanding Cohorts

- ▶ You are not allowed to move from one training cohort to another.
- ▶ If do change from one cohort group to another the person would either need to quarantine for 14 days or get tested and receive a negative test result prior to resuming training.
- ▶ While regional competitions have been suggested as a possibility, there will be no competitions in the Athletics Alberta phase one guidelines.



Travel

While there are no restrictions on inter-provincial travel, it is important to understand the following.

- ▶ **Remain in your common cohort groups(training groups) as much as possible.**
- ▶ **If you did travel out of province it is your responsibility to report that to your cohort group, training session safety officer, and self isolate if necessary.**



Travel

Expanding your personal cohort group (via travel) exposes those in your training group to greater risks.

****Resuming training without taking these measure is not a responsible and will be a violation of the waiver document thus triggering a potential suspension.**





Checklist

Step One - Read the guidelines.

Step Two - Club Waiver acknowledgement Via Trackie.

Step THREE- AA Athletes and coaches, acknowledgement via Trackie.

Step FOUR - sign up of any new members will trigger step two to activate new member.

Step FIVE - Completion of daily training event documentation by on site safety officer.

Step SIX - Submit daily check-in sheets in a PDF format weekly to info@athleticsalberta.com

Important documents

1. Phase one attestation document - completed once per phase at first training session.
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.

****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

