

## Return to Training & Competition – June 12, 2020

### Updates:

- Training groups have increased to 10 province-wide
  - o 1 coach to 9 athletes

## Return to Training & Competition – May 28, 2020

Athletics Ontario will be following the return to training 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 Ontario.

The recommendations outlined in this document will be reviewed and updated regularly as we receive more guidance from the Ontario Government and Ontario Health Officials. Please note that the province has also mandated that facilities for athletics training or competitions are to be used by one or more of the following organizations, leagues, or clubs to train amateur or professional athletes or to run amateur or professional athletic competitions:

- i. A national sport organization funded by Sport Canada or a member club of such an organization
- ii. A provincial sport or multi-sport organization recognized by the Ministry of Heritage, Sport, Tourism and Culture Industries or a member club of such an organization.
- iii. A professional sport league or member club of such a league.

Guidelines in this document are for use in training/practice settings. Athletics Ontario will continue to update these guidelines as we progress through the pandemic. Return to Competitions guidelines are currently being developed.

All Athletics Canada's **Back on Track** guidelines must be followed and implemented in your training regiments until further notice. In addition to those guidelines, Athletics Ontario is recommending the following additions throughout the province of Ontario. These provincial recommendations will be updated on the [Return to Training](#) page as Ontario, and Canada, progress through the pandemic.

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

- 1) Any athlete in training groups must be, at a minimum, recreational members.
- 2) All group training must follow current Ontario Health guideline. Current guidelines limit group gatherings to a maximum of 5 and continued use of 2m physical distancing.
  - a. One coach to 4 athletes.
  - b. 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.
- 3) Clubs must have personal protective equipment available on-site if physical distancing cannot be followed. Examples of this include, but not limited to, attending to injuries, medical needs, or athletes who may require assistance.

### Must be completed before returning to training

- 1) All athletes must read this document and complete the Athletics Ontario COVID-19 Questionnaire and Attestation on Trackie.ca before being allowed to go back to sanctioned training.
- 2) Clubs must 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 [Return to Training](#) page of our website.

Templates, resources and links to waivers can be found on the **Return to Training** page:  
<https://athleticsontario.ca/return-to-sport/>