



**RECREATION AND COMMUNITY DEVELOPMENT DIVISION
COVID-19 Return to Play Form**

User Group Name: Hub City Track and Field
Type of Activity: Track and Field
Requested Booking Date: November 2, 2020 to April 30, 2021
Facility: Field House
Facility Space Being Used: Main Field (All Track Area)

Facility Space Setup:

- Open area with all tables, chairs, nets, etc put away.
- 3 Tables and Mats at East (Ambulance Entrance).
- Access to yellow barriers to assist with sectioning off areas. Once approved Jason can work with Field House staff on initial set up requirements to aid in this process.
- Curtains up for safety reasons.
- Areas will be clearly separated by physical cones and barriers that clearly identify areas/pods.
- Movement between areas will occur through specific entry and exit points. Coaches will make sure that athletes are aware of traffic flow restrictions, but the main thing is we would ask for curtains to be up for safety purposes. We don't feel that this should be an issue with physical distancing and Return to Sport guidelines as clear cones, boundaries, and markers have been approved by Sask Sport.

Re-Open Saskatchewan Guidelines Being Utilized: **Saskatchewan Athletics (PSO)**
(Please see first page of Rental Guidelines for link to Re-Open Saskatchewan Plan)

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Reviewed by: _____ Date: _____
Site Administrator

COVID-19 Return to Play Plan For Hub City Track and Field and the Saskatoon Field House

If you wish to play a sport, please remember that you play at your own risk. With that in mind, if you choose to play, we strongly suggest you follow the below recommendations:

In addition to following Saskatchewan Athletics Return to Sport Plan, the following guidelines have been developed and will be implemented by Hub City to make sure that safety protocols are known, followed, and clear. This (when approved) will be written in a way that can be shared with all athletes, coaches, parents, club boards, Field House staff, etc so that all parties are aware of the requirements and expectations.

Before Playing

- Entrance will occur via the ambulance bay doors on the east side of the building. Individuals associated with Hub City rental will enter through these doors (NOT through the main entrance).
- Arrive only 2-4 minutes before the rental time begins, coming dressed and ready, and exiting immediately when one's training time slot concludes.
- Individuals who must attend earlier (bus or other transportation limitations) should discuss with their club Head Coach to discuss alternative arrangements.
- Coaches will be allowed in 10min prior to booking time allow for COVID screening/sanitization set up at the East track entrance (ambulance bay doors)
- Transition between time slots will occur 2-5min prior through the holding area (east space on outside of track nearest the ambulance bay doors).
- Parents, guardians, and other support individuals are NOT allowed access to the facility.
- Entry to the facility during Hub City rental times (M-F 4:00-7:45pm and Saturday 2:00-5:00pm) will occur via the Eastern doors just past the finish (NOT THE MAIN ENTRANCE).
- Individual who want to jog prior to arrival must keep their bags in their cars and will NOT be granted early access. If individuals don't have vehicles they must coordinate with teammates.
- Hub City and its clubs will be purchasing multiple COVID kits per club. These kits will include sanitation supplies, masks, gloves, and thermometers.
- Individuals who arrive late must stay masked and walk directly to their event pod/coach spot to confirm entry attestation and temperature check protocol.
- Maximum temperature allowed for participation is 37.9 degrees Celsius. Any temperature of 38.0 or higher will be denied entry to the facility.
- Individuals are required to be MASKED upon entry to the facility and remain MASKED until they get to their specific training pod/location for the day.
- Upon entry individuals will go through daily COVID screening attestation questions, temperature check, and hand sanitization:
 1. Do you have any of the following symptoms?

- Fever
 - Cough
 - Shortness of breath or difficulty breathing
 - Sore Throat
 - Chills, aches, or pains
 - Nasal Congestion or Runny Nose (That is NEW or DIFFERENT THAN DAILY LIFE).
 - Feeling unwell/fatigued
 - Nausea, vomiting, diarrhea
 - Loss of appetite
 - Headache
2. Have you had close contact with a confirmed or probably case of COVID-19?
 - Yes or No
 3. In the past 14 days, have you been outside of the province of Saskatchewan?
 - Yes or No
 4. Have you been at large gatherings or in large crowds where you haven't been able to maintain social/physical distancing?
 - Yes or No
 5. Have you had a COVID-19 Test in the past 48 hours?
 - Yes or No
- If an individual answers yes to question 1, they must NOT attend practice and not return until they have been symptom free for 48 hours. They are also encouraged to call 811 to determine if they should proceed for COVID-19 testing.
 - If an individual answers yes to question 2, they must NOT attend practice and are to call 811 to determine if they should proceed for COVID-19 testing.
 - If an individual answers yes to questions 3 and/or 4, they can practice but are asked to self-monitor their health closely for the next 7-14 days.
 - If an individual answers yes to question 5, they must NOT attend practice and not return until they have a negative test result and been symptom free for 48 hours (at minimum this will be 14 days from confirmation of positive test).

*Screening questions are subject to change based on Saskatchewan Health Authority Guidelines. <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/covid-19-self-assessment>

If an individual part of Hub City tests positive for COVID-19, the Field House manager (Ben Kornelson) will be informed of the positive test. Contact tracing will then occur and inform individuals within that training POD of a positive test amongst their event/training group/POD and directed to self-monitor closely for the next 72 hours for any changes to health status. The involved club will inform the two other clubs as well of the positive test, group, and event area locations that they were in and equipment that was used. The head coach of the respective club will discuss and determine if any specific imposed breaks from the track for individuals in

proximity and/or training pod in entirety. If 3 or more individuals inform the Head Coach of symptoms in close proximity and a positive is also involved then a mandatory shut down of that group/training pod will occur for at minimum 14 days from a Head Coach determined date.

Preparing to Play

- Understand that you must stay in your allotted pod and training location with your group. No unplanned movement between areas is allowed. Any movement or adjustments between event areas during one's time slot will occur at the same time and be coordinated by that club and coaches involved so that athletes move together, utilize specific "into event area" location and then "out of event area" locations for optimal movement patterns so that groups are not needlessly coming in contact with one another.
- Washrooms are limited by numbers as such athletes should relieve themselves prior to arrival so as to maximize rental time and avoid congestion in the areas.
- When utilizing the middle hallway do not walk through the hallway while another person is there (potentially we may need to look at going out of facility to the bathrooms at the pole vault entrance and back into the facility at the middle entrance).
- Coaches will lead all aspects of movement between areas.
- Clean your equipment with an appropriate disinfectant prior to use.
- Do not share equipment with others or make sure to disinfect and allow appropriate drying time before usage. This includes rakes, shovels, water, bars, etc.
- Tarps for pole vault and high jump and sanitization of sand pit is not required given screening and training protocols.
- Any sharing of equipment (blocks or hurdles) should involve sanitation between individual usage.
- Coaches should take on all responsible for hurdle movement and adjustment.
- Make sure you have enough water before leaving the house to avoid having to touch a tap or water fountain handle.
- If you cough or sneeze, do so in a tissue or in your sleeve.

Time Slots between clubs have been established across the Hub City rentals times in 3 stages between 4:00-7:45pm Monday to Friday into 4:00-5:15pm, 5:20-6:35pm, and 6:45-7:45pm and on the Saturday's 2:00-5:00pm into 2:00-3:25pm and 3:30-5:00pm. The primary club for 4:00-5:15pm is Jason Reindl and the UofS Huskies. The primary club for 5:20-6:35pm is Rossann Edwards and Riversdale Athletics. The primary club for 6:40-7:45pm is Ivan Tam and Saskatoon Track and Field Club. On Saturdays from 2:00-3:25pm Riversdale and STFC have equal split of areas at this time. On Saturday's from 3:30-5:00pm UofS Huskies have 80% with STFC having a few areas at this time.

Event Pods/Areas include are broken down in the following. Noting that a maximum of 30 individuals (including coaches) is in place for all pods. Any sectioning of areas needs to be clearly marked with cones, barriers, boundaries markers to make sure that no mingling is occurring.

Track

- Track (Laps) – if athletes/coaches are looking to run laps then it is 30 people total for the entire 200m track circumference.
- Track (Front Stretch) – Cones will go across the mid-point of the facility (200m start line area and the 300m start line area allowing 30 people on the front stretch.
- Track (Back Stretch) - Cones will go across the mid-point of the facility (200m start line area and the 300m start line area allowing 30 people on the front stretch.
- Coaches would be allowed to separate lanes on the track as they see fit knowing that if anyone is doing laps in the inside lanes (15 people) that they outside lanes would have the same limit (15 people).
- Athletes utilizing the track will “stage” around the outside of the track, in the finish line area, or at the start area.

In Field

- Court 1 (High Jump & Apron) – Cones will go across the courts where the curtains would come down separating court 1 and 2. Athletes in Court 1 will stage nearest the high jump pit or around the north and west sides.
- Court 2 and 3 (Open Court Space) – Cones will separate Court 3 and 4 where the curtains could come down separating court and 4 from 2 and 3. Athletes staging here will place bags and gear around the north and south sides of the courts.
- Court 4 (Throws and Apron) – Cones will go across the courts where the curtains would come down separating courts 3 and 4. During throwing sessions the wooden barrier will act as the barrier on these days replacing the cones.
- If a club does not wish to separate into 4 courts then can use the infield Courts 1-4 for sprinting. If this needs to be further sub divided into a North and South in field cones/barriers will be put across the infield field running East to West to clearly separating the areas.

Warm up East and West

- Warm Up East (Pole Vault) and Warm Up West (Long Jump and green sprint area) are limited to 30 participants (including coaches). When both areas are being used cones, barriers, and boundaries must be in place at the half way marker (hallway door at the mid-point) of the track. If one of these spaces is not being utilized and it is only being used as 1 space (hurdles for example) then the limit is 30 people for this area.

While Playing

- Hub City Head Coaches have organized athlete training areas/pods in accordance with the Saskatoon Field House management. Athletes and coaches must adhere to their pods. Coaches will be extremely strict with adherence to the protocol and if athletes can not adhere, they will be denied access to the facility.
- Athletes (when actively training) are allowed to be within 2 meters of one another. However, when not participating (rest intervals, breaks, etc), 2m physical distancing is required.
- If sitting in chairs, a 2 meters distance is required (every other chair). Wipe down chairs before and after use and use the same chair for the duration of the booking. Spray bottles and paper towel will be provided.

- Sanitize hands often during play and while in facility.
- Sanitize equipment with spray, wipes, paper towel, etc between usage.
- Avoid physical contact, for example shaking hands, with other players.
- Avoid touching your face after touching equipment.
- When wrapping up one's time slot, all equipment must be put away and sanitized once away. Do not assume that anyone will use the equipment after you.
- Any medical or close contact between athletes and coaches requires coaches to be masked and gloved if possible.

After Playing

- Hub City Bikes and Treadmill must be cleaned by the participant. A cleaning kit can be found on each piece of equipment.
- Ensure the area is cleaned including facility equipment.
- Wash your hands carefully with water and disinfectant soap or with hand sanitizer.
- Do not use locker rooms or changing areas. Athletes MUST come changed and ready to participate.
- Upon time to exit all individuals who are leaving the facility (athletes, coaches, etc) will put on their masks as they exit through main lobby/exit area.
- Once your training time slot has concluded, you must leave the facility ASAP through the main entrance/exit doors. This will allow entrance at ambulance bay doors and exit through main entrance doors so that a steady traffic flow pattern is maintain and there is less contact between groups/clubs.
- Groups who are finishing are required to put all equipment away and spray down. Dripping equipment is OK and any drying will be the responsibility of the next group.
- The last group of the day 7:45pm (M-F) and 5:00pm (Saturday) is responsible for making sure that all equipment is put away (against walls, West Storage) and sprayed down.