

## RIVERSDALE ATHLETICS CLUB

### Establishing a Safe Training Environment in Group Workouts

This document is applicable to the end of August, 2020, however, it is subject to revisions by the Riversdale Board of Directors as evolving health regulations may require changes to be made.

#### A. Prior to the Resumption of Group Workouts, RIVA has:

- ***Completed the Club Risk Assessment and Mitigation checklist*** (tool provided by Athletics Canada)
- ***Submitted the plan for authorization from Sask Athletics.***
- ***Appointed a Communication Officer*** (Graham Fast) to:
  - i. keep all stakeholders informed of the most recent local/provincial/national/WHO regulations and guidelines.
  - ii. ensure that there is communication with health officials if any cases of COVID-19 occur in the club's training groups.
  - iii. ensure all athletes that report symptoms follow up with their physician or public health officials for a medical assessment and submit a clearance document from their physician/public health authority before returning to strenuous activity.
  - iii. educate coaches on proper hand washing and sneezing/coughing practices and the need for implementation of these practices.
- ***Appointed a Club Safety Officer*** (RossAnn Edwards) to:
  - i. communicate with all coaches and club members any training restrictions, regulations and requirements
  - ii. listen to feedback from parents/athletes about training protocols, ensuring that athletes feel comfortable in their training environment and safe and confident to voice their concerns.
  - iii. be present (or appoint a replacement who is educated in all aspects of the RIVA COVID-19 plan and protocols) at training

sessions and be responsible for enforcing the health recommendations. (ensure waivers are signed, symptom screening, availability of sanitizer stations, attendance taking, cleaning and disinfection of any high touch points, availability of Personal Protective Equipment and safe measures/equipment for disposal, social distancing measures)

#### **B. Prior to the Initiation of Group Workouts:**

- A member meeting will be open to all Riversdale members outlining the RIVA resumption of group workouts plan with requirements, restrictions and protocols listed. This information will also be posted on the Riversdale website.
- For the initiation of group workouts on June 29, only U16 and older members will be invited to participate. U12 and U14 members may be invited in August, following a review of the safety management of the Return to Training occurring in July.
- Required Waivers must be completed and returned to Head Coach RossAnn Edwards prior to attending a group workout. Waivers for those members under 18 years of age must include a consent from a parent/guardian.

#### **C. Prior to Participation in Group Workouts:**

- ***Coaches and athletes*** must use the self screening tool before coming to a workout. (on the RIVA website and emailed to athletes/coaches/volunteers)
- ***The Safety Officer*** will have prepared and available:
  - \* Attendance sheets (attached) ready
  - \* Health/Screening questionnaire (attached)
  - \* 4 Hand sanitizer items
  - \* 2 Disposal garbage bags

- \* COVID Safety Kit (4 masks, 4 pairs gloves, disinfectant wipes)
- \* First Aid kit (as per regular practices)
- \* EAP prepared (as per regular practices)
- \* 20 cones for designated athlete spots
- \* Signs to post in public area where training is taking place
- For those athletes not feeling comfortable attending group practices, workouts will be emailed.

#### **D. Arriving/Departing & Briefing**

- the Safety officer will post signs informing the public that a training session is taking place
- Upon initiation of group workouts, a maximum of 20 people (coaches, athletes, parent volunteers) will be allowed at each workout.
- Parking areas will allow for cars to park one car apart
- Parents are asked to drop off and pick up their child; Only those designated as a parent helper will be allowed to be present at the workout.
- Athletes are required to be dressed for practice upon arrival.
- Athletes are asked to bring their own personal hand sanitizer.
- Upon arrival, all workout participants are required to check in with the Coach and be assigned a designated cone – to return to when unoccupied, for the duration of the workout. Gear is to be kept at designated cone.
- Athletes will be directed to hand sanitize upon arrival and prior to packing up their gear and/or touching other belongings in their car.
- Athletes are asked to bring their own sanitized equipment (i.e., medicine ball, theraband, tubing, etc.) and keep equipment at their designated spot. If athletes do not have their own

equipment, the coach will ensure that the equipment is sanitized prior to use each training session.

- The Safety Officer will provide briefing:
  - hygienic practices (hand sanitizing, coughing/sneezing)
  - social distancing practices (2m) to be followed in the workout
  - no sharing of any equipment, food or water
  - each athlete is to bring and have a hand sanitizer at their cone
- location of hand sanitizing stations, disposal garbage bags, first aid kit.
- No pictures or social media posts are to be made of athletes at training sessions. It is important that we are respectful of the circumstances in other locations.
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#### **E. Attendance and Workout Setup**

- Consistent training groups will be established, exposing coaches and athletes to a minimum number of group participants.
- Following the briefing, the Safety Officer will take attendance and record on the RIVA COVID Attendance sheet, answers to all questions. All workout session participants are required to check out with the Attendance Officer before leaving.
- Cones will be placed 2 m apart for designated athlete spots
- 4 sanitizing stations are available
- Interval starts will be staggered at least 10 seconds. Passing is only allowed when safe to do so following the 2m rule – athletes must have 2m width to pass. When training on narrow paths less than 2 m width, athletes will move off the path to allow others to pass safely, maintaining at least 2m distance from one another whenever possible.

## **F. Injury/Illness**

- Coaches (parent volunteer) will have PPE equipment (gloves, mask, first aid kit, sanitizer) available during workouts to be prepared for any potential injury situation.
- If there is an injury, the person providing medical aid must put on PPE before assisting the injured person. Only the designated coach or volunteer may interact with the participant needing assistance.
- If an athlete/coach develops COVID-19 symptoms during the workout, the emergency contact will be contacted and asked to take the athlete for testing. Contact with the RIVA Communication Officer is made so follow-up occurs.