

# New West Spartans Track and Field Club

## Return to Sport Addendum Updated Sept 2020

### Overview:

The New West Spartans Track and Field Club will be following the return to training guidelines developed by the Athletics Canada's "Back on Track" Task Force and the BC Athletics' Return to Training Addendum.

The New West Spartans Track and Field Club's COVID-19 Safety Plan integrates and builds upon these guidelines with our club's own assessment of the risks that face our athletes, coaches, parents and administrators across all of our training groups and locations.

**The New West Spartans Track and Field Return to Sport Addendum will highlight any additional guidelines or changes that have been set since the original New West Spartans Track and Field Return to Sport Guidelines published in July 2020.**

The recommendations outlined in this document will be reviewed and updated regularly as we receive guidance from the BC Government, WorkSafe BC, ViaSport BC, and BC Athletics.

Please note resuming of sport activities may not be linear, increasing restrictions may be required in response to fluctuating numbers of COVID-19 cases in the province.

Club Members need to be flexible to accommodate and respond to changes in community transmission and the changes in advice from the Provincial Health Officer.

Guidelines in this document are for use in training/practice settings. The New West Spartans Track and Field Club will continue to update these guidelines as we progress through the later phases of the Pandemic.

### Disclaimer

The guidelines included in these Return to Training documents are intended to be used for the purposes set out in the document. While we aim to provide relevant and timely information, because information known about the COVID-19 coronavirus and recommended health and safety measures can rapidly change, no guarantee can be given as to the accuracy or completeness of any information provided in these Guidelines.

It is important to note that the Guidelines are not legal documents and are to be used as a guide only. They are not a substitute for actual legislation or orders of the Provincial Health Officer. In the event of an ambiguity or conflict between the Guidelines and the Public Health Act, regulations, or orders thereunder, the Act, regulations and orders prevail.

All members of the New West Spartans Track & Field Club should comply with the requirements of the provincial and local government and health officials in terms of public gatherings and sporting events when determining when it is safe to return to activities. Nothing in these documents are intended to provide legal advice. Do not rely on these documents or treat them as legal advice.

## **Changes to Note**

Training Pods In accordance with Athletics Canada and BC Athletics guidelines, and in an effort to reduce the risk of spreading COVID-19, training groups will be subdivided into training “pods.” The total number of individuals in a training pod at any given practice must not exceed 20 individuals (1 coach + 19 athletes). Pods will be staggered to allow for sufficient space for physical distancing and to mitigate transmission between training groups. Family members will be asked to stay back from the practice area and are encouraged to remain in their vehicles when dropping off and picking up athletes.

## **Training location**

Training will take place at Mercer Stadium. There will be limited to use of public washrooms at training facilities, so athletes are strongly encouraged to use their home washroom immediately prior to departing for practice.

## **Individual requirements to return to practice**

Before being allowed to return to practice, athletes and their parents (if under the age of majority) will be required to complete the following documents: BC Athletics required documents through Trackie.me

1a. Informed Consent and Assumption of Risk Agreement – to be signed by the parent/guardian of athletes under the age of eighteen.

1b. Release of Liability, Waiver of Claims and Indemnity Agreement – to be signed by athletes eighteen and over.

2. COVID-19 Questionnaire, Attestation and Participant Agreement. Note that you should have received and email from Athletics Canada with the link to these documents. If you have not received such email and wish to return to training please contact Coach Tatjana, [tj\\_mece@hotmail.com](mailto:tj_mece@hotmail.com),

## **New West Spartans Track and Field Club’s Required Documents**

3. The last page of the “New West Spartans Track and Field Club’s Return to Sport Guidelines”

Please either print, sign and scan the document, or use the “Fill & Sign” function in Adobe Acrobat Reader. Once signed, please submit via this form via email or hand it to Tatjana.

4. The “New West Spartans Track and Field Covid-19 Waiver” and “New West Spartans Track and Field Daily Health Screening Agreement”. Please bring the signed form to Coach Tatjana Mece at practice.

## **Daily Screening Tool**

In addition to the documents that must be signed one time prior to attending the first practice, all practice participants will be required to ensure that they are healthy prior to attending each practice as per the “New West Spartans Track and Field Daily Health Screening Agreement”.

The New West Spartans Track and Field recommends using the BC COVID-19 Self-Assessment tool found at <https://bc.thrive.health/covid19/en>

## **Illness**

The following individuals are NOT to be permitted to attend practice or training venues:

- Any person who is experiencing any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath). If these symptoms begin while at a training venue or within 14 days of having attended a training venue, the individual must leave immediately and contact their local public health office for recommendations. The individual must also inform their club and/or personal coach;
- Any person who receives a diagnosis of COVID-19. Individuals must comply with the current mandated self-isolation policy as per the BC Ministry of Health ([www.gov.bc.ca](http://www.gov.bc.ca));
- Any person who has been told to self-isolate at home;
- Any person who lives in a home or has been in close contact with someone with symptoms of COVID-19;
- Any person who lives in a home or has been in close contact with someone who has been told to self-isolate at home; and
- Any person who has arrived in British Columbia from outside of Canada within the last 14 days as they are mandated to self-isolate and monitor for symptoms for 14 days upon their arrival.

## **Feedback and Safety Concerns**

Individuals with health and safety concerns will be encouraged to report those concerns via any one of the following mechanisms

- Speaking to their coach
- Emailing or phoning the Club's Head Coach Tatjana Mece.

Club administration will revise plans, policies and procedures as frequently as new feedback is provided. Revised plans and policies will be communicated via:

- We will update on the website soon.

Emails to coaches, athletes and parents.

- Instructions from coaches to athletes at the beginning of practice

## **New West Spartans Track and Field Club COVID-19 Waiver**

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. It is believed that an individual can be infected with COVID-19 without their knowledge and be asymptomatic. New West Spartans Track and Field Club will put in place preventative measures to reduce the spread of COVID-19. However, New West Spartans Track and Field Club cannot guarantee that your child or anyone else will not become infected with COVID-19.

Participation in New West Spartans Track and Field Club program(s), related event(s), or activities could increase the risk of contracting COVID-19.

By signing this agreement, I ACKNOWLEDGE the contagious nature of COVID-19 and VOLUNTARILY ASSUME THE RISK that my child may be exposed to or infected by COVID-19 by participating in a New West Spartans Track and Field Club program(s), related event, or activity, and that such exposure or infection may result in personal injury, illness, permanent disability, or death. I understand that the risk of becoming exposed to or infected by COVID-19 at New West Spartans Track and Field Club program(s), related event, or activity may result from the actions, omissions, or negligence of myself, my child, or others, including, but not limited to, New West Spartans Track and Field Club employees, volunteers, and program participants.

I UNDERSTAND AND VOLUNTARILY ACCEPT AND ASSUME ALL the foregoing risks related to COVID-19 and accept sole responsibility for any injury or illness that may occur. Further, I UNDERSTAND AND AGREE that this release includes any Claims based on the actions, omissions, or negligence of New West Spartans Track and Field Club, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any New West Spartans Track and Field Club program(s), related event, or activity.

Signature of Parent/Guardian: \_\_\_\_\_

Name (please print): \_\_\_\_\_

Date: \_\_\_\_\_

Name of child (athlete) \_\_\_\_\_

**DAILY HEALTH SCREENING AGREEMENT for COVID-19**

Parents/Guardians are responsible for ensuring the health of their child(ren) DAILY BEFORE SENDING THEM TO PRACTICE. Prior to sending your child(ren) to practice, please assess their health by using the BC COVID-19 Self-Assessment tool found at <https://bc.thrive.health/covid19/en>

I understand that it is my responsibility to assess my child(ren)'s health before sending him/her to practice.

I agree to keep my child(ren) home from practice if he/she exhibits symptoms of cold, influenza, COVID-19, or other infectious respiratory diseases not related to a pre-existing condition.

I agree to contact a health-care provider (physician or nurse practitioner) or phone 8-1-1 for further assessment if my child(ren) exhibits symptoms of cold, influenza, COVID-19, or other infectious respiratory diseases not related to a pre-existing condition. I agree to keep my child(ren) home from practice if anyone in my household has returned from travel outside of Canada in the past 14 days.

I agree to keep my child(ren) home from practice if he/she is a close contact of a person confirmed to have COVID-19. I agree to follow the testing and self-isolation instructions provided each time I complete the BC COVID-19 Self-Assessment <https://bc.thrive.health/covid19>

I agree to follow the testing and self-isolation instructions provided each time

I complete the BC COVID-19 Self-Assessment <https://bc.thrive.health/covid19/en> prior to practice.

Signature of Parent/Guardian: \_\_\_\_\_

Name (please print): \_\_\_\_\_

Date: \_\_\_\_\_

Name of child (athlete) \_\_\_\_\_