



A Strategy for Returning to Training and Competition

June 15th, 2020

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Introduction

We Are a Community

The Ottawa Lions Track and Field Club has the pleasure of being involved with a number of unique partnerships and communities on a local, national, and international level.

The return to training plans we have implemented is with the utmost care for the health and safety of those directly affiliated with our club (members, coaches, officials, and families), but the extent of our community does not end there. The vast Canadian Track and Field Community is tight knit, many of which have trained or competed here in Ottawa over the years. Our long-standing partnership with the City of Ottawa faces this new challenge together as we look to implement a safe strategy for returning to training and competition.

We owe it to our partners at Athletics Canada, Athletics Ontario, The City of Ottawa, University of Ottawa, and Carleton University to carry out a plan that is simple yet safe for everyone to return to the sport we love so much.

On behalf of the Ottawa Lions Track and Field Club I want to thank Athletics Ontario and Athletics Canada for the collaborative development of the “Back on Track” task forces which have created the general framework we can all work with during this next stage of the COVID-19 pandemic.

We all look forward to the day when we are focused on peaking for championship events over the navigation of a global pandemic. During these initial stages, however, we must be patient and have the understanding that everyone will be approaching the return to our new normal in various ways. Please respect those around you by practicing physical distancing, proper hygiene and sanitization, wearing PPE, and of course united support during these trying times.

The following Strategy is seen as a brief outline of what can be expected when beginning training again with the Club and within the Terry Fox Athletic Facility. Athletics Canada and Athletics Ontario guidelines will be closely followed and adhered to by the Club. They can be reviewed here:

[Athletics Canada: Back on Track](#)

[Athletics Ontario: Return to Training Addendum](#)

Phases

The province of Ontario has set the stage for the re-opening of business. At this time, the province has entered Stage 2 of Phase 2. With cautious optimism we can take the steps towards a return to training and eventually competition.

Step 1: Risk Assessment & Club Structuring

Step 2: Return to practice (National/Provincial Members)

Gradually increasing practice sizes (National/Provincial Members) at the appropriate time.

Gradually increase program capacity (Foundation & Youth Programs)

Steady Increase the use of shared equipment

Step 3: Minor competition

Step 4: Post Vaccination

Step 2

On Thursday June 18th the Ottawa Lions will begin Step 2 in our return to play.

- Thursday June 18th 4:00pm-8:00pm & Saturday June 20th 8:00am-Noon: will be open for annual members of the Ottawa Lions Track and Field to schedule a time slot with the head coach (rjohnston@ottawalions.com).
- Monday June 22nd: returning Competitive, Varsity, and Masters Annual members will be welcome to schedule times with the head coach. The Aspire Summer program will begin.
 - Club practice times during opening stages...

Days	Hours	Capacity
Monday	9:00am-3:30pm & 4:00pm-8:00pm	80
Tuesday	9:00am-3:30pm	80
Wednesday	9:00am-3:30pm & 4:00pm-8:00pm	80
Thursday	9:00am-3:30pm	80
Friday	Facility Closed	-
Saturday	8:00am-Noon	80
Sunday	Facility Closed	-

**Days, times and capacity may be adjusted as city and provincial restrictions are lifted.*

- July 6th Summer Camps for Youth & Foundation Programs will begin.
 - Summer camp details will be shared on another document found on www.ottawalions.com.

Responsibilities

Organizational

It is the responsibility of the Ottawa Lions to implement safe and responsible practices that minimize the risks of any contagion while observing the physical demands and training programs that are appropriate for our current sports scenario.

We will continue to monitor municipal, provincial, and federal health recommendations and support the community as we proceed with a staggered approach to programming.

To closely monitor the capacity and scheduling in which we safely implement our programs, the club will be developing new requirements (waivers, check-in procedures etc.) for all club members to complete before returning to practice (this is for the safety of your teammates, coaches, staff, and the general public).

The Club will continue to monitor membership status for all athletes and coaches wishing to return to training. In doing this, we will be working with the City to provide updated information and access to your City facility card.

Daily monitoring of attendance will be conducted by both the City of Ottawa and Ottawa Lions Track and Field Club.

Coaches

Coaches returning to practices are asked to only do so if they feel safe and healthy while adhering to and respecting the health and safety recommendations that are in place.

- Complete updated City waiver (to come and can be submitted via email).
- Agreed to Athletics Canada waiver.
 - See instructions here <https://athleticsontario.ca/wp-content/uploads/2020/06/Completing-Your-Return-to-Training-Attestations-and-Waivers-1.pdf>
- Reading/Understanding of the Athletics Canada “Back on Track” strategy.
- Complete pre-screening and check-in prior to each practice.
 - [Daily Health Screening Questionnaire](#)
- Limit contacts (e.g. touching surfaces, high fives).
- Respect physical distancing and manage group size.
 - Group sizes may be small at first.
- Clear communication and time management when working with athletes.
- What to bring?
 - New facility membership card.

- Plenty of water (only 2 water fountains will be available on site).
- Appropriate clothing for the weather.
- Sunscreen.
- PPE if you have your own.
- Bring your own chair/stool as facility benches/stands will be closed.

Athletes

Athletes returning to practices are asked to only do so if they feel safe and healthy while adhering to and respect the health and safety recommendations that are in place.

- Active Ottawa Lions membership status.
- Active Athletics Ontario status.
- Agreed to Athletics Canada waiver.
 - See instructions here <https://athleticsontario.ca/wp-content/uploads/2020/06/Completing-Your-Return-to-Training-Attestations-and-Waivers-1.pdf>
- Agreed to updated City of Ottawa waiver (to come and can be submitted via email prior to practice).
- Ensure you have confirmed a practice time with head coach or program manager (Aspire athletes).
- Adhere to daily check-in procedures, screening, and schedules.
 - [Daily Health Screening Questionnaire](#)
- Time management and efficiency during practice.
- Understand the health and sanitization benefits issued by the Provincial Health Organization and how it may impact our sport.
 - Bring your own equipment (and care for your own equipment).
 - Limit contacts (e.g. touching surfaces, high fives).
 - Give space and practice physical distancing (even within training group – 2 meters).
- Cleaning facility equipment (when available) prior to and post workout.
 - Athletes are encouraged to bring their own PPE and sanitizer to clean any shared equipment (before & after) for their own peace of mind.
- Parents/ Spectators will not be permitted into the facility for initial training stages.
- What to bring?
 - New facility membership card.
 - Plenty of water (only 2 water fountains will be available on site).
 - PPE if you have your own.
 - Appropriate clothing for the weather.
 - Sunscreen.
 - Your own yoga mat, towel, chair.

Training Guidelines

Training

- Limited individuals inside the facility.
 - At this time the max occupancy of the facility will be 80 (with limits per training area).
- Practices times will be limited in duration and scheduled beforehand.
 - Please ensure all registration items are complete 24 hours prior to practice.
 - Duration of practices inside the facility will be 1 hour.
 - Athletes are asked to conduct the majority of their warm-ups & cool downs outside the facility for the time being.
- Coaches & Athletes will arrange practice times with the Head Coach.
- Limited number of athletes to train in a specific training area (increased based on City of Ottawa & Public Health guidelines).
 - See facility map below.

Endurance/Sprints/Hurdles

- Physical distancing for active and inactive (resting) individuals – at least 2m
- Coaches/groups will receive lane assignment and a starting quadrant upon arrival. This will ensure groups are staggered out as much as possible and avoid a “common finish line”.
- Groups are to remain using the same lane for the duration of the workout.
- Athletes will only be permitted to train in lanes 2, 4, 6 & 8 on the oval and straight away.
- Lanes 1 & 3 of the warm-up straight-away located by the north field will be permitted for use.
- Within each lane athletes are to adhere to physical distancing and have staggered starts when doing intervals/repeats (3-5 seconds between athletes).
- If all 4 lanes are being utilized, mid-distance/distance groups will be situated on the inner lanes with sprint groups in the outer lanes (if hurdles are to be used on the oval they will be in lane 8).
- If hurdles are to be used, there should be one athlete or person designated to adjust marks, heights etc. Hurdlers are asked to sanitize equipment prior to and after use. Coaches/safety officer will be prepared to mark (with coloured tape) hurdles for individual athletes to keep track of.
- If blocks are to be used, they should be handled and adjusted by the athlete using them. Coaches/safety officer will be prepared to mark (with coloured tape) blocks for individual athletes to keep track of.

- Relays/Baton exchanges will not take place at this time.
- Steeplechase & the steeple pit will not be available at this time.

Jumps

- Maintaining physical distancing during all practices.
- High Jump, Long Jump, Triple Jump pits at Terry Fox Athletic Facility will remain closed at this time.

Throws

- Maintain physical distancing during all practices.
- Athletes are encouraged to use their own throwing implements if they have them.
- Throwing implements are not to be shared.
- Retrieve your own implements.
- If equipment is borrowed from the Ottawa Lions or City of Ottawa we ask that all equipment is sanitized post workout.

Equipment

- Facility and Lions equipment will be limited during the initial steps in returning.
 - If athletes have equipment of their own, they are encouraged to bring it (avoid sharing).
 - Shared facility equipment will be cleaned by the City twice a day.
- Use of equipment will be closely monitored and must be sanitized thoroughly before and after use.
- Equipment will be marked for individual use during practices.
 - Blocks and hurdles will be taped (with different colours) and managed by only that athlete until sanitized. Throwing gear is to be used by one individual per practice.
- Jumping mats/standards will be off limits for the time being.
- Jumping pits will remain covered (rakes and shovels will be off limits for the time being).
- Lifting equipment will be off limits for the time being.

Competitive & Masters

- Annual members will be able to commence a return to training pending all of the above items are completed/adhered to.
- Returning athletes must touch base with their event coach and head coach to ensure space and time is available to return to training. The above items will then need to be completed.
 - Please contact rjohnston@ottawalions.com for membership details.

Aspire

- Annual members will be able to commence a return to training pending all of the above items are complete.
- Returning athletes must complete and confirm the checklist above and contact the program manager to ensure space is available.
 - Please contact zquevillon@ottawalions.com for more details.

Foundation

- At this time Foundation programs/registration will remain paused.
- Summer Camp programs will be open for registration (refer to Summer Camps for more details and www.ottawalions.com for more details).

Youth

- At this time Youth evening programs are not open.
- Summer Camp programs will be open for registration (refer to Summer Camps for more details and www.ottawalions.com for more details).

Summer Camps

We will be hosting Summer Camps! At this time, we are in the process of going through training and risk assessment for the programs and when the appropriate time/conditions align we will open registration.

Conditions: Minimum groups of 10 (including counsellor), increased capacity to equipment and sanitization of equipment. All athletes & coaches meeting the conditions previously covered in the responsibilities section.

Changes:

- Week 1 of the original structure has been cancelled. Camps will begin on Monday, July 6th.
- Summer camps will only be offered for ½ day sessions for all ages.
 - A mirrored Track and Field Camp will be held in the morning and afternoon.
 - 9:00am-Noon & 1:00pm-4:00pm.
- Smaller group sessions and pre-assigned counsellors.
- Mirrored ½ day programs for athletes aged 12-14.
- Daily pre-camp screening.

A more detailed Summer Camp package will be emailed out to all registrants and interested participants prior to the start of camp. This will also be posted on www.ottawalions.com. Please contact info@ottawalions.com to be added to the email list.

Facility Guidelines

- The Terry Fox Athletic Facility will open its doors Thursday June 18th.
- Below (page 11) you will see the facility sections that are currently open and the maximum number of occupants permitted in the area.
 - Facility maximum occupancy will be 80 at this time.
 - Facility membership card MUST be presented at entrance.
- Markings in the facility will indicate the direction of flow.
 - Please adhere to these, even if it is not the fastest route.
 - There will be one point of entry through the main building.
 - All will exit through the only exit located at the double gates behind the timing tower.
- Amenities such as change rooms will be off limits during initial stages of opening.
- Washrooms will and marked clearly to promote physical distancing.
- Bleachers, benches, and tables will be off limits or removed.
- Jumping pits will not be available during the initial stages of opening.
- Public parks, greenspace, and fields are open to conduct individual training or in a group of 10 or less. This is the preferred arena of training that should be taken if not attending a practice.
- Inclement weather is inevitable and can arise quickly. Due to shelter facilities being inaccessible at this time we will call practices at the sight or threat of lightning. Practices will commence when it is deemed safe to resume.

Checklist

1. Daily medical questionnaire MUST be completed prior to attending practice.
 - a. [Ottawa Lions Daily Screening Questionnaire](#)
2. Sanitize when entering and exiting the facility.
3. Scan your city card when entering.
4. Follow the flow of traffic and do not re-enter the main building.
5. 6 feet social distancing when in the facility and adhere to the 10-person capacity in each active area of the track.
6. The only accessible water fountains are located outside the main building and outside the north building.
7. Exit only through the double gates just to the west of the main building.
8. Inclement weather action plan:
 - a. At this time of re-opening, common areas such as the main building lobby, north office, change rooms, the camp trailer and storage sheds will not be available for shelter. In the case we are hit with inclement weather (primarily Thunder/lightning) we will have no option than to cancel practice until the storm subsides. Training may resume 30min after the last strike of lightning.

Facility Sections



MAP #	AREA	INDIVIDUALS
1	MAIN FIELD	10
2	HIGH JUMP APRON (NO MATS)	10
3	WARM UP STRAIGHT	10
4	NORTH FIELD	10
5	SHOT PUT	10
6	DISCUS/HAMMER	10
7	WEST JAVELIN RUNWAY	10
8	TRACK	10

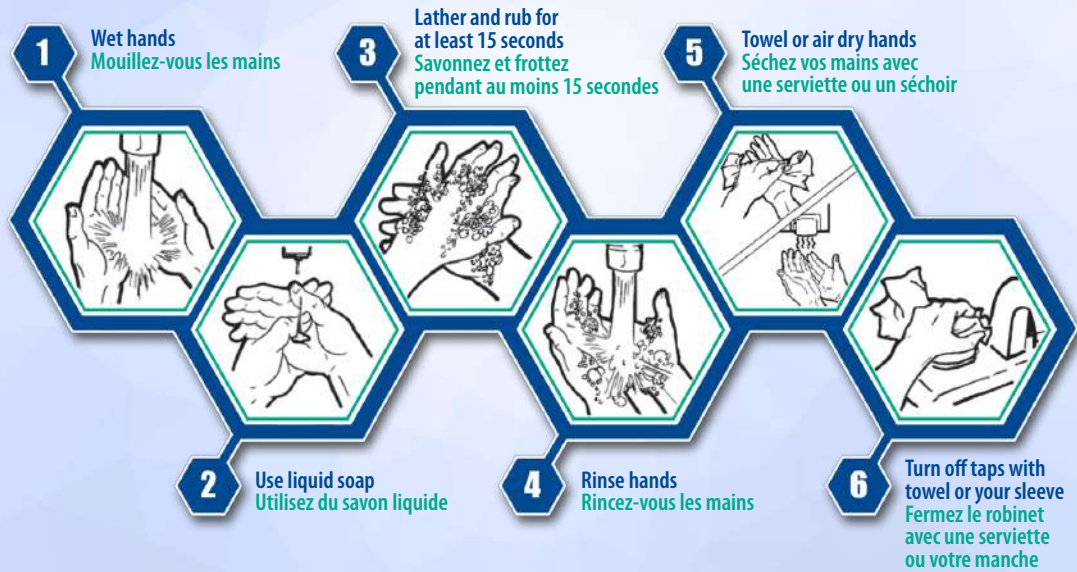
**Training areas and capacity may be adjusted as city and provincial restrictions are lifted.*

Ottawa's health is in **your hands**

Proper **hand washing** helps prevent the spread of germs!

La santé d'Ottawa est entre **VOS mains**

Bien se **laver les mains** aide à prévenir la propagation des germes!



Coronavirus Disease 2019 (COVID-19)

Cleaning and Disinfection for Public Settings

This document provides guidance on cleaning and disinfection of public settings, including schools, transit, colleges/universities and other workplaces in Ontario. For more information, please contact your local public health unit.

What you should know

- Commonly used cleaners and disinfectants are effective against COVID-19.
- Frequently touched surfaces are most likely to be contaminated.
- Use only disinfectants that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms it is approved for use in Canada.
- Check the expiry date of products you use and always follow manufacturer's instructions.

Clean frequently touched surfaces twice per day

- In addition to routine cleaning, surfaces that have frequent contact with hands should be cleaned and disinfected twice per day and when visibly dirty.
- Examples include doorknobs, elevator buttons, light switches, toilet handles, counters, hand rails, touch screen surfaces and keypads.
- In addition to routine cleaning, check with your organization for any specific protocols for cleaning for COVID-19.



Select products

Cleaners

- Break down grease and remove organic material from the surface.
- Used separately before using disinfectants.
- Can be purchased with cleaner and disinfectant combined in a single product.

Disinfectants

- Have chemicals that kill most germs.
- Applied after the surfaces have been cleaned.
- Have a drug identification number (DIN).

Disinfectant Wipes

- Have combined cleaners and disinfectants in one solution.
- May become dry due to fast drying properties. Should be discarded if they become dry.
- Not recommended for heavily soiled surfaces.

Prepare products for use

- Where possible, use pre-mixed solution.
- Read and follow manufacturer's instructions to:
 - properly prepare solution
 - allow adequate contact time for disinfectant to kill germs (see product label)
 - wear gloves when handling cleaning products including wipes
 - wear any other personal protective equipment recommended by the manufacturer

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care. It can survive on different surfaces but can be killed by most cleaners and disinfectants.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: ontario.ca/coronavirus.

Sources:

Ontario Agency for Health Protection and Promotion (Public Health Ontario), Provincial Infectious Diseases Advisory Committee. Best practices for environmental cleaning for prevention and control of infections in all health care settings [Internet]. 3rd ed. Toronto, ON: Queen's Printer for Ontario; 2018. Available from: <https://www.publichealthontario.ca/-/media/documents/bp-environmental-cleaning.pdf>

The Regional Municipality of York, Community and Health Services. Proper cleaning and disinfection practices [Internet]. Newmarket, ON: The Regional Municipality of York; 2019. Available from: <https://www.york.ca/wps/wcm/connect/yorkpublic/928899a2-d56b-47af-a9a0-b6e62d8e0bb7/Proper+Cleaning+and+Disinfection+Practices.pdf?MOD=AJPERES&CVID=mVMtoGe>

The information in this document is current as of March 11, 2020

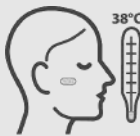
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Coronavirus Disease 2019 (COVID-19)

How to self-monitor

Follow the advice that you have received from your health care provider.
If you have questions, or you start to feel worse, contact your health care provider, Telehealth (1-866-797-0000) or your public health unit.



Fever



Cough



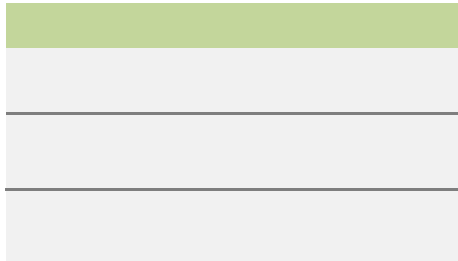
Difficulty breathing

Avoid public spaces

- Avoid crowded public spaces and places where you cannot easily separate yourself from others if you become ill.

What to do if you develop these or any other symptoms

- Self-isolate immediately and contact your public health unit and your health care provider.
- To self-isolate you will need:
 - Instructions on [how to self-isolate](#)
 - Soap, water and/or alcohol-based hand sanitizer to clean your hands
- When you visit your health care provider, avoid using public transportation such as subways, taxis and shared rides. If unavoidable, wear a mask and keep a two metre distance from others or use the back seat if in a car.



Learn about the virus

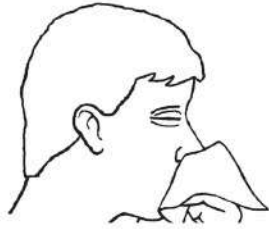
COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: ontario.ca/coronavirus

The information in this document is current as of May 17, 2020

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Cover Your Cough



1. Cover your mouth and nose when you cough, sneeze or blow your nose.



2. Put used tissue in the garbage.



3. If you don't have a tissue, cough or sneeze into your sleeve, not in your hands.



4. Clean your hands with soap and water or hand sanitizer (minimum 70% alcohol-based).

Stop the Spread of Germs

Always Cover Your Cough

- Covering your cough or sneeze can stop the spread of germs
- If you don't have a tissue, cough or sneeze into your sleeve
- Keep your distance (more than 2 metres/6 feet) from people who are coughing or sneezing

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Resources

We encourage our members to continue monitoring their health and those close to them. Keeping a mindful eye on the announcements and status updates released by the province of Ontario, City of Ottawa, and Public Health Officials as the scenario continues to develop day by day.

These recommendations will be closely followed by the Club and will not hesitate if there is a danger in our members health and wellbeing.

Here are some helpful resources to follow as we continue to navigate through the world wide pandemic.

[Athletics Canada](#)

[Athletics Ontario Resource Page](#)

[City of Ottawa – COVID-19 Resources](#)

[Ottawa Assessment Centers](#)

[Ottawa Public Health](#)

[Province of Ontario – COVID-19 Resources](#)

[Public Health Canada](#)