



Outdoor Stages

June 10<sup>th</sup>, 2021

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## ***Introduction***

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This document has been created and adapted to help clarify the use of the Terry Fox Athletic Facility when under the different provincial safety measures.

The Ottawa Lions are fully aware that we are not in the clear and that we must continue to navigate the challenges COVID-19 presents. We are incredibly proud of what was accomplished in the latter portion of 2020, but we must not drop our guard.

Our practices will continue to be structured in manageable but safe group sizes. All athletes, coaches and staff will continue to complete the mandatory daily health questionnaire before their practice. All members will be respecting the municipal and facility safety measures such as physical distancing, wearing masks (where and when required), cleaning equipment and respecting the comfort of your fellow Ottawa Lions. Please notify club management if there are any concerns regarding the health or wellbeing of yourself or your child.

The following guidelines and practices are based on the public health measures implemented by the Government of Ontario and City of Ottawa.

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# ***Responsibilities***

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## **Organization**

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 sport's current scenario.

We will continue to monitor municipal, provincial, and federal health recommendations and closely monitor the capacity and scheduling in which we can safely implement our programs.

## **Coaches**

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

- Bring a positive and inspiring attitude to practice each day.
- 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 the Club training strategy (this document).
- Respecting the venue safety protocols.
- Complete pre-screening and check-in/scan prior to each practice.
  - [Daily Health Screening Questionnaire](#)
- Limit contacts (e.g. touching surfaces, high fives, hugs etc.).
- Incessant reminders to athletes and coaches about washing and sanitizing hands.
- Must wear a mask when indoors, even during brief periods of entering and exiting the main building, washrooms and storage sheds.
- Respect physical distancing for all.
- What to bring?
  - Plenty of water.
  - Appropriate clothing for the weather.
  - PPE if you have your own. Coaches will be provided a washable/reusable mask with filter if required.

## **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 (competitive or recreational are valid). A 2021 Athletics Ontario/Athletic Canada Attestation must be completed.
- See instructions here <https://athleticsontario.ca/wp-content/uploads/2020/06/Completing-Your-Return-to-Training-Attestations-and-Waivers-1.pdf>
- Ensure you have confirmed a practice time either through registration (Youth, Foundation & Aspire Programs) or with the head coach ([rjohnston@ottawalions.com](mailto:rjohnston@ottawalions.com)) if in the competitive programs.
- Adhere to daily check-in/scan procedures, screening, and schedules. Arrive when you are scheduled. Training time slots will be shortened so it will become a best practice to complete the majority of your warm-ups and cool downs outside the venue.
- [Daily Health Screening Questionnaire](#) (MUST BE COMPLETE before arrival)
- Must wear a mask when indoors, even during brief periods of entering and exiting the main building, washrooms and storage sheds.
- Time management and efficiency during practice.
- Understand the health and sanitization benefits issued by the Provincial Health Organization and how it may impact your event.
- Bring your own equipment if you wish (and care for your own equipment).
- Limit contacts (e.g. touching surfaces, high fives, hugs etc.).
- Give space and practice physical distancing (even within training group – **3 meters**).
- Cleaning facility equipment (when available) prior to and post workout.
- Bring their own PPE and sanitizer if you wish.
- Parents/ Spectators will not be permitted into the facility until further notice.
- What to bring?
  - Plenty of water.
  - PPE if you have your own.
  - Appropriate clothing for the weather.
  - Your own yoga mat, towel, chair.

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## **FACILITY GUIDELINE**

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Map



The facility map above gives a visual representation of how the Terry Fox Athletic Facility will be sectioned off into various zones for Step 1 of the Provincial “Roadmap”.

The sport of athletics is not always confined to one area, in fact, most of the training (outside the throwing events) will take place on the oval, in the fields and in their respective event area. With that being said, be aware of your surroundings and the numbers in each area. Once we work the kinks out of the schedule there should be no issue in mitigating the spread of COVID-19 while observing the areas mapped out above.

The table below reflects the various areas illustrated in the map above and the approved number of participants allowed in Step 1 of the reopening “Roadmap”. The number of participants in the “Facility Sections” (outlined in Yellow and Turquoise) are not to be exceeded! This should allow athletes some flexibility in their training, rather than being confined to one section or area.

All athletes, coaches, volunteers will enter and scan their card at the main building then report to their training area. At the conclusion of their training session you everyone will exit out the gate behind the timing tower or by the north building. Do not exit through the main building.

In each column you will see the number of groups x individuals permitted in each event area (row). If a group is smaller than 10 we will align the time slot with another group that will not exceed the total in each area.

The only exception to the numbers below is that coaches and officials will not impact the capacity numbers.

As we prepare to enter step 2 (scheduled 21 days after June 12<sup>th</sup>) we will provide an update to capacity limits in each portion of the facility.

	Area (approximate m <sup>2</sup> )	Step 1	Step 2	Step 3	Lockdown (HP Only)
Terry Fox Athletic Facility	54,572.69m <sup>2</sup>				
Facility Sections	Respective group x individuals in event areaa are to be followed over sections				
Main Stadium	29,640.40m <sup>2</sup>	4x10	-	-	1x10
North	11,261.85m <sup>2</sup>	4x10	-	-	1x10
West	13,511.23m <sup>2</sup>	4x10	-	-	1x10
Event Area	Group sizes in event area are not to be exceeded				
Track Oval & Infield	15,410.94m <sup>2</sup>	2x10	-	-	-
LJ/TJ/PV/SP	4,497.41m <sup>2</sup>	1x10	-	-	-
HJ	1,141.19m <sup>2</sup>	1x10	-	-	-
West Field (HT, JT, DT, SP)	13,511.23m <sup>2</sup>	4x10	-	-	-
North Field (Field, Warm- up Track)	11,261.85m <sup>2</sup>	4x10	-	-	-
North Building	300m <sup>2</sup>	3 HP Only	3/Weight room	4/Weight room	3/Weight Room
Spectator					
Grand Stands	997.65m <sup>2</sup>	-	-	-	-
North Stands	276.9m <sup>2</sup>	-	-	-	-

Groups x Individuals (coaches not included)

## COVID-19 Exclusion

We are in unprecedented times and the health and safety of everyone around you must be considered. Under the current guidelines we are urging parents, athletes, coaches and staff to be upfront and honest when it comes to experiencing any symptoms of COVID-19.

- If a club member experiences any of the COVID-19 symptoms, they are to follow the [City of Ottawa Public Health Guidelines](#) and indicate the same on their daily health questionnaire.
- In the scenario that a member tests positive, all who have been in the presence will be notified and expected to monitor for symptoms closely. If in the same training group, and 15 minutes of exposed (no mask – within 3m) time has occurred the athlete will be asked to strictly monitor their health and not return, unless a negative test result is provided or isolate for 14 days.
- If you are experiencing any of the symptoms listed on our health questionnaire (not associated with a pre-existing condition) we ask that you do not attend practice or travel but head to an assessment center.
- If you are in close contact with someone outside the club (family, friend or co-worker) who tests positive for covid-19 we ask that you follow the OPH protocols. Monitor health and self-isolate even if you do not experience symptoms.

### EMERGENCY ACTION PLAN:

- There are First-Aid kits located in the Main Building of Terry Fox, the High Jump Shed and Ottawa Lions Club house (located by the North field)
- A defibrillator is located in the main building of the Terry Fox Athletic Facility.
- If EMS is required at the Terry Fox Athletic Facility, the address is 2960 Riverside Dr. Ottawa Ontario K1V 8N4 (Inside Mooney's Bay Park). The best point of access is from the intersection of Riverside Dr. and Ridgewood Avenue, they should take an immediate right once inside Mooney's Bay Park. An alternative point of entry would be arriving from Hogs Back Rd, turning into the Mooney's Bay Boat launch entrance and pulling up to the West Field.
- We always intend to press on with practices (rain or shine), however we do keep an eye on the radar for risk of lightning or other dangerous weather conditions.
- Under a severe weather warning or arrival of a thunder/lightning storm there are very few locations for shelter at the Terry Fox Athletic Facility, even fewer during the Pandemic. While there are a few change rooms and locations for shelter, they will be limited in space as a 3m physical distancing rule will apply while indoors (along with wearing masks). We ask that athletes, coaches, officials and volunteers who drive to the venue take shelter in their respective vehicles until the storm subsides. Please do not welcome others you did not travel with into your vehicle.



## Care & Recommendations



*Remember!*  
**Practice physical distancing**

If keeping your distance is difficult, wear a **non-medical mask** (i.e. cloth mask).

*N'oubliez pas!*  
**Pratiquez la distanciation physique**

: S'il est difficile de maintenir une bonne distance par rapport aux autres, portez un **masque non médical** (c.-à-d. un masque en tissu).

**OttawaPublicHealth.ca/Coronavirus**  
**SantePubliqueOttawa.ca/CoronavirusFR**

Mask required  
Masque obligatoire  
Mascarillas obligatorias  
الأقنعة إجبارية  
强制戴口罩  
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All persons entering or remaining in these premises must wear a mask that covers the nose, mouth, and chin as required under **City of Ottawa By-law 2020-186**.

Exemptions include people who cannot wear a mask for medical reasons or children under two years old.

**A mask can be cloth (non-medical), disposable or medical.**

Content written in Spanish, Arabic, Simple Chinese, Inuktitut.

Toutes les personnes qui entrent ou restent dans ces locaux doivent porter un masque qui couvre le nez, la bouche et le menton, comme l'exige le **règlement 2020-186 de la Ville d'Ottawa**.

Des exceptions sont prévues pour les enfants de moins de deux ans et les personnes qui ne peuvent pas porter de masque pour des raisons médicales.

**Un masque peut être en tissu (non médical), jetable ou médical.**

Message écrit en espagnol, arabe, chinois simplifié et inuktitut.

2020-186

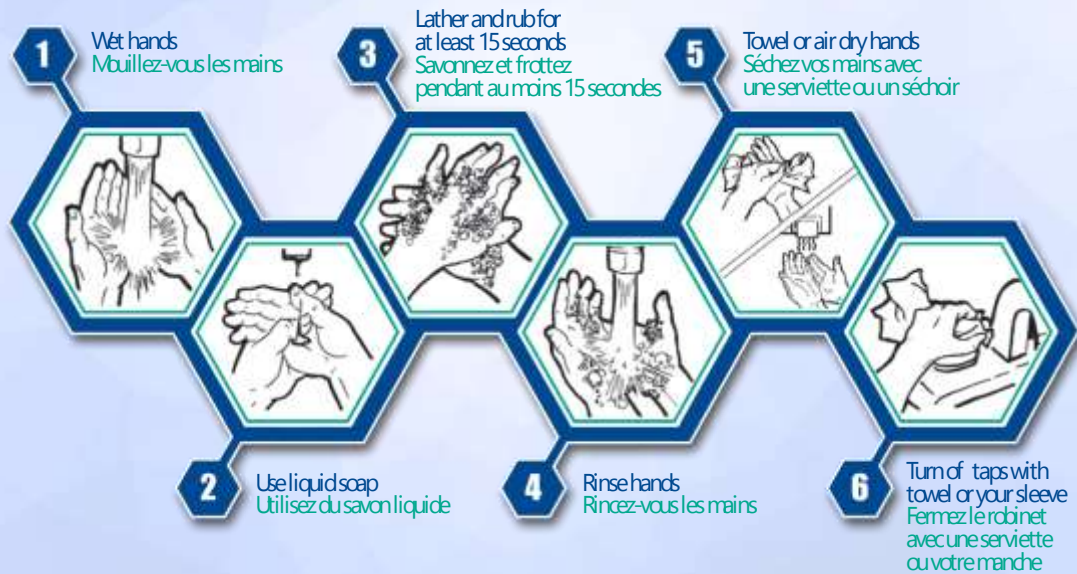
[ottawa.ca](https://ottawa.ca) **3-1-1**  
TTY/ATS **613-580-2401**

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

Proper **handwashing** 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](https://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-b6e67d8e0bb7/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.



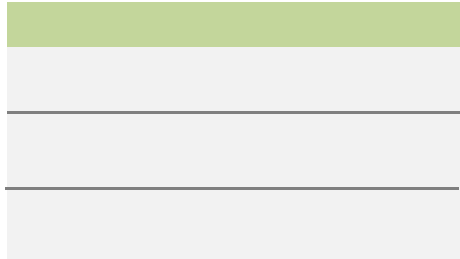
**Fever**                      **Cough**                      **Difficulty breathing**

**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](https://ontario.ca/coronavirus)

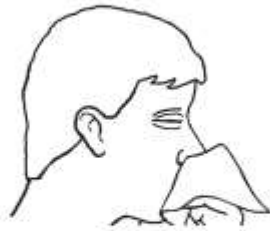
The information in this document is current as of May 17, 2020

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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***

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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 Ontario Resource Page](#)

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

[Ottawa Assessment Centers](#)

[Ottawa Public Health](#)

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

[Public Health Canada](#)