



**ATHLETICS NEW BRUNSWICK
RETURN TO TRAINING &
COMPETITION GUIDELINES /**

*Athletics
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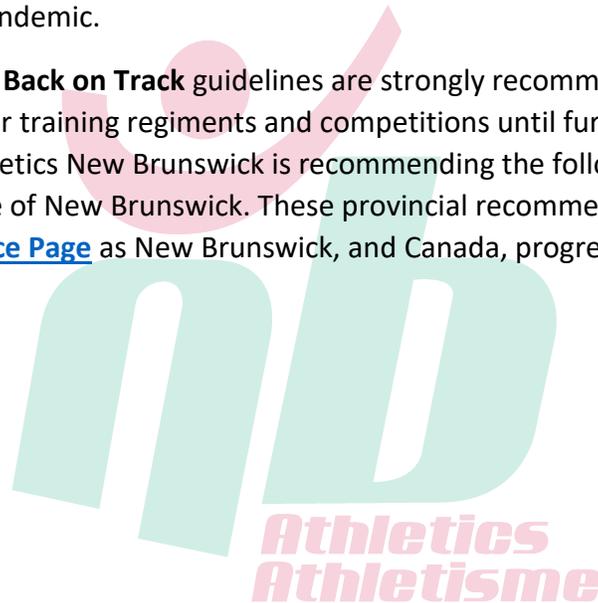
Overview

Athletics New Brunswick will be following the return to training and competition guidelines developed by the National task force, Back on Track. This document will highlight any additional or differing guidelines that have been set specifically for the Province of New Brunswick and Athletics New Brunswick.

The recommendations outlined in this document will be reviewed and updated regularly as we receive more guidance from the New Brunswick Government and New Brunswick Health Officials. **Please ALWAYS follow directives from Public Health prior to continuing training and competition.**

Guidelines in this document are for use in training/practice, as well as competition settings where applicable. Athletics New Brunswick will continue to update these guidelines as we progress through the pandemic.

All of Athletics Canada's **Back on Track** guidelines are strongly recommended to be followed and implemented in your training regiments and competitions until further notice. In addition to those guidelines, Athletics New Brunswick is recommending the following additions throughout the province of New Brunswick. These provincial recommendations will be updated on the [Covid-19 Resource Page](#) as New Brunswick, and Canada, progress through the pandemic.



PHASE 1



Return to Training

****Please follow directives from whatever Health Zone you reside in****

Who can participate in training activities?

- Any athlete in training groups must be, at a minimum, recreational members of Athletics Canada.
- All training groups identified in the Orange Alert Level may continue to train (limited to practices and/or skills and drills within a single team). ANB identifies a single team as one registered club or registered Unattached athletes working as a group.
- All training groups identified in the Yellow alert level, may continue to operate with an operational plan identifying measures that limit the number and intensity of close contacts.

Who cannot participate in training activities?

- **All training groups identified in the Red Level Alert must cease operations.**
- Anyone who has travelled outside of New Brunswick in the past 14 days. These individuals (unless exempt from self-isolation) **MUST** self-isolate for 14 days from the time of their arrival.
- Anyone who has travelled to a Red Alert Level Zone may not return to participation in their sport in an Orange or Yellow Alert Level Zone for a period of 14 days, or until restrictions loosen.
- Nobody from an Orange Alert Level Zone is permitted to participate in sport in a Yellow alert level zone.

General Guidelines when returning to Training

What type of screening is required?

- For Zones in the Orange Alert Level, active screening is required upon arrival to practice. Please refer to GNB's symptom checklist for these guidelines. For Zones in the Yellow alert level, passive screening is required, and active screening for activities involving youth. Active screening is always recommended.

What is the maximum number of athletes permitted at practice?

- A maximum of 50 persons in any given training group in any space. It is at the discretion of the facility owner to limit multipurpose facilities and whether or not multiple groups may train at the same time in different locations. Please be sure to verify with your facility operator for their guidelines and restrictions. If venue/facility allows for multiple user groups, ensure physical distancing and mask-wearing is in place.

- All group training must follow current New Brunswick Public Health directives. Please ensure you are following guidelines and protocols created by the facility of choice, as their facility maximum capacity can vary. Continue to use the 2 meters of physical distancing, recognizing that brief close contacts are permitted on the field of play, but should be avoided if at all possible.
- One coach should not have multiple groups in one facility at the same time. Instead, the coach should have groups staggered to mitigate transmission between training groups. *Recognizing that many groups do not have this luxury, if coach must work with various groups, face masks must be worn.*
- Clubs must have personal protective equipment available on-site if physical distancing cannot be followed. Examples of this include, but are not limited to, attending to injuries, medical needs, or athletes who may require assistance.

How should Training be modified / adapted to allow for physical distancing?

- When not physically partaking in the act of skill/drill/running, (i.e., active rest, rest, breaks, coach interaction with group, etc.), athletes and coaches must maintain a physical distance of two metres at all times. Masks should also be worn during these 'down' times.
- **For sprints**, all efforts should be made to use every other lane, and regular usage of hand sanitizer should be implemented. Brief close contacts are permitted, but should be avoided if and when possible. If using side-by-side lanes, ensure proper sanitizing is taking place between athletes before and after set/rep.
- **For middle distance and endurance**, all efforts should be made to avoid pack running (send-off staggered), recognizing that brief close contacts are permitted but should be avoided when possible. If pack running, ensure proper sanitizing is taking place between athletes before and after set/rep, and pack running should be minimized efforts, not elongating time spent in close proximity.
- **For throws**, all athletes should maintain a physical distance of two metres at all times, and masks are recommended on the field. All implements must be fully sanitized after each throw if sharing of equipment. Sharing of equipment is not recommended, but recognized that some may not have this luxury, so all efforts to properly sanitize and maintain distance when exchanging should be taken.
- **For jumps**, all athletes should maintain a physical distance of two metres at all times, and masks are recommended on the field. All rakes, shovels, tape measures, brooms, markers, etc. must be fully sanitized after each contact. Sharing of equipment is not recommended, but recognized that some may not have this luxury, so all efforts to properly sanitize and maintain distance when exchanging should be taken.

The following items MUST be completed before returning to training AND competition

1. All athletes must read this document and complete the Athletics New Brunswick COVID-19 Questionnaire and Attestation sent to them by Trackie before being permitted to return to sanctioned training or competition. If the Covid waiver is not sent to you, please contact your club representative or ANB at anb@anb.ca
2. Clubs are strongly encouraged to appoint a Health Safety Officer and complete the following:
 - a. Risk assessment before using a public facility.
 - b. Waiver acknowledgment and plans on implementing current recommendations into their group sessions.
3. Ensure athletes and parents follow the Outbreak Action Plan, outlined in section six of the [National Back on Track Return to Training Guidelines](#) document or on the [Covid-19 Resource Page](#) of our website.

Templates and other resources can be found on the Covid-19 Resource Page:
<https://www.anb.ca/resources/covid-19/>



Return to Modified Competition – Track & Field

Note that Zones in Orange Alert Level are not permitted to host competition at this time

All host organizing committees are required to submit a COVID-19 Operational Plan that addresses risk mitigation measures across ALL aspects of the event.

Steps that should be followed in order to sanction an event:

As of January 19th, competitions are NOT permitted in the Orange Alert Level.

Yellow Alert Level

Single-Zone competition is permitted with less than 150 participants in their Public Health zone.

Dual-Zone or competition is permitted with one other team/group in a single day are allowed across zones provided each respective group practice together on a regular basis, or the game/competition is restricted to an intra-squad/club event.

Example: A team in Zone 1 can host a team in Zone 2 in a single day. The team in Zone 1 can not host a team from Zone 3 the same day.

All competitions must be sanctioned by Athletics New Brunswick in order to be considered for rankings, records, as well as insurance coverage. Sanction requests can be found here: [Sanction Request Form](#).

Attached with your sanction request form, please provide the following documentation:

- Clearly indicate which type of competition you plan to host
- Schedule of Events (including age-groups in each event)
- Plan with clear explanation on how physical distancing, risk mitigation, and Public Health protocols will be managed

ANB may request re-submission of Sanction Request Form if any of the documentation is not attached, or does not meet standards

Competitions will not be promoted or posted on the ANB fixtures list until the sanction has been approved.

New Brunswick guidelines to be used in addition to the Athletics Canada's **Back on Track** guidelines

All athletes, coaches and officials participating in these competitions must be members of Athletics New Brunswick or have been residents in the province for the last 3 months (example: university students from outside NB with no ANB membership but competing for school team), and have completed the COVID waiver sent to them by Trackie. No exceptions. No last-minute entries should be provided to ensure all registrants have their COVID waivers completed *prior* to the competition.

Not permitted at this time: Anyone who has travelled outside of New Brunswick in the past 14 days. These individuals (unless exempt from self-isolation) MUST self-isolate for 14 days from the time of their arrival.

It is the responsibility of the host organizing committee to ensure all physical distancing requirements are followed and adhered to and to provide all volunteers and officials with PPE.

Types of Competitions ANB will sanction:

- **Single-Zone competition** is permitted with less than 150 participants in their Public Health zone.
- **Dual-Zone competition** is permitted with one other team/group in a single day are allowed across zones provided each respective group practice together on a regular basis, or the game/competition is restricted to an intra-squad/club event.

Host Responsibilities

Please check with the facility operators for any specific requirements for limitations on capacity prior to hosting. If there is a limit to number of people permitted in a venue, please be sure to include volunteers, athletes, coaches and spectators in your tallies when planning to host an event.

Ensure health of each person entering the facility is verified using an attestation questionnaire. (Back on Track page 25) or your own screening tools. Organizers must keep a log of each person in attendance (athletes, coaches, volunteers, officials, spectators) including their contact information.

There should be NO spectators at competitions (with the exception of 1 spectator for a U14 or below athlete), to allow more physical distancing and to limit the number of people at the facility.

Masks & Sanitation

Masks should be worn by all (athletes, coaches, officials, volunteers and spectators) if hosting *regular competition* (all lanes, etc.), or if physical distancing cannot be maintained except when warming up or competing. It is at the discretion on the facility owners and meet organizers to decide whether or not masks will be required given their COVID operational plan.

Athletes in field events must wear their mask at all times when not competing (sitting on the bench, waiting for their turn, etc.)

Having hand sanitizer and masks available is highly recommended.

If hosting 'regular competition', sanitation stations must be available at the start line and finish line for participants to disinfect prior-to and following a race.

General

Ensure an Emergency Action Plan is in place, in the event of an incident requiring first aid/medical attention.

Having the following on-site is strongly recommended:

- Onsite qualified First Aid/Medical Personnel
- Medical supplies/First Aid Kit
- Medical Plan, Traffic Management Plan, Waste Management Plan
- Extreme weather plan

Travel

Travel requires additional risk (hotel stays, restaurant visits, out-of-region activities, group settings, etc.), and if you are travelling, it is essential that you follow the respective region's guidelines, including all facilities and venues you may be entering. It is critical to take extra precautionary measures if travelling for sporting activities.

Event-Specific Guidelines

Call Room

There should not be a formal call room where athletes congregate. An informal check-in table should be in place with hip and chest numbers already ready for the athletes to mitigate high-touch areas. Athletes should marshal at the start line and avoid congregating in groups.

Sprints/Hurdles

Sprint/hurdle events can be run in every lane, provided that physical distancing and mask-wearing protocols are in place and enforced outside of the field of play (anytime not warming up or competing). Brief close contacts are permitted, but limiting them when possible is advised.

Hand sanitizer must be made available at the finish line, as athletes will have similar touch-surfaces of the track and/or starting blocks.

Starting blocks must be wiped down in between every athlete that comes in contact with them.

There should be a designated individual assigned to move and adjust hurdles, to limit who is touching those surfaces.

Middle Distance/Endurance

Middle distance and endurance events can take place in each lane provided that physical distancing and mask-wearing protocols are in place and enforced outside the field of play (anytime not warming up or competing), and that there is a reduced field size up to a maximum of 8 athletes per race (can also include a maximum of 2 pacers provided they are not competing the entire race). If a waterfall start is available, that option should be taken. Brief close contacts are permitted, but limiting them when possible is advised.

Jumps

It is not recommended that Pole Vault take place in competition at this time. If planning to host Vertical Jumps events, as per Back on Track documents, each athlete in the event should have their own separate tarps, and be interchanged in between jumpers, if more than one athlete competing in the event.

For Horizontal Jumps, it is crucial that the sand be fully turned over and raked in between each jump.

Relays

Baton relays are permitted, provided the baton is disinfected before and after each use, and that all athletes and officials in contact with the baton fully sanitize their hands before and after use.

All other events

In addition, event-specific guidelines in the Back on Track document are **strongly** encouraged to be followed.

Officials

Please refer to NOC Back on Track document.



Return to Modified Competition – Cross Country & Road Racing (Staggered Start / Time Trial)

Note that Zones in Orange Alert Level are not permitted to host competition at this time

****All events should follow the maximum participant allocation based on the Sport & Recreation Branch guidelines, based on the region in which the event is taking place****

General

- Have a COVID Safety Officer oversee the enforcement of your COVID Safety Plan and the protection of everyone onsite.
- Work to eliminate all touch points.
- Encourage participants to come solo, come just before the start and to leave immediately after.
- No high-fives, hugs, group photos or spitting.
- No in person registration, online only. Avoid cash transactions.
- Have a record of every volunteer and staff person onsite. Name, phone number.
- Personal Protective Equipment must be provided to all volunteers (Masks, gloves and hand sanitizer) and/or physical barriers at interaction points.
- Communicate with participants and volunteers, clearly and often, that if they feel unwell or show any symptoms, they should not attend the event.

Sanitation

- Supply hand washing stations or sanitizer anywhere near any other high touch surfaces such as on course at hydrations stations and entry to corrals.
- Spread out porta-potties considering 2-meter physical distance requirement, if space is a constraint consider staggering door entrances, one forward and one back. Have line up areas marked to encourage physical distancing.
- Encourage participants to wash their hands with soap and water and/or hand sanitizer prior to and after using porta-potty. Touchless hand sanitizer dispensers are recommended.
- Talk with your sanitation provider about enhanced cleaning of facilities.

Race Kit Pickup

- Outside is better than inside. Avoid indoor packet pickup.
- Consider other options for packet pickup, like mailing out to schools prior-to event.
- Allow and mark spacing for physical distancing.
- Protect volunteers with a combination of physical barriers, masks and spacing.
- Consider multiple pickup stations, spaced apart, to reduce lines.
- Have lines flow one direction, in one way, out another.
- Extend kit pick up hours to maximize physical distancing opportunities.
- Prepackage everything into one package to reduce touch points.

Crowd Management Before, During, And After Event

- Encourage participants not to bring spectators.

- Encourage participants to arrive just before their event and leave immediately after. Course walk-throughs are not recommended but having clearly marked courses and maps of your course are essential.
- Encourage masks / facial coverings before and after their event.
- Have a flow to your event site, to prevent grouping and encourage physical distancing. In one way, out another.

Start Corrals and Line (Staggered Start / Time Trial Format)

- Seed start times based on expected race finish time, to reduce on course interaction. (This would apply to Provincials only).
- Minimum 15-30s in between each runner, therefore eliminating the chaos of a mass start. Timing/results would be done by aligning their start time with their bib # (i.e. if racer #105 starts @ 0:45.... At the finish, deduct 0:45 from the final finish time for his/her time). Results would NOT be available on-site for this type of timing, results would be available a few days later, banners available later, etc.)
- Look into chip timing (Atlantic Chip) – this can be costly. This would take care of timing completely, and results can be available almost instantaneously with minimal error.

On Course

- No drafting permitted. A minimum of 2-meter physical distance must be practiced by all participants and volunteers before, during, and after the event. Front to back, side to side.
- *Course should allow for physical distancing and must be a minimum of 2 meters wide.*
- Reduce two-way runner traffic areas.
- On corners and turn around points, allow extra room for participants to distance.
- Have volunteers encourage physical distancing to participants on course and at corners. Have signage encouraging physical distancing.

Finish Area

- Allocate more space for finish approach, line and finish chute. Finish approach should be as wide (or more) as your finish line.
- Communicate to participants clearly prior to race day on the website and in pre-race e-mail and on race day, the flow of finish line dispersal zone.
- Encourage masks to be worn by participants and all volunteers in finish line area.
- Volunteer Marshals in the Finish Line Dispersal Zone will remind finishers to keep moving while keeping their distance.
- Finishers should continue to egress along the road/path to exit the venue to their departure mode of transportation.
- To reduce/eliminate crowding, a post event gathering of any sort should be discouraged. Ask participants to leave once they have finished their event.

Return to Modified Competition – Cross Country & Road Racing (Mass Start)

Note that Zones in Orange Alert Level are not permitted to host competition at this time

****All mass start events should follow the maximum participant allocation based on the Sport & Recreation Branch guidelines, based on the region in which the event is taking place****

General

- Have a COVID Safety Officer oversee the enforcement of your COVID Safety Plan and the protection of everyone onsite.
- Work to eliminate all touch points.
- Encourage participants to come solo, come just before the start and to leave immediately after.
- No high-fives, hugs, group photos or spitting.
- No in person registration, online only. Avoid cash transactions.
- Have a record of every volunteer and staff person onsite. Name, phone number.
- Personal Protective Equipment must be provided to all volunteers (Masks, gloves and hand sanitizer) and/or physical barriers at interaction points.
- Communicate with participants and volunteers, clearly and often, that if they feel unwell or show any symptoms, they should not attend the event.

Sanitation

- Supply hand washing stations or sanitizer anywhere near any other high touch surfaces such as on course at hydrations stations and entry to corrals.
- Spread out porta-potties considering 2-meter physical distance requirement, if space is a constraint consider staggering door entrances, one forward and one back. Have line up areas marked to encourage physical distancing.
- Encourage participants to wash their hands with soap and water and/or hand sanitizer prior to and after using porta-potty. Touchless hand sanitizer dispensers are recommended.
- Talk with your sanitation provider about enhanced cleaning of facilities.

Race Kit Pickup

- Outside is better than inside. Avoid indoor packet pickup.
- Consider other options for packet pickup, like mailing out to schools prior-to event.
- Allow and mark spacing for physical distancing.
- Protect volunteers with a combination of physical barriers, masks and spacing.
- Consider multiple pickup stations, spaced apart, to reduce lines.
- Have lines flow one direction, in one way, out another.
- Extend kit pick up hours to maximize physical distancing opportunities.
- Prepackage everything into one package to reduce touch points.

Crowd Management Before, During, And After Event

- Encourage participants not to bring spectators.

- Encourage participants to arrive just before their event and leave immediately after. Course walk-throughs are not recommended but having clearly marked courses and maps of your course are essential.
- Encourage masks / facial coverings before and after their event.
- Have a flow to your event site, to prevent grouping and encourage physical distancing. In one way, out another.

Start Corrals and Line (Mass Start Format)

- Seed start times based on expected race finish time, to reduce on course interaction. (This would apply to Provincials only). Waved mass start is also recommended (lines of 10-15 runners sent off in waves).
- Reduced field sizes is HIGHLY recommended.
- For mass start, start line must be large enough to host designated number of athletes per field size, with 2 meters distance between each. The risk for mass start would be the first 2-3 minutes when athletes are likely to be pack running before speed differences allow for separation.
- Allow for physical distancing (2 meters) in start corrals or approximately 4 square meters of ground space per person.
- Runners enter the corral only when their time slot has been announced. One time slot would be at the Start Line with the next group on deck on standby. Physical distancing chalk circles two metres apart can be placed on the road/trail/grass.
- If only one-meter separation on start line between runners for mass start, face coverings must be worn on the start line until moments before starting gun goes off (can be thrown on the ground and picked up by a volunteer wearing PPE after they are gone).
- Two-sided signs for physical distancing should be put up along the sides of the corral every two barricades or so.

On Course

- No drafting permitted. A minimum of 2-meter physical distance must be practiced by all participants and volunteers before, during, and after the event. Front to back, side to side.
- *Course should allow for physical distancing and must be a minimum of 2 meters wide.*
- Reduce two-way runner traffic areas.
- On corners and turn around points, allow extra room for participants to distance.
- Have volunteers encourage physical distancing to participants on course and at corners. Have signage encouraging physical distancing.

Finish Area

- Allocate more space for finish approach, line and finish chute. Finish approach should be as wide (or more) as your finish line.
- Communicate to participants clearly prior to race day on the website and in pre-race e-mail and on race day, the flow of finish line dispersal zone.
- Encourage masks to be worn by participants and all volunteers in finish line area.
- Volunteer Marshals in the Finish Line Dispersal Zone will remind finishers to keep moving while keeping their distance.

- Finishers should continue to egress along the road/path to exit the venue to their departure mode of transportation.
- To reduce/eliminate crowding, a post event gathering of any sort should be discouraged. Ask participants to leave once they have finished their event.

