



**ATHLETICS NEW BRUNSWICK  
RETURN TO TRAINING &  
COMPETITION ADDENDUM**



July 29, 2020



## 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.

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.

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

### ***Return to Training***

- Any athlete in training groups must be, at a minimum, recreational members.
- All group training must follow current New Brunswick Public Health guidelines. Please ensure you are following guidelines and protocols created by the facility of choice, as their facility maximums can vary. Continue to use the 2 meters of physical distancing at all times.
  - a. One coach should not have multiple groups in one facility at the same time. Instead, the coach should have them staggered to mitigate transmission between training groups. If coach has to work with various groups, non-medical face masks are recommended.
- 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.

### 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 allowed to go back to sanctioned training or competition.
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, resources and links to waivers can be found on the Covid-19 Resource Page:

<https://www.anb.ca/resources/covid-19/>



## ***Return to Competition***

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 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 the below mentioned recommendations\*

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

### New Brunswick recommendations 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, 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.

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, should they wish to make use of them.

### Types of Competitions ANB will sanction **at this time**:

- Event specific competition (i.e Throws meet, Distance Night, etc.)
- Twilight Meet (maximum of 4 events held in different areas of the facility)

*\*If planning for a hurdles race, 110mh and 100mh would count as one of the four events, as there are different heights and distances for men and women. This would also apply to a 400m vs 300m, or 200m vs 150m so long as the individuals racing in these events are **age appropriate**\**

### Host Responsibilities

Please check with the facility 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). Organizers must keep a log of each person in attendance (athletes, coaches, volunteers, officials, spectators) including their contact information.

Having hand sanitizer and masks available is highly recommended.

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

### Event-Specific Guidelines

#### ***Jumps***

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

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

#### ***All other events***

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

#### Officials

Please refer to page 19 of the Back on Track document. Further details will become available as the NOC develops their guidelines.

\*\*\*Please refer to the ANB Covid Resource Page frequently for the most up-to-date guidelines from ANB and Athletics Canada.\*\*\*