



May 20<sup>th</sup>, 2020

**Athletics New Brunswick Member,**

During these unprecedented times, Athletics New Brunswick is working with Provincial and Nationals bodies in order to provide a safe return to sport plan for all. The health and safety of our athletes, coaches, officials, volunteers, administrators, and other stakeholders are the utmost of priority as we return to normalcy. In this Covid-19 operational plan, we closely followed directives issued by the New Brunswick Public Health Agency and are relying on their expert guidance as the leading authority of safe practices and activities in New Brunswick. The Covid-19 outlook and return to normalcy is a moving target and there will be changes in requirements as we move forward with no concrete timelines.

You will be able to review this document as a resource to the latest updates to our operational plan as restrictions lift and operations change. If there are changes made to this original document, they will be highlighted.

We thank everyone for your continued support and patience through these difficult times and hope we can all safely return to the track or field as soon as possible.

If there are any questions, please feel free to contact the undersigned.

Thanks,

A handwritten signature in black ink that reads 'Julia Loparco'.

**Julia Loparco**

Interim Executive Director, Athletics New Brunswick

(506) 608-1175

[julialoparco5@gmail.com](mailto:julialoparco5@gmail.com)



# ATHLETICS NEW BRUNSWICK COVID-19 OPERATIONAL PLAN

**PURPOSE:** To both support and ensure all Athletics New Brunswick clubs and training groups have a document outlining sport specific risk assessment and risk mitigation measures consistent with Public Health guidance and the *Occupational Health and Safety Act* and regulations.

**PROVINCE OF NB:** At the outset, please note that all must comply with the Province of NB's provisions under its [Mandatory Order](#):

<ul style="list-style-type: none"><li>• Athletics New Brunswick, along with its member clubs and training groups <b>must take every reasonable step to ensure minimal interaction of people within two meters of each other</b>, except in compliance with guidelines issued by WorkSafeNB and the Chief Medical Officer of Health.</li></ul>	<ul style="list-style-type: none"><li>• Athletics New Brunswick, along with its member clubs and training groups <b>must take every reasonable step required to prevent persons who exhibit symptoms of COVID-19 from entering the training facility/venue</b>, in accordance with advice issued by the Chief Medical Officer of Health or WorkSafeNB.</li></ul>	<ul style="list-style-type: none"><li>• Athletics New Brunswick, along with its member clubs and training groups <b>must take every reasonable step required to prevent persons from entering the training facility/venue who have travelled outside New Brunswick in the previous 14 days</b>.</li></ul>
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**ANB:** We ask that Club executives and coaches read this document and confirm to ANB that they will adhere to it. We also ask that anytime there are major changes, you sign off as an understanding of the changes. It is your responsibility to ensure all those in positions of responsibility and service delivery in your clubs or training groups are equally informed and all abide to the stated guidelines / procedures. It will be obligatory that coaches and clubs have this ANB Operational Plan on hand at training/competition sites. Provincial Health Inspectors will demand it at spot-check inspections they intend to carry out or should there be a complaint and/or investigation.

All coaches, athletes, and club personnel must also follow municipal and provincial mandates for all facilities. In addition, **we strongly suggest that clubs develop site-specific operational protocols** and that these be forwarded to Athletics New Brunswick prior to initiating in-person training activities. These site-specific operational plans will serve as a reference point in case there are any inquiries into your mitigation measures.

Hitherto the above and following consultation with ANB's insurance agent, it will also be obligatory that clubs and training groups have all participants receive and sign off on the attached Covid Waiver (Appendix A).

The following ANB Covid-19 Operational Plan will be revised regularly as we progress through the recovery phase(s) as determined by the Province of New Brunswick. ANB Members will be notified of any changes. **We thank you all for your cooperation and dedication to safe sport practice.**



## ATHLETICS NEW BRUNSWICK COVID-19 OPERATIONAL PLAN

Plan Initial Implementation Date: May 20<sup>th</sup>, 2020 - This Plan has been reviewed to assess any new risks or changes to regulatory guidelines

Authorized by: Julia Loparco Interim ED – Athletics New Brunswick May 20, 2020

### Confirmation of Receipt and Adherence:

ANB Club or Training Group Representative, please complete below where indicated in yellow, and return to:

[julialoparco5@gmail.com](mailto:julialoparco5@gmail.com)

I attest on behalf of the Club or training group that I represent, that I have read all of the Operational Plan herewith and will ensure that our Club and training group will adhere to the guidelines put forth and all of the requested material.

On behalf of (Name of Club or training group): \_\_\_\_\_

\_\_\_\_\_  
Name of signatory

\_\_\_\_\_  
Signature (actual or electronic)

\_\_\_\_\_  
Date (at signing)



Action Items	Resources (Examples, Templates, Guidance Documents)	Details of Implementation (PPE Specifics, Frequency, Process, etc.)
<b>Public Health Requirements (applies to ALL members of Athletics New Brunswick)</b>		
<b>Risk Assessment</b>		
Individuals are NOT to be permitted to attend practice or training venues	<a href="#">Screening Tool</a> <a href="#">How to Self-Isolate</a> <a href="#">How to Self - Monitor</a>	<ol style="list-style-type: none"> <li>1. Any person experiencing any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath). If experiencing these symptoms begins while at training facility or within 14 days of having attended a training facility, the individual must leave immediately and contact the public health office for further instructions and recommendations. The individual must also inform their club and personal coach.</li> <li>2. Any person who receives a diagnosis of COVID-19. Individuals must comply with the current mandated self-isolation policy as outlined by the Chief Medical Officer of New Brunswick.</li> <li>3. Any person who has been instructed to self-isolate at home.</li> <li>4. Any person who lives in a home or has been in close contact with someone with symptoms of COVID-19.</li> <li>5. Any person who lives in a home or has been in close proximity with someone who has been instructed to self-isolate at home.</li> <li>6. Any person who has arrived in New Brunswick from outside of New Brunswick within the last 14 days as they are mandated to self-isolate and monitor for symptoms for 14 days upon their arrival.</li> </ol>
Individuals that belong to a higher risk demographic / category for COVID-19 related symptoms	<a href="#">Screening Tool</a>	Recommended to consult with provincial health organizations before participation
Contact Tracing		Attendance must be taken at every training session, including date, time and activities participated in, to help in contact tracing should there be any cases arising after the fact.
<b>Physical Distancing</b>		
Group Size / Training Times / Club Responsibilities	<a href="#">Physical Distancing</a>	<ol style="list-style-type: none"> <li>1. All training activities are to be carried out in <b>maximum groups of 10</b> (including coaches) and must maintain a minimum of two meters between one another.</li> <li>2. Clubs must account for group sizes when scheduling training times to avoid congregation of athletes and coaches. (Stagger training times or different location for training groups within one facility).</li> <li>3. Club representatives and/or coaches are responsible for ensuring physical distancing measures are being followed.</li> </ol>

Event Specific Guidelines		
Throwing Events	<a href="#">Cleaning and Disinfection for COVID-19</a>	<ol style="list-style-type: none"> <li>1. Practice physical distancing by maintaining a minimum of two meters away from one another.</li> <li>2. Practice proper hygiene by washing hands before and after practice, refrain from touching your face, and avoiding frequently touched surfaces during a training session.</li> <li>3. Add physical barriers to facilitate physical distancing and keeping athletes separated from the public (cones or flagging tape to mark training areas not accessible to the public)</li> <li>4. Athletes to use their own set of throwing implements during training. There should be no sharing of throwing implements, and only the athlete is to have contact with said implement throughout training session.</li> <li>5. Throwing implements must be sanitized before and after each training session. Coaches or volunteers cleaning any equipment should use gloves and wash their hands often.</li> </ol>
Jumping Events	<a href="#">Cleaning and Disinfection for COVID-19</a>	<ol style="list-style-type: none"> <li>1. Practice physical distancing by maintaining a minimum of two meters away from one another.</li> <li>2. Practice proper hygiene by washing hands before and after practice, refrain from touching your face, and avoiding frequently touched surfaces during a training session.</li> <li>3. Add physical barriers to facilitate physical distancing and keeping athletes separated from the public (cones or flagging tape to mark training areas not accessible to the public)</li> <li>4. Absolutely NO jump pits (long jump/triple jump) or mats (high jump/pole vault) are to be used during this phase. Instead, focus should be on technical drills.</li> </ol>
Sprints / Hurdles / Relays	<a href="#">Cleaning and Disinfection for COVID-19</a>	<ol style="list-style-type: none"> <li>1. Practice physical distancing by maintaining a minimum of two meters away from one another.</li> <li>2. Practice proper hygiene by washing hands before and after practice, refrain from touching your face, and avoiding frequently touched surfaces during a training session.</li> <li>3. Add physical barriers to facilitate physical distancing and keeping athletes separated from the public (cones or flagging tape to mark training areas not accessible to the public), and to indicate sections and lanes used for training.</li> <li>4. During training, staggered starts (sending athletes off at different times rather than a laned 'staggered start') must be used for longer intervals/repeats. Athletes must run alone, not in groups.</li> <li>5. For laned sprints, athletes must run in specified lanes (i.e., lanes 1, 4, and 8), or so long as two meters can be in between runners.</li> <li>6. All equipment (i.e., hurdles, starting blocks, resistance bands, etc..) must be sanitized between usages of different athletes.</li> <li>7. Track surface must be properly sanitized after each individual touches said surface (hands on the track for starts, etc.). Recommended use of disinfectant spray or the use of a mop, soap and water to clean and to squeegee area appropriately after.</li> <li>8. There are to be NO relay practices with the sharing of batons during this phase.</li> </ol>
Middle Distance / Endurance	<a href="#">Cleaning and Disinfection for COVID-19</a>	<ol style="list-style-type: none"> <li>1. Physical distancing measures must be followed by all members of the training group including athletes and coaches at all times before, during and after workouts. This includes maintaining two meters between gear and themselves, side to side and front to back.</li> <li>2. During this phase, it is recommended to use large parks and outdoor training spaces – only those that are officially open to the public.</li> <li>3. Workouts must adhere to the most up-to-date physical distancing measures provided by the Chief Medical Officer of Health.</li> <li>4. Athletes must maintain appropriate physical distance (side to side) when doing straight-away style reps.</li> <li>5. During training, staggered starts (sending athletes off at different times rather than a laned 'staggered start') must be used for longer intervals/repeats.</li> </ol>

Para Athletics	<a href="#">Cleaning and Disinfection for COVID-19</a> <a href="#">Parasport NB</a>	<ol style="list-style-type: none"> <li>1. Para ambulatory athletes must adhere to, where possible, the relevant guidelines outlined in this document.</li> <li>2. Wheelchair or seated throws athletes are asked to consult ParasportNB for further guidelines.</li> </ol>
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Action Items	Resources (Examples, Templates, Guidance Documents)	Details of Implementation (PPE Specifics, Frequency, Process, etc.)
<b>Cleaning and Disinfection</b>		
Disinfection of Equipment	<a href="#">Cleaning and Disinfection for COVID-19</a>  <a href="#">Community Investment Fund (Covid Relief)</a>  <a href="#">Purchase PPE from Atlantic Canada Suppliers</a>	<ol style="list-style-type: none"> <li>1. Clean all throwing implements after use by individual athletes. Ensure coach or club personnel washes hands frequently.</li> <li>2. Clean and disinfect hurdles / starting blocks after individual use. Only one person should be handling hurdles during training session.</li> <li>3. Clean and disinfect all other equipment that is used after each use and again before and after each training session.</li> <li>4. Coaches or club personnel cleaning any equipment must be provided with PPE (Personal Protective Equipment – gloves, mask, eye protection and wash their hands often).</li> <li>5. Track surface must be properly sanitized after each individual touches said surface (hands on the track for starts, etc.). Recommended to use disinfecting spray or a mop, soap and water to clean and to squeegee area appropriately after.</li> <li>6. Clubs looking for assistance in providing sanitization and cleaning resources are encouraged to apply for the Community Investment Fund (Covid Relief category) to support the purchase of supplies needed to follow health regulations.</li> </ol>
Educate	<a href="#">Use of a Community Face Mask</a>	Educate athletes, coaches and parents on hygiene and sanitation and its impact of preventing the spread of communicable diseases according to the Provincial Health regulations.
General Hygiene	<a href="#">Use Hand Sanitizer</a>  <a href="#">Hand Washing</a>	<ol style="list-style-type: none"> <li>1. Wash your hands often with soap and water and for at least 20 seconds. Using soap and water is the single most effective way of reducing the spread of infection. If soap and water are not available, alcohol-based hand rubs can be used to clean your hands as long as they are not visibly soiled. If they are visibly soiled, use a wipe and then the alcohol-based hand rub to effectively clean them.</li> <li>2. Do not touch your face, eyes, nose or mouth with unwashed hands.</li> <li>3. Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough.</li> <li>4. Do not share food, drinks, utensils, water bottles, etc.</li> <li>5. Do not embrace, shake hands, or high five to celebrate.</li> <li>6. Do not loiter at the facility or training venue or in the parking lot before or after training sessions.</li> <li>7. All individuals are recommended to bring their own hand sanitizer with them to practice.</li> <li>8. If individuals choose to use PPE (Personal Protective Equipment) while at training sessions, they must ensure it is properly discarded or cleaned after use.</li> </ol>
<b>Additional Considerations:</b>		
Training Venues & Facilities	<a href="#">Public Health Advice</a>	<ol style="list-style-type: none"> <li>1. Attendance should be taken at each training session, including date, time and activities.</li> <li>2. Clubs and/or unattached coaches are recommended to ensure that facilities have set schedules that allow for sports to meet municipal and provincial mandates for physical distancing and proper hygiene. (i.e., coordination between other sports and athletic clubs).</li> </ol>

		<ol style="list-style-type: none"> <li>3. Clubs and/or unattached coaches are recommended to ensure that facilities/venues have posted appropriate signage outside entrance to facility outlining the physical distancing guidelines in place.</li> <li>4. Clubs and/or unattached coaches are recommended to ensure that there is public notification of the training venue (signage posting of practice/group times when athletes will be training at track &amp; field venues).</li> <li>5. Clubs and/or unattached coaches are recommended to ensure there is signage posted within facilities encouraging proper hygiene, including handwashing and respiratory hygiene.</li> <li>6. Clubs and/or unattached coaches are recommended to ensure training sessions are to be held outside during this phase. No use of sheds/indoor meeting places or facilities at this time.</li> <li>7. Clubs and/or unattached coaches are recommended to ensure that facilities/venues are conducting frequent cleaning throughout the day including sanitation and disinfecting of all common and frequently touched areas and surfaces, especially high traffic areas such as counter surfaces, tables, chairs, public restrooms, door handles, and equipment.</li> <li>8. Clubs and/or unattached coaches are recommended to ensure that facilities have proper measures in place for sanitizing washrooms regularly, should they be available for use.</li> <li>9. Clubs and/or unattached coaches are recommended to ensure that facilities have removed/disconnected/covered publicly accessible water fountains.</li> </ol>
Mental Health Support	<a href="#">GNB Mental Health Resource</a>	<p>If you require mental health support during this phase, please see resource to assist you with what you may need. Reach out if you need help.</p>