

TRACK AND FIELD

RE-OPENING GUIDELINES

Updated: July 2, 2020

The guidelines below are meant to provide a basic outline for track and field associations to follow in crafting their own protocols. Please refer to your governing body for specific requirements for returning to sport <https://athleticsontario.ca/return-to-sport/>.

1. Physical / social distancing

- a. Athletes, volunteers, and coaches must be 2 metres apart at all times, including while performing season opening cleaning and setup, waiting for field equipment or track time, and celebrations (e.g., no high fives or hand shakes);
- b. One lane should be left empty between athletes on the track;
- c. Schedule athletes to ensure adherence to provincial gathering limits and enable contact tracing;
- d. Provide a buffer between scheduled times to prevent congregating and allow for cleaning of high touch surfaces;
- e. Cancel events such as meets or races if unable to ensure appropriate physical distancing and equipment handling; and
- f. Remove all tables and chairs from common areas to discourage congregating.

2. Access

- a. Athletes, volunteers, and coaches, spectators must not visit the facility if they are exhibiting any symptoms as indicated in the following:
<https://www.hamilton.ca/sites/default/files/media/browser/2020-06-04/passive-screening-sign.pdf>
- b. If an individual has symptoms of COVID-19, they should be told to self-isolate at home, encouraged to complete Ontario's self-assessment tool <https://covid-19.ontario.ca/self-assessment/> and to call their primary care provider or Telehealth Ontario (1-866-797-0000) or Public Health Services (905-974-9848) for an assessment; and
- c. Public Health Services will provide advice regarding any other measures that the track club or setting may need to take to reduce the risk of transmission.

3. Cleanliness and Hygiene

- a. Have a plan for sanitizing all high touch surface areas at the start and end of each day, as well as between uses of mats and other equipment by each athlete / household;
- b. Make readily available hand sanitizer to encourage hand hygiene;
- c. Forbid sharing of personal items (e.g., towels, water bottles, etc.), except amongst household members;

- d. Clubhouse washrooms may be opened if the organization:
 - i. Can ensure sufficient physical distancing (e.g., one person at a time, space to pass when entering and exiting, etc.); and
 - ii. Has a plan in place for ongoing enhanced cleaning after each use.

4. Communication

- a. All members must be contacted before re-opening re: guidelines and if any new guidelines are introduced.

5. Record Keeping

- a. A record of ALL visitors (including staff, volunteers, and players) must be kept (preferably using an online tool) to assist Public Health in the investigation of a positive case of COVID-19.

Additional resources:

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-environmental-cleaning.pdf?la=en>

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en>

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en>

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en>

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/2020/05/factsheet-covid-19-non-medical-masks.pdf?la=en>

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/guidance-documents/risk-informed-decision-making-workplaces-businesses-covid-19-pandemic.html>

<https://www.hamilton.ca/coronavirus/workplace-and-public-places-settings>