



# Newfoundland and Labrador Athletics Association

## “Return to Competition Addendum”

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Newfoundland and Labrador Athletics Association

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## Overview

Newfoundland and Labrador Athletics Association (NLAA) will follow 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 explicitly set for the Province of Newfoundland and Labrador and NLAA.

The recommendations outlined in this document will be reviewed and updated regularly as we receive more guidance from the Government of Newfoundland and Labrador and the Department of Health and Community Services Officials.

Guidelines in this document are for use in training/practice and competition settings where applicable. NLAA 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, NLAA is recommending the following additions throughout the province of Newfoundland and Labrador. NLAA will update these provincial recommendations on the Covid-19 Resource Page as Newfoundland and Labrador, and Canada, progress through the pandemic.

NLAA's recommendations to be used in addition to the Athletics Canada's Back on Track guidelines.

## COVID-19 Resources

- Athletics Canada's "Back on Track" Guidelines - Updated July 21, 2020 (<https://athletics.ca/wp-content/uploads/2020/06/Back-on-Track-guidelines-July-21.pdf>)
- Sport Guidance - Newfoundland and Labrador Department of Health and Community Services (<https://www.gov.nl.ca/covid-19/information-sheets-for-businesses-and-workplaces/sport-guidance/>)

**Participants, organizers, coaches and volunteers must follow the COVID-19 guidelines after making the personal decision that they are comfortable to return to competition.**

## Competition guidelines

### Documents and Resources

- All participants/competitors/officials/organizers must be registered members (annual or One-Day permit holders) of the Newfoundland and Labrador Athletics Association (NLAA) and have completed the COVID-19 participant waiver and attestation.
- [NLAA Waiver](#) - RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT, (To be executed by Participants over the Age of Majority)
- [NLAA U19 Waiver](#) - INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT, (To be executed by Participants under the Age of Majority)
- In addition to Athletics Canada's "[Back on Track](#)" guidelines, all participants/competitors/officials/organizers must adhere to all [provincial health guidelines](#), including guidelines set for [sport](#),
- Participants/competitors/officials/organizers should be aware of the [non-medical mask \(NMM\) requirements](#) that come into effect on August 24, 2020.
- All race organizers must submit a Request for Competition package to the NLAA for approval prior to hosting an event. Package should provide the following documentation:
  - Clearly indicate which type of competition you plan to host
  - Schedule of Events (including age-groups in each event)
  - Expected number of participants
  - COVID Safety Plan that clearly indicates covid symptom attestation questionnaire, contact tracing log, sanitation measures, PPE use, and physical distancing plan
  - Assign a COVID Safety Officer to oversee the enforcement of your COVID Safety Plan and the protection of participants onsite
  - Site plan noting entrance, exit, start, route, finish with flow of movement. Must also include sanitization locations, washroom locations (if included), and volunteer locations.
  - Site safety plan, including traffic plan and emergency action plan
- Ensure the health of each person entering the facility or race venue is verified using a Covid symptom attestation questionnaire to be completed a maximum of 24 hours prior . (Back on Track page 25).

- Organizers must keep a log of each person in attendance (athletes, coaches, volunteers, officials, spectators) including their contact information. The record must be stored for 14 days to assist in rapid contact tracing if needed.

## General

- Work to eliminate all touch points.
- No high-fives, hugs, group photos or spitting.
- No in person registration, online only. No cash transactions.
- Personal Protective Equipment must be provided to all volunteers and officials (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.
- If there are no onsite washrooms, 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.
- Trash containers should be available for discarding trash, tissues and personal protective equipment.

## Race Kit Pickup

- Plan to have a pickup location outdoors. Avoid indoor packet pickup.
- Consider other options for packet pickup, like mailing.
- 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.
- Pre-package everything into one package to reduce touch points.



## **Crowd Management Before, During, And After Event**

- Maximum of 100 people to be at any given start line including officials and volunteers as long as physical distancing measures of 2m are adhered to. This doesn't limit total event participation to 100 athletes, however, if participation is above 100, multiple heats/ staggered starts will be required.
- Encourage participants not to bring spectators or limit 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 available online are essential.
- Have COVID safety officer cross reference COVID symptom attestation questionnaire with bib numbers at the start corral.
- Encourage masks / facial coverings before and after their event.
- Have a flow to your event site, to prevent grouping and encourage physical distancing. Entrances need to be separate from exits.
- Ensure that parking areas have access to both entrance and exit.
- Discourage post race ceremonies.

## **Officials and Volunteers**

- Athletics Canada's National Officials Committee (NOC) national guidelines are found in the Return to Sport for Officials Document.
- Officials/Volunteers who may be within the vulnerable group are encouraged and supported not to return to competition to reduce their personal risk.
- No sharing of officiating equipment. Have one person responsible for one area/supply.
- Consider using parents or coaches in place or along with officials when possible.

## Road Running/ Cross Country Guidelines

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

- Chip timing (if available) is an encouraged format for staggered starting as it will eliminate the need to match finish times with start times.
- Race organizers are encouraged to ensure competitive fields are available (for example, ensure men's 5km has a sub 18 min start wave or women's 5 km has a sub 21 min start wave)
- Set a minimum time in between each runner, therefore eliminating the chaos of a mass start. If chip timing is not available, timing/results would be done by aligning their start time with their bib #. Results would NOT be available on-site for this type of timing, results would be available a few days later, banners available later, etc.)

### Start Corrals and Line (Mass Start Format)

- Reduced field sizes are HIGHLY recommended if mass start is going to be used.
- For mass start, the start line must be large enough to host a 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 less than 2 metres separation on start line between runners for mass start, face coverings must be worn on the start line until moments before the 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 can 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.
- Water stations should only be set up for distances of 10k and greater, unless the race conditions are considered to be hazardous without access to water stations.
- Cups will be prefilled and layout on multiple tables for athletes to pick up. Volunteers are asked to not hand out cups. Athletes will be expected to physically distance when obtaining consuming water at water stations.

### **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 the finish line dispersal zone.
- Encourage masks to be worn by participants and all volunteers in the 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.

## Track and Field Guidelines

### Types of Track and Field races approved at this time

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

*\*Different distances that apply **age/gender-appropriate** events will not count as different events (i.e. 12000m/1500m)*

### 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 (15ftx10ft), 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 and volunteers*

- It is strongly recommended that volunteers and officials wear gloves when manipulating any equipment or implements; without gloves, hands must be sanitized after each contact with a potentially contaminated surface.
- Equipment such as rakes, measuring tapes, should be managed by dedicated individuals for a session i.e. one volunteer or official, and must be cleaned prior to the start of the competition and upon completion of the competition.

## DISCLAIMER

**Please note this is not a Legal Document. While these recommendations are based on industry best practices and norms, we encourage you to check with your local health authorities to verify what is acceptable in your specific community.**

*Newfoundland and Labrador Athletics Association.*