



**National Officials' Committee**  
**August 6, 2020**





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## SECTION 1: INTRODUCTION

NOC has developed national guidelines to assist officials in working safely in competitions at the request of Athletics Canada and referencing the 'Back on Track' document.

Note: Municipal, Provincial and Federal Health regulations must be followed and have priority over all other guidelines.

Facilities may have separate requirements on some issues (e.g., PPE)

Keep in mind that as government lift/adjust restrictions - the guidelines and plans must also be adjusted to reflect the changing regulations.

### Review Restrictions

Information and guidelines are constantly changing. Conditions are different based on geographic region.

Athletics Canada clubs and activities can only resume if permitted by the jurisdiction they are located in. All members and affiliates must follow the precautions outlined by their provincial and municipal governments and local venue operators.

**As per Government Health Regulations, the following individuals should NOT attend a competition venue:**

-Any person experiencing any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath). If symptoms begin while at a competition venue the individual must leave immediately and contact their local public health office for recommendations. The individual must also inform the host organizing committee.

-Any person who receives a diagnosis of COVID-19. Individuals must comply with the current mandated self-isolation policy.



-Any person who has been told to self-isolate at home.

-Any person who lives in a home or has been in close contact with someone with symptoms of COVID-19.

-Any person who lives in a home or has been in close contact with someone who has been told to self-isolate at home.

-Any person who has arrived in Canada from outside of the country within the last 14 days as they are mandated to self-isolate and monitor for symptoms for 14 days upon their arrival.

### **Prohibited Behaviours by Athletes**

- No SPITTING
- No hand shakes
- No high fives
- No embracing

Note: the event Referee is the person responsible for disciplinary action in case of a breach of any of these behaviours.

Review provincial and municipal government business reopening guidelines.

Follow guidelines on numbers of people allowed in the facility at one time and physical distancing requirements.

Designate an individual to monitor provincial and municipal government websites for updates or changes to guidelines.



## Competition

The definition of competition in COVID times can be very different than what we are typically accustomed to. Ultimately, a competition is an activity that is sanctioned by the Provincial/Territorial Branch.

Examples of competitions:

- Event specific competitions (Throws night, 1500m night, etc.)
- All comers/twilight meet - 2 to 3 events held in separate areas of the facility

It is the responsibility of the Provincial/Territorial Branch to determine what size/scale of event is acceptable given the current health and safety guidelines within their Province/Territory.

Athletics Canada Back on Track: Return to Competition Guidelines are meant to highlight primary areas of concern that must be considered prior to hosting any size, type, or style of event. All participants/competitors/officials must be registered members of the Provincial/Territorial association and have completed the COVID19 participant waiver and attestation (online via Trackie) in addition to an on site (stadium) daily symptom screening.



## SECTION 2: OFFICIALS ASSIGNMENT

Officials, who may be within the vulnerable group, are encouraged and supported not to return to competition to reduce their personal risk; (need to know before...)

The host organizing committee must ensure that an appropriate number of COVID-19 Safety Officers are present and charged with ensuring safety and physical distance guidelines are being followed by athletes, coaches, and officials at each event site;

Officials and volunteers must have access to **PPE** (Hand sanitizer, gloves, masks and/or face shields, as well as equipment sanitizer).

Officials must keep in mind physical distancing regulations in the set up at each event.

Official must register in advance to officiate;

Driving in should be from the point A (eg.home) to the point B (eg.the stadium) with only essential stops;

It is the responsibility of the Provincial/Territorial Branch to determine what size/scale of event is acceptable given the current health and safety guidelines within their Province or Territory.

Athletics Canada Back on Track: Return to Competition Guidelines are meant to highlight primary areas of concern that must be considered prior to hosting any size, type, or style of event. **All participants/competitors/officials** must be **registered members** of the Provincial/Territorial association and have **completed the COVID-19 participant waiver and attestation (online via Trackie) in addition to an on site (stadium) daily symptom screening.**



## SECTION 3: ARRIVAL ON SITE

Sign-in - all officials are required to sign-in at meet:

Symptom Screening - Conduct symptom screenings for all officials by having them answer a wellness questionnaire or complete a self-assessment on their wellness and any COVID-19 symptoms.

Provide contact information for contact tracing

Health & Safety:

Maintain physical distance of 2m from athletes, fellow officials, volunteers and coaches.

It is assumed that there will be no spectators or at least limited numbers.

All Officials and Volunteers should wear gloves at all times when handling the bar, pits and tarps.

Use of face masks is strongly recommended.

Hand washing or sanitizing stations at all event venues

Limit number of officials and volunteers required in order to maximize the number of athletes able to complete (e.g., maximum of 50 people in stadium and 10 people in any area).

HOC will provide and explain information on Health & Safety Plan:

-Rules and guidelines covering personal risks, preventative measures, and self-assessment tools.

-Instructions on when and how to use PPE:

- How to wear a face mask.
- Hand hygiene.
- Physical Distancing.

-Safety infrastructure at meet - explaining the safety protocols and equipment at the meet and the roles and responsibilities of each individual, H&S Officer, Referees and Chiefs to work together in officiating a COVID-19 safe meet.





The Safety Officer has the right to warn and exclude an athlete should he/she so determine (eg. for putting another athlete or official at risk).

## SECTION 4: MARSHALLING

Heat sheets with lane assignments and field event draws should be posted online.

Athletes are responsible to report at start line or field event sites on time. No call room or common marshalling areas should be used.

There likely will be event site assembly areas and calls over the public address system about reporting for events.

## SECTION 5: TRACK EVENTS

Review start and finish areas to ensure setup of safety infrastructure

Start areas - marshalling areas setup to hold athletes 2 m apart. Mark out areas on track for assembly. Safety cones should be used for setting up holding areas for multiple heats of athletes.

Finish line - safety cones and flagging tape to ensure area secure from spectators and quick exit by athletes.

### Sprints Events:

To facilitate physical distancing only half of the lanes are to be used, leaving a free lane between each runner. (Use lanes 2 - 4 - 6 - 8 or 1 - 3 - 5 - 7)

Starting blocks and start lines must be sanitized after each use; the limitation of the number of runners in each wave will promote a rotation of starting blocks, facilitating sanitation between races;

Volunteers (3) must wear PPE to sanitized the starting blocks



### Hurdles Events:

To facilitate physical distancing only half of the lanes are to be used, leaving a free lane between each runner (Use lanes 2 - 4 - 6 - 8 or 1 - 3 - 5 - 7)

Starting blocks and start line must be sanitized after each use; the limitation of the number of runners in each wave will promote a rotation of starting blocks, facilitating sanitation between races;

Volunteers (3) must wear PPE to sanitized the starting block

Moving the hurdles - volunteers should wear PPE (must wear gloves and mask);

Will sanitize each time that an athlete touches a hurdle;

If enough hurdles, one should be replaced, while the hurdle is sanitized;

### Mid-Distance

To allow for the organization of middle-distance, distance and race walking races, the events must be adapted to accommodate physical distancing requirements

Field size must be limited to protect athletes (i.e.; 6 to 8)

Adapt the start with regards to the distance, it is recommended to have at least 200m run in lanes;

All athletes should start in their own lane;

Warm up gear not permitted on track or in assembly areas due to space constraints.

### Number of Officials and Volunteers for Track Events

#### **Officials:**

Track Referee (1)  
Starter (1)  
Recall Starter (1)  
Starter Asst. (2)  
Umpires (6 - 8)  
Photofinish (1 - 2)

#### **Volunteers:**

Starting blocks (3)  
Hurdles crew (5)  
Wind gauge (1)  
Finish Line Marshall (1)  
COVID Safety Officer (1)



## SECTION 6: FIELD EVENTS

**Athlete Assembly Area** - marked to designate individual area for each athlete, their gear and chair – numbered cones, under shelter as required by weather, 2 m apart

**Brief Volunteers and Officials** - positions, safety considerations, use of equipment, maintenance of physical distancing throughout all phases of the event.

**Warm-up** - done individually to ensure physical distancing, placement of markers, warm-up jumps (Officials to provide assistance as required).  
Athletes must provide their own tape for marks.  
Officials will place a common measuring tape along runways.

Each athlete will be assigned to a folding chair with a number on it maintaining 2 m distance;

To facilitate physical distancing, a **maximum of eight athletes per event** will be imposed.

Officials should be assigned a folding chair maintaining 2 m distance;

Officials and volunteers should wear a PPE (eg. gloves and mask are required) at all times;

Trial times should start when the field is clear to jump or throw;

### Horizontal Jumps

Prior to the start of competition, a venue operator may choose to use a high mist spray of sterilizing fluid of a suitable concentration to neutralize the virus, this can be sprayed over the sand after use, as well as turning and raking.

The disinfectant used for this purpose must not damage or cause harm to staff, volunteers or athletes.

The sand has to be sprayed after every jump;

Competitors sanitize their hands before and after each jump



### Number of Officials and Volunteers for HJ

**Officials:**

Chief Judge (1)  
Recorder/Timer (1)  
Pit Judge (1)

**Volunteers:**

Rakers (2)  
Indicator board/Tape (1)  
Wind gauge (1)  
COVID Safety Officer (1)

### Vertical Jumps

Mats are a potential risk for indirect contamination and therefore, it is recommended that the host organizing committee apply certain protections and cleaning procedures to prevent cross-contamination between athletes.

Pits are to be covered by a large tarp that is unique to each athlete and put in place and removed before and after each individual athlete/user (Therefore multiple tarps are needed).

If individual tarps are not available then the tarp must be sanitized before use by another athlete

For pole vault event, athletes should provide their own chalk.

Cross Bars should be cleaned before use and managed by dedicated individuals for a particular competition.

For efficiency of time, more than one cross bar should be used (eg. 3).

Bars should be sanitized after contact by an athlete.

### Number of Officials and Volunteers for VJ

**Officials:**

Chief Judge (1)  
Recorder/Timer (1)  
Pit Boss (1)

**Volunteers:**

Bar (2)  
Indicator board (1)  
Mat persons (2)  
COVID Safety Officer (1)

## Throws

Each athlete must use the implement designated for their exclusive use during the competition.

If equipment must be shared, it must be disinfected between each use.

Athletes will be required to retrieve their own implement on the landing surface.

For throwing event, athletes should provide their own chalk.

## Number of Officials and Volunteers for Throws

### **Officials:**

Chief Judge (1)

Officials marking in the field (1- 2)

Recorder/Timer (1)

### **Volunteers:**

Tape (1)

Indicator board (1)

COVID Safety Officer (1)

## **SECTION 7: PARA-ATHLETICS EVENTS**

Each athlete must use the equipment designated for their exclusive use during the competition. If equipment must be shared, it must be disinfected between each use.

Lane assignment same as Sprints and Mid-distance events (2-4-6-8 or 1-3-5-7) probably only lanes 1 and 5 or 3 and 7 are used for T11 and T12 athletes running with guides.

An athlete who typically runs with a guide may return to competition if the guide is part of the athlete's social bubble. If this is not the case, both the athlete and guide should wear a mask.

If the participant requires assistance when transferring to the throwing chair or in retrieving their implements, they may only be assisted by an individual part of the same social bubble or an assistant who should wear full PPE.



## SECTION 8: SANITIZE EQUIPMENT



## SECTION 9: AFTER THE MEET

Any official experiencing **any symptoms** of COVID-19 (Fever, cough, sore throat, runny nose, headache, or shortness of breath)

- 1) **Must** contact their BOC/Branch Office at once;
- 2) The **BOC will contact** the meet director and Branch Office

## SECTION 10: CONCLUSION

If in doubt about any of the foregoing, please contact the BOC responsible for the event.

## SECTION 11: OTHER INFORMATION

### *PROVINCIAL AND TERRITORIAL HELPLINES AND WEBSITES*

[www.healthlinkbc.ca/health-topics/abo4579](http://www.healthlinkbc.ca/health-topics/abo4579)

### *SELF-ASSESSMENT TOOL*

[ca.thrive.health/covid19/en](http://ca.thrive.health/covid19/en)

### *COVID-19: PREVENTION AND RISKS*

[www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html?topic=tilelink](http://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html?topic=tilelink)

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### *TAKING CARE OF YOUR MENTAL HEALTH DURING COVID-19*

[www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/mental-health.html](http://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/mental-health.html)

### *TO CONTACT YOUR LOCAL PUBLIC HEALTH UNIT*

**British Columbia** [www.healthlinkbc.ca/](http://www.healthlinkbc.ca/)

**Alberta** [www.alberta.ca/health-wellness.aspx](http://www.alberta.ca/health-wellness.aspx)

**Saskatchewan** [www.saskhealthauthority.ca/](http://www.saskhealthauthority.ca/)

**Manitoba** [www.gov.mb.ca/covid19/index.html](http://www.gov.mb.ca/covid19/index.html)

**Ontario** [www.health.gov.on.ca/en/common/system/services/phu/locations.aspx](http://www.health.gov.on.ca/en/common/system/services/phu/locations.aspx)

**Quebec** [www.quebec.ca/en/health/](http://www.quebec.ca/en/health/)

**Nova Scotia** [www.nshealth.ca/](http://www.nshealth.ca/)

**New Brunswick** [www2.gnb.ca/content/gnb/en/departments/health.html](http://www2.gnb.ca/content/gnb/en/departments/health.html)

**PEI** [www.princeedwardisland.ca/en/topic/health-pe](http://www.princeedwardisland.ca/en/topic/health-pe)

**Newfoundland** [www.health.gov.nl.ca/health/](http://www.health.gov.nl.ca/health/)

**NWT** [www.hss.gov.nt.ca/en](http://www.hss.gov.nt.ca/en)

**Yukon** [www.hss.gov.yk.ca/](http://www.hss.gov.yk.ca/)

### *FOR ADDITIONAL INFORMATION, REFER TO HEALTH CANADA'S WEBSITE ON COVID-19*

[www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/beingprepared.html?topic=tilelink](http://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/beingprepared.html?topic=tilelink)

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