

Return to Athletics Plan Newfoundland and Labrador Athletics Association (NLAA)

This document has specific plans for activities and who will carry out those activities between April 1 and November 30, 2021. The following NLAA Return to Athletics Plan involves the NLAA and its affiliated clubs listed below. These groups must be of consistent membership and involve athletes and coaches who all reside within the same Regional Health Authority.

NLAA Affiliated Club and locations of programming:

- Athletics NorthEAST Running Club (210 members), St. John's <http://athleticsnortheast.com/>
- New World Running Club (approx. 30 members), Mt. Pearl <https://sites.google.com/site/newworldrunningclub/>
- Paradise Running Club, Paradise (30-50 members) <http://www.paradiserunningclub.com/>
- Pearlgate Track and Field Club (approx. 50 members), Mt. Pearl <http://www.pearlgate.ca/>
- Trappers' Running Club (approx. 30 members), Labrador <https://www.trappersrunningclub.com/>
- Canada Games Program and MUN Track and Field Team

Overview

- Newfoundland and Labrador Athletics Association (NLAA) will follow the return to training and competition guidelines developed by the Athletics Canada National task force, "Back on Track" (<https://athletics.ca/wp-content/uploads/2020/06/Back-on-Track-guidelines-July-21.pdf>), and in accordance with the public health guidance from the Department of Health and Community Services (<https://www.gov.nl.ca/covid-19/>).
- 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 the NLAA receives more guidance from the Government of Newfoundland and Labrador and the Department of Health and Community Services.
- Guidelines in this document are for use in training/practice and competition settings where applicable. NLAA will continue to update the guidelines as we progress through the pandemic.
- Athletes and Coaches must follow the COVID-19 guidelines after making the personal decision that they are comfortable with returning to training and competition.
- The following document applies to:
 - Current NLAA member (coach or athlete)
 - Member of affiliated NLAA club
 - Member of Canada Games and/or Memorial University training groups

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MUST BE COMPLETED BEFORE RETURNING TO TRAINING AND/OR COMPETITION:

1. All 2021 Memberships are not considered “active” until the COVID-19 Waivers have been accepted by the member.
 - a. Informed Consent and Assumption of Risk Agreement (To be executed by Members under the Age of Majority and the Participant’s Parent or Guardian)
 - b. Release of Liability, Waiver of Claims, and Indemnity Agreement (To be executed by Members over the Age of Majority)
 - c. COVID-19 Questionnaire, Attestation and Participant Agreement (To be executed by Members under the Age of Majority and the Member’s Parent or Guardian or by Members over the Age of Majority)
 - d. * Documents a,b,c are being conducted online through Trackie. Emails have been sent to the address on file. If you did not yet receive your email, please follow up with your club or coach.

2. To facilitate contact tracing, in the event of an outbreak, each member will also be asked (as part of the waiver and attestation process), to verify that the contact information stated on their 2021 NLAA membership (Trackie.me) is current and up to date including:
 - a. Individual’s PERSONAL Email
 - b. Home address
 - c. Phone Number

Alert Level 3

- Individual athlete skill development sessions are permitted. Including coaches and athletes, the maximum number of individuals is 20.

Alert Level 2

Phase 1

Individual Athlete Skill Development (April 1 - May 15, 2021)

- Individual athlete skill development sessions are permitted, including coaches and athletes.
- Clubs may offer team or group training that does not exceed gathering size limits and complies with all relevant Guidance, NLAA Guidelines and facility policies/guidelines.
- There are to be no spectators allowed during training sessions.
- Outdoor training is encouraged above indoor training.
- Coaches or training leads are required to keep an attendance log.
- Any small groups (2-10 athletes) must be consistent in nature, with no revolving participants or new members added once instruction recommences.

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Phase 2

Team Practice/Team Training Sessions

Same as Phase 1.

Competition

Return to competition would take place in several timed phases to allow for further evaluation and ensuring safe progress. All relevant health policies would be followed and all participants will wear non-medical masks (NMM). It is recommended that athletes wear an NMM, except while engaged in moderate or vigorous activity.

Athletes, coaches, officials, and volunteers taking part in organized training sessions and competitions, should:

- have not travelled outside Canada in the last 14 days
- have not been in close contact with a case of COVID-19 in the last 14 days
- keep track of where you go, when you are there and who you meet

The NLAA phased-in plan for return to activity would be as follows:

April 1- May 31, 2021

- Intra-squad competition only, club training groups and teams may have competitions among their static members only.
- Outdoor runs vary from 5 – 30 individuals. Indoor programs (yoga and strength) have 5 – 15 participants and operate within the rules of the facilities.
- Officials/Volunteers – Clubs must use officials drawn from within their own club member officials.

May 1-31, 2021

- All affiliated clubs may organize events against other clubs, as long as that club is in the same Regional Health Authority.
- Competitions must be sanctioned by NLAA and all competitions must be registered members with the NLAA, and ensure that all clubs are following the Return to Competition Guidelines.
- **Events and Programs (see Appendix “A” for details).**

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Phase 3

Regional or Provincial Championships/Competition

June 1- November 30, 2021

- The number of participants and volunteers will comply with restrictions on gathering sizes and facility guidelines/policies on maximum numbers.
- Allow competitions between NLAA affiliated clubs that are open to participants from different Regional Health Authorities.
- Track and Field meets can be organized following the Guidelines. Larger meets can break the competition into distinct sessions keeping cohorts of up to 100 athletes, coaches, and officials/volunteers. There will be a least 30-minute break between each session.
- Competition cohort numbers do not include parents or spectators. It is recommended that spectator name and contact information is gathered and records are maintained for a period of 14 days. Spectators must wear non-medical masks at all times, including while seated.
- Canada Games Training and Competition is allowed and will be ongoing. Training pods will comply will all relevant Guidance.
- **Events and Programs (see Appendix “A” for details).**

Phase 4

Atlantic Competition

Should travel be permitted and case numbers stay low in all 4 provinces, the NLAA is looking at the possibility of sending a team to the Atlantic Championship to be hosted in an Atlantic province.

APPENDIX “A” - Events and Programs Details

Athletics NorthEAST Running Club

Programs

Yoga Class

Monday – 1 hour – April 12 to June 14

Instructor-led session held at the Lantern. Registration required and attendance kept. Typical attendance is 12 people.

Strength Class

Tuesday – 1 hour – April 6 to June 15

Instructor-led session held at Riley’s Room, NL Sports Centre. Registration required and screening/attendance kept by NL Sports Centre. Typical attendance is 8 people.

Group Runs

Daily – 1 hour to 2 hours – Starting March 30

Various groups within the club meet at different times throughout the week for outdoor runs. Group sizes range from a handful up to 20 or so, depending on the group, weather, and time of day/week. Maintaining physical distance is advised.

Competitions – Road/Trail Races

All competitions would be open to the general public, but competitors must be a member of the NLAA either on an annual or day-permit basis. Registration is mandatory for all competitors and is conducted online.

Summer Run Series

The club intends to participate in the Series by hosting three races during July and August, dates to be determined. Plans at this time are for races consisting of:

- One loop of Quidi Vidi Lake (4k)
- Two loops of Long Pond (6k)
- One and a half loops in Bowring Park (6k).

The Summer Run Series consists of time-trial-style races, in which competitors start, run, and finish by themselves using electronic chips to determine their time for the race.

The “fun run” nature of these events would not be attractive to draw people from across the province. They are designed as local runs. We have based our projections on 100 participants in any of the fun runs. BUT it is important to note that these are not group activities. People are starting and running individually (or in their family bubble); there is no group start.

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Flat Out 5k

If the relaxation of restrictions makes it possible to have enough people to make a race worthwhile, the club intends to put off its annual Flat Out 5k race at some point in July or August. Planning has already identified how the group start can be held to maintain physical distance by marking starting positions, and also by breaking up the start into two waves to keep the number competing at one time below gathering size restrictions.

In the past iterations of this event, it has been very rare to have anyone outside of the local area participate. Organizers would be looking at two starting groups of about 100 people. The starting corral would be marked to distance everyone in the group.

Orangetheory Fitness Cape to Cabot 20k

This race is held annually in October. If gathering size and related limitations permit, the race will go ahead as per normal. Registration is capped at 500 individuals. If necessary, the field can be broken down into two completely separate start groups, or the race cap can be decreased, in order to meet gathering size restrictions.

Participants will be advised of any special “pandemic” rules as part of their registration package and will be encouraged to comply at all times. Marshals would be at the start and finish who will be responsible for ensuring starters line up in their marked, distanced spots and at the finish to disperse finishers. For busing, we will use the established and approved protocols in place with Metrobus, which requires all passengers to be seated and wearing a non-medical mask.

MUN Track and Field Team

Regular training sessions maintaining cohorts of less than 20 participants. Athletes and coaches are part of the same Regional Health Authority.

- Mondays @ 5 pm, MUN Field House, St. John's
 - Tuesdays, @ 8 pm, PowerPlex, St. John's
 - Wednesdays @ 6 pm, PowerPlex, St. John's
 - Thursdays @ 5 pm, MUN Field House, St. John's
 - Saturdays @ 10:30 am, MUN Field House, St. John's
 - Sundays @ 2:00 pm, PowerPlex, St. John's
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New World Running Club

Location, City of Mount Pearl

Group Runs - two to three groups in pods of up to 10-12 participants:

- Wednesday @ 6:00 PM. Meet at West Gate of Bowering Park.
- Thursday @ 6:30 PM. Meet at Tim Horton Parking Lot on 655 Topsail Rd.
- Sunday @ 9:00 AM. Meet at Tim Horton Parking Lot on 655 Topsail Rd.

Competitions

The events are part of the NLAA competition program and open to members and the public. Organizers will follow the safety guidelines and have the option to use the time trial, staggered or wave start format.

The Summer Fun Runs are local events and participants from other health regions are not expected. Participants are starting and running individually or within their family bubble. The approximate number of participants for all races is expected to be between 60 to 120.

- Event part of the Summer Fun Run Series, July 18, St. John's - July 18
 - The Turkey Tea 10km Road Race, Mount Pearl - October 11
 - Run to Remember 11km Race, Mount Pearl - November 11
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Paradise Running Club

Location: Town of Paradise

Program: Group Runs

Duration: March 30 ongoing

Description: The Paradise Running Club will be offering scheduled runs on Tuesday and Thursdays starting at 6:00 pm and Saturday mornings starting at 8:00 am. Runners are asked to complete a poll on our internal Facebook Group to indicate if they're attending and which route, they are going in order to help with contact tracing. The Club asks that everyone maintain physical distance, unless members are within the same steady 20. For extra caution, the club strongly encourages members to wear a non-medical mask anytime they are not running (even if outside), such as before and after runs. Members are asked to stay home if they are feeling unwell.

Program: Learn to Run

Duration: April 17th to June 27th

Description: The Paradise Running Club will be offering a 10 week Learn to Run Program on Tuesday and Thursdays starting at 6:00 pm and Saturday mornings starting at 8:00 am. All participants and group leaders will sign in and answer the screening questions before each session. Group Leader will ensure physical distance is maintained and non-medical masks are strongly encouraged while not running (even if outside), such as before and after runs.

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Competitions

The events are part of the NLAA competition program and open to members and the public. Organizers will follow the safety guidelines and have the option to use the time trial, staggered start or wave start format. Each wave will limit the number of participants. Results for the time trial events will be based on the net (chip) time, not gun time.

The Summer Fun Runs are local events and participants from other health regions are not expected. Participants are starting and running individually or within their family bubble. The approximate number of participants for all races is expected to be between 60 to 120.

- Two events part of the Summer Fun Run Series, Paradise - Date TBA, July or August
- PRC Dash 5km/10km, Paradise - Date TBA, July - November
- Paradise Five and Dime (5km and 10km), Paradise - Date TBA, July - November

Pearlgate Track and Field Club

Run Jump Throw Wheel Program

Location - Pearlgate Track and Field Complex, Mount Pearl

It is a 6-week introductory track and field program for 5-8-year-olds at Pearlgate Track and Field complex. We typically run 3 sessions 2 x per week with 15-20 athletes per session. Last year we divided groups into maximum pods of 5 athletes + 1 coach for each session. The sessions take 45-50 minutes, allowing for 10-15 minutes for sanitizing prior to the next session.

Twilight Track and Field Series

Location - Pearlgate Track and Field Complex, Mount Pearl

Introductory competition program for athletes age 8 years and older. The Series offers four competitions throughout the summer, held usually on Wednesday evenings. Athletes can enter in up to 3 events per meet. Each competition offers limited events in sprints, distance running, throws and jumps.

The number of participants is typically between 20-50 athletes with 5-10 volunteers.

Trappers Running Club

Location: Labrador

Programs:

5k "Beginner" Clinic - April 25 (10-week program) – the numbers of the clinic have typically been relatively high (70-100), so we are going to stick with a virtual clinic using Facebook to motivate and inspire each other. This worked very well last year, and given the current Provincial guidelines of 50 person gatherings, we believe this is what will work best this year as well.

Additional Clinics:

For each of the following programs, we are hoping to resume face-to-face group runs this summer. These groups are typically smaller than the beginner's clinic, so we believe that we can manage this under the current Provincial guidelines. In the past, we have had two supported runs where we met as a group – we may consider only 1 supported run to keep face-to-face contact to a minimum. The total number for these three clinics (combined) is typically between 30 to 50 people – we had 41 registered for these summer clinics in 2020.

- **Full Marathon Clinic** - June 6 (18-week program)
- **Half Clinic - June 20** (16-week program)
- **10k Clinic** - July 4 (14-week program)

Competitions:

Trampoline Marathon - Thanksgiving Sunday – This is our biggest event for the year. We are unsure at this time whether or not this will be an in-person event or a virtual one due to COVID regulations. The total number of people for this event can be anywhere between 150-180 people. Pre-COVID, we had the start line in four different locations for the full marathon, half marathon, 10k and 5k races. The finish line would be at Kinsman park and would include race participants and families. We do see people from outside Goose Bay and Newfoundland and Labrador come to participate in this event.

Other PSO Activities / Initiatives

Canada Games team training and identification Camps.

Four single days, no overnight, camps, to be organized to identify and recruit members for the Canada Games Team. The camps will offer informational and skill development sessions. Athletes and parents will get exposure to the Canada Games team coaches and the NLAA programs. Each location will limit the number of participants to 50, including athletes, parents, and coaches. The camps will be held in different Regional Health Authorities

- Stephenville - Western Health

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- Gander - Central Health
- Marystown, Bay Roberts, Mount Pearl - Eastern Health

The NLAA will offer two 2-hour sessions per group and each group consists of a maximum of 20 athletes. The age of participants will vary depending on the local interest - 14 years through 22 years (male and female). No food or water will be provided by the organizers,

Travel restrictions: participation in the camps is limited to athletes in the local health authority. Athlete travel that crosses the travel restriction boundaries is not allowed.

Track and Field Championships and open competitions

July, August, September, Pearlgate Track and Field Complex, Mount Pearl

- The events will be open to members and the general public of age 12 and older (men and women from all Regional Health Authorities).
- Anticipated number of participants 50-80 per meet.
- Most of the track and field events will be offered in sprinting, middle distance running, hurdling, jumping and throwing.

Cross-country Running Series for Schools

Location, Pippy Park Driving Range, St. John's
September 18, September 25, October 2, 2021

The Series offers three meets and is open to students competing in the designated categories (ages 9 through 17). While the meets are open to participants from all regions, in the past, the vast majority of students are coming from the Eastern Health region. The number of participants and volunteers will comply with restrictions on gathering sizes and facility guidelines/policies on maximum numbers. Athletes will be separated into different start waves athletes can be spread out to ensure physical distance.

Tely 10 Mile Road Race

Location: Paradise - Mount Pearl - St. John's
October 31, 2021

The Tely 10 Mile Road Race is the province's most popular road race, drawing close to 4000 participants. The racecourse crosses three communities: the Town of Paradise, the City of Mount Pearl and ends at Bannerman Park in St. John's. The event enjoys participation from all areas in the Province and visitors from around the country, ages 15 through 80 +.

Any decision to stage the 2021 event, would be contingent on a wide range of factors. The event organizing committee is exploring all aspects of the event and the final decision expected to be made in late July. A revised Return to Athletics Plan would be submitted for review and approval should the NLAA wish to proceed

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with the in-person event. Additional details would be included in a revised Return to Athletics Plan for review and approval in July.

Provincial Cross-Country Championships and Bowring Park Cross-Country Meet

October, Bowring Park, St. John's

- The events will be open to members and the general public of age 12 and older (men and women from all Regional Health Authorities).
- Participants will follow the COVID-19 guidelines and maintain physical distance.
- Athletes will compete in separate divisions based on their age. Entries in each division will be capped.
- Anticipated number of participants 80-120 competing in several divisions.
- Participants in each division will arrive at the competition site at a designated time and leave the site as soon as their event is over.
- There will be a gap of 20 minutes between the finish of one division and the start of the next.

APPENDIX “B” - General Guidance

Organizing a Training Session

- Adhere to all noted facility guidelines, in addition to the NLAA's Return to Training Guidelines and Provincial Government's indoor/outdoor recreation and sport guidance.
- Outdoor training is encouraged above indoor training (if permitted under Public Health Alert Level).
- Follow directional signs posted on trails.
- All participants (athletes, coaches, etc.) must complete the Daily Assessment Tool (Self-Health questionnaire) or perform it with a coach/lead in person before they come to a training session. This is not a one-time waiver; it should be done each time a participant comes to the venue. The Self-Health questionnaire will be kept for two weeks as a form of tracking athletes if an outbreak occurs.
- Coaches or training leads are required to keep an attendance log.
- Training groups should be kept to a minimal number of participants, groups are encouraged to 'sub-divide when possible.
- Avoid having athletes change training groups from day to day or week to week.
- Spectators are not permitted at training sessions.
- If multiple training sessions are performed at a facility at the same time, ensure that training groups remain separate and coordinate the use of facility space.
- Facilities and training sessions should provide separate entrance and exit.
- Participants should be directed into the facility/ training session by a coach when it's their time to enter. Athletes are encouraged to wait in their cars (with guardians), instead of forming a group.
- Participants must not enter the facility/ training session prior to the designated start time of their session to allow for the safe departure of the previous participants and the requisite cleaning.
- All participants should depart facility/ training session immediately upon completion of the session and any sanitizing measures.

Competitions

- Event organizers must be compliant with all the permit requirements and regulations for your Local Health Authorities.
- Protect volunteers: Ensure Personal Protective Equipment (PPE) (gloves, masks, etc.) is on hand and available to officials and volunteers.
- It is recommended that athletes that compete in Road/Trail/Cross are required to take a two-week break between events, as it is acknowledged that there may be periods of time during the event where athletes may be in close physical proximity.
- All competitions must be sanctioned by the NLAA.
- All participants must be annual members of the NLAA or register and pay Day of Event Permit.
- All participants are required to complete NLAA's newly updated Attestation and Assumption of Risk Waiver on Trackie.
- No in-person registration. Participants are required to register online for all programs.
- Organizers must collect the first and last names and telephone numbers, or email addresses, of everyone who attends a training session or competition - participants, volunteers/officials.

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- Road Running and Cross-Country Running: Organizers will follow the safety guidelines and have the option to use the time trial, staggered start or wave start format. Each wave will limit the number of participants. Results for the time trial events will be based on the net (chip) time, not gun time.
- Instructions should be given to participants to leave the competition site immediately after completing their event/race.
- Track and Field: organizers can offer multiple distinct sessions for larger meets. Each competition session must adhere to the maximum number of participants permitted.
- Track and Field: to comply with restrictions on gathering sizes and distancing, clubs can offer smaller meets that allow for only one or two events per participant.
- Track and Field: Define a path in the competition area for athletes to follow between the attempts.
- Track and Field: Time must be scheduled between competition sessions to conduct a thorough cleaning of the equipment.
- All results to be posted online. No results will be posted or announced on-site.
- Cross-country Running: no course tours.
- Bib pick up - contactless, participants show proof of registration and ID;
- No awards; if awards, participants, one at the time, to pick them up from a table
- No high-fives, hugs, close group photos outside the bubble, or spitting.

Bib Pick-up

- Consider mailing registration packets to participants.
- Have participants show an email confirmation, instead of a paper.
- Extend hours/days to reduce the concentration of people.
- Outside is better than inside.
- Protect volunteers with shielding, PPE, gloves, sanitizer and handwashing stations.
- Remember 2m spacing applies to volunteers, participant lines, and participant interaction.

Arriving at the competition site

- Do not offer traditional bag checks, participants should arrive ready to participate. If necessary, can offer, supervised "Self-Drop".
- Participants should be self-sufficient with their own hydration and food requirements.
- Do not share water bottles or food.

Physical Distancing Measures

- Two (2) meters of physical distance (linear separation between individuals in all directions) should be maintained at all times. This is equivalent to a minimum of 4 square meters of floor space per participant.
- Physical guides, such as signs and tape on floors, should be utilized, where possible, to encourage physical distancing in high traffic or waiting areas.
- No physical contact between any coach and any athlete. All instruction must be verbal, and the coach needs to be at least 6 feet away from the athlete they are instructing.
- Unnecessary physical contact (high fives, handshakes, fist bumps, or hugs, etc.) is prohibited.

Sanitation/Hygiene

- Where possible, leave all doors open to remove/limit the use of touchpoints (door handles, push bars, etc.). If this is not possible, touchpoints need to be cleaned following the conclusion of each session.
- Program/Event organizers are encouraged to provide hand sanitizers at locations e.g. start areas and bib pick up. Participants should be asked to bring their own hand sanitizer.

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- Participants must clean their hands with hydroalcoholic gel/hand sanitizer upon:
 - Before the start of a training session;
 - Entering/exiting a facility;
 - During every break in training (water, rest, etc.);
 - At the end of a training session, before entering their vehicle and arriving home.
- Sneeze or cough into one's elbow.
- The use of 2 or 3 layered non-medical masks is mandatory when arriving or leaving a training session is mandatory and encouraged during low-intensity exercise. Coaches and non-athletes in attendance are required to keep their non-medical mask on at all times.
- Facility rules will vary with regard to locker room use, athletes should arrive at the venue “dressed to play” and are encouraged to shower at home before and after each session.
- Sports equipment may be shared during training as long as hand hygiene and equipment cleaning procedures are in place.
- Participants should limit the personal items they bring with them. Each item must be clearly marked and not be shared with others: 1) Water bottle(s) filled at home); 2) Towel; 3) Sanitization product: Hydroalcoholic gel hand sanitizer and Disinfectant wipes.