



RETURN TO SPORT GUIDELINES

The information found in this document is current to June 17, 2020.

DISCLAIMER

Triathlon BC's Return to Sport Guideline is intended to be used for the purposes set in this document. While we aim to provide relevant and timely information, because information known about the COVID-19 coronavirus and recommended health and safety measures can rapidly change, no guarantee can be given as to the accuracy or completeness of any information provided in the RTS Guidelines.

It is important to note that this document is not a legal document and is to be used as a guide only. It is not a substitute for actual legislation or orders of the Provincial Health Office. In the event of an ambiguity or conflict between the Return to Sport Guidelines and the *Public Health Act*, regulations or orders thereunder, the Act, regulations and orders prevail. All affiliated and sanctioned activities must comply with the requirements of the provincial and local government and health officials in terms of public gatherings and sporting events when determining when it is safe to return to activities.

Nothing in this document is intended to provide legal advice. Do not rely on this document or treat it as legal advice.

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RETURN TO SPORT

Sport is going to play a critical role in the physical and mental health of people as the province reopens and rebuilds, and as such, it is important that our community respects the restrictions imposed by the provincial health authority. Of primary importance, it is critical that we take every precaution to help keep all participants safe. If guidelines are adhered to, multisport training can proceed safely within the new physical distancing guidelines set by health authorities. The initial steps outlined in this document are focused at the regional level. To minimize risk, cross community participation is not recommended at this time.

For the purposes of this document "Sport" is defined as *any organized sport activity that involves a number of people doing a physical activity together in a structured way and is facilitated by a Provincial Sport Organization (e.g. Triathlon BC), Local Sport Organization (affiliated member club, coach or race director).*

"Recreation" as defined by the Canadian Parks and Recreation Association is the experience that results from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing." Physical activities would include those undertaken as leisure, fitness training and sport-related activities that are done at the discretion of the individual (e.g. – use of parks, hiking trails, public recreation facilities), either self-led or facilitated by recreation leaders and are not included within the context of this document.

The purpose of this document is to provide athletes, clubs and coaches with information they can use to assist them with developing a safe Return to Sport protocol in the context of COVID-19. Athletes, and coaches can use

this information to create their own unique Return to Sport plan that is specific to their situation and training environment.

As the COVID-19 situation continues to evolve, it is imperative that all multisport enthusiasts implement the COVID-19 physical distancing, disinfection and other procedures outlined by the Provincial Health Office (PHO) and regional health authorities, along with other authorities such as WorkSafeBC and Health Canada (see appendix for additional resources).

Triathlon BC's Approach to a Safe Return to Sport prioritizes safety of our athletes, coaches, race directors, officials, volunteers and the broader multisport community, and falls in line with BC's Four Phased Restart plan.

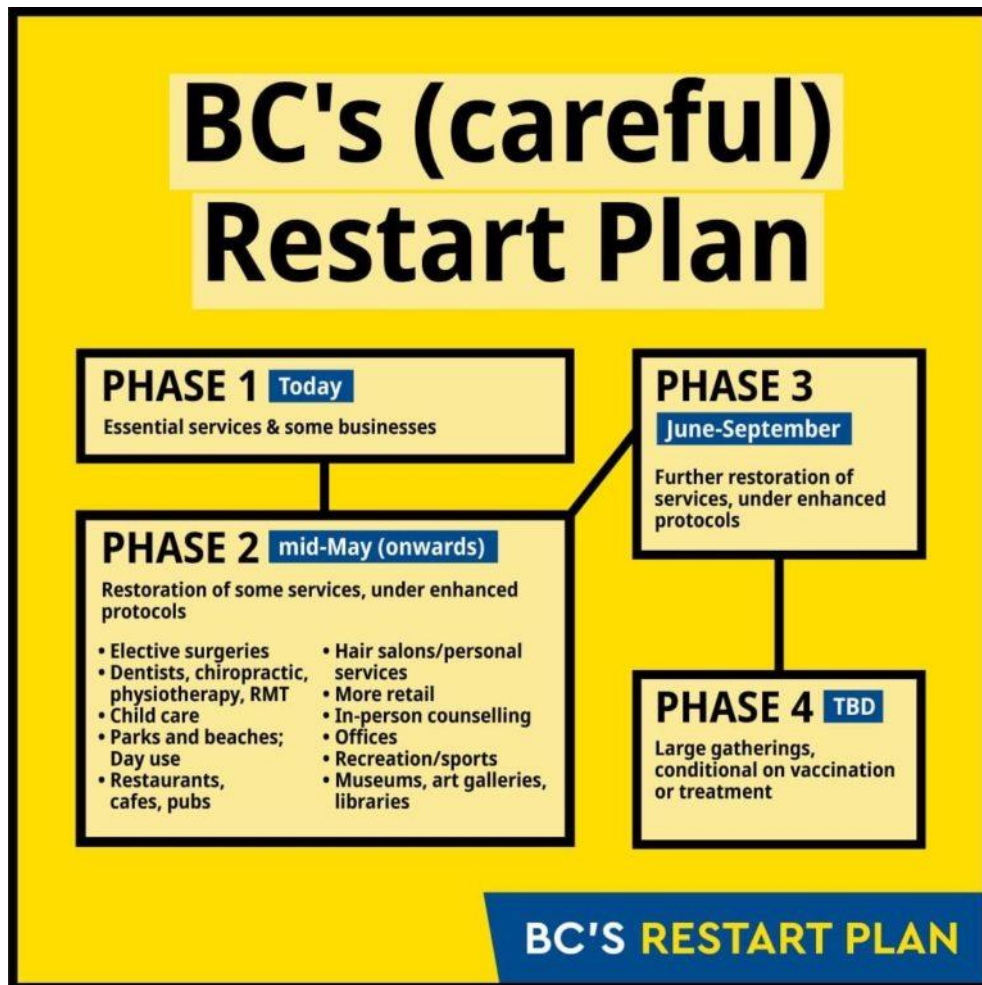


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GOALS OF THE RETURN TO SPORT GUIDELINES

- To provide information, tools, and strategies for local sport organizations (LSOs), affiliated clubs and coaches decision-making skills regarding safe operations that will limit transmission of COVID-19 within the multisport community.
- To communicate a common approach that can be applied throughout the multisport sector in Phases 1 through 3 of BC’s Restart Plan, and that reflects a collaborative effort among the sector’s key partners and agencies.
- To provide strategies for program delivery which are flexible and adaptable to the varied needs of local governments, and a continuum of steps to follow in restarting training (both the expansion and possibly retraction, depending upon the progress of the pandemic.
- To align the above goals with broader PHO guidelines and directives.

Five Principles for Every Situation:

The following five principles from BC’s Restart Plan have been used to guide this document:

Personal Hygiene	Stay Home If You Are Sick	Environmental Hygiene	Safe Social Interactions	Physical Modifications
<ul style="list-style-type: none"> • Frequent Handwashing • Cough into your sleeve • Wear a non-medical mask where appropriate • No handshaking • No High Fives 	<ul style="list-style-type: none"> • Routine daily screening • Anyone with any symptoms must stay away from others • Returning travellers must self-isolate 	<ul style="list-style-type: none"> • More frequent cleaning • Enhance surface sanitation in high touch areas • Use of touchless technology (video conferencing) 	<ul style="list-style-type: none"> • Meet with small numbers of athletes • Always maintain distance between individuals • Geographical location - the bigger the better • Outdoor over indoor 	<ul style="list-style-type: none"> • Movement of people within a defined area • Holding areas • Wave starts respecting gathering limits

COVID-19 & TRANSMISSION

COVID-19 is transmitted via liquid droplets when a person coughs or sneezes but also potentially when they are talking in very close proximity to another person. The virus in these droplets then can enter the body of another person when that person breathes in the droplets or when the droplets touch the eyes, nose or throat of that person.

This requires you to be in close contact – less than the so-called physical distancing of 2 meters. This is referred to as ‘droplet’ transmission and is believed to be the primary way COVID-19 is transmitted.

COVID-19 can also be transmitted through droplets in the environment if someone touches a contaminated area then touches their face without cleaning their hands. The virus does not enter the body through skin, it enters through the eyes, nose or mouth when the person touches their face. Unfortunately, human beings touch their faces very often throughout the day, much more than they realize. This is why regular handwashing and cleaning of high-touch surfaces is so important.

For COVID-19 there are some emerging indications that there are people who can shed COVID-19 virus 24 to 48 hours prior to symptom onset, but at present, it is not known whether this is a significant risk factor for transmission.

Droplet transmission is much more likely when in close contact in an indoor setting. Transmission is less likely in an outdoor setting, where there is more space for people to keep physically distanced. However, in the context of sports, even outdoors there can be risks from high-touch surfaces because many sports involve objects that are normally shared among participants, coaches or volunteers (transition racks, pool floors, pumps etc.). Whether indoors or outdoors, physical distancing and avoidance of high-touch surfaces will reduce the risk of transmission.

SYMPTOMS OF COVID 19

The symptoms of COVID-19 are similar to other respiratory illnesses, including the flu and the common cold. These symptoms include fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

People infected with COVID-19 may experience little or no symptoms, with illness ranging from mild to severe.

Some people are more vulnerable to developing severe illness or complications from COVID-19, including older people and those with chronic health conditions. An online self assessment tool is available at <https://bc.thrive.health/>

A participant screening/self assessment questionnaire has been provided in the appendix.

RISK MANAGEMENT

When determining whether or not your organization is ready to resume sport activities, it is important to note that at the time of publishing this document most insurance policies will not cover any claims relating to communicable diseases or pandemics and that most policies, including Directors and Officers Insurance, now include specific pandemic exclusions.

Role of the Board: The board of an organization (Club/LOC) is responsible for the oversight of risk. A board may delegate much of the work involved in managing risk, but cannot delegate its responsibility for oversight.

Triathlon Canada has developed a detailed assessment and mitigation tool specific to club-based training. The tool provided was adapted from the WHO Mass Gathering Risk Assessment and Mitigation Checklist and the Canadian RATs tool to minimize the risk of COVID-19 transmission when resuming club-based training. Please note, no modifications to the Risk Assessment Tool are permitted.

[Download Club Risk Assessment and Mitigation Checklist Tool](#)

Risk Mitigation

- Returning to sport must be planned around assessing the risks and developing a plan to take all necessary precautions to mitigate the risk of an individual being exposed to or infected with the virus.
- The Return to Sport Plan developed by Triathlon BC is based on a risk assessment and analysis that considers the risks presented by the type of sport activities and the place where the sport activities occur, who is involved and their risk profile, and what measures can be implemented.
- The Return to Sport Plan must be made easily available to staff, volunteers, participants and other stakeholders, through the organization's website or posted in the facility.
- Staff, volunteers and participants should be trained on the Return to Sport Plan (as appropriate to age/role).
- The Return to Sport Plan is consistent with the guidelines and directives set by government, WorkSafe BC and health authorities.
- The Return to Sport Plan will be monitored and updated as necessary when circumstances or provincial guidance changes.
- It is strongly recommended that member clubs/local sport organizations have their participant members acknowledge the risks associated with reopening and their agreement to follow Triathlon BC's Return to Sport plan.
- All activities sanctioned by Triathlon BC must follow the Return to Sport guidelines.
- Within Phase 2 and 3, training focuses on: skill development, fitness improvements, injury prevention and low risk activities;
 - Activities should be those typically done in practice and/or training environments
 - Individuals will have had limited exposure to physical activity for the last 6+ weeks while confined to their homes. Ensure that activities consider their ability that day (not where they previously may have been) and have injury prevention top of mind
- Remain community focused
 - Stay within the home sport community or club(s) where participants are members
 - Avoid cross-regional, inter-provincial or cross-country travel. Note that non-essential travel within B.C. and Canada is currently very strongly discouraged (this is expected to change later in the summer). International travel is subject to quarantine rules and raises other risks including unpredictable flight schedule changes and cancellations, and the potential for sudden changes to border controls.
- Participants should be asked to sign a participant agreement acknowledging their acceptance of the risks (see sample form in Appendix).

- Existing waivers, releases and/or participant agreements should be reviewed to confirm that they are broad enough to encompass COVID-19 related risks. Consider revising such documents to explicitly reference COVID-19 related risks. Further consider whether any such documents which were completed by participants before the COVID-19 pandemic should be completed again before activities resume.
- Participant Screening should be performed on a daily basis (see sample form in Appendix).
- Communication: Keeping all participants informed on risk management strategies is absolutely critical. All provisions must be communicated clearly to all participants involved in the training session using website, direct email, social media etc.
- BC health officials outline that the risk of transmission is subject to two variables that we need to modify to reduce transmission risk:
 - Contact intensity – how close you are to someone and for how long
 - Number of contacts – how many people are in the same setting at the same time

Modifying from high to low can be based on a range of controls. Different actions have differing levels of protection and whenever possible use the action that offers the most protection. The following are listed from highest level of protection to lowest:

- *Physical distancing measures* – to reduce density of people, (number and duration of contacts)
- *Engineering controls* – physical barriers, increased ventilation, traffic flow
- *Administrative controls* – rules and guidelines
- *Non-medical masks* (and other PPE)

This document outlines how these strategies for can be applied within sport across four key areas: Facility Access, Facility Operations, Participants and Programming.

PARTICIPANTS

When considering delivery of sport programming, affiliated member clubs and coaches need to consider the health of the participant, who their participants are, the size of the group, expectations of participants and the communication and enforcement of those expectations

HEALTH OF PARTICIPANTS:

The following should be in place to protect the health of the participants.

1. Develop and implement an Illness Policy that outlines procedures for participants that may be experiencing symptoms. See Appendix.
2. Conduct daily symptom screenings for all participants by having them answer a wellness questionnaire or complete a self-assessment. See Appendix.
3. Have a zero tolerance policy for 'playing while sick' - ensure that participants do not participate if they are symptomatic.
4. Implement enhanced hygiene protocols:
 - a. Frequent and proper handwashing
 - b. Avoid touching eyes, nose and mouth
 - c. Cough into your sleeve
5. Have participants sign a Participant Agreement or Waiver. See Appendix for an example.

PARTICIPANT RESPONSIBILITIES

1. **PRIORITY 1 - Wash your hands** with soap and water for at least 20 seconds before entering your training environment.
2. **PRIORITY 2 – Practice physical distancing** – keep a minimum distance of at least 2M/6ft from team members and participants.
3. **PRIORITY 3 – Self isolate and quarantine immediately if you feel any symptoms of COVID-19** such as fever, trouble breathing, dry cough, fatigue, sore throat and aches and pains.
4. Avoid touching your eyes, nose, or mouth with unwashed hands.
5. Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the trash and wash your hands, or sneeze/cough into your elbow.
6. If soap and water are not available, use an alcohol-based hand sanitizer.
7. Clean and disinfect frequently touched objects and surfaces.
8. Stay informed. Information is changing frequently.
9. Practice physical distancing – keep a minimum distance of at least 2M / 6ft from fellow participants and coaches.

Reminders to participants: You should not participate or come to the facility if you don't feel well or are displaying symptoms of COVID-19.

MANDATORY PRE-SCREENING	
OVERVIEW	All participants and coaches should be in good health prior to attending any training sessions. Please consult your physician.
RECOMMENDATIONS	<ul style="list-style-type: none"> • Athletes and coaches should not be attending any training sessions if they are showing signs and symptoms of illness • Athletes and coaches should complete the government approved self assessment tools to determine further actions • All clubs or coaches must confirm with their insurers the status of their liability insurance regarding communicable disease and the current global/regional situation

PARTICIPANT GROUPS

Clubs and Coaches should look at how they can support higher-risk populations, where possible. Individuals must be made aware of the risks to participation but the decision to participate is up to the individual. The exception is if the individual is displaying signs and symptoms of COVID-19.

Vulnerable populations may include:

- older adults (65+)
- those with underlying medical conditions and/or a compromised immune system
- individuals that experience barriers such as communication, transportation, economic

Extended support examples may include:

- Dedicated time slots: Specifying use of the facility or programming times for those that are most vulnerable (as grocery stores are currently doing)
- Program modifications: offering low risk programming (reduced group sizes, no contact options, etc.)
- Physical assistance: dedicated caregivers necessary to support an individual’s participation should be considered within the individual’s household or inner circle and may assist the participant with sport activities as required.
- Communication: Ensure information is easily accessible to participants by translating signage and communications into multiple languages as well as various formats (for those with visual/hearing impairments)
- Ensuring clear and consistent signage/messaging for the public and employees regarding facility and amenity COVID-19 transmission mitigation policies and procedures (date, logo, physical distancing and hand hygiene expectations, special instructions, etc.)
- Economic barriers: be cautious of the price of activities and explore options for payment plans, discounted rates, etc.

GROUP SIZE

B.C.’s Public Health Officer has issued an order barring gatherings of 50 or more people. However, each club/group will need to consider other factors to determine what is appropriate for their space to ensure the ability to maintain physical distancing.

Maximum group size counts need to consider all staff, coaches, participants, spectators, etc. The size of the indoor or outdoor space is also a key factor. There must be sufficient space in the room/area to allow for physical distancing between people; this means that in a smaller room/area, occupancy limits may be much less than 49. Facilities have received guidelines on determining maximum capacity within their facilities.

Affiliated Clubs should consider the activities that they are looking to deliver and the appropriate group sizes in order to ensure proper physical distancing. While these guidelines suggest reducing non-essential personnel other safety considerations such as the Rule of Two should be maintained so not to expose participants to other risk factors.

PARTICIPANT/GROUP SIZE	
RECOMMENDATIONS	A training group is considered a public gathering; however, size and composition should not fluctuate regardless of changing guidelines around increasing social circles/bubbles. Always maintain 2 metres between all individuals before, during and after any training session. Social distancing increases as speed and velocity increases (running/cycling).
RECOMMENDATIONS	<ul style="list-style-type: none"> • Swim: 2 athletes per lane starting on opposite ends of lane • Alternating efforts to ensure efforts start and end on the same end of the lane • Resting athletes stay in the middle of the wall between lane ropes • Avoid touching or hanging on lane ropes • Stagger individual start times of workouts and efforts to ensure safe distancing

RECOMMENDATIONS	
	<ul style="list-style-type: none"> • Cycle: Due to the increased velocities and breathing rates, social distancing increases to 20m. • Run: Due to the increased velocities and breathing rates, social distancing increases to 10m. • Athletes living together or respecting provincially recommended social bubble guidelines should train together • Train in locations where social distancing can be enforced. • Training focuses on: skill development, fitness improvements and injury prevention. • Ensuring clear and consistent signage/messaging for the public and employees regarding facility and amenity COVID-19 transmission mitigation policies and procedures (date, logo, physical distancing and hand hygiene expectations, special instructions, etc.) • Athlete/Coach ratios must be modified to accommodate social distancing. • Cycle: Avoid drafting. • Training focuses on: skill development, fitness improvements and injury prevention. • Avoid riding in a pack or peloton. • Avoid expelling or dispersing any bodily fluids (<i>spitting, snot rocketing, etc</i>).

Ensuring safety measures are being met and adhered to depend on everyone being aware of, and understanding the health and sport specific guidelines. Communication of the guidelines to your participants and spectators is an important component of Triathlon BC's Return to Sport Plan.

See Appendix for a sample letter you can share that can be adapted for your specific training environment.

Participants should be asked to sign a participant agreement acknowledging they have read the guidelines and understand their risk before participating. See Appendix for a sample participant agreement specific to COVID-19 related risks.

It should also be communicated to participants that they are subject to removal from activities/facility use should they fail to comply with outlined protocols.

See also participant health evaluation form (Appendix).

FACILITY ACCESS

Public health officials have indicated that the use of outdoor facilities are generally safer as there is greater ventilation and ability to physical distance. This does not limit indoor training, but it does increase the risk factor and therefore adds further considerations related to indoor operations.

The Provincial Health Officer has banned gatherings of 50 or more. This ban is expected to remain in force until the end of the state of emergency. The ban applies to events which could result in people gathering closely together, but where the space is large enough to allow appropriate distancing between people, recreational facility guidelines state it is acceptable to have more than 50 people in attendance.

Indoors, it is generally recommended that facilities should have five sq. metres of “unencumbered floor space” per person. “Unencumbered floor space” means total floor space minus the amount of space taken by built-in fittings, counters, closets etc.

Those that utilize outdoor facilities will need to consider:

- The ability to control group sizes and proximity within the outdoor environment.
- Booking procedures that may be in place with the municipality for use of fields, etc.
- Ability to safely access public areas such as beaches, open water, trails, etc. while ensuring COVID-19 social distancing measures are applied.

Those that utilize indoor facilities will need to look at:

- Whether it is possible to re-locate activities to the outdoors – if so, look into how to obtain a permit; additional municipal guidelines that may be in place
- Whether or not multiple groups/sports will be held within the same facility

User groups renting municipal facilities are required to have a COVID-19 Safety Plan that demonstrates how activities will be provided to align with the directives of the Provincial Health Officer, local authorities and other relevant regulators (i.e. WorkSafe BC).

To mitigate risks related to the facility access the following controls should be considered in consultation with the facility owners:

1. Restricted Access

- a. Limit access to those that are essential to the approved activities (e.g. participants, facility staff, coaches)
- b. Parents and spectators may be allowed but would need to be factored into the maximum group size (<50) and must also adhere to physical distancing guidelines

2. Points of Access

- a. Where appropriate, consider designated drop-off and pick-up spaces
- b. Determine the number of access points and consider closing some in order to monitor how many people are entering the facility
- c. Choose doors with an automatic function or prop doors to reduce contact with door handles
- d. Consider how to manage the flow of people and put signage, directional limitations in place (e.g. all individuals must use one door for entry and a different door for exit, arrows or other directional instructions on the floor)

3. Pre-registration

- a. Drop-in activities should be prohibited
- b. Individuals should pre-register online or over the phone

4. Arrival and Departure

- a. Set a time in which it is appropriate for participants to arrive in advance of their scheduled activity (example – participants should not arrive sooner than 20 minutes before the scheduled start time, and there should be sufficient space for physical distancing while lining up or waiting to begin)
- b. At the end of their scheduled program/time slot participants must immediately leave the facility
- c. Staggered start times to account for individuals moving in and out of the facility/playing area

5. Consider restricting or limiting use of different spaces within the facility/space in order to maintain physical distancing and proper cleaning protocols, including but not limited to:

- a. Equipment storage areas
- b. Change rooms
- c. Spectator seating: if used, consider using signage or partially closing seating areas to ensure adequate physical distancing between individuals/groups.
- g. Water fountains: close all water fountains except those used for filling water bottles. Do not allow individuals to drink directly from water fountain taps. Use signage to discourage individuals from touching surfaces of fountains and consider placing hand sanitizer adjacent to support hygiene and reduce transmission risk.

MODIFIED USE OF OUTDOOR CLUB/TRAINING/RECREATION FACILITIES	
OVERVIEW	Clubs/Training Groups should consult Provincial/Municipal Health Authorities to understand the local risks and implications of resuming outdoor activities in addition to the use of training facilities or any public areas to support outdoor activity. This may include public waterways and trail networks.
RECOMMENDATIONS	<p>If the activity is being organized at a location other than a conventional training location, all potential restrictions or considerations for the place of meeting/launching should be understood <i>(for example, if a city park is being used, or private property)</i></p> <ul style="list-style-type: none"> • Coaches/leaders should ensure proper medical and sanitation equipment is available to meet all relevant guidelines, and should be properly instructed on how to use these products. <i>(see resources section)</i> • Coaches/leaders should communicate to athletes clear directions on how to navigate the workout in relation to the recommended guidelines PRIOR to time of the workout Consider the age and abilities of participants to ensure that your communication and safety training is age appropriate and targeted to your audience.

<p>RECOMMENDATIONS</p>	<ul style="list-style-type: none"> • Use technology prior to the meeting to outline objectives of a workout, minimizing contact. • Coaches/ leaders should arrive ahead of athletes and prepare the area for training • Where possible all equipment should be stored outdoors to remove the necessity of entering a facility • Athletes should prepare to train with minimal need to access facilities (<i>bathrooms, change-rooms or equipment rooms</i>) <p>Where appropriate, use direction signage to direct athlete flow/work stations.</p> <ul style="list-style-type: none"> • Cannot exceed mass gathering restrictions set by PHO.
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EMERGENCY RESPONSE

FIRST AID

In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.

A guide for employers and Occupational First Aid Attendants:

<https://www.worksafefbc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>

First aid protocols for an unresponsive person during COVID-19: <https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-person-during-covid-19>

OUTBREAK PLAN

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

1. Identify the roles and responsibilities of coaches or volunteers if a case or outbreak is reported. Determine who within the organization has the authority to modify, restrict, postpone or cancel activities.
2. If coaches, volunteers or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility right away.

3. Implement your illness policy and advise individuals to:

- self-isolate
- monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
- use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
- Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.

Individuals can learn more about how to manage their illness here:

<http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>

4. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your Illness Policy and your enhanced measures.

5. If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.

For a successful Return to Sport, we all need to play a role. From physical distancing, self assessment to personal responsibilities, it's up to us to beat the curve.

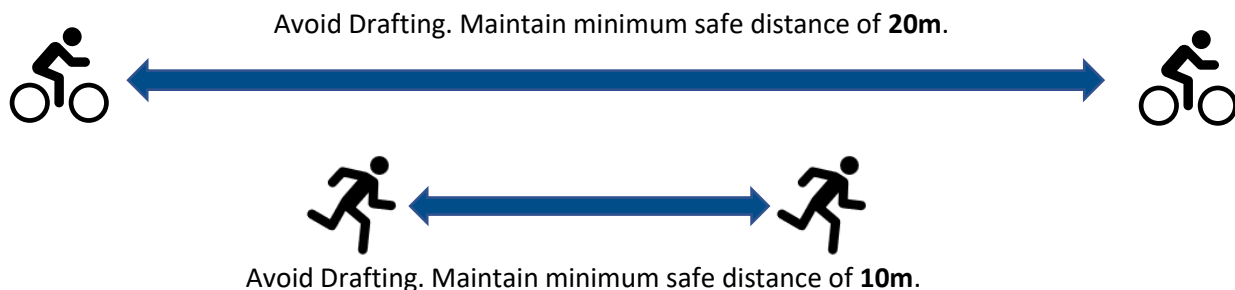
PHYSICAL DISTANCING

As defined by the BC Centre for Disease Control, physical distancing means limiting close contact with others.

At all times, when outside of your home, practice social distancing by keeping two meters from other participants.



Because of the velocity and increased risk of COVID-19 droplet spread, drafting is discouraged, both on run and on bike. Minimum safe distances increase to **10 meters** where running velocities are encountered, and increase further to **20 meters** in cycling.



PARTICIPANT ILLNESS / SELF ASSESSMENT

1. If an athlete is feeling sick with COVID-19 symptoms

- a. Participants who feel sick with COVID-19 symptoms, such as fever, trouble breathing, dry cough, fatigue, sore throat and aches and pains, are to remain at home and contact Health Link BC at 8-1-1.
- b. If a participant is showing even mild symptoms of the previous listed symptoms for COVID-19:
 - i. Send home immediately, remove them from the schedule and have them contact 8-1-1 or a doctor for further guidance.

2. If an athlete tests positive for COVID-19

- a. The participant will not be permitted to return to the field of play until they are free of the COVID-19 virus.

3. If an athlete/coach has come in to contact with someone who has COVID-19

- a. Once the contact is confirmed, the participant will be removed from the field of play for a minimum of 14 days or as otherwise directed by public health authorities. Participants/coaches who may have come into close contact with the athlete or coach will also be removed from training at least 14 days.

4. Quarantine or Self-Isolate if:

- a. Any athlete/coach who has travelled outside of Canada or the province within the last 14 days is not permitted to train and must quarantine and self-isolate.
- b. Any athlete/coach with any symptoms of COVID-19 is not permitted to participate in any training activities
- c. Any athlete/coach from a household with someone showing symptoms of COVID-19 is not permitted to participate in any training activities and must quarantine and self-isolate.
- d. Any athlete/coach who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to participate in any training activities.

5. Self Screening:

- a. Athletes/coaches interacting with training groups are encouraged to self-assess for symptoms continually.

SAFETY CONTINGENCIES

OVERVIEW

Responding to an incident during training sessions can cause a coach or other responsible person to come in physical contact with an athlete. As such, coaches/leaders should always have gloves, masks and hand sanitizer available to protect themselves and athletes should contact become necessary.

Unnecessary risks should be avoided. Athletes and coaches/leaders should use their own common sense to avoid any situation which involves undue risk and the potential need for emergency personnel to respond, or that unnecessary personal contact becomes necessary.

RECOMMENDATIONS	<ul style="list-style-type: none">• All athletes are encouraged to carry their own minimal first aid packages while biking• Where and when possible, athletes should self-assess and self-facilitate any minor first aid requirements to avoid contact with a coach/leader• Concussion protocols can still be administered from a safe social distance• Coaches/leaders should be aware of and understand the processes outlined in the affiliated COVID-19 Safety Plan for their respective club environments.
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RETURN TO SPORT GUIDELINES - APPENDICES

TRIATHLON CANADA

Club Risk Assessment & Mitigation Tool: <https://www.triathloncanada.com/wp-content/uploads/Club-Risk-Assessment-and-Mitigation-Checklist-Tool-Appendix-B.zip>

National Framework to Return to Sport: https://www.triathloncanada.com/wp-content/uploads/National-Framework-for-Return-to-Sport_FINAL.pdf

COVID-19 Recommendations for Domestic Community Events: https://www.triathloncanada.com/wp-content/uploads/Triathlon-Canada-COVID-19-Event-Recommendations_FINAL.pdf

[COVID-19 Revised Waiver](#)

PROVINCE OF BRITISH COLUMBIA

B.C.'s Restart Plan: https://www.scribd.com/document/460236402/B-C-s-Restart-Plan-Next-Steps-to-Move-Through-the-Pandemic#fullscreen&from_embed

BC COVID-19 Go-Forward Management Strategy: https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/bc_covid-19_go-forward_management_strategy_web.pdf?bcgovtm=20200506_GCPE_AM_COVID_9_NOTIFICATION_BCGOV_BC_GOV_EN_BC_NOTIFICATION

B.C. Go Forward Strategy Checklist: https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/gdx/go_forward_strategy_checklist_web.pdf

PHO Orders: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus>

REGIONAL HEALTH AUTHORITIES

Fraser Health: <https://www.fraserhealth.ca/>

Interior Health: <https://www.interiorhealth.ca/Pages/default.aspx>

Island Health: <https://www.islandhealth.ca/>

Northern Health: <https://www.northernhealth.ca/>

Vancouver Coastal Health: <http://www.vch.ca/>

HEALTH RESOURCES

COVID-19 (B.C.) Provincial Support: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>

BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/covid19/en>

Health Canada Handwashing Guidelines: <https://www.canada.ca/content/dam/phac-aspc/documents/services/diseases-maladies/reduce-spread-covid-19-wash-your-hands/eng-handwashing.pdf>

Health Canada Personal Protective Equipment against COVID-19: <https://www.canada.ca/en/health-canada/services/drugs-health-products/medical-devices/covid19-personal-protective-equipment.html>

Health Canada List of Disinfectants for use against COVID-19: <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

BCCDC Cleaning and Disinfecting: http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf

POSTERS

COVID-19 Protection: <http://www.bccdc.ca/Health-Info-Site/Documents/COVID19-Prevention.pdf>

Physical Distancing: http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_PhysicalDistancingPoster.pdf

Handwashing: http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_Handwashing%20Poster_MD%20offices.pdf

Do not enter if you are sick: http://www.bccdc.ca/Health-Info-Site/Documents/COVID19_DoNotEnterPoster.pdf

Vulnerable Populations: <https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/covid-19-vulnerable-populations/covid-19-vulnerable-populations-eng.pdf>

Occupancy Limit: <https://www.worksafebc.com/en/resources/health-safety/posters/help-prevent-spread-covid-19-occupancy-limit?lang=en>

WORKSAFE BC RESOURCES

Returning To Safe Operations: <https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation>

COVID-19 Safety Plan Template: <https://www.worksafebc.com/en/resources/health-safety/checklist/covid-19-safety-plan?lang=en>

SPORT AND RECREATION RESOURCES

ViaSport Return to High Performance Sport Framework: <https://www.viasport.ca/sites/default/files/Canada%20-%20COVID-19%20Return%20to%20HP%20Sport%20Framework%20-%20May%202020.pdf>

BCCDC guidance for recreation facilities: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/community-settings/recreation-facilities>

BCRPA Sector Guidelines for Restarting Operations: <https://www.bcrpa.bc.ca/covidguideline>

	Strictest Controls Prior to May 19, 2020	Transition Measures Approx. May 19th to Sept	Progressively Loosen Future date TBC	New Normal Future date TBC
Restrictions in Place	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel 	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel No group gatherings over 50 people 	Refer to PHO and local health authorities	Refer to PHO and local health authorities
Enhanced Protocols	Increased hand hygiene	<ul style="list-style-type: none"> Increased hand hygiene Symptom Screening in place 	Increased hand hygiene	Increased hand hygiene
Facility	<ul style="list-style-type: none"> Outdoor or within home Facilities and playgrounds closed 	<ul style="list-style-type: none"> Outdoor is safest Indoor facilities slowly re-opening 	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	<ul style="list-style-type: none"> Small Groups No or limited spectators 	<ul style="list-style-type: none"> Groups sizes may increase Limited spectators 	<ul style="list-style-type: none"> Large groups allowed No restrictions on spectators
Non-contact Activities	<ul style="list-style-type: none"> Low risk outdoor activities can occur (biking, running, etc). Virtual activities 	<ul style="list-style-type: none"> Fundamental movement skills Modified training activities, drills 	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	<ul style="list-style-type: none"> Should not occur Contact sports should look for non-contact alternatives to training 	Introduction to pair or small group contact skills	No restrictions on activity type
Competition*	Should not occur	In club play or modified games may slowly be introduced	Interclub or regional game play may be considered	Provincial competitions and larger scale events may return
Equipment	No shared equipment	<ul style="list-style-type: none"> Minimal shared equipment Disinfect any shared equipment before, during and after use 	<ul style="list-style-type: none"> Some shared equipment Enhanced cleaning protocols in place 	Shared equipment

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT (To be executed by Participants over the Age of Majority)

WARNING! By signing this document, you will waive certain legal rights. Please read carefully

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a participant in the instruction, activities, competitions, programs, and services of Triathlon Canada or Triathlon BC (collectively the "Activities"), the undersigned acknowledges and agrees to the terms outlined in this document.

Disclaimer

2. Triathlon Canada and Triathlon BC, and its directors, officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, and representatives (collectively the "Organization") are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by a Participant during, or as a result of, the Activities, caused in any manner whatsoever including, but not limited to, the negligence of the Organization.

I have read and agree to be bound by paragraphs 1 and 2

Description and Acknowledgement of Risks

3. I understand and acknowledge that

- a.) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life; and
- b.) The Organization has a difficult task to ensure safety and it is not infallible.

4. I am participating voluntarily in the Activities. In consideration of my participation, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to the Activities. The risks, dangers and hazards include, but are not limited to:

- a.) Swimming, biking and running;
- b.) Dehydration, vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
- c.) Executing strenuous and demanding physical techniques;
- d.) Exerting and stretching various muscle groups;
- e.) Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body or to my general health and well-being;
- f.) Abrasions, sprains, strains, fractures, or dislocations;
- g.) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma;
- h.) Mounting, dismounting or falling off a bicycle;
- i.) Falls to the ground due to uneven or irregular terrain or surfaces;
- j.) Failure to act safely or within my own ability or within designated areas;
- k.) Failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- l.) Contact, colliding, falling or being struck by equipment, other participants, or equipment;
- m) Spinal cord injuries which may render me permanently paralyzed; and
- n.) Other risks and social and economic losses, not known or reasonably foreseeable;
- o.) Negligence on the part of the Organization, including failure on the part of the Organization to take reasonable steps to safeguard or protect me from the risks, dangers and hazards associated with my participation in the Activities.

I have read and agree to be bound by paragraphs 3-4

Terms

5. In consideration of the Organization allowing me to participate in the Activities, I agree:
- a.) That I am the age of majority in my province or territory;
 - b.) I am an Annual Registrant of Triathlon Canada and/or registered with a Provincial/Territorial Triathlon Canada Member (“PSO Member”), or the Triathlon Canada National Performance Centre.
 - c.) Information, instructions and content delivered as part of online training is provided on the condition that it will not be the basis of any claim, demand, or cause for action. I waive any and all claims that I may have against Triathlon Canada and/or Triathlon BC that are related to the online training platform;
 - d.) If I act on the information, instructions, or content of online programming (such as by performing actions, stretches, routines, or maneuvers) I do so **voluntarily** and at my own risk;
 - e.) I am responsible for ensuring my physical environment and location is free from hazards, equipment, or other item or factor that may cause me harm;
 - f.) The Organization is not responsible for any privacy breaches, hacking, technology malfunction or damage to any individual who participates in the online training;
 - g.) That my mental and physical condition is appropriate to participate in the Activities and I assume all risks related to my mental or physical condition; and
 - h.) That the Organization does not undertake to provide health, accident, disability, hospitalization, personal property or other insurance for me in the Activities and I affirm that I have ascertained appropriate insurance to protect myself.

Release of Liability and Disclaimer

6. In consideration of the Organization allowing me to participate, I agree:
- a.) That the sole responsibility for my safety remains with me;
 - b.) To ASSUME all risks arising out of, associated with or related to my participation;
 - c.) To WAIVE any and all claims that I may have now or in the future against the Organization;
 - d.) To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the activities, events and programs of the Organization; and
 - e.) To FOREVER RELEASE and INDEMNIFY the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the “Claims”) which I have or may have in the future, that might arise out of, result from, or relate to my participation in the Activities, even though such Claims may have been caused by any manner whatsoever, including but not limited to, the negligence, gross negligence, negligent rescue, omissions, carelessness, breach of contract and/or breach of any statutory duty of care of the Organization;
 - f.) That negligence includes failure on the part of the Organization to take reasonable steps to safeguard or protect me from the risks, dangers and hazards associated with the Activities; and
 - g.) This release, waiver and indemnity is intended to be as broad and inclusive as is permitted by law and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

I have read and agree to be bound by paragraphs 5-6

Acknowledgement

7. I acknowledge that I have read and understand this agreement, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives. I further acknowledge by signing this agreement I have waived my right to maintain a lawsuit against the Organization on the basis of any claims from which I have released herein.

8. By typing in your name below and clicking the "I Agree" icon, you agree to be bound this Legal Agreement.

_____ **I AGREE**
Name of Participant (Please Print)

Date

COVID-19 Declaration

By signing below, the Participant (named above) and/or the Participant's Guardian represents that the Participant:

1. Has not travelled internationally during the last 14 days;
2. Has not visited a COVID-19 high risk area, region or location in Canada during the last 14 days;
3. Does not knowingly have COVID-19;
4. Is not experiencing known symptoms of COVID-19, such as fever, cough, or shortness of breath, and if experiences such symptoms during the Event will immediately depart from the Event;
5. Has not, in the past 14 days, knowingly come into contact with someone who has COVID-19, who has known symptoms of COVID-19, or is self-quarantining after returning to Canada; and
6. Follows government recommended guidelines in respect of COVID-19, including practicing physical distancing, and will do so to the best of the Participant's ability during the Event.

In addition, by signing below the Participant and/or the Participant's Guardian understands, acknowledges and assumes the inherent risks in participating in the Event, including, but not limited to: the potential for bodily injury or illness (including contraction of COVID-19); contact or interaction with others who may have been exposed to COVID-19; permanent disability, paralysis, or loss of life; collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect venue or field of play conditions; equipment failure; participants of varying skill levels; inadequate safety measures; circumstances known, unknown or beyond the control of the Organizer, its partners, sponsors, agents, affiliates, directors, employees, officer, therapists, or volunteers (together, the "Organization"); negligence or omission of the Organization (collectively, the "Risks").

_____ **I AGREE**
Name of Participant (Please Print)

Date

Signature



SAMPLE PARTICIPANT AGREEMENT

*Modify agreement as appropriate where the participant is a minor and the agreement is signed by a parent or guardian

Application - all athletes, coaches, members, volunteers, participants and family members of participants while in attendance at club activities ("Participants")

All Participants of <NAME OF CLUB> agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and RTP Protocol:

1. I agree to symptom screening checks, and will let my club know if I have experienced any of the symptoms in the last 14 days.
2. I agree to stay home if feeling sick, and remain home for 14 days if experiencing COVID-19 symptoms.
3. I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
4. I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided by the club (shared and personal equipment).
5. I agree to continue to follow social distancing protocols of staying at least 2m away from others.
6. I agree to not share any equipment during practice times.
7. I agree to abide by all of my Clubs COVID-19 Policies and Guidelines.
8. I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the club for up to 14 days to help protect myself and others around me.
9. I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my club membership temporarily.
10. I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Name: _____ Signature: _____

Date: _____



COVID-19 SAFETY PLAN TEMPLATE

All Training Groups must develop a COVID-19 Safety Plan prior to restarting activity.

This tool can be used to guide you through the planning process. Currently, there is no standard document for your COVID-19 Safety Plan – you may use Triathlon BC’s Return to Sport document, or other documents that meet your group’s needs, to develop a plan. For example, WorkSafe BC has developed a comprehensive tool businesses can adapt. This COVID-19 Safety Plan template is adapted from WorkSafe BC to align with the sport sector.

Triathlon BC will not be approving the plans of individual groups, but in accordance with the order of the Provincial Health Officer, this plan must be posted by your training group prior to activity.

It is important to note that at the time of publishing, most insurance policies will not cover any claims relating to communicable diseases or pandemics and that most policies, including Directors and Officers Insurance, now include specific pandemic exclusions. It is recommended to provide a revised waiver (see appendix) to all participants.

Understanding and mitigating risk to exposure is critical. Please use [Triathlon Canada’s Club Risk Assessment & Mitigation Tool](#) to assess your training environment.

Athletes/coaches interacting with training groups are encouraged to self-assess for symptoms continually using self-assessment questionnaires or an online tool (see Appendix).

Step 1: ASSESS THE RISKS

Identify areas where there may be risks, either through close physical proximity or through contaminated surfaces. The closer together individuals are and the longer they are close to each other, the greater the risk.

- We have reviewed Triathlon Canada’s Club Risk & Mitigation Matrix.
- We have identified areas where people gather
- We have identified situations and processes where individuals are close to one another or members of the public.
- We have identified the equipment that may be shared by individuals
- We have identified surfaces that people touch often

Step 2: IMPLEMENT PROTOCOLS TO REDUCE THE RISKS

Select and implement protocols to minimize the risks of transmission. Look to the following for information, input, and guidance:

- viaSport sector guidelines
- Triathlon BC’s Return to Sport Guidelines
- Triathlon Canada’s Club Risk & Mitigation Matrix.

You may need to identify and implement additional protocols if the posted protocols don't address all the risks to your participants.

- Orders, guidance, and notices issued by the provincial health officer and relevant to your industry.
- ViaSport updates at www.viasport.ca
- Municipality or facility guidelines

First level protection (elimination): Limit the number of people and ensure physical distance whenever possible:

- We have established maximum participant numbers for our program that meets facility requirements
- We have established and posted occupancy limits for common areas such as meeting rooms, change rooms, washrooms, and elevators (if applicable).
- We have implemented measures to keep participants and others at least 2 metres apart, wherever possible.

Measures in place

List your control measures for maintaining physical distance in your environment. If this information is in another document, identify that document here.

Secondary level protection (administrative): Rules and guidelines

- We have identified rules and guidelines for how participants, coaches, volunteers, spectators should conduct themselves.
- We have clearly communicated these rules and guidelines through a combination of training and signage.

Measures in place

List the rules and guidelines that everyone is required to follow. This could include things like using one-way doors or walkways, no sharing of equipment, and wiping down equipment after use. If this information is in another document, identify that document here.

Reduce the risk of surface transmission through effective cleaning and hygiene practices

- We have reviewed the information on cleaning and disinfecting surfaces.
- Our sport facility has enough handwashing stations on site for our participants. Handwashing locations are visible and easily accessed.
- We have communicated good hygiene practices to participants, coaches, volunteers, etc.
- We have implemented cleaning protocols for all common areas and surfaces.
- Individuals responsible for cleaning have adequate training and materials.
- We have removed unnecessary tools and equipment to simplify the cleaning process

Cleaning protocols

Provide information about your cleaning plan. Specify who is responsible for cleaning, the cleaning schedule, and what the cleaning protocols will include (e.g., which surfaces, tools, equipment, etc.). If this information is in another document, identify that document here.

Step 3: Develop policies

Develop the necessary policies to manage your sport program.

- Our policies ensure that participants and others showing symptoms of COVID-19 are prohibited from participating in sport activities
- Anyone who has had symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache.
- Anyone directed by Public Health to self-isolate.
- Anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID-19 case must
- self-isolate for 14 days and monitor for symptoms.
- Our policy addresses individuals who may start to feel while participating. It includes the following:
 - Sick individuals should report to first aid (or designated individual), even with mild symptoms.
 - Sick individuals should be asked to wash or sanitize their hands, provided with a mask, and isolated. Ask the worker to go straight home. [Consult the BC COVID-19 Self-Assessment Tool, or call 811 for further guidance related to testing and self-isolation.
- If the individual is severely ill (e.g., difficulty breathing, chest pain), call 911. Clean and disinfect any surfaces that the ill participant has come into contact with.

Step 4: Develop communication plans and training

You must ensure that everyone participating in the sport activity knows how to keep themselves safe while participating:

- We have a communication and training plan to ensure everyone is trained in policies and procedures.
- All participants have received the policies for staying home when sick.
- We have posted signage at the sport location, including occupancy limits and effective hygiene practices.
- We have posted signage indicating who is restricted from participating, including visitors and workers with symptoms.
- Coaches or safety volunteers have been trained on monitoring participants to ensure policies and procedures are being followed.

Step 5: Monitor and update your plans as necessary

Things may change as your business operates. If you identify a new area of concern, or if it seems like something isn't working, take steps to update your policies and procedures.

- We have a plan in place to monitor risks.
- We make changes to our policies and procedures as necessary.
- Individuals know who to go to with health and safety concerns.
- When resolving safety issues, we will involve designated health and safety representatives

Step 6: Assess and address risks from resuming operations

If your training group has not been operating for a period of time during the COVID-19 pandemic, you may need to manage risks arising from restarting your programming/business.

- We have a training plan for new staff, coaches, volunteers.
- We have a training plan for staff, coaches, volunteers taking on new roles or responsibilities.
- We have a training plan around changes to our business/programming.
- We have identified a safe process for cleaning and removing things that have been out of use.

Club: _____

Safety Plan Coordinator Name: _____

Signature: _____

Date: _____