



CENTRAL TORONTO ATHLETIC CLUB

Return To Training Protocol – Cross-Country

Parents, below we have outlined all the important steps required before your start to training with Central Toronto Athletic Club (CTAC) under the current circumstances.

Current information on COVID-19 can be found at <https://covid-19.ontario.ca/>. The requirements and ability for training may change as advice is provided from Athletics Ontario, Athletics Canada, Municipal Government, Ontario Government and Canadian Government and their representatives. The guidance provided in this CTAC return to training protocol is in addition to and does not supersede any requirements by these governing bodies. The following are requirements for training by CTAC athlete members Sunnybrook Park.

Before Restarting Workouts:

All athletes must read the [Athletics Ontario Return to Training Addendum](#). As well, all athletes and parents become familiar and follow the Outbreak Action Plan outlined in Section 6 of the [National Back On Track Return to Training Guidelines](#). All athletes **must** complete the AO [Individual Member Return to Training Waiver](#) and the CTAC waiver/addendum. Parents are responsible for reviewing all protocols from Athletics Canada, Athletics Ontario and the Central Toronto Athletic Club with their child and ensure the athletes understand the rules.

Preparation Before Leaving for Training

- Has anyone in the household been at risk of contact with COVID-19 in the past 14 days? If the answer is yes, then the athlete must be cleared by a physician to come to practice.
- A parent is responsible for performing a COVID-19 Self-Screen as described at the Province of Ontario web site <https://covid-19.ontario.ca/self-assessment/>. The athlete must pass the screening test before travelling to a CTAC training session.

Common COVID-19 Symptoms Include:

- Fever/Chills
- Cough (new or worse)/Barking Cough/Croup
- Shortness of breath (even with sitting or walking)
- Sore throat/Difficulty swallowing
- Runny nose/Congested nose
- Pink eye
- Loss of taste or smell
- Unusual level of fatigue/Extreme tiredness/Muscle aches
- Falling down often
- Unusual headache
- Nausea/vomiting, diarrhea, stomach pain, or loss of appetite
- Feeling unwell for an unknown reason

In your CTAC backpack, in addition to your usual training requirements, you must have:

- Sufficient hand sanitizer and sanitizing wipes to last the practice.
- Disposable tissues (e.g. Kleenex)
- Plastic zip lock bags for disposal of wipes, tissues or other personal garbage.
- A towel or blanket for sitting/stretching on the track/ground (note that this should be made of material that can be sanitized/washed after use).

Make sure you know your designated training group and coach for the training session, and where to leave your personal belongings.

When group training resumes:

- Do NOT attend practice if you or anyone in your house is feeling unwell. Your health and safety, and those around you, are of the utmost importance.
- CTAC will have a Health and Safety Officer in the parking lot when athletes arrive. Attendance will be recorded. Athletes MUST pass the Self-Screen for COVID -19 Risk test for the Health and Safety Officer. Parents are responsible for this screening process before they leave home. If [COVID-19 symptoms](#) begin while at a training venue the individual must inform their coach and leave immediately.
- If using the TTC to arrive at Sunnybrook, please note, effective July 2, masks or face coverings are mandatory when travelling on the TTC. For further information please see [https://www.ttc.ca/Riding the TTC/Safety and Security/Riding the TTC during the COVID-19 pandemic.jsp](https://www.ttc.ca/Riding%20the%20TTC/Safety%20and%20Security/Riding%20the%20TTC%20during%20the%20COVID-19%20pandemic.jsp)
- Washroom facilities may not be available. Plan ahead.
- Physical distancing of 2 m and absolutely no body contact or high fives. It is recommended coaches wear masks.
- Personal backpacks, clothing and equipment to be placed 2m from any other athlete's bag, etc. Water bottles must stay with your backpack and not shared. If you remove layers of clothing during the warmup or work out, it must be placed with your backpack.
- NO sharing of equipment; such as rollers.
- In the event of injury, the club has a prepared Emergency Action Plan (EAP) and coaches will have PPE on hand.

Training Protocol:

- A minimum 2 m distance between people, in all directions, must be maintained. If running behind another runner a minimum of 10m must be maintained.
- Warm up, work out and cool down must take place in your individual 2m bubble.
- Coaches will give clear instructions prior to training.

IF YOU FAIL TO FOLLOW PROTOCOL YOU WILL BE SENT HOME IMMEDIATELY