



CENTRAL TORONTO ATHLETIC CLUB

COVID-19 Training Protocols

Central Toronto Athletic Club (CTAC) is committed to the health and safety of our athletes, coaches, members and their families. CTAC continues to adapt our training protocols to ensure that municipal, provincial and federal health regulations are always adhered to when training, in addition to guidelines in place by our sport governing bodies being Athletics Ontario and Athletics Canada.

Current information on COVID-19 can be found by clicking on [Ontario](#) and [Toronto](#). The requirements and ability for continued training may change as advice and guidelines are provided from [Athletics Ontario](#), [Athletics Canada](#), Municipal Government, Ontario Government and Canadian Government and their representatives. The guidance provided in this COVID-19 Training Protocols is in addition to and does not supersede any requirements set by these governing bodies. The following are requirements for training by CTAC athlete members.

Registration Requirements

All athletes must read the [Athletics Ontario Return to Training Addendum](#). As well, all athletes and parents must 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 Athletics Ontario [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 athlete(s) understand the rules.

Preparation For Training

- Each person participating in CTAC activities must have completed the [CTAC Health Screen Questionnaire](#). The Health Screen Questionnaire must be completed by each person (athlete/coach/volunteer) prior to participation in each club activity. Parents must complete the questionnaire for their athletes in the Intro Group (grades 4 - 5) and Development Group (grades 6 - 8). High School athletes (or their parents) are permitted to complete their Health Screen Questionnaire. Please note that the Health Screen Questionnaire will be updated from time to time based on municipal, provincial and federal restrictions as they come into effect. Please take the time to read through the Questionnaire thoroughly.
- The **CTAC Health Screen Questionnaire must be completed at least 90 minutes before each club activity** (ie. By 2:30 p.m. on Monday and Wednesday and 8:30 a.m. on Saturday (reminder that the Intro Group does not train on Saturday)) in order to participate. This is required to allow sufficient time for the Lead Coach to align each of the athletes with a Coach and to ensure group sizes do not exceed the specific requirements or restrictions set out by municipal, provincial and federal health authorities, as well as our sport governing

bodies. **Coaches will no longer be completing the Health Screen Questionnaire for athletes where this has not been done in advance by the athlete or parent, and your athlete will not be able to participate.** Reminder emails are sent out at 6:00 a.m. on the day of practice however the Health Screen Questionnaire is available on our main page centraltorontoac.ca under COVID-19 Information. **You are permitted to complete the Health Screen Questionnaire within 24 hours of practice.**

- If you (or your athlete or family member) are experiencing any [symptoms of COVID-19](#) and you (or your athlete) are not attending practice for that reason, you are required to notify our Club Manager at info@centraltorontoac.ca.
- If using the TTC to travel to training, masks or face coverings are mandatory when travelling on the TTC. For further information please see [COVID-19: Staying safe on public transit](#).

During Training

- **All athletes, coaches and volunteers must wear a mask or face covering to and from training locations, during warm up, cool down, and when it is not possible to maintain a 2 meter distance between people.**
- Physical distancing of 2 meters between athletes must be maintained and absolutely no body contact or high fives. **Athletes are expected to be respectful of community residents when training on public streets or in city parks to ensure no close encounters within 2 meters of residents without a mask or face covering.**
- If [COVID-19 symptoms](#) begin while training, the athlete must inform their coach and make arrangements to leave immediately.
- Washroom facilities may not be available so plan ahead.
- Personal backpacks, clothing and equipment to be placed 2 meters from any other athlete bag, etc. Water bottles must stay with your backpack and not shared. If you remove layers of clothing during the warm up or work out, it must be placed with your backpack.
- There should be no sharing of equipment such as rollers.

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).

IF YOU FAIL TO FOLLOW THESE PROTOCOLS YOU WILL BE SENT HOME IMMEDIATELY

Other Helpful Links

[Return to Sport](https://athleticsontario.ca/return-to-sport/) - <https://athleticsontario.ca/return-to-sport/>

[Ontario Declares Second Provincial Emergency to Address COVID-19 Crisis and Save Lives Enhancing Public Health and Workplace Safety Measures in the Provincewide Shutdown](#)

[Athletics Ontario Update: Ontario Lockdown and Stay at Home Order](#)