

## **Return to InTraining SportMedBC COVID-19 Safety Plan**

As we reintroduce the SportMedBC 10K InTraining program in January 2021, we are committed to ensuring the health and well-being of all participants. SportMedBC is implementing policies and protocols for all clinic leaders and participants to follow that is based on the most current health authority guidelines. We are providing all clinic run leader teams with our own comprehensive safety plan that will remain in place indefinitely. SportMedBC's safety plan and other important resources will also be accessible to clinic run leaders at the start of the program.

### **Risk Mitigation for Clinic Operations**

SportMedBC is making changes to our clinic meeting locations for the 2021 10K InTraining Program as we strive to provide an environment that is safe and comfortable for participants who are looking for a group training experience in the support of run leaders.

#### **REGISTRATION**

- Current guidelines limit group gatherings to a maximum of 50 and continued use of physical distancing and hygiene measures. All our clinics will have a maximum registration capacity of 25 participants and 5 volunteer leaders.
- All clinics require pre-registration and participants records will be kept for contact tracing purposes. It's the responsibility of the Clinic Coordinator to record attendance weekly.
- Upon registration for the clinics all participants must sign a Release of Liability and Waiver of Rights form and the personal risk of participation of organized activities such as the InTraining clinics will be emphasized. The registration process will also include a COVID-19 questionnaire and declaration required to be completed before the first clinic, and will apply to the rest of 13-weeks training period. A verbal check-in and reminder to each other about the importance of self-assessment will be strongly recommended on a weekly basis.

#### **HOST LOCATIONS**

- All clinics and groups will be meeting in an outside space to allow for physical distancing of staying 2 metres apart, as well as minimizing contact with possible contaminated surfaces.
- Meeting locations will not offer any changing facilities or lockers. Participants will have to arrive at the training session in their running attire and keep valuables and belongings in their cars or at home.
- All clinics members will be advised to follow not only the safety plan and guidelines of SportMedBC, but also those of the individual meeting locations. All host location specific guidelines and COVID-19 control measures will be shared with run leaders and participants before the first clinic session. It is the responsibility of the Clinic Coordinator to familiarize themselves with these procedures.

## PARTICIPANTS

- Depending on the final registration numbers at each location staggered start times may be implemented to minimize the time for the whole group to be gathered in each location.
- Participants will be divided into smaller groups of 5-8 participants per run leader. This is in accordance with current BC Athletics recommended guidelines which suggests to keep the size of individual training groups to 10 people (One coach to 9 athletes).
- Each participant will be expected to evaluate their health before registration and each weekly meet up session. If they have (or had within the last 10 days) any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath), they are instructed to NOT participate in the clinics and stay at home.
  - [BC COVID-19 Self-Assessment Tool](#)
- Any participants who are feeling sick or showing signs of symptoms will be removed from the training session and asked to contact 8-1-1 or a doctor for further guidance.
- All participants are required to:
  - practice enhanced hygiene by regularly washing their hands, cover their mouth and nose with tissue or elbow crease when coughing/sneezing and refrain from touching face, eyes, nose or mouth.
  - not share equipment such as water bottles, food etc.
  - not shake hands, embrace, high-five etc.
  - not loiter after the clinics.
- The use of masks will be strongly recommended at the beginning of the session when participants are gathered to prepare for their run. Masks during the run portion of the session will remain optional provided the above measures are implemented and followed.

## CLINIC LEADERS

- Obligatory training will be held with all Clinic Coordinators before the start of the program.
- Clear roles and responsibilities will be identified with run leaders in the event of a case or outbreak is reported. The Clinic Coordinator has the authority to modify, restrict, postpone, or cancel activities.
- If a participant or leader reports they are suspected or confirmed to have COVID-19 and have attended a training session the host facility, SportMedBc management and all clinic participants must be notified immediately.
- In the event of a suspected case or outbreak of influenza-like-illness, a SportMedBC representative will immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at the local health authority.
- Any leaders who are feeling sick or showing signs of symptoms will be removed from the training session and asked to contact 8-1-1 or a doctor for further guidance.
- All run leaders will be informed of hygiene and sanitation protocol, and proper handling of masks and gloves, as per Provincial Health Officer's recommendations. Hand sanitizer and hand washing facilities will be available at each meeting location.

- Personal Protective Equipment (gloves, masks, etc.) will be on hand and available to leaders. Where risk of exposure is high (cannot maintain physical distancing), PPE will be required. However, PPE is not to be used as a substitute for more effective safety measures (distancing, hygiene).

If you have any questions with regard to the safety plan outlined above please contact Program Manager, Jenny Soderman.

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Thank you for your cooperation.

SportMedBC Team