



# Saskatchewan Athletics Return to In-Person NCCP Coaching Education Guidelines

The following document outlines guidelines put in place by Saskatchewan Athletics for in-person coaching education courses in an effort to mitigate the risk of transmission of COVID-19 and keep all participants safe during the course.

## Prior to the course:

- Participants should register with their current contact information and review Saskatchewan Athletics' Return to In-Person NCCP Coaching Education guidelines.
- Each participant will review and sign the appropriate Saskatchewan Athletics' COVID-19 forms before attending the course (if they have not done so already). Once signed, these forms should be sent to the Saskatchewan Athletics office ([programs@saskathletics.ca](mailto:programs@saskathletics.ca)). These forms are:
  - o [COVID-19 Questionnaire and Attestation](#)
  - o [Release of Liability](#) (Participants over the age of majority)
  - o [Informed Consent and Assumption of Risk](#) (Participants under the age of majority)

## Screening

- Participants will complete the self-screening questionnaire again upon arrival to each day of the course and should notify their learning facilitator if symptoms develop throughout the course.
- If prior to the course participants are not comfortable attending, become ill, are experiencing COVID-19 symptoms or have encountered someone with COVID-19 in the past 14 days they will receive a full refund to the course. Should symptoms develop during the course, they will also be given a full refund.
- Participants should notify the host after the course if they become ill, experience COVID-19 symptoms, or if they find out that someone with whom they have been in contact with prior to the workshop has been tested positive for COVID-19.

## Classroom Guidelines

- Participants are required to have their own personal "learning kit" for in-classroom activities. The learning kit should consist of:
  - o Mask or facial covering that covers both the nose and mouth. It is recommended that these be worn at all times while indoors except when eating and drinking, and for those with a medical exemption
  - o Hand sanitizer, with minimum of 60% alcohol content

- Laptop, tablet, and/or workshop manuals with pens and pencils
  - Water bottle, food, and snacks
- \*The Learning Facilitator will have extra masks and hand sanitizer at the course*
- Physical distancing of 2 metres should be maintained at all times by participants and the Learning Facilitator. Desk and/or tables will be set up to allow for 2 metres distance between participants, as well as room to walk to and from their desk.
  - Participants should wash or sanitize their hands frequently including and not limited to: entering and leaving a different classroom or space, before and after eating, and wearing or removing masks.

### **Track & Field Specific Guidelines**

- Physical distancing of 2 metres should be maintained at all times by participants and the Learning Facilitator while on the track or courts.
- It is recommended that masks or facial coverings should be worn while instruction is conducted on the track or courts.
- Equipment must be sanitized before and after each use (i.e. starting blocks, throwing implements, relay batons, long jump rakes, pole vault poles, high jump bars, tarps, etc.).
- If there is sharing of equipment, participants must sanitize their hands before using it.
- For the track participants should try keeping one lane apart when training on the track (i.e. use lanes 1, 3, 5, 7). Use staggered starts when doing intervals/repeats.
- If hurdles and starting blocks are to be used, make sure 1 person is designated for set up/take down and all thoroughly cleaned and sanitized before and after each session.
- For throws, participants should have their own implement to use throughout the session. Participants should retrieve their own throwing implements. Each implement should be cleaned and sanitized before and after each session.
- For sand pits, there is currently no known method to ensure they are properly sanitized. To help mitigate risk, the sand pit should be raked after each participant jumps. A single individual should be responsible for raking the sand to reduce sharing of the rake.
- For high jump mats, they must be covered by a large tarp that must be fully sanitized after each participant jumps: alternatively, a single participant can complete all their turns at once before switching, with sanitization occurring at the end of their turn.



# Saskatchewan Athletics Return to In-Person NCCP Coaching Education Self-Screening Questionnaire

In light of the recent novel coronavirus (COVID-19) global pandemic, please review and ask yourself the following key questions before attending the workshop:

Question	Yes	No
Are you exhibiting any symptoms of COVID-19 illness, such as a fever, cough, sore throat, headache, muscle aches, fatigue, runny nose, joint aches, nausea, diarrhea, stomach pain or loss of taste or smell?		
Do you have a fever?		
Do you have difficulty breathing or any respiratory issues?		
Have you exhibited any of the above symptoms within the last 14 days?		
Have you been in close or casual contact with someone who is either currently exhibiting any of the above symptoms or has exhibited any of the above symptoms in the past 14 days?		
In the past 14 days, have you been in close or casual contact with someone who has a laboratory confirmed or a presumptive COVID-19 diagnosis?		
Have you returned from travel outside of Canada in the past 14 days?		
In the past 14 days, have you been in close or casual contact with someone who has recently returned from travel outside of Canada?		

**If you answered "Yes" to any of these questions, please DO NOT ATTEND THE WORKSHOP and contact Saskatchewan Athletics to advise that you cannot attend.**

### Notice of risk

Even if Saskatchewan Athletics has a screening process to help detect infections when there are symptoms, this screening process will not detect individuals who do not have any symptoms at the time of screening.

### Attestation

By attending a Saskatchewan Athletics course, you are attesting that you have not answered "Yes" to any of the questions above on the day of the workshop and that you acknowledge that Saskatchewan Athletics' screening process cannot detect asymptomatic individuals.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_