

TRI **THLON** **CANADA**

Sport-Specific Return to Sport
Framework
May 25, 2020

One Leaf. Three Sports. No Limits.

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Guidelines on Triathlon Training Specific Measures

ONCE ACTIVITIES ARE PERMITTED BY PUBLIC HEALTH AUTHORITIES

Introduction

This document has been developed in to provide national guidance on return-to-play specific to the sport of triathlon. All activities must be approved by local public health authorities, and not all regions will be able to roll out activity at the same pace. Safety is our top priority, and the public health requirements for each region must take precedence in all return-to-play activities.

These guidelines are general recommendations only and it is the responsibility of all Triathlon Canada members to do their due diligence while creating and executing their return-to-play plans. These recommendations are part and parcel of a National Return to Play Framework that has been distributed to Triathlon Canada’s Provincial partners to facilitate their own management of province/municipal specific return-to-play plans.

Mandatory Pre-Screening	
OVERVIEW	All athletes 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

Priority Groups	
OVERVIEW	Re-opening plans for facilities requires NSO/PSO/Club alignment and compliance with facility protocols. To ensure the integrity of said protocols, Triathlon Canada recognizes the importance of prioritizing access to partner facilities.
RECOMMENDATIONS	<p>In alignment with facility limits on numbers, athlete priority access will be as follows</p> <ul style="list-style-type: none"> • National Performance Centre athletes • Olympic and Paralympic targeted athletes as identified by Triathlon Canada • Senior Carded athletes • Development carded athletes
Limiting Training Groups	
OVERVIEW	Provincial and municipal re-opening plans are varied. Additionally, risks are varied depending on the region. Triathlon Canada will limit migration of training groups/athletes to limit risk.
RECOMMENDATIONS	<ul style="list-style-type: none"> • Risk assessment of every athlete intending to access facilities and group training by CMO of Triathlon Canada • Athletes approved to migrate to open facilities will be prioritized as per this document. • Athletes approved to migrate to open facilities must commit to training in that environment for 4 months and abide by all regulations and recommendations

Modified use of Outdoor Club/Training/Recreation Facilities	
OVERVIEW	Clubs/Training Groups/PTSOs 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	<ul style="list-style-type: none"> • 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>) • 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 • 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>)

Modified use of Indoor Club/Training/Recreation Facilities	
OVERVIEW	Clubs/Training Groups/PTSOs should consult Provincial/Municipal Health authorities to understand the local risks and implications of resuming indoor activities, in addition to the use of training facilities or any public areas to support indoor activity.
RECOMMENDATIONS	<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 arrive ahead of athletes and prepare the area for training • Facility managers or staff should have validated sanitation and occupant safety protocols in place and communicated • Facility requirements and protocols adhered to by all athletes and coaches (<i>facemasks, schedules, etc</i>)
Group Gathering Size	
OVERVIEW	Training group size including all athletes, coaches/leaders and required safety personnel must respect Provincial/Municipal group gathering size restrictions.
RECOMMENDATIONS	<ul style="list-style-type: none"> • Notwithstanding regional restrictions, Triathlon Canada recommends training groups be kept to a minimum practical size to reduce risk where possible • If multiple training groups are established, they should be kept intact so that the same group of people are training together, and the circle of potential contact is not expanded unnecessarily.

Physical Distance (2 metres)	
OVERVIEW	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.
RECOMMENDATIONS	<ul style="list-style-type: none"> • Indoor pool training should follow the these guidelines <ul style="list-style-type: none"> • 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 • Athletes living together or respecting provincially recommended social bubble guidelines should train together • Train in locations where social distancing can be enforced • Avoid drafting <ul style="list-style-type: none"> • Drafting is effective 5-6ft beyond the rider which is considered to be in an unsafe range of distancing • Avoid expelling or dispersing any bodily fluids (<i>spitting, snot rocketing, etc</i>)
Sanitation	
OVERVIEW	All surfaces which may be touched by multiple individuals should be sanitized before and after each training session.
RECOMMENDATIONS	<ul style="list-style-type: none"> • Equipment should not be shared between athletes in a group. General use equipment should be purchased by or assigned to individual athletes (<i>ie kick boards, pull buoys, etc</i>) • Sanitation practices should follow the Canadian Government guidelines for cleaning hard surfaces – <i>see resources below</i>

Safety Contingencies	
OVERVIEW	<p>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.</p> <p>During this time, 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.</p>
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 <i>Emergency Preparedness and Response Plan</i>.
Communication and Governance	
OVERVIEW	<p>Athletes, guardians, and all relevant community members should be fully informed of all measures so that they can be safely followed at all times.</p>
RECOMMENDATIONS	<ul style="list-style-type: none"> • Relevant signage and marking should be put into place so that all measures are easy to follow and that participants are continually reminded of the modifications required (<i>for example, distancing markings on the ground to reinforce 2 metres of distance, signage so public are aware of ongoing training sessions in public venues, etc.</i>) • Member organizations should ensure participants are properly registered and insured, proper waivers have been signed and all other normal membership considerations have been taken into account.

Resources

COVID-19 PUBLIC HEALTH ADVISORIES BY REGION		
AREA	ENGLISH	FRENCH
Federal	Click here	Click here
Alberta	Click here	Click here
British Columbia	Click here	*English only*
Manitoba	Click here	Click here
New Brunswick	Click here	Click here
Newfoundland & Labrador	Click here	Click here
Northwest Territories	Click here	Click here
Nova Scotia	Click here	Click here
Nunavut	Click here	Click here
Ontario	Click here	Click here
Prince Edward Island	Click here	Click here
Quebec	Click here	Click here
Saskatchewan	Click here	*English only*
Yukon Territories	Click here	Click here

EDUCATION AND AWARENESS TOOLS		
TOPIC	ENGLISH	FRENCH
Government of Canada Resource Library	Click here	Click here
About COVID-19	Click here	Click here
Cleaning and disinfecting public spaces	Click here	Click here
Guidelines for cleaning hard surfaces	Click here	Click here
Hand Hygiene	Click here	Click here
Use of Masks	Click here	*English only*