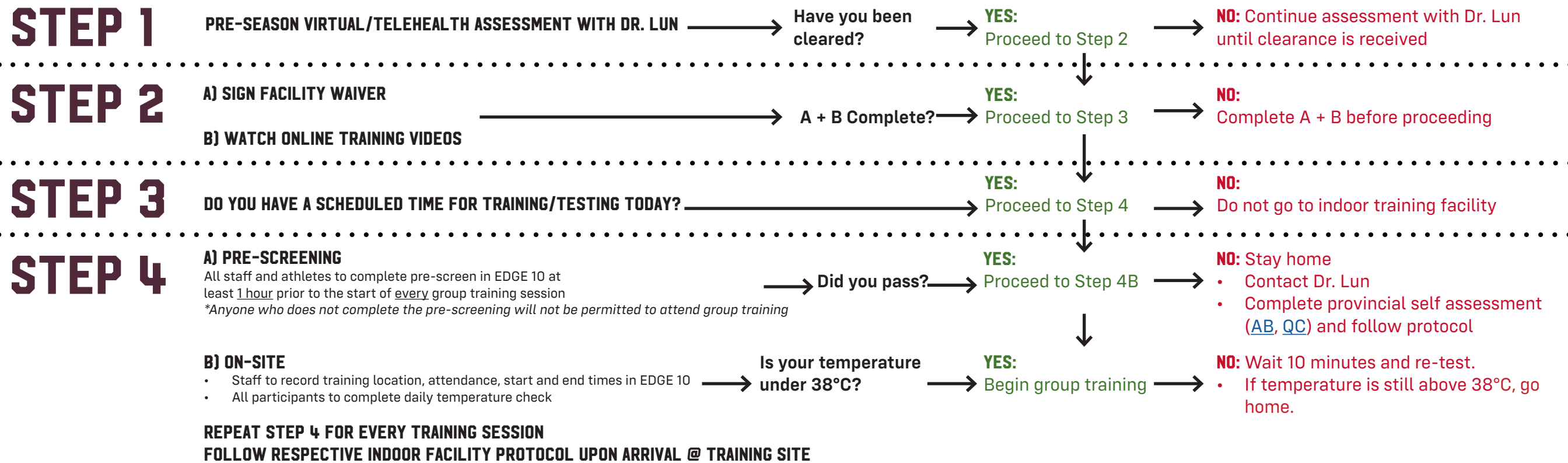




LONG TRACK RETURN TO TRAINING PROTOCOL (INDOOR)

GET IN. TRAIN. GET OUT.

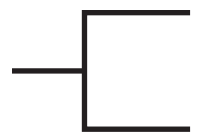


PRECAUTIONARY MEASURES

If you have left or leave the province, you must go back to Step 1 upon your return.

IF SYMPTOMATIC, ISOLATE AND GET TESTED. ONCE SYMPTOMS RESOLVE AND THE TEST IS NEGATIVE, RESUME GROUP TRAINING.

What if an athlete or staff member tests positive for COVID-19?



ATHLETE: Athlete's training group (including staff) self isolates.
*Inform Dr. Lun if living with athlete(s) in other training groups.
STAFF: All training groups in contact with the staff member self-isolate.

- CONTACT DR. LUN AND MONITOR SYMPTOMS
- COMPLETE SELF-ASSESSMENT

ADDITIONAL GENERAL GUIDELINES

No lounge areas available.

Use individual transportation (avoid public transportation).

Anyone who has had an encounter with a possible or confirmed case of COVID-19 must self-isolate for 14 days.

Download the [COVID-19 tracker app](#)

Continue general hygiene practices of washing hands, cleaning surfaces and equipment after use, masks must be worn indoors at all times.

Athletes to have hand sanitizer and masks at every training session.

Maintain a physical distance of at least 2m.

TRAINING GUIDELINES

PHASE 1: INDOOR CSI-CALGARY GYM



Maintain a minimum physical distance of 2m for dryland.



Mark personal items clearly with names (bring own towels and personal training equipment).



Coaches/staff to wear masks at all times; to wear gloves when handling equipment.



Limit use of shared equipment. Clean equipment after individual use.



Arrive on time and exit @ end of scheduled training time.



Follow appropriate traffic flow as per signage @ main door.



No locker rooms or change rooms available.



Max. 15 min. warm-up, 60 min. training

Training will occur with the SAME 8 athletes and 1-2 coaches/staff per space.

PHASE 1: INDOOR CSI-CALGARY TESTING LAB



Follow appropriate traffic flow as per signage @ main door.



Mark personal items clearly with names (bring own towels, water etc).



No locker rooms or change rooms available.



No coaches allowed in the testing lab.

Maximum group of 3 athletes in testing lab
Athlete required to wear masks in lab at all times (unless instructed otherwise)

PHASE 1: INDOOR OLYMPIC OVAL



Maintain a minimum physical distance of 2m.



Mark personal items clearly with names (bring own towels and personal training equipment).



Coaches/staff to wear masks at all times; to wear gloves when handling equipment.



Clean equipment after individual use.



Entry via north exterior doors / Exit via north patio doors.



No food/beverage/water fountains available.



Follow appropriate traffic flow as per signage @ main door.



No locker rooms or change rooms available.



Zero tolerance for spitting, clearing of nasal passages.

Training will occur with the SAME 20 people per training cohort per space



TRAINING GUIDELINES

PHASE 2: INDOOR OLYMPIC OVAL



Maintain a minimum physical distance of 2m.



Athletes to wear a mask at all times when indoors and not on-ice



Drafting is permitted, masks must be worn



Mark personal items clearly with names (bring own towels and personal training equipment).



Coaches/staff to wear masks at all times; use hand sanitizer before and after using shared equipment.



Clean equipment after individual use.



Entry via north exterior doors / Exit via north patio doors.



No food/beverage/water fountains available.



Follow appropriate traffic flow as per signage @ main door.



No locker rooms or change rooms available.



Zero tolerance for spitting, clearing of nasal passages.

Training will occur with the SAME 20 people per training cohort per space

