



LONG TRACK RETURN TO TRAINING PROTOCOL (OUTDOOR)

GET IN. TRAIN. GET OUT.

STEP 1 SCREENING

A) COMPLETE PRIVIT ONLINE

B) PRE-SEASON VIRTUAL/TELEHEALTH ASSESSMENT WITH DR. LUN

→ Have you been cleared?

→ **YES:**
Proceed to Step 2

→ **NO:** Continue assessment with Dr. Lun until clearance is received

STEP 2 GROUP TRAINING

A) PRE-SCREENING

All staff and athletes to complete pre-screen in EDGE 10 at least 1 hour prior to the start of every group training session
**Anyone who does not complete the pre-screening will not be permitted to attend group training*

→ Did you pass?

→ **YES:**
Proceed to Step 2B

→ **NO:** Stay home
• Contact Dr. Lun
• Complete provincial self assessment ([AB](#), [QC](#)) and follow associated protocol

B) ON-SITE

- Staff to record training location, attendance, start and end times in EDGE 10
- All participants to complete daily temperature check

→ Is your temperature under 38°C?

→ **YES:**
Begin group training

→ **NO:** Wait 10 minutes and re-test.
• If temperature is still above 38°C, go home.

REPEAT STEP 2 FOR EVERY GROUP TRAINING SESSION

PRECAUTIONARY MEASURES

If you have left or leave the province, you must go back to Step 1B 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

Roommates of athletes returning out of province do not need to self-isolate with appropriate physical distancing measures.

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, [wearing a mask](#).

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

Maintain a [physical distance](#) of at least 2m.

TRAINING GUIDELINES

PHASE 1: OUTDOOR



Maintain a minimum physical distance of 2m for dryland, 10m for inline/cycling/running.



Mark personal items clearly with names.



Coaches to wear masks at all times; coaches/staff will also wear gloves and have hand sanitizer.



Do not share equipment. Clean equipment after individual use.



Use individual transportation (avoid public transport).



Training will occur with the **SAME 6** athletes and 1-2 coaches/staff per space. No SSC group training sessions can occur at the same place, at the same time.

PHASE 2: OUTDOOR



Maintain a minimum physical distance of 2m for dryland, 10m for inline/cycling/running.



Mark personal items clearly with names.



Coaches to wear masks at all times; coaches/staff will also wear gloves and have hand sanitizer.



Do not share equipment. Clean equipment after individual use.



Use individual transportation (avoid public transport).



Training will occur with the **SAME 12** athletes and 1-2 coaches/staff per space. No SSC group training sessions can occur at the same place, at the same time.

PHASE 3: OUTDOOR



Maintain a minimum physical distance of 2m for all activities.



Mark personal items clearly with names.



Coaches to wear masks at all times; coaches/staff will also wear gloves and have hand sanitizer.



Do not share equipment. Clean equipment after individual use.



Use individual transportation (avoid public transport).



Training will occur with the **SAME 12** athletes and 1-2 coaches/staff per space. No SSC group training sessions can occur at the same place, at the same time.



TRAINING GUIDELINES

PHASE 4: OUTDOOR



Maintain a minimum physical distance of 2m.

Less than 2m for inline/cycling/running activities permitted within the same training group (while wearing a mask)



Mark personal items clearly with names.



Athletes to wear a mask at all times when physical distancing cannot be maintained; use hand sanitizer before and after using shared equipment



Coaches to wear masks at all times; coaches/staff will also wear gloves and have hand sanitizer.



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



Use individual transportation (avoid public transport).



Training will occur with the **SAME 12** athletes and 1-2 coaches/staff per space. No SSC group training sessions can occur at the same place, at the same time.

