

Reviewed and Approved by GNL Return to Running Plan Corner Brook Run Club May 19,2021

RETURN TO SPORT PLAN Corner Brook Running Club 2021

Introduction

All Return to Sport/Play Plans, including guidelines and recommendations are subject to current Public Health Orders. Please consult current orders and Alert Levels for more information www.gov.nl.ca/covid-19 and for specific information relevant to sport, please review [Sport Guidance](#).

Individuals who have COVID-19, are experiencing symptoms of COVID-19 or have recently travelled outside the Province are prohibited from participating in any capacity in training or competition.

Running is an individual, non-contact sport with most activities and competitions taking place outdoors. NMM must be worn by all participants (athletes, volunteers, officials, organizers, and other staff) in competitive activities, with exemptions only for athletes during active training or competition.

Temporary exemptions to the use of a NMM would apply to PA announcers and similar situations, where clear verbal communication is required (e.g., safety warnings), however every effort must be made to maintain physical distance at all times.

Alert Level 3 or higher - All events are held virtually (online) with no contact. At Alert Level 2, competition will be available in person and online.

Competition

Contact information for participants in each event, must be recorded for contact tracing purposes. Such records should be compiled by one person or electronically and not by handing around a sign-in sheet. Competition group sizes must not exceed the gathering limits currently in force for outdoor activities, including athletes, coaches, and other personnel. Outdoor training activities must maintain physical distance (except among individuals from the same household).

There should be no sharing of items such as water bottles, etc.

Competitions can be easily modified to improve physical distancing, and minimize the number and duration of possible contacts among participants.

Registration and total numbers must be expanded to include all volunteers, officials, and other event staff who will be present at any event activities (including in-person meetings, kit preparation, kit distribution, etc).

All participants (athletes, coaches, volunteers, officials and staff) must sign a Waiver and must additionally undertake a pre-screening assessment before each day of event activities. Event participants will be limited to residents of the province, where the event is taking place in Alert Level 2.

Reviewed and Approved by GNL Return to Running Plan Corner Brook Run Club May 19,2021 Physical Distancing

Competition organizers must explain how the flow of athletes and event staff through the event will be controlled and monitored to minimize contact and maintain physical distance between all participants to the extent possible. The primary objective is to reduce the amount of interaction between individual participants, and the duration of any such interactions. Areas of concern during events where interactions are more likely to occur include:

- Kit assembly (individuals/groups working together to assemble kits)
- Kit distribution (athletes collecting kits prior to the competition)
- Check-in (screening, tracing record, equipment check, timing chip)
- Start (gathering for the start, athlete counts, actual start) & Finish (timing chip collection, finisher medals, etc)
- Food/water stations

Organizers should consider how they will prepare these areas and activities so that interactions are reduced or eliminated.

Examples:

- The distance of a competition could be shortened to eliminate the need for the event to provide food or water during the event and athletes can be advised to bring enough for their own needs.
- Staggered start and check in times (runners start in 20 second intervals with the fastest runners starting first).
- Starts can be separated by category (age, distance, gender, etc.), so as to reduce the number of athletes starting at one time.

Size of the Event

Group size for both indoor or outdoor competition, including athletes and all event-related staff, must comply with current public health orders for the size of gatherings.

Large competitions which have several categories of competing athletes can separate categories into separate races, so as to remain within gathering size limitations. Such races would be spaced apart in time sufficiently, so that athletes from one category will have departed before the next category arrives to prepare to race.

Pre-race Briefing

The in-person pre-race briefing for athletes should be replaced with an online briefing (live or recorded), with a call window opportunity for athletes to ask questions online or over the phone. An email outlining all the event day details can also be sent.

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Race packages should be limited to essential items as much as possible, such as bibs, timing chips and straps, etc. Some items may be distributed digitally, such as sponsor coupons, etc. Package pick-up should be scheduled by bib # or name, so that the number of athletes present at one time is limited. Athletes and staff at pick-up must wear non-medical masks.

Sanitation stations should be available for anyone entering the pick-up location. Pick-up should be organized to maximize maintaining physical distance and to reduce the interaction among staff, and between staff and athletes. A record of everyone attending pickup must be collected.

Non-Medical Masks (NMM)

On Race Day, athletes should wear a NMM mask while checking-in, preparing for the race, and after completing the race. Athletes must wear a NMM while waiting to start, and may only remove their NMM when called to the start line.

Officials and other event staff should wear a NMM at all times. Since athletes will be asked to discard their NMM near the start line, and then put on a NMM when finished, the event should provide athletes at check-in with a NMM to go to the start line. Athletes will be encouraged to bring their own NMM to wear for arrival at the event, and to put on after finishing, but the event should have an additional stock of NMM to assist where necessary.

Check-in for the event should be scheduled by bib #, name, or start time, so that the number of athletes checking in at any one time is limited to the capacity available in the check-in area.

Check-in should be held outdoors. Staff may be required to ensure that only those scheduled to check-in are given access to the check-in area and to disburse any early arrivals. Hand sanitizer stations should be available at check-in.

Physical contact for inspections should be minimized and only when sanitary wipes can be used to disinfect contact surfaces.

Spectators should be discouraged, but since all running events are outdoor events in public spaces, control of the locations and numbers of spectators may be problematic. Spectators should be encouraged to use suitably sized areas specifically set up for such purposes to support all individuals from separate households to maintain physical distance and with sanitation options present. Use of NMM should be encouraged, although enforcement will be problematic in public outdoor spaces. Staffing (with suitable protection) may be required to monitor and control spectator areas.

Aid Stations

If aid stations are needed, then staff should wear suitable protection, including masks and gloves. Athletes should only touch the specific aid item they have selected from the aid station table. Food items must be individually packaged.

Liquids are to be served in individual cups prepared in compliance with food hygiene practices. Aid stations should be self-service with athletes taking the item from a table, rather than having it handed to them.

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Once finished the race, athletes must move away from the finish line area as rapidly as possible. Any arrangements for official photos, removal of timing chips, etc. should have enough space to maintain physical distance. Only essential staff should be in the finish area and should use appropriate protective equipment including NMM and gloves. The recovery area after the finish line should be outdoors (although a tent may be provided, in case it is required for medical treatment) and should only be intended to deal with post-race medical issues.

Awards/Reception Awards

Ceremonies and receptions are not allowed. Award recipients should be given a time/location to pick up their awards or arrangements for shipping of such awards should be available.

First-Responders

First responders may be required to come into close contact with a person in the case of a medical emergency. Any such emergency personnel should have appropriate training in the use of personal protective equipment and processes, and should have the necessary PPE for such purposes.

List of Potential Competitions

Arthur James Sun Run, Saturday, June 5

Location: Trail / Road Corner Brook

Average participants & volunteers: 60-75

National Shoe Trail Run, Saturday, June 19

Location: Trail / Road Massey Drive

Average participants & volunteers: 30-45

BMO Downtown Dash, Thursday, July, 8

Location: Road Corner Brook

Average participants & volunteers: 80-100

Veitch Physio Here for Beer, Wednesday, August 18

Location: Road Corner Brook

Average participants & volunteers: 60-70

Brothers & Associates Fall Classic, Sunday, October 3

Location: Road / Steady Brook

Average participants & volunteers: 80-100*

*three separate events with different start times.

Brook Construction Run to Remember, November 11

Location: Road / Corner Brook

Average participants & volunteers: 20-30

Counter Balance Christmas Run, Saturday, December 12

Location: Road / Corner Brook

Average participants & volunteers: 20-30

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YMCA Resolution Run, January 1, 2022

Location: Road / Corner Brook

Average participants & volunteers: 20-30

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