



## Triathlon New Brunswick's Return to Sport and COVID-19 Operational Plan

The following provides what will serve as Triathlon New Brunswick's Return to Sport and COVID-19 Operation Plan.

Triathlon New Brunswick (TriNB) made the decision to combine these two together for two reasons:

1. There's significant overlap
2. The COVID-19 Operational Plan is based on the guidelines and direction from the Government of New Brunswick (GNB) and it is the foundation by which our Return to Sport must be built on

TriNB has based this plan on the following inputs:

- [COVID-19 Operational Plan Guide: Keeping New Brunswickers Safer Together - Province of New Brunswick](#)
- [COVID-19 OPERATIONAL PLAN FOR WORKPLACES – TEMPLATE](#)
- [WorkSafe NB: Embracing the New Normal](#)
- [Guidance Document of General Public Health Measures During COVID-19 Recovery](#)
- [GNB's COVID-19 Website](#)
- [Triathlon Canada – Return to Sport Recommendations](#)
- [National Framework for Return to High Performance Sport](#)

Triathlon New Brunswick is adopting all of Triathlon Canada's Return to Sport Recommendations. While this plan leverages many of the recommendations, it also aligns recommendations to the Government of New Brunswick's mandate, guidelines and recommendations.

This document, along with those referenced within it, should provide high-level guidance to athletes, clubs, race directors, event organizers, officials, and volunteers.

## Roles and Responsibilities

Triathlon New Brunswick is the sport governing body for the sport of triathlon in our province. We are a registered not-for-profit, volunteer-based organization and a member of Triathlon Canada. At this time, we have no employees or physical operations.

Other than our Annual General Meeting (AGM), monthly board meetings, and our Provincial Junior Program, TriNB does not directly conduct any operations in the province. Since COVID-19 and the New Brunswick State of Emergency, all board meetings are conducted virtually and the decision on the AGM is pending (if the AGM is held in-person, a specific event COVID-19 Operational Plan will be developed). On June 11<sup>th</sup>, a COVID-19 Operational Plan specific to our Provincial Junior Program was developed and communicated to stakeholders.

Triathlon New Brunswick does have a role in governing clubs and their activities, triathlon and multisport races and other events. One of TriNB's primary roles is sanctioning club activities or races. On April 22<sup>nd</sup> TriNB announced that it will be sanctioning any events that do not comply with the Government of New Brunswick's and NB Public Health's directives and guidelines. On May 27<sup>th</sup> TriNB communicated to sanctioned clubs, program, and event organizers that TriNB will not sanction any event or activity that does not operate under a COVID-19 Operational Plan. All of the input documents listed above were provided as well as Triathlon Canada's: [Club Risk Assessment and Mitigation Tool](#) [Recommendations for Domestic Community Events](#)

Sanctioned Clubs, Race/Event Organizers will need to provide to TriNB their COVID-19 Operational Plan (as mandated by the province of New Brunswick) in order for TriNB to consider sanctioning the activity or event.



## Communications

Triathlon New Brunswick will communicate this document, as well as other pertinent COVID-19 related communications and documentation on our official website ([www.trinb.ca](http://www.trinb.ca)) and our [Facebook Page](#). Clubs and Race Directors/Event Organizers are expected to communicate with their respective members/participants as per their COVID-19 plans, as well as provide TriNB copies of their COVID-19 Operational Plan.

## New Brunswick's State of Emergency

A State of Emergency was declared in New Brunswick on March 19, 2020 due to the increased presence of COVID-19 and its risks to the health and safety of everyone. The following measures are in the order issued on May 8, 2020:

- We must take every reasonable step to ensure minimal interaction of people within two metres of each other
- We must take every reasonable step required to prevent persons who exhibit symptoms of COVID-19 from engaging in any related TriNB operations or activities
- We must take every reasonable step required to prevent persons from engaging in any related TriNB operations or activities who have travelled outside New Brunswick in the previous 14 days

## Pre-Screening

All athletes, coaches, assistants, volunteers, officials, organizers, race directors and any other participants should be in good health and pre-screen themselves before attending or participating in any activity.

Per the Government of New Brunswick's [Guidance Document of General Public Health Measures During COVID-19 Recovery](#) document:

### Screening Questionnaire for COVID-19

#### **YOU SHOULD NOT ATTEND OR PARTICIPATE IF YOU FEEL SICK**

If you have 2 or more of the following symptoms, stay home, self-isolate, and call 811:

- fever or signs of a fever (such as chills)
- new cough or worsening of a chronic cough
- sore throat
- headache
- runny nose
- new onset of fatigue
- new onset of muscle pain
- diarrhea
- loss of taste or smell.

## Physical Distancing

- Ideally most training is done within New Brunswick 'Bubble' guidelines, which may vary over time and region – it is everyone's responsibility to keep informed!  
<https://www2.gnb.ca/content/gnb/en/corporate/promo/covid-19.html>
- As per New Brunswick's State of Emergency mandate, we must take every reasonable step to ensure minimal interaction of people within two meters of each other.
- When training in groups, group size should be restricted to current Government of New Brunswick guidelines: <https://www2.gnb.ca/content/gnb/en/corporate/promo/covid-19/recovery.html#current>
- Outdoor training should be preferred to indoor training.
- When possible, look to break larger groups into smaller groups, stagger times, etc., to help facilitate physical distancing.
- Facilities should have their own COVID-19 Operational Plans – everyone should be aware and follow as communicated/directed.
- Race Directors, Coaches, Club Organizers, Officials and Athletes should all be aware of physical distancing protocols and best practices and design them into training, racing and event activities. Triathlon Canada provides recommendations and risk assessment tools: <https://www.triathloncanada.com/covid-response/>

## Hand Hygiene and Respiratory Etiquette

- Everyone is expected to practice good hand hygiene and respiratory etiquette as recommended by Public Health NB.
- Wash hands often with soap (for 20 seconds) or hand sanitizer.
- Elbow cough/sneeze.
- Avoid touching eyes, nose, mouth with hands.
- Avoid touching anything you don't have to.

## Cleaning and Disinfecting

- Regularly clean and disinfect frequently touched surfaces.
- Equipment should not be shared.
- Ensure availability of all necessary supplies for cleaning and disinfecting.
- Sanitation practices should follow the Provincial Government guidelines for cleaning hard surfaces – [https://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/Cleaning\\_DisinfectingE.pdf](https://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/Cleaning_DisinfectingE.pdf)