



TriNB's Youth/Junior Program Covid-19 Operational Plan  
Version 1  
June 11<sup>th</sup>, 2020

This Operational Plan is based on:

- New Brunswick Covid-19 Planning framework
- New Brunswick Progressive Reopening phases
- Triathlon Canada Sport-Specific Return to Sport Framework

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## 1. Introduction

COVID-19 imposed an unexpected suspension of triathlon activities in New Brunswick and an anticipated shutdown of our competition season. Nevertheless, several clubs continued to support their athletes with virtual workouts and athletes encouraged each other through social networks. Triathlon New Brunswick congratulates and thanks all those who have demonstrated that the spirit of triathlon in our province is stronger than COVID-19. The progressive recovery plan will allow for a return to group training and both the Government of New Brunswick and Triathlon Canada have provided guidelines for safe recovery of triathlon activities. In early May, as a preparation for this deconfinement, TriNB established a working group to prepare this operational plan that combines national and provincial guidelines with the situation and needs of our Youth/Jr program.

We propose a return in Four phases:

Phase 1 Return to Training – The Youth/Jr program will resume organized outdoor training and practice sessions with a step-by-step approach respecting appropriate restrictions and in accordance with the guidelines of our province.

Phase 2 Return to competition – With appropriate restrictions and in accordance with guidelines from the event organizing committee

Phase 3 Normal practices.

Phase 4 Normal Competition.

The NB Government requires that each organization prepare an operational plan and it is imperative that all recovery plans be aligned with the health guidelines and restrictions put in place at the municipal, provincial and national levels. The status of COVID-19 and the information communicated about it continues to evolve rapidly. The information available in this document is based on the best information available to date. We will continue to monitor the situation very closely and update the document accordingly. Sport is valued by New Brunswickers and is a proven mechanism to strengthen, unite and build communities. Triathletes are looked at as role models not only in the sport community but in the country at large and our return to sport/work can show a way forward and can help our communities re-unite. A safe return to training is critical to this process.

## 2. COVID-19 Awareness

New Brunswick introduced its first COVID-19 control measures on March 13, 2020 and Triathlon New Brunswick followed suit on the same with a decision that triathletes returning from overseas should undertake home quarantine for 14 days before returning to training. The World Health Organization declared COVID-19 a global pandemic on March 11, 2020. Most training facilities in the province closed in the week of March 14, 2020. Triathlon New Brunswick and all affiliated clubs should ensure that all triathletes, coaches, officials, parents and others are aware of applicable health, medical, and safety information. They should consult guidelines produced by New Brunswick Public Health; a summary of information is provided at the end of this document. Everyone should be aware that knowledge of Covid-19 is evolving and up-to-date information from the New Brunswick Government and from municipal authorities supersedes any guidelines in this document.

## 2.1. Specific Awareness Actions for TriNB Youth/Jr athletes

- The team should ensure that all athletes, coaches, officials, parents and others are aware of applicable health, medical, and safety information.
- All athletes, coaches and other persons planning to attend the outdoor training facility must indicate by e-mail or other written notification that they have received and are aware of this information and that they:
  - ✓ Do not have any COVID-19 symptoms.
  - ✓ Have not been in contact with or cared for someone with COVID-19.
  - ✓ Have respected provincial quarantine requirements for travel outside the province.
- Athletes, coaches and other may be asked by the coaching team if they have COVID-19 symptoms.
- Training plans will be sent by e-mail to reduce on-site instructions.
  
- Athletes must bring their own training equipment. Shared equipment should be soaked in chlorinated water for 10 minutes after use.
- Athletes must keep physical distance even in groups
- Activities that could contribute to the spread of COVID-19 such as handshakes and hugs are to be avoided. Instead use a wave.
- Athletes and coaches should shower at home before coming to the facility and wear their training attire under their street clothes to arrive at the facility.
- Changing rooms might not be available, however if they are available, they will be used only after the end of the training session.
- Coaches are required to use masks as an additional measure to protect athletes when physical distance is difficult or impossible to maintain, even if they do not show any symptoms of COVID-19.

## 3. Mandatory Pre-Screening

- All athletes and coaches should be in good health prior to attending any training sessions.
- Athletes and coaches should not be attending any training sessions if they are showing signs and symptoms of illness
- All participants must be symptom-free when arriving to the training ground, which is noted by the appropriate coach.
- Athletes, coaches, and staff must answer 'NO' to the following questions prior to attending any training session:
  - ✓ Do I have any of the symptoms: cough, shortness of breath, chest pain, difficult breathing, fever, chills, repeated shaking with chills, abnormal muscle pain, headache, sore throat, painful swallowing, runny nose, new loss of taste or smell, gastrointestinal illness?
  - ✓ Have I returned from a trip outside the country within the last 2 weeks?
  - ✓ Have I been in contact with or cared for someone with COVID-19?
- Stay home when sick, even with mild symptoms

## 4. Modified use of Outdoor Club/Training/Recreation Facilities

- Coaches will review and made aware of any potential restrictions or considerations for the place of meeting and training (for example, if a city park is being used, or private property)
- Coaches will have a small first aid kit and sanitation equipment available to meet all relevant guidelines.
- Coaches will do their best to arrive ahead of athletes and prepare the area for training

- Athletes should prepare to train with minimal need to access facilities (bathrooms, change-rooms or equipment rooms)
- Training group size including all athletes, coaches and parents must respect Provincial/Municipal group gathering size restrictions.
- If multiple training groups are established, we will respect that the same group of people are training together, and the circle of potential contact is not expanded unnecessarily
- Physical distance: 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.
- Stagger individual start times of workouts and efforts to ensure safe distancing
- Train in locations where social distancing can be enforced
- During bike riding, respect 5-6ft from the other rider, being closer to each other is considered to be in an unsafe range of distancing
- Avoid expelling or dispersing any bodily fluids (spitting, snot rocketing, etc)
- Participants must respect all requirements and guidelines established by facility managers, both for indoor and outdoor activities.
- Stretching and similar warm-up exercises may be undertaken provided that physical distancing of 2 m can be maintained.

#### 5. Sanitation and Physical Distance Safety

- Clean/wash your hands frequently with soap and water for at least 20 seconds or use a hand sanitizer (>60 % alcohol).
- Avoid touching your eyes, nose, and mouth.
- On arrival, athletes, coaches, and staff must wash their hands with soap and water or hand sanitizer for at least 20 seconds.
- Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough.
- Regularly clean and disinfect frequently touched surfaces.
- Do not share food and drinks.
- Equipment should not be shared between athletes in a group.
- Sanitation practices should follow the Canadian Government guidelines for cleaning hard surfaces – see resources below
- 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.
- To avoid unnecessary risk, we will select an outdoor training location that is safe. However, athletes and coaches 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.
- 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
- Spectators/parents to follow facility rules and are expected to adhere to the physical distancing rules.
- Athletes are not to leave equipment or mesh bags at the facility. All equipment needs to be brought home and thoroughly cleaned after each training session.
- Personal items and clothing (backpacks, jackets, shoes, etc.) brought in by athletes, coaches, and parents should be kept to a minimum.

- There is not permitted sharing of water bottles. Athletes, coaches, and staff are required to fill their personal water bottles at home, prior to leaving for the facility.
- Coaches are not permitted to share hand-held equipment such as stopwatches, clipboards or pens, with colleagues or others. Reminder to clean this equipment with disinfecting wipes pre-and post-training session.
- Wear a face mask when around others, particularly when physical distancing cannot be maintained.

## 6. Communication & Governance

- Relevant signage and marking will be put into place so that all measures are easy to follow and that participants are continually reminded of the modifications required (for example, distancing markings on the ground to reinforce 2 metres of distance)
- Athletes will be required to register; proper waivers have been signed and all other normal membership considerations have been taken into account.
- A detailed training plan “athlete package” will be sent by e-mail to reduce on-site instructions.
- Athletes are encouraged to act responsibly and promote appropriate behaviour on social media with their peers.

## 7. COVID-19 PUBLIC HEALTH ADVISORIES

Resources:

[Federal English](#)

[Federal French](#)

[Provincial NB English](#)

[Provincial NB French](#)

## 8. EDUCATION AND AWARENESS TOOLS

[Government of Canada](#)

[About COVID-19](#)

[Guidelines for cleaning hard surfaces](#)

[Hand Hygiene](#)

[Use of Masks](#)

## 9. CONCLUSION

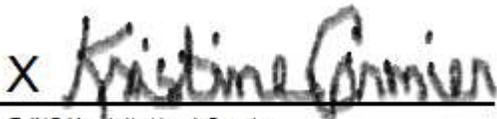
- We must adhere to the return to triathlon plan
- Adhere to all provincial, municipal and facility specific guidelines
- Lead by example
- Open communication and submit regular feedback to Coaches
- Confirm by email your acknowledgement of Risk and adherence to the Triathlon return to sport plan

X 

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X 

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X 

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