

ATHLETICS PROTOCOL

General	Practice proper hygiene - Wash hands before and after practice, do not touch your face, avoid touching frequently touched surfaces when at practice.
General	All members of the group must practice physical distancing – 3 metres at all times.
Local Expectation	Maximum group numbers per program in Level 1: OUTDOOR – Must have a ratio of 1 coach to up to 4 athletes, up to a maximum of 10 people in a training group. One of these 10 individuals needs to take on the Program Safety Volunteer role.
Athlete	Athletes must arrive no earlier than 5 minutes before the start of practice and be dressed ready to train.
Coach	All program equipment must be cleaned and disinfected after each use (i.e. starting blocks, throwing equipment, hurdles, crossbars, medicine balls, etc.)
Throwing Events	Athletes to retrieve their own throwing implements.
Throwing Events	Throwing implements to be sanitized before and after each training session. Coaches cleaning any equipment must be given gloves and wash their hands often.
Jumping Events	Put in place physical barriers to separate athletes from the public. (i.e. cones or markers may be used to cordon off section/lanes of track to be used for training.)
Jumping Events	Use of equipment (i.e. rake, shovel, broom) to only be handled by the coach and disinfected after use. Coaches cleaning any equipment must be given gloves and wash their hands often.
Jumping Events	Cones or markers to be used as markers for athletes to keep their distance while on the sidelines awaiting their turn.
Jumping Events	Only one athlete to be allowed on the runway at a time.
Jumping Events	Long jump & triple jump takeoff boards only to be handled by coach and must be disinfected after use.
Jumping Events	Only one long/triple jump pit to be used at any one time to reduce congregating.
Sprints/Hurdle Events	Put in place physical barriers to separate athletes from the public. (i.e. cones or markers may be used to cordon off section/lanes of track to be used for training.)
Sprints/Hurdle Events	During training, staggered starts must be used for longer intervals/repeats. Individual athletes must run alone, no group runs.
Sprints/Hurdle Events	Athletes are to run in lanes and must use alternating lanes to ensure physical distancing can be maintained.
Sprints/Hurdle Events	Equipment such as blocks must be sanitized between usages of different athletes.
Sprints/Hurdle Events	No relay practice.

Middle Distance / Endurance	Workouts must be formatted in a way that allows athletes to maintain social/physical distancing <ul style="list-style-type: none">• Maintain appropriate physical distance between athletes (side/side) during straight-away style reps.• Staggered starts for longer repeats/intervals.
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