



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 Pacific Ave. Winnipeg, MB. R3B 2Z6 • Tel: 204-925-5744 • Fax: 204-925-5792
www.athleticsmanitoba.com

Back on Track MARCH 2021 – INDOOR TRAINING at James Daly Fieldhouse

This document has been created in partnership with the University of Manitoba to provide additional guidelines required for the specific use of the James Daly fieldhouse in the Max Bell Centre.

Athletics Manitoba will be following the return to training guidelines developed by the National [Back on Track](#) task force. It remains imperative that these guidelines be followed and implemented into all training regiments until further notice.

The James Daly fieldhouse will be available for training as of **Wednesday, March 24th** and will operate at a reduced capacity. Athletics MB and the University of MB have worked together to create a schedule that manages group sizes to meet capacity restrictions, physical distancing requirements, and allow for cleaning time between training blocks. This is the same schedule that was implemented in Oct 2020.

- Any group of participants cannot exceed 10 persons – there can be multiple groups, but there can be no interaction between different groups of participants.
- All attendees must arrive with and wear a 3-ply mask at all times.
- All attendees must sign the University of Manitoba facilities waiver. **EVEN IF YOU SIGNED IT IN THE FALL, YOU MUST RE-SIGN.**
- Coaches and clubs must keep detailed and accurate attendance for all practices.
 - Groups of 10 must be clearly identified and communicated to all participants

Monday-Thursday

- Session #1: 4:15pm-5:45pm Session #2: 6:00pm-7:30pm

Saturday

- Session #1: 10:45am-12:15pm Session #2: 12:30pm-2:00pm

Sunday

- Session #1: 12:00pm-2:00pm

We are excited to return to training indoors. However, we do have to remind everyone that returning to the indoor facility does come with increased risks. With an early spring upon us, we recommend that groups who are able to train outdoors, continue to do so whenever possible. We will need to work together to keep everyone safe.

All Athletes, Coaches and Volunteers must use the self-screening tool before arriving at the facility. <https://sharedhealthmb.ca/covid19/screening-tool/> If you answer yes to any of these questions, you **MUST** stay home.



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CLOSE CONTACTS

A close contact is anyone who has been in close physical proximity (less than two meters or six feet) for more than 10 minutes to someone who has COVID-19.

You are a close contact when:

- You were less than two metres or six feet away for 10 minutes or more, even if you were wearing a non-medical mask.
- You had multiple close interactions with someone over a 24-hour period (even if each was less than 10 minutes).

Athletes and coaches are reminded to keep these definitions in mind at all times.

Public health officials will follow up with all close contacts and provide direction on self-isolation and testing, but it is important we keep these principles in mind to LIMIT our contacts. All participants (coaches and athletes) must ensure they follow these guidelines consistently throughout all training activities.

ATTENDANCE TRACKING

Attendance at all training sessions must be tracked by all coaches and clubs.

- Each coach must track their groups attendance at each practice.
- Each club must collect all attendance from each training group/coach and maintain those records for a minimum of 21 days.
- Each club must inform Athletics Manitoba who the contact person is at each club that will be responsible for holding those files.
- Clubs are also encouraged to have their own additional personal protective equipment available on-site for their coaches, for instances when physical distancing cannot be followed.
 - Examples of this include, but are not limited to; attending to injuries, medical needs, or athletes who may require assistance.

VOLUNTEERS AND VOLUNTEER ROLES

Athletics MB will require assistance from the clubs to manage and monitor the facility. We anticipate these roles to be filled by parents or other club volunteers. [A sign up link is available HERE.](#)

- A volunteer present at the early training session, will be required to help ensure all signage, hand sanitizer and cleaning supplies are out and ready for use.
- A volunteer present at the later training session, will be required to help put away signage, hand sanitizer and cleaning supplies.



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- During both sessions, a volunteer will circulate throughout the facility, check in with coaches on attendance numbers that day and compare to the master list.
- These same volunteers will stay in the facility during training hours. They will circulate throughout the space during each training block, reminding coaches and athletes to maintain their 2m distance, and ensure that proper equipment cleaning procedures are occurring and making note of any follow ups/reminders that may need to go out to clubs.
- A volunteer will also make an announcement at 5:30pm and issue a 15 minute warning to groups to finish up their workouts and to clean up their equipment before the next group starts to arrive.

FACILITY ACCESS

There will be a SINGLE point of entry into the facility. The ONLY entrance will be into the Max Bell lobby in front of the customer service desk.

THIS MEANS THAT THE PRACTICE OF BANGING ON THE FIRE EXIT DOORS TO GAIN ENTRY WILL NOT BE TOLERATED.

Anyone caught trying to enter the building otherwise (or facilitating someone trying to enter otherwise) will not be allowed to train or coach that day.

Once inside Max Bell, Athletes/Coaches entering the James Daly Fieldhouse will enter through the Max Bell Customer Service desk.

Access to the lockers and washrooms will be through the doors at the North end of the fieldhouse, beside the water fountain. This is the same process that is used for all hockey games.

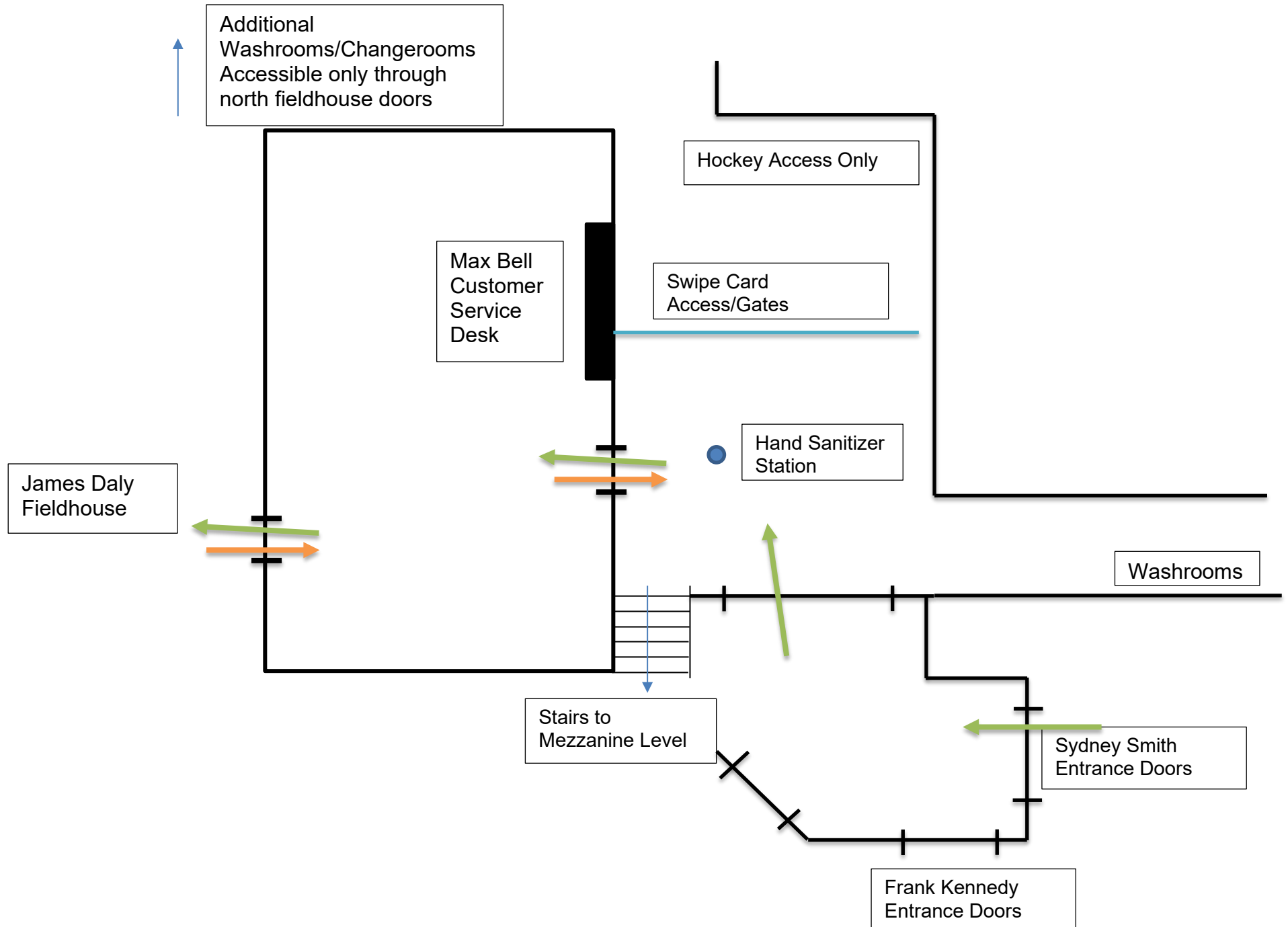
NOTE: The strength and conditioning space in the south/west corner of the facility will NOT be available for athlete use. This is a decision that was made by the University of MB. Training equipment WILL be accessible and available for use during Exclusive Use training hours, but athletes will not be permitted to workout in the space.



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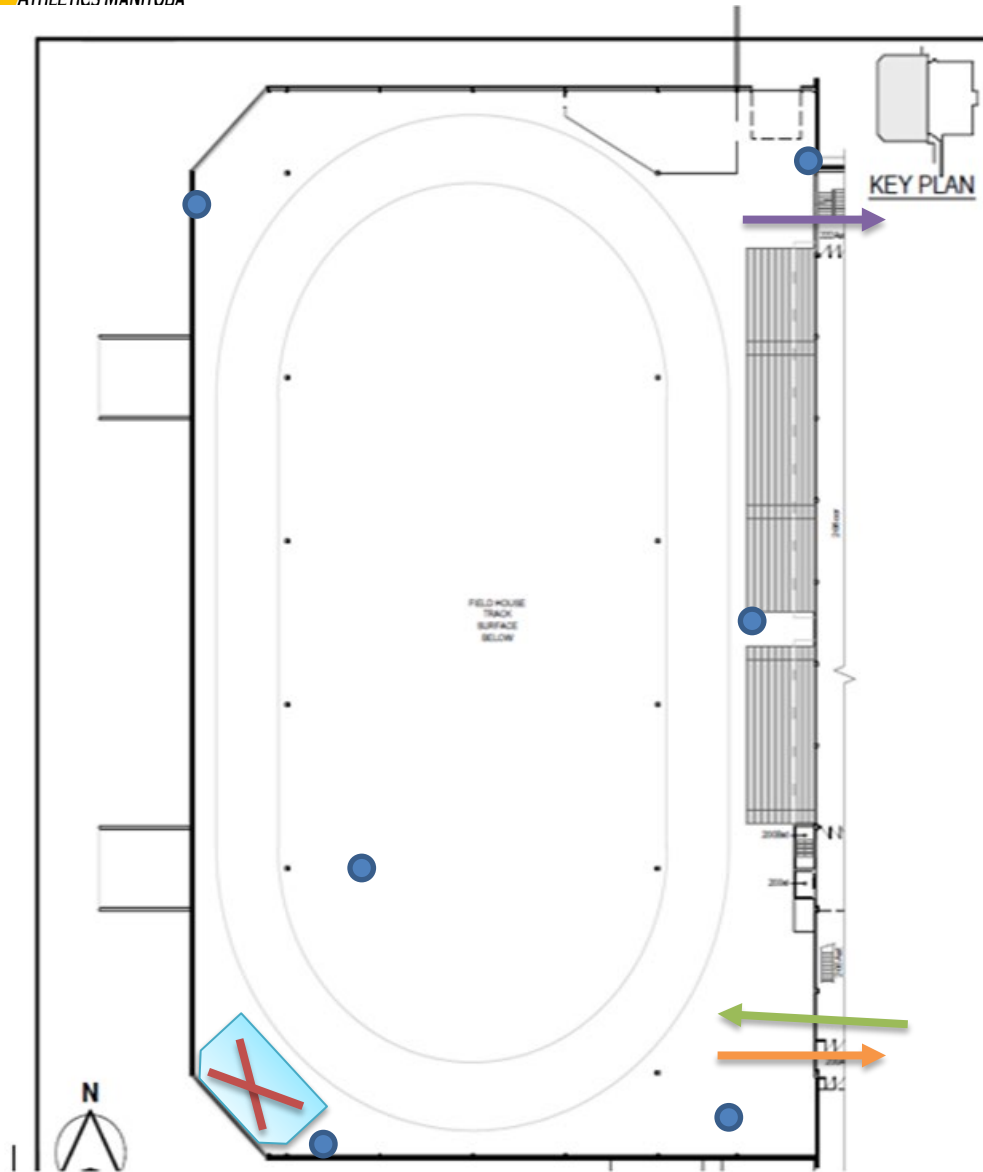




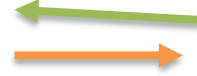
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Hand sanitizer/Equipment cleaning supply stations



Single Entry Point



Washroom/Change room access



Strength and Conditioning area will be CLOSED. Coaches will have access to equipment; however the space is NOT available for training.