



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

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Back on Track – Manitoba Addendum

Athletics Manitoba will be following the return to training guidelines developed by the [*National Back on Track*](#) task force. These guidelines must be followed and implemented in your training regiments until further notice.

This document will highlight any additional guidelines that have been set specifically for the Province of Manitoba. Guidelines in this document are for use in training/practice settings. Athletics Manitoba will continue to update these guidelines as necessary, as we progress through the pandemic.

We are currently working with our partners at the University of MB to get permission to use the indoor and outdoor tracks on campus. At this time there are no further updates, but as soon as we have news, we will let our members know.

Additional training guidelines for Manitoba

- Any athlete or coach working with a training group must be members of Athletics Manitoba.
- All group training must follow current Province of Manitoba Public Health Orders.
- Clubs must have personal protective equipment available on-site, 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.

The followings steps must be completed before training may resume

- Clubs must appoint a Health Safety Officer
 - Clubs/Training Groups must complete risk assessment to understand the unique risks and challenges for each physical location and requirement of the training location.
 - Establish a plan to track all athletes attending daily training and complete daily attestations to health questions.
 - Work with coaches to ensure training plans comply with all public health requirements.
- Club representative completes online Attestation (Trackie) Acknowledgment of receipt and intent to implement current recommendations into all club activities.
- Athletes/Coaches complete all required updated waivers (Trackie)