



June 26, 2020

Dear ETA athletes and families,

Thank you for your patience during these uncertain times as we finalize all the steps to return to play safely as a group.

The Board along with Kevin have been working closely with Triathlon Alberta to ensure we are following all the protocols and steps identified by Alberta Health Services, our governing bodies and insurance provider. There are numerous requirements that must be in place before ETA can return to group training. Enclosed below is an outline of the steps taken and requirements expected from our organization, athletes and members.

An ETA Return to Play Rules and Expectations document will be sent through from Kevin that all members will need to read and sign (or guardian if under 18) prior to attending their first group practice.

Our intent is to return to group training slowly, beginning with outdoor run sessions, and add in cycling sessions at Kevin and Luis' discretion as they feel we are comfortable and conforming with the new training environment.

**We are returning to group training effective immediately**, under the direction of our head coach Kevin.

When we are able to access swim facilities as a group, we will update our return to play rules and expectations to include this new dynamic. It is currently too early to tell what the City's rules will be when facilities open.

Thank you again for your patience and we appreciate your commitment to our group. It will be an interesting summer, but we strive to make it a positive one for the ETA.

Yours in Sport,

ETA Board of Directors



## **Return to Play Protocol**

**Date:** 22 June 2020

The following "Return to Play Protocol" has been put together to demonstrate and ensure that The Society of the Edmonton Triathlon Academy (ETA) is meeting its obligations in order to return to play as set out in the "Sport-Specific Return to Sport Framework" issued by Triathlon Alberta on 08 June 2020.

This framework has nine elements which are set out below and the manner in which ETA will meet its respective obligations in order to return to play has also been stated.

### **1) Mandatory Pre-Screening**

- a) Athletes need to be in good health - there is a duty with each athlete to consult their own physician if necessary and confirm that they are in good health.
- b) Each person attending a training session, including athletes, coaches, parents and volunteers will complete and sign the Triathlon Alberta Screening Checklist in advance of play. The parents or legal guardians will be required to sign on behalf of minors.

### **2) Confirm Insurance**

- a) The ETA Board has current insurance and we are in possession of the current Certificate of Insurance from Triathlon Alberta.
- b) ETA will also advise members that the insurance does not cover any damages or any health consequences stemming from Covid-19, or any other sickness or injury resulting from failure to follow the return to play rules set out by ETA.

### **3) Consult with Provincial/Municipal Health Authorities**

- a) It was announced on 12 June 2020 by the Government of Alberta that certain assembly and sporting participation restrictions would be lifted with immediate effect.
- b) It is the understanding of the ETA Board that return to play is permitted under current Provincial and Municipal Health Regulations.

### **4) Maintain Proper First Aid and Sanitation**

- a) ETA athletes will be required to clean and sanitize their own equipment, bring their own equipment to training as necessary and only utilize their own equipment.
- b) No sharing of equipment will be permitted.
- c) The Head Coach and the Assistant Coach will have on hand basic hand sanitizer and basic cleaning wipes as a back-up measure.

### **5) Follow the Rules**

- a) The Head Coach has prepared a document titled "ETA Rules Waiver" (this document needs to be dated and confirmed as final) which sets out the basic Rules of Play for the athletes.
- b) Each athlete (or their parent or legal guardian) will be required to sign this document and confirm



that they have read the rules and agree to follow the Rules.

- c) At the discretion of the Head Coach or the Assistant Coach any athlete that does not follow the Rules will be asked to leave the field of play.

#### **6) Manage Group Size**

- a) ETA will respect Provincial and Municipal guidelines, including Triathlon Alberta and Alberta Health guidelines, limiting group size.
- b) Athletes will be broken into groups to maintain “minimum practical” participation needs.
- c) Once broken into groups, the athlete groups will be maintained meaning that there will be no crossing over of athletes between the groups and the groups will meet and train independently of each other.

#### **7) Maintain Physical Distancing**

- a) All ETA athletes, coaches and volunteers will be required to maintain two meters (2 m) physical distancing.
- b) This requirement will be updated if there are any changes to either Provincial or Municipal regulations in respect of such.

#### **8) Safety Contingencies**

- a) A Contact Tracing Log, as set out by Triathlon Alberta, will be maintained by the Head Coach or Assistant Coach for each training session.
- b) The Head Coach has prepared a series of Emergency Action Plans covering each of the proposed training locations.
- c) These Emergency Action Plans will be on hand with the Head Coach or Assistant Coach during all training activities.

#### **9) Maintain Proper First Aid and Sanitation**

- a) The Head Coach or the Assistant Coach will have on hand a first aid kit during all training activities.
- b) Each athlete will be required to have in their possession (amongst their own equipment) a basic first aid kit, face mask and hand sanitizer.

It is agreed by the Board that these matters have been addressed and that we have met our obligations to mitigate the risk in respect of these matters and it is safe to return to play.

**{End of Record}**