



Return to Play for Triathlon Programs during Covid-19

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Triathlon Manitoba has prepared this document to reflect the Province of Manitoba's Restoring Safe Services Phase One guidelines relating to Triathlon as an outdoor recreation option. This submission has been informed by work completed in partnership with Triathlon Canada and guidance from Sport Manitoba.

Resuming Workouts:

Triathlon Manitoba sanctions workouts delivered both directly, through our programs, and indirectly through sanctioned clubs.

Triathlon Manitoba's direct programs are delivered via the Manitoba Triathlon Centre (MTC), the Kids Program and our Swim Program. These direct programs are all based in Winnipeg and delivered by coaches under employment with TriMB.

Seven of our sanctioned clubs deliver scheduled workouts, with six based in Winnipeg and one in Morden. Clubs must communicate their workout program in advance for it to be considered a sanctioned workout, after which it is posted on the [club page](#) of our website.

Coaches and workout leaders are responsible for ensuring workouts are as safe as possible. Triathlon Canada has provided a [Club Risk Assessment and Mitigation Checklist Tool](#), which all programs and clubs will be encouraged to use. This tool was adapted from the WHO Mass Gathering Risk Assessment and Mitigation Checklist and the Canadian RAT's tool specifically for sport-specific clubs in Canada to minimize the risk of COVID-19 transmission when resuming group training.

Prior to organizing and/or participating in a Swim, Ride or Run

- Check for any restrictions that may be in place for the workout location (i.e.: Parks). Respect all closures and keep up to date with the recommendations of health authorities.
- Coaches and Athletes must use the self-screening tool before coming to a workout - <https://sharedhealthmb.ca/covid19/screening-tool/>
- Coaches and Athletes must stay home when ill and are not allowed attend workouts if they are ill with COVID-19 symptoms
- Have an Emergency Action plan in place. Be aware of the nearest hospital and have a charged cell phone in case of emergency.
- Athletes must ensure their equipment is in good working order before attending each workout and should bring everything needed in case of a mechanical (i.e.: spare tube, tire levers, patch kit, multi-tool, cell phone, cash and card).

Communication

- Educate Coaches and workout leaders to recognize the symptoms of COVID-19 in each other and participants, with a communication plan to keep workout Leaders informed and updated on issues.
- Have all workout participants review and sign a new [COVID-19 waiver](#) (MTC version of waiver used as example), to ensure recognition of the new risks and responsibilities involved with training during this pandemic, as well as updated workout protocols put in place under this document.
- Waivers for participants under the age of 18 must include written consent from a parent/guardian.
- For training and club rides, parents can scan a signed waiver to their ride coordinator in advance.
- Train workout leaders on proper hand washing and sneezing/coughing practices and have them sign-off on the training document for assurance they understand the importance of implementing these practices.

Arriving & Departing

- Coaches and Athletes are given information on physical distancing and must stay a minimum of two meters (2m) away from other people at all times
- Where cars are used to arrive at a workout start, workout leaders should search out less used parking areas and all cars must park at least one car apart, rather than next to each other.
- Limit all occasions for congregation of parents or athletes in parking lot or gathering areas.
- Minimize the number of workout participants (including coaches) showing up to the start of a training ride at one time – consider using smaller groups and staggering start times as needed.
- Absolute maximum of 50 people – coaches, athletes & parents – are ever to assemble at once.
- Request participants to arrive only 15 minutes ahead of their workout time.

Workout Setup & Briefing

- The activity must follow the social distancing measures and recommendations in effect by the federal and Manitoba provincial government authorities.
- Stagger the start of multiple group workouts by 30mins to minimize overlap of participants finishing with those arriving to start their workout.
- No more than 10 people may run or ride together as a single group, including workout leaders.
- Workout briefing will take place before the start of each workout, with each person separated by a minimum of 2m from other participants.
- Briefing to remind participants:
 - o Not to share any equipment, food or water with one another
 - o Maintain a distance of at least 2m from the athlete ahead of you when in a group
 - o Each athlete is asked to carry hand sanitizer and regularly wash their hands
- Should a mechanical or crash or fall occur, only the workout leaders may interact with the participant needing assistance (see below).
- Coaches and Athletes may wear non-medical masks

Swimming, Riding or Running Together

- Practice physical distancing by staying a minimum of 2m apart from other people at all times.
- Passing is only allowed when safe to do so following the 2m rule – you must have 2m width to pass.
- When training on narrow paths or trails less than 2m width, move off the trail to allow others to pass safely, maintaining at least 2m distance from one another whenever possible.
- Hand sanitizer is available at all workouts for coaches and athletes to use – it is recommended that coaches or workout leaders always have some at workouts, but athletes are encouraged to carry as well and wash hands frequently throughout each workout.

- Where groups are used for training efforts (vs individual efforts), group size should be kept as small as possible. Max group size of 10 during workouts.
- The 2m provincial guideline must be maintained, even when training in groups – as a helpful reference, most bikes are approximately 2m long.
- Please make every effort to ensure that athletes remain in the same group throughout weekly training, exposing them to a minimum number of different training partners.
- No spitting, coughing.



Injury or Mechanical

- All workout leaders must carry PPE equipment (gloves, mask, first aid kit, sanitizer) with them during workouts to be prepared for any potential injury situation. This equipment is to be provided by their club.
- If there is an injury, the person providing medical aid must put on PPE before assisting the injured participant.
- Any mechanical may only be worked on by one person at a time, ideally this is either the participant experiencing the mechanical or the workout leader.
- If bike is to be serviced by a workout leader, it must be wiped down before and after with sanitizer.
- All persons must use hand sanitizer before & after.

After Your Workout / Home From the Workout

- Use Hand Sanitizer before you pack up & touch your other belongings or your car.
- Wash up when you get home.
- Clean and disinfect frequently touched objects and surfaces (wetsuit, goggles, swim paddles/buoy bicycle handlebars, brake levers and gear shifters, sunglasses).

NOTE: As the guidelines provided by the Health Authorities change, the protocols required for sanctioned workouts may need to be adjusted. For the most up to date information, please check the Triathlon Manitoba website at <https://www.triathlonmanitoba.ca/>

Provincial Guidelines and Public Health Orders can be found at <https://manitoba.ca/covid19/index.html>