



COVID-19 BEST PRACTICES & GUIDELINES

COVID-19 Airblastoff Sports Group Training is Back on Track

In consideration of each other here are few best practices and guidelines that all must adhere to for participation.

It's very critical that you are honest with COVID19 checklist daily questions:

- Social distancing must be practiced at all times (listen to instructor).
- Supply your own mask, handkerchief (possible warm up if needed), gloves (Switching parachute if you don't own your own, baton exchanges what where goes would be used) and hand sanitizer, wipes for training practices.
- If you have been out of the Country, please do not attend training (14 days).
- If you have COVID-19 like symptoms or flu like sickness, please do not attend practice (including family within your home).
- Respecting punctuality: start and departure of athletes (call each other).
- Team snap communication/confirm practice to track athletes at practices, program design and potential reports provided to the city/ insurance/ Covid-19.
- Registration with new Covid-19 update sign off.
- All fee's will not be refundable.
- Ensure you have enough food and hydration for the session.
- Each athlete and coach should have a separate zip lock type bag for disposing of any used tissues and gel wrappers, etc. These bags must be disposed of either at home or in the lidded garbage containers in the facility.
- Be aware that changing facilities and toilets will likely not be open. Go before leaving your home.
- All athletes should maintain a 2-meter (6 ft) distance between each other if they are not from the same household.
- Do not touch your face, eyes, nose, or mouth with unwashed hands.
- Do not shake hands or high five to celebrate or embrace.
- Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough.
- Do not share food, drinks, utensils, water bottles, towels, yoga mats, etc.
- Athletes are encouraged to bring their own ABHR, lawn chair with them for training, if possible.



COVID-19 BEST PRACTICES & GUIDELINES

- Wherever possible, use your own equipment. Sharing any equipment with fellow athletes should be avoided unless using coach provide parachutes, tires etc. Your gloves and sanitizer will be used for that session.
- Clean any equipment before and after your training session.

Guidelines we will be mirroring:

<https://athleticsontario.ca/wp-content/uploads/2020/05/Back-on-Track-guidelines-v1.pdf>