



## 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 – INDOOR TRAINING at James Daly Fieldhouse

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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 target date for facility access is Monday, October 26<sup>th</sup>. The delay is related to insurance coverage for outside user groups. This situation is not unique to the University of MB but is the same for all other universities across the country. They hope to have this resolved in the very near future and we sincerely hope there will be no further delays. Once open, the James Daly fieldhouse will operate at 10% capacity, which means a maximum of 200 people at any one time. 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.

Monday-Thursday	4:15pm-5:45pm	6:00pm-7:30pm
Saturday	10:45am-12:15pm	12:30pm-2:00pm
Sunday	12:00pm-2:00pm	

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.

**It is essential that there 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. Repeat offenders will be suspended for a week, and if the practice should continue, they would be banned from the facility for the remainder of the indoor season.**

Due to COVID-19 requirements, we must maintain separate entrances to the James Daly field house and the Wayne Fleming arena. To achieve this, once inside Max Bell, Athletes/Coaches 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 was implemented last year for all hockey games.



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**NOTE:** Unfortunately, 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. A combination lock will be installed on the door and **Coaches** will receive the combination.

Please review the maps included at the end of this document.

### MASKS

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The wearing of masks is now mandatory on all UM campuses. This applies when indoors at all times on UM campuses *even when physical distancing is possible*. When properly used, face masks covering the nose and mouth help to limit the dispersion of coughs/sneezes; reduce the frequency of face touching; and have been shown to reduce the spread of COVID-19 in combination with physical distancing and good hand hygiene.

ALL Athletics Manitoba members, using the James Daly fieldhouse during Exclusive Use hours must wear a mask when entering and exiting Max Bell. Athletes may only remove their mask ONCE THEY BEGIN WARM UP and while actively engaged in training. Athletes and coaches must wear a mask when transition between spaces (e.g. change rooms, washrooms) and/or after completing their training activities. As per University of MB policy, Coaches are permitted to remove their mask to coach.

### SPECTATORS

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During the month of Oct, the building is NOT open to the public. Therefore, unfortunately there can be no spectators during Exclusive Use hours AND it is important to note that the mezzanine level will be closed!

As of November 2<sup>nd</sup>, the building will officially be open to the public. At this time, there will be a *possibility* of setting up a spectator area for parents on the mezzanine level. There will have to be limited capacity, and a sign-in/tracking process. We understand the importance of trying to make this work and these details will be finalized and communicated prior to the potential opening of the space.

Training/warm-ups will not be permitted on the mezzanine level, and any individuals on that level must wear a mask at all times.

### ATTENDANCE TRACKING

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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.



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- There will be new waivers and insurance requirements from the University and specific instructions on how long all attendance records must be maintained by clubs. These details will be distributed as soon as they have been finalized.
- Each club must inform Athletics Manitoba who the contact person is 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.

- 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.
- During both sessions, a volunteer will be required to walk around 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 athletes to maintain their 2m distance whenever possible, 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 on weekdays, and 12:15pm on Saturdays to 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.

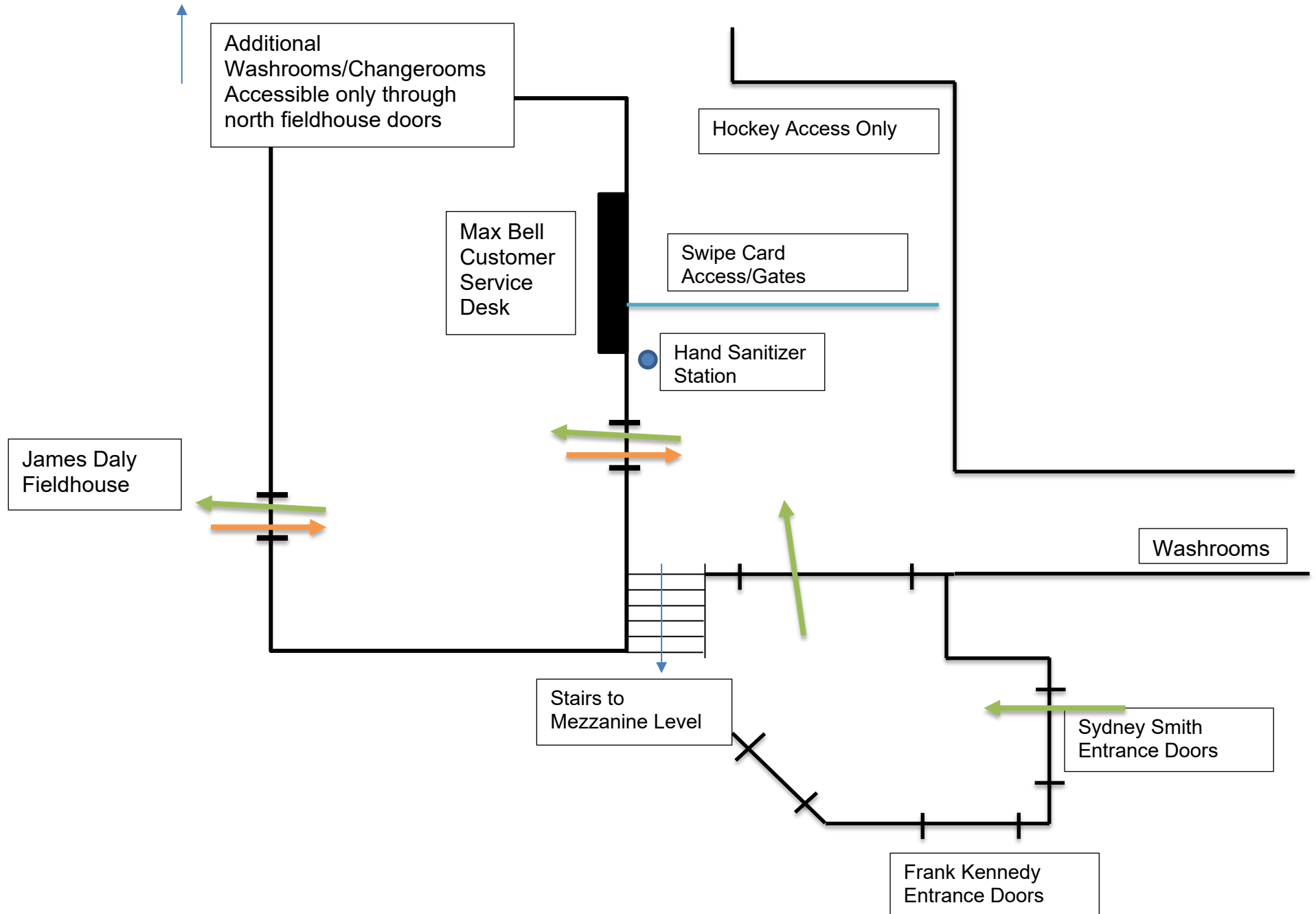
(Additional details on these roles will be provided directly to the volunteers and clubs in a separate document!)



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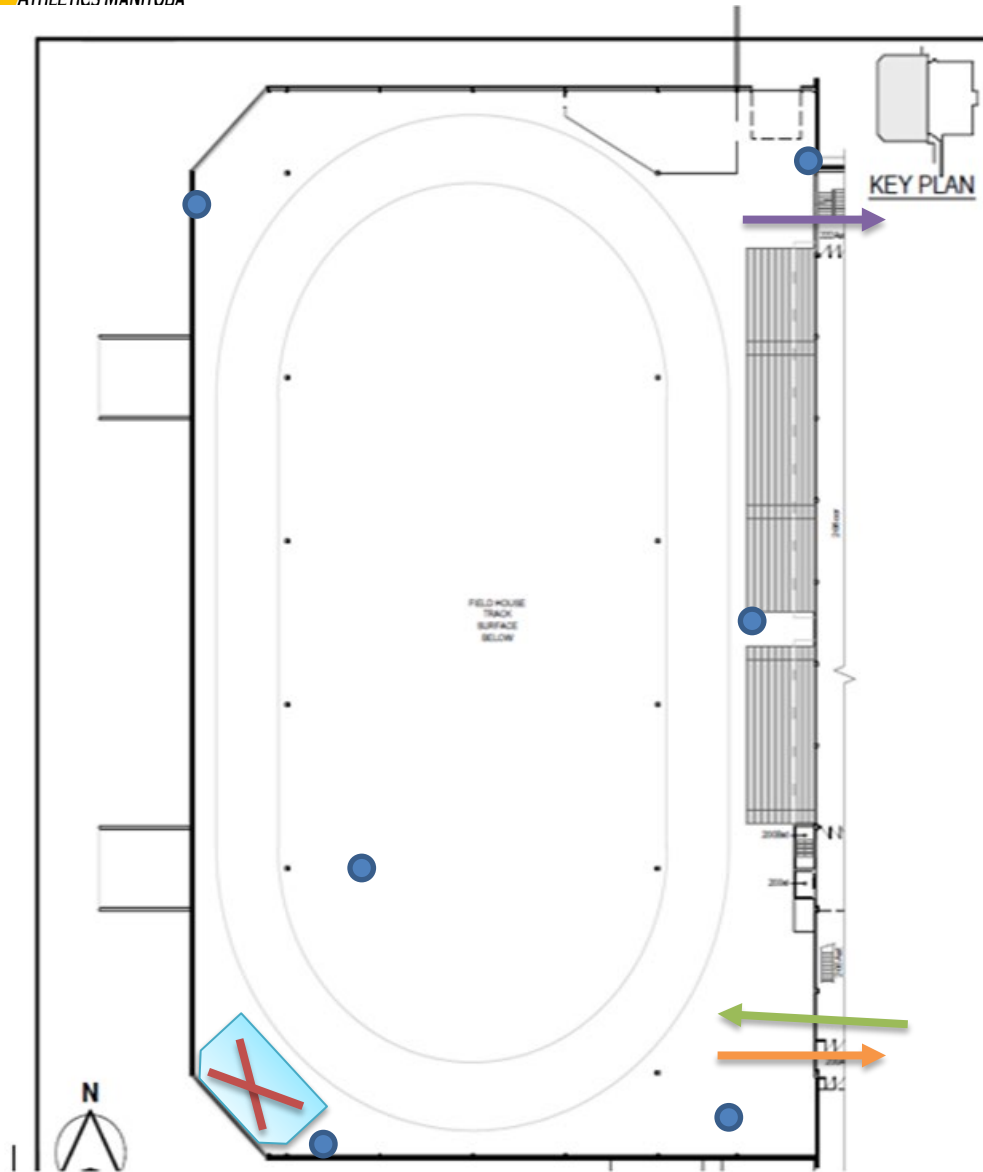




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Hand sanitizer/Equipment cleaning supply stations



Single Entry Point



Washroom/Change room access



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