

If an AGF Member club chooses to host training for their athletes in an outdoor environment, the following guidelines are to be followed. Please note that it is ultimately the club's responsibility to ensure that all training activities are safe and appropriate to the ability level/training environment of the athlete.

An outdoor training environment can be defined as a training space that is not situated within a building or permanent structure and is open, allowing the natural flow of air through the training space.

General

Ensure that the outdoor training environment is appropriate for participants to safely train:

- There should be no traffic in or near the workspace (either pedestrian or vehicle traffic).
- The training surface should be on firm, level ground so equipment and workspaces are stable.
- Considerations for inclement weather should be accounted for, and a contingency plan should be created if training is rescheduled due to weather.
- An emergency action plan should be created for each specific outdoor training environment to ensure that the appropriate protocols and communication plans have been created should an incident occur.

Equipment Guidelines

- Plan training in advance to ensure only the necessary equipment is set up.
- Use equipment that is stable, lightweight, and versatile for a variety of exercises.
- Utilize training tools (e.g., floor beams, floor mushrooms, floor bars, mini-trampolines, air-tracks, hand-blocks, etc.) in your programs as opposed to full-sized equipment.
- Use carpet-bonded foam or landing mats as a training surface for athletes and avoid placing equipment directly on grass/turf/asphalt/concrete.
- Ensure that the appropriate matting/padding is set up for all activities.

Training Guidelines

- Ensure that the appropriate matting is used for the equipment and surrounding space.
- Utilize drills and simulations to maximize learning opportunities with limited equipment.
- Recognize the training environment and that athletes may not be doing skills at their maximum capacity.

COVID Guidelines

- Maximum of 10 total individuals, including all coaches, trainers, and participants.
 - Multiple groups of 10 are allowed as long as 3-metres of physical distancing can be maintained between the groups of 10 and the groups do not intermingle.
 - This includes the coach, and the coach is also not to intermingle between groups.
- Physical distancing must be maintained between participants at all times:
 - 2-meters physical distance for outdoor activities.
 - Coaches or trainers may enter physical distancing space for brief interactions with participants (e.g., to correct form or technique.)
 - Coaches' hands should be sanitized between athletes after any contact has occurred.
- Participants must be masked at all times, except during high-intensity physical activity. Coaches and trainers must remain masked at all times.
- Access to the facility must be limited.
 - This includes washrooms etc. If a participant needs access to the facility, they must be wearing a mask and maintain a 3-meter distance from anyone inside. This should be individuals only and not be in groups.