

What is Athletics Ontario?

If this is your first time visiting this page or you are curious about who we are, we've outlined Athletics Ontario's integral role in road and trail running below.

The [Ontario Ministry of Sport](#) recognizes Athletics Ontario (AO) as the Provincial Sport Organization (PSO) for Athletics. This includes road and trail running, track and field, cross country, walking events, Para Athletics, and all other Athletics Canada-sanctioned disciplines.

As the PSO, AO is the governing body for Athletics in Ontario. We play a pivotal role in sport development by fostering participation across all ages and abilities, in both recreational and competitive streams. AO supports race directors, participants, and run group leaders to ensure event safety, sustainability, and success in alignment with national and international standards.

To learn more about Athletics Ontario's vision and priorities, explore our [\[2022-2027 Strategic Plan\]](#).

Safe Sport Framework

- **Event Sanctioning and Safety Criteria:** Ensuring events meet safety standards for athletes, volunteers, and spectators, as well as community running group safety criteria.
 - **Policies and Procedures:** Clear and transparent protocols to protect all participants.
 - **Insurance:** AO members, clubs, and organizations are covered by Athletics Ontario insurance.
 - **Race Director Support:** Education, professionalization, and insurance.
 - **Third-Party Mechanisms:** Independent processes for resolving complaints and upholding accountability.
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How is AO Funded?

- **Membership:** As a non-profit organization, membership income is a major source of funding. This revenue supports AO's operations and is reinvested into the community.
- **Government Support:** Strong membership numbers are essential to securing government funding, which is vital for carrying out fundamental operations that support the running community.

The continued growth and sustainability of road and trail running in Ontario depends on the collective efforts of event organizers, participants, coaches, volunteers, community leaders, and municipalities — all supported by Athletics Ontario.

Athletics Ontario. For you. For all. For LIFE.