



Skate Kingston

Return to Skate Protocols

COVID-19

If you have any questions please feel free to contact:

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Revised September 26,2020

Dear Skate Kingston Skaters and Parents,

We have developed this document in order to assist and guide you with a safe Return to Skate at Skate Kingston. All figure skating activities must adhere to federal, provincial and municipal laws, regulations, by-laws. These protocols may be updated at any time. This includes but is not limited to compliance with:

- Physical distancing measures
- Health and safety regulations
- Size of permitted gatherings
- Skate Canada rules, policies and procedures
- Skate Ontario rules, policies and procedures
- All Safe Sport policies and procedures
- Applicable occupational health and safety requirements

We suggest you take the time to review this document with your skater. Please let us know if you have any questions.

We look forward to seeing all of our skaters back on the ice.

Regards,

Skate Kingston

Registration:

1. All registration will take place online using Uplifter. You will be sent an email when we are ready to begin taking registrations.
2. There will be NO guest skating allowed this year.
3. Skaters will not be permitted to switch sessions once our regular season schedule begins.

Completion of Skate Ontario Waiver

1. All individuals participating in club activities must complete the Skate Ontario Acknowledgment, Release, Indemnity and Assumption of Risk regarding COVID-19. Any individual participating in club activities are required to complete a waiver.
2. Skaters will complete this waiver through Uplifter at the time of registration.
3. Coaches, Staff, Board Members and Volunteers will be emailed a waiver to sign, print and bring to the arena. Coaches please give this to one of the Directors on your first day back to skating. All board members can put in SK mailbox.
4. This form will be completed once and kept on file.
5. This form must be submitted prior to any skating activities.

Multiple Facilities

1. Coaching and skating at multiple facilities are strongly discouraged. Clubs and skating schools may ask skaters and coaches to inform them if they are attending training sessions in multiple locations.
2. Individuals should consider the following:
 - Use a new face mask and gloves at each location.
 - Manage schedules to avoid entering different locations on the same day.

Prior to arrival at rink:

All individuals taking part in club activities must self screen in accordance with public health guidelines before each training session.

Individuals must not attend any training session if they:

- Exhibit any COVID-19 symptoms such as fever, cough, difficulty breathing, or other symptoms identified by health experts.
- Have been in contact with someone with COVID-19 in the past 14 days.
- Have returned from travel outside of Canada.
- Are considered a vulnerable or at-risk individual (weakened immune system or medical conditions such as heart disease, lung disease, cancer etc.)

Arrival at rink protocols:

1. Health screening of Individuals on site- Conduct a screening protocol whereby individuals are screened at the arena upon entry. This screening will be posted and parents/skaters must sign off upon entry into the facility.
2. Parents must enter with skaters if they wish to watch their child skate. Parents will not be permitted into the building after the sessions has started. If a child is late to the session the parent and child will be permitted in together.
3. Personal hygiene- Individuals will use hand sanitizer upon entry of the arena and again when you exit the facility.
4. Dressing rooms- Skaters must arrive at the arena dressed in appropriate skating attire. You may use dressing rooms to put skates on. Number of skaters allowed in each room will be limited to allow for physical distancing.
5. You will only be allowed to enter the arena 15 minutes prior to your allocated ice time.
6. No warm up off the ice prior to your session will be allowed in the arena or anywhere on city property. This must be done outside or at home before coming to the arena.
7. Personal items- things such as Kleenex, water bottles etc will not be shared with other skaters. You must bring your own! Skaters must bring a zip lock bag for disposing of personal items such as tissues. These must be disposed of at home or in a garbage container in the facility.

8. All people entering the facility are required to wear a mask. Skaters can take their mask off once they have stepped on the ice. Skaters are required to bring some sort of bag to place their mask in. This will be put along the boards by the players benches.
9. All coaches will wear a mask at all times within the INVISTA Centre including while coaching on the ice.

Facility Coordination:

Our club will coordinate with The INVISTA Centre in order to ensure compliance with these Protocols. This includes at minimum:

- Implementing effective measures to manage the flow of traffic in and out of the facility. **SK will use the main doors only to enter and exit the facility.**
- Ensuring that any person who enters or uses the facility maintains a physical distance of at least 2 metres from any other person using the facility unless they are from the same household or social group,
- Scheduling and implementing cleaning between each training group on the ice or the use of any other facility.
- Wiping down/sanitizing high touch areas such as entry/exit doors to the ice, etc.
- Facilitating compliance by the facility operator with the advice, recommendations and instructions of public health officials, including any advice, recommendations or instructions on physical distancing, cleaning or disinfecting

On-Ice Protocols:

- Spectators- Each skater under the age of 18 can have one parent/guardian present in the arena. Spectators must abide by social distancing. Parents must sit in the spectator stands. No viewing from the lobby or rink floor. No spectators allowed during adult times (with the exception of our Special Olympics skaters)
- Skaters and coaches are required to maintain a physical distance of at least 2 metres from any other skaters and coaches during the session. All coaching should be done using visual cues.

- Coaches are not permitted to skate along side skaters. Coaches should coach from one spot on the ice or along the boards. Designated coaching areas may be assigned.
- Skaters do not have to wear a mask while on the ice. Coaches will wear masks while coaching on the ice.
- Music playing-only coaches will be permitted to play music this year. Each coach will have their own stylus/pen
- Harness usage- skater and coach must wear a face mask. Skater and coach to sanitize hands before and after usage. Harness must be disinfected before and after each use.

Skate Kingston COVID-19 Oversight Group:

Below are the individuals who will be acting as the Skate Kingston Oversight Group as we transition back to skating.

Bonnie Howse	Office Administrator	bhowse@cogeco.ca
Krista Richardson	President	Skatekrista3993@gmail.com
Kat Popielaty	Vice-President	Kat.popielaty@gmail.com

Should you have any questions or concerns about any aspect of the Return to Play protocols please contact one of the individuals above.

An individual becomes unwell with symptoms of COVID-19

- If an individual becomes unwell with symptoms of COVID-19, or if someone is aware of an individual that becomes unwell with symptoms of COVID-19, that individual must immediately stop participation in club activities.
- The individual should be isolated from all others in a well-ventilated area, or outside and provided with a non-medical face mask if one is available.
- The individual shall be sent home and instructed to follow public health guidelines regarding self-isolation and testing

- The facility should be informed in order to determine if any areas need to be closed off and/or require additional cleaning/disinfecting
- A member of the COVID-19 Oversight Group should be informed of the situation and should contact the individual or their parent/guardian to determine if next steps are being taken regarding testing.

An Individual is tested for COVID-19:

- Any individual that is part of a club that is unwell and has been tested for COVID-19 must not participate in club or skating school activities while waiting for the results of the test.

Any individual that is part of the club that has been tested for COVID-19 and has no COVID-19 symptoms, no known exposure to COVID-19 and no travel history is permitted to participate in club activities while waiting for the results of the test.

If an Individual tests positive for COVID-19

- If an individual tests positive for COVID-19, they should inform a member of the club COVID-19 Oversight Group
- The COVID-19 Oversight Group will work where requested with the facility and public health officials to assist in contact tracing. The Session Participation tracking sheets may be used to assist public health officials in informing other club members who may have been in close contact with the individual
- Any club members who were in close contact with the individual should not participate in club activities for 14 days and should follow public health guidelines regarding self-isolation and testing
- It is recommended to also inform all club members of a positive COVID-19 result within the club setting
- The club should inform and work with the facility in the case of a positive COVID-19 result and determine if any additional cleaning/disinfecting should be performed as per the facility's guidelines

- The club will inform Skate Ontario of a positive COVID-19 diagnosis by emailing clubsupportservices@skateontario.org Return to club/skating activities following illness

Return to club/skating activities following illness or exposure to COVID-19

- Individuals must follow public health and facility guidelines with respect to returning to skating following an illness or exposure to COVID-19

If a COVID-19 test was negative and there was no known exposure to COVID-19, the individual may return to skating activities once they no longer have any symptoms of COVID-19 for at least 24 hours

If a COVID-19 test was negative and there was a known exposure to COVID-19, the individual may only return to skating activities 14 days after any symptoms started and once they no longer have any symptoms of COVID-19.

Return to club/skating activities following COVID-19:

- Following a positive COVID-19 test, an individual must follow all public health guidelines regarding return to activities.

Modification/restriction/postponing or canceling of club/skating activities:

- Based on the evolving COVID-19 pandemic, the club/skating school must be prepared to follow public health, municipal/provincial government and sport recommendations regarding modifying/restricting/postponing or canceling activities
- Clubs must keep any modifications and restrictions in place until advised that it is safe to resume activities by public health, government or sport officials.

Public Health Guidelines:

Club members should follow all public health guidelines regarding COVID-19. These may include:

- Any club members who themselves have travelled outside of Canada must self-isolate and not participate in any club activities for 14 days, unless the individual has a government of Canada exemption.

- Any individual who has been exposed to someone with a confirmed case of COVID-19 should self-isolate and is not permitted to participate in club activities for 14 days unless they engaged in consistent and appropriate use of PPE (i.e. healthcare workers)
- Any individual with symptoms of COVID-19 is not permitted to take part in club or skating school activities
- Any individual who has been in close contact in the last 14 days with someone who is currently sick with any new symptoms of COVID-19 is permitted to skate.

Club COVID-19 Communication Plan:

1. Ensure up to date contact information for all club/members is on-file
2. Timely and ongoing communication with the members to maintain connection with club members during Return to Play will be sent by email as required.
3. Host webinar as required to deliver information on Return to Play protocols and answer any questions.
4. COVID-19 communications/documents will be available on our website for future reference.
5. A member of the COVID-19 Oversight Group to follow up with any individuals who become unwell with symptoms of COVID-19 during club/skating school activities
6. Track all skater/coach participation in club sessions on a daily basis. This will be recorded to in order to assist with contact tracing in the event of any positive COVID-19 cases within in the club.
7. Storage of all daily Session Participation Tracking sheets to be kept in secure and central location.
8. If it is determined that a club member has been tested for COVID-19, work with Public Health to inform all club members that may have been in close contact with that individual

9. Ensure the facility and Skate Ontario are informed if a club or skating school member is diagnosed with COVID-19.

Skate Ontario- return to play protocols:

<https://skateontario.org/wp-content/uploads/2020/09/Return-to-Play-Protocols-Skate-Ontario-4.2.pdf>

Skate Ontario Health questionnaire:

<https://skateontario.org/wp-content/uploads/2020/09/FILL Health Screening Q v4.0 SEP24 2020.pdf>

INVISTA Centre video:

<https://www.youtube.com/watch?v=sDxDMtdymKA>