



Sackville (NS) Skating Club – Safe Return to Skating Protocol **as of June 30, 2020**

Overview

The following protocols are Sackville Skating Club's rules and policies intended to enable a safe return to skating. These protocols are based on current Nova Scotia statutes and regulations, current public health requirements and directives, and Skate Canada Nova Scotia's desire to make our sport safe for all. These protocols may be updated at any time; please be sure that you are referring to the most recent version. All provided information is subject to change.

All protocols are subject to all federal, provincial, municipal, and facility regulations as they may exist.

Program Registration

No registrations or payments will be accepted in person. Credit card payments can be made via our website and e-transfers are to be sent to: treasurer@sackvilleskatingclub.com. Only skaters that have pre-registered for a session will be allowed on ice.

Skating/Rink Protocols

These protocols are designed to provide coaches, skaters, parents, and volunteers basic requirements on how to stay safe while at the rink. The protocols are to be reviewed regularly. All coaches, skaters, parents, and volunteers must acknowledge their understanding of the COVID-19 protocols.

Key points for managing COVID-19 while at the rink:

- **No skaters, coaches, volunteers, or parents will participate in club activities/skating sessions if they or a member(s) or their household has travelled outside of the Atlantic provinces in the last 14 days (as of July 3rd, 2020).**
- **No skaters, coaches, volunteers, or parents will participate in club activities/skating sessions if they or a member(s) or their household is unwell, feeling sick or showing symptoms of illness**
- Maintain physical distancing of 2 meters from other individuals
- Dressing rooms are to be closed and not to be used by anyone.
- **Skaters are to arrive to the arena "ice ready", including skates on, if possible**
- Increased sanitization on frequently touched surfaces such as door handles, boards, benches, music equipment, etc. Coaches will be assigned to sanitize surfaces before/after each session
- One person (coach) designated for music playing per session
- No harness usage, due to social distancing and safety
- Limit the number of coaches/skaters on the ice to a maximum of **20 persons per session**
- Spectators are a regulation of the facility
- Compliance with Skate Canada rules, policies, and procedures

- Compliance with Skate Canada Nova Scotia rules, policies, and procedures
- Compliance with all Safe Sport policies and procedures
- Applicable occupational health and safety requirements
- **Coaches and skaters are to have face masks or coverings with them in the event a skater is injured and must be donned by both the coach and skaters in the event the skater needs assistance**
- Skating sessions to be scheduled to minimize overlap and contact with others
- **Warmups to be done at home or outside (weather permitting) while adhering to physical distancing guidelines of 2 meters.**
- **Any group sessions on or off the ice must adhere to social distancing guidelines of 2 meters**
- Only the skaters that have pre-registered for a session can be on that session
- **Personal items such as gloves, water bottles, non-medical face masks and tissues are not to be shared. When tissues are used, they are to be discarded immediately and skaters or coaches are to wash hands with soap and water or use hand sanitizer before putting mittens back on. Skaters and coaches are permitted one small personal bag for the above items. Skate bags should be left in a safe location outside of the facility (i.e. at home or in vehicle).**
- Each skater will be designated an on ice 'rest area' to keep their small personal items (water, tissues, etc). Coaches will mark off each designated area with a marker.
- Zero tolerance to non-compliance. Any skater, coach, parent, or volunteer found to not be adhering to the protocols outlined in this document will result in the suspension of their participation in sanctioned activities. Non-compliance can jeopardize club insurance coverage.

Communication

Sackville Skating Club will do its best to provide accurate and timely communication in advance of any skating activity to help ensure all participants are aware of expectations.

Tracking all skaters/coaches/choreographers participating in skating activities both on and off the ice will be done every session. This will be recorded and kept, assisting with contact tracing in the event of any positive COVID-19 cases within ice sessions. These records must be submitted to Skate Canada Nova Scotia skatecanadans@sportnovascotia.ca at the end of each week.

Meetings

All club, coach, volunteer, and parent meetings will be conducted virtually or in accordance with social distancing guidelines until further notice.

Coaches are responsible for circulating this document and the regulations of the facility to parents with confirmation of having been read and explained to their child.

COVID-19 Transmission

The COVID-19 virus is spread through respiratory droplets that are produced through coughing, sneezing, or normal breathing and speaking. These respiratory droplets may transmit the virus from an infected individual to a non-infected individual if they are close to one another. Some people might contract the virus and remain asymptomatic (do not show any signs or symptoms of the virus), which is why public health guidelines state that everyone should stay 2 meters away from other individuals.

In some situations, the respiratory droplets land on surfaces, which can result in people catching the virus by touching those surfaces and then touching their eyes, nose, or mouth.

Your Health and Protecting Others

Skaters, coaches, volunteers, and parents are advised to stay home if they or any member of their household are feeling ill and have cold or flu like symptoms such as fever, sore throat, runny or stuffy nose, headaches, or coughing.

Specifically, instructions are:

- Do not come to the rink
- Advise your coach/skater's coach that you or a member of your household is exhibiting symptoms
- Visit Nova Scotia's government online COVID-19 Assessment Tool at <https://811.novascotia.ca> or call 811
- Do not return to skating club events or functions until you are symptom free and advised to do so by health professionals

If there is a confirmed case of COVID-19 at Sackville Skating Club, our procedure includes:

- Stop skating sessions and advise the rink so they can disinfect areas as needed;
- Send skaters, coaches, and volunteers home who came in close contact with the individual; remind them to self-monitor (or self-isolate if they have a high-risk household resident), and inform them a club representative will be in touch with further information
- Contact 811, proceed as directed, and communicate with coaches as appropriate, if symptoms develop

Personal Hygiene

Strict personal hygiene is critical to limit contracting and transmitting the virus. All skaters, coaches, and volunteers are instructed to abide by the following guidelines:

- Avoid touching your face, i.e. eyes, nose and mouth.
- Cough or sneeze into your elbow or a tissue (properly dispose of tissue and wash hands).
- Do not share personal items
- Refrain from shaking hands or making any contact with others.
- Wash your hand often with soap and water or use hand sanitizer with at least 60% alcohol for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing
- Carry a face covering or mask with you in the event of injury or illness which requires a coach and skater to come within 2 meters of each other

Summary

Skate Canada Nova Scotia and Sackville Skating Club remains committed to the health and well-being of all individuals they are directly and indirectly involved with, and as outlined above multiple provisions have been put in place. As the situation evolves, strong commitment by everyone will ensure the virus spread is contained. New information is continuously being reviewed and analyzed to ensure proper measures are in place. All skating community, coaches, volunteers, and parents must please be vigilant and truthful to ensure the safety of all.