



COVID-19 Return to Play Protocols

Completion of Skate Ontario COVID-19 Waiver

All individuals participating in March-Kanata Skating Club's (Club) activities MUST complete the Skate Ontario Acknowledgment, Release, Indemnity and Assumption of Risk regarding COVID-19 ("COVID-19 Waiver"). For participants under the age of 18, a parent or guardian must complete a form for each participant. Failure to do so means that the individual must not participate in Club activities. Effective July 2, 2020 all participants MUST sign a paper copy of the waiver. Waivers can be scanned and sent to covid.mksc@gmail.com. Please ensure you include both pages.

Participants include:

- Skaters
- Coaches
- Board Members
- Volunteers
- Officials - Must provide their waivers to Skate Ontario

If a skater is skating with the Club, but belongs to a club in another province, they must provide a signed waiver for both their home province and for Ontario, to the Club.

Privacy of Information:

March-Kanata Skating Club adheres to Skate Canada's Privacy Policy. As outlined in the COVID-19 waiver, there may be cases where March-Kanata Skating Club is required to collect, use, and disclose personal information about you or your child.

• If there is an active or suspected case of COVID-19 within the Club or the facility the March-Kanata Skating Club may be required to provide the City of Ottawa and Ottawa Public Health with the following information:

- Name
- Date, location, and time of sessions attended
- Phone Number and e-mail

• In all other instances, notification of a case, but no personal information will be provided to Skate Ontario, Skate Canada, March-Kanata Skating members and other organizations as directed by Ottawa Public Health

Masks and face coverings

You must wear a mask whenever you are not actively engaging in a physical activity. For example, masks must be worn:

- In the change rooms
- In the lobby
- If you are coaching
- If you are a spectator
- At all times unless actively engaged in a physical activity

Entrance and Exit

- Jack Charron Arena: Skaters will enter at the front door and leave at the west side door.
- Bell Centennial Arena: Skaters will enter and leave at the front door.
- Skaters should be ready with skates on at the front door 5 minutes before session time.
- Participants will be screened and attendance will be taken before entering facility.
- Skaters late to a session may not be able to enter as facility will be locked.
- Hand sanitizer to be available at entrances
- Follow facility directional flow within the facility.

Self-screening measures

All individuals taking part in Club activities must self-screen in accordance with current public health guidelines before each training session including spectators.

Individuals must not attend any training sessions or Club activities if they:

- Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts
- Have been in contact with someone with an active case of COVID19 in the past 14 days
- Have returned from travel outside of Canada and do not have a Travel Exemption as per the Government of Canada.

Health Screening of Individuals

Coaches will conduct a screening protocol whereby participants are screened on-site, on a daily basis before participation in any Club activities. This screening will be conducted verbally. When skating is taking place on rented ice in a non-Club setting, the coach is responsible for ensuring this screening is taking place.

Tracking of participants in Club activities

Track all skater / coach / choreographer participation in Club activities on a daily basis. This must be recorded and the records must be kept in order to assist with contact tracing in the event of any positive COVID-19 cases within the Club.

Pairs and Ice Dance couples should follow the guidelines below in resuming training:

- Skaters are permitted to contact each other within the facility, provided they are part of the same household or social circle

- Skaters are encouraged to continue hand hygiene practices by sanitizing their hands before and after all training sessions where contact has taken place
- Only skaters' part of a pair or ice dance couple will be considered to be in a "social circle".

Limitations on size of training groups -

STARSkate/Competitive/Special Olympics:

Maximum number of individuals on the ice is 20. This number includes skaters and coaches. Any individuals in excess of 20 must be off the ice (i.e. coaches, officials, music players etc.) and must follow all physical distancing requirements unless they are from the same household or social circle. There must be a minimum of one coach on the ice for each session.

CanSkate:

A maximum of 25 Participants on the ice plus registered coaching staff. Skaters must be working on Stage 2 or equivalent to participate in this session. Stage 1 skaters can participate in the session if they can get up on their own and maneuver without hands-on assistance.

All CanSkate programming must follow the program guidelines as set out in the following resource: [Program Requirements and Delivery Standards – CanSkate - with COVID-19 Considerations](#)

Synchronized Skating:

SYS teams may resume training together as a whole team while maintaining physical distancing. Clubs must consider size of ice surface, level of skaters and facility access when determining numbers for their sessions.

Off-Ice Activities

Facility access and traffic flow Individuals shall follow facility guidelines by using designated entry and exit doors in the facility and any guidelines to manage the flow of people within the facility.

Skates On /Off

Skaters are asked to arrive at the arena in their skating clothes. Skaters should follow facility guidelines with respect to putting their skates on. They may put their skates on / remove skates outside of the arena respecting physical distancing protocols and remaining at least 2m apart. Skaters can use their own vehicles, outdoor benches or bring their chairs (i.e. camping chairs). We will be reviewing this rule as we move into the fall and have discussions with facility.

Personal Items

Personal items like skating bags should be left in the relevant individual's vehicle if available (in a safe and secure location) and where possible, not be brought into the arena. Skaters and

coaches may carry their own water bottle, tissue box etc. into the arena. It is recommended skaters arrive with a filled water bottle.

Entry / Exit from ice

Skaters must follow physical distancing protocols and remain at least 2m apart from any other individual while waiting to enter and exit the ice. Individuals from the same household or social circle are not required to follow physical distancing requirements

Warm-up / Cool down

Warm-ups and cool downs may be conducted outside of the facility following facility and physical distancing guidelines. Individuals from the same household or social circle are not required to follow physical distancing requirements.

Spectators

As of September 14th, a ratio of 1:1 participant to spectator will be permitted in the arena, to a maximum of 25 spectators per booking. Spectators are asked to enter at the beginning of their time.

At this time parents/guardians will not be permitted in the change rooms. When spectators enter the building, please direct them straight to the designated viewing area in the stands.

Spectators are asked to exit the arena once the flood begins to assist with transition of rentals.

A volunteer will be required at the door to assist City of Ottawa staff when spectators are anticipated:

- ✓ managing the groups participants and spectators at the entrance
- ✓ Ensuring completion of spectator health assessment
- ✓ Monitor group capacity (spectators)
- ✓ Advise the directional flow of the facility spectator area.
- ✓ Ensure groups are informed of any arena etiquette.
- ✓ Ensure proper spectator and egress.

On Ice Activities

Multiple facilities

Skating at multiple locations is strongly discouraged. Clubs may ask skaters, coaches or choreographers to inform them if they are attending training sessions in multiple locations. Individuals should consider the following:

- Use new face mask and gloves at each location
- Managing schedules to avoid entering different facilities on the same day

Skaters:

- Masks are required to be worn when lining up to enter the building until skaters are on the ice and 2m apart.

- Not required to wear a non-medical face mask while skating
- Any winter gloves that are worn should be washed daily

Physical Distancing

Individuals are required to maintain a physical distance of at least 2m from any other person during the session. Individuals from the same household or social circle (only refers to skating pairs/dance couple) are not required to follow physical distancing requirements.

Playing Music

- Music may be played only by coaches at the boards at Bell Centennial and Jack Charron Arenas. Recommend coaches sanitize equipment between use.
- When Club returns to Mlacak arena most music will be played in the music room by a designated volunteer.

Exiting the Facility

- Upon completion of the ice time, skaters and coaches should put their masks back on
- Once skates are removed participants will follow the arrows to exit the building (maximum of 15 minutes)
- If the next session is late entering, please wait until the doorway has been cleared to exit the facility
- Please quickly stretch outside and leave the premises

Other Reminders:

- Leave any personal belongings in your vehicle or at home
- Participants must bring their own filled water bottle, tissues, etc. There will be no sharing of these items. Any used tissues should be put in a Ziploc-type bag and taken with you when you leave
- Washrooms will be accessible for skaters and coaches during their sessions. No access will be permitted for those who are not participating on the ice
- If your skater is injured on the ice, the coaches are responsible for giving first aid. If the skater needs to leave the facility (for any reason), one coach will escort them to meet their parent outside. In the event of serious injury, the other skaters will exit the facility and the parent and paramedics will be able to enter the facility

Coaches

- Coaches must wear a mask in the facility, unless actively engaging in physical activity on the ice. If coaching off-ice by the boards, coaches must wear a mask.
 - Any winter gloves that are worn should be washed daily
 - MKSC Coach will verify verbally that all skaters and coaches have reviewed the self-screening questions and answered no to all questions before skaters enter the facility
 - Coaches will make a note on the attendance sheet if all responses were “no”.
- If a skater or coach answers “Yes” to any of the questions, they will not be permitted to enter the facility.

The reason for failed health screening should be documented when known and the COVID Oversight Committee should be notified o Coaches should note an “X” if a skater is not in attendance

- Coaches should try to coach from one spot on the ice. They should not skate alongside skaters and should always remain 2m apart from skaters and other coaches
- Coaching and skating at multiple locations are strongly discouraged. Clubs and skating schools may ask skaters, coaches or choreographers to inform them if they are attending training sessions in multiple locations. Individuals should consider the following:
 - Use new face mask and gloves at each location
 - Managing schedules to avoid entering different facilities on the same day
 - When skating is taking place on rented ice in a non-club setting, the coach is responsible for ensuring this screening is taking place.
 - Music may be played only by coaches at the boards at Bell Centennial and Jack Charron Arenas. When the Club returns to Mlacak arena most music will be played in the music room by a volunteer.