



COVID-19 Return to Play Protocols - CanSkate

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.

Participants include:

- Skaters, Coaches, Board Members, Volunteers and Officials (provide their waivers to Skate Ontario)

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

Entrance and Exit: Mlacak Arena

- The Mlacak Arena Entrance is clearly marked at the front of the building
- The Exit is on the west side of the building.
- Follow the facility directional flow out of the building, at the back of the ice rink.
- Hand sanitizer to be available at entrances

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

Everyone entering the facility must fill out the **Daily health check questionnaire** online at www.mkskate.ca Participants please complete the online health tracker at least 1 hour before your session on the day of your skate. Parent/guardian's attendance entering the facility will also be tracked as part of the online health check. **Parent/Guardians of skaters under 12 years of age must stay in the facility during the session.** Attendance records will be kept in order to assist with contact tracing in the event of any positive COVID-19 cases within the Club.

Limitations on size of training groups -

A maximum of 25 individuals on the ice including Coaches and Program Assistants. 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](#)

Masks and face coverings

Masks must be worn at all times unless actively engaged in physical activity.

Skaters and guardians should wear their mask before lining up to enter the facility. Skaters should wear mask until they put on their helmet inside the Arena and line up to enter ice.

Masks should be put on immediately after exiting the ice once helmet is removed.

Any person who enters or uses the facility must wear a **mask** and maintain a physical distance of at least 2 meters from any other person who is using the facility. It is mandatory that all individuals wear a mask in public places to help limit the risk of spread of COVID-19 to others.

Entering Facility

Please come fully dressed, with minimal baggage 20 minutes before session begins. Any winter gloves that are worn should be washed daily. Skaters can tie skates inside Mlacak at the designated benches and dressing rooms. Parent/Guardians should leave dressing room immediately after tying skates. The facility greeter and Volunteer will direct you to Zone A or Zone B when entering facility.

Zone A Dressing Room 1 and 2, benches in front (7 spots per dressing room)

Please sit on the designated X's. Skaters enter and exit the ice at the Ice door near the Lobby.

Zone B Dressing Room 3 and 4, benches in front (6 spots per dressing room)

Please sit on the designated X's. Skaters enter and exit the ice at the Bench.

Parent/Guardians must sit in the designated spectator viewing area in the Arena. Access to the lobby is prohibited. Washrooms in the lobby are available for use for both participants and parent/guardians.

Physical Distancing

Individuals are required to maintain a physical distance of at least 2m from coaches and other skaters during the session. Individuals from the same household are not required to follow physical distancing requirements.

Parent/Guardians and Spectators

As of November 7th, a ratio of 1:1 participant to parent/guardian will be permitted in the arena for the supervision of children, to a maximum of 25 per booking. No spectators will be permitted with the exception of a parent/guardian.

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 (participants/spectators)
- ✓ Advise the directional flow of the facility spectator area.
- ✓ Ensure groups are informed of any arena etiquette.
- ✓ Ensure proper spectator and participant egress.

In case of Injury:

• If your skater is injured on the ice, the coaches are responsible for giving first aid. Coaches will ensure their mask is on and assist the skater. If the skater needs to leave the facility (for any reason), one coach will escort them to meet their parent. 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

Exiting Facility:

Please exit the facility immediately after removing skates within 15 minutes of your skating session. If traffic flow is limited, patiently await skaters from other Zone to enter the ice and clear the area.

Coaches:

- Coaches are recommended to wear a non-medical face mask while coaching. At MKSC coaches must wear a mask in the facility, unless actively engaging in physical activity on the ice at this time. If coaching off-ice by the boards, coaches must wear a mask.
- Any winter gloves that are worn should be washed daily
- Coaches and choreographers are recommended to coach from one spot on the ice or over the boards at rink side. Coaches, choreographers and skaters **must** remain at least 2m apart from each other with the exception of those in the same household or social circle. MKSC does not require coaches to coach from one spot on the ice at this time. Only skaters part of a pair or ice dance couple will be considered to be in a “social circle” at MKSC.
- 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