



COVID-19 Return to Play Protocols - STARSkate

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
- 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

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. When skating is taking place on rented ice in a non-Club setting, the coach is responsible for ensuring this screening is taking place.

Limitations on size of training groups -

STARSkate/Synchronized Skating:

Maximum number of individuals on the ice is 25. This number includes skaters and coaches. There must be a minimum of one coach on the ice for each session at all times. 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.

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".

Masks and face coverings

Skaters must wear a mask whenever they are not actively engaging in physical activity.

For example, masks must be worn:

- In the change rooms
- In the lobby
- At all times unless actively engaged in a physical activity
- When watching a video with your coach
- We recommend to skaters to wear masks during stroking/conditioning but it is not mandatory

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, water bottle filled and gloves washed daily. Skaters can tie skates inside Mlacak at the designated benches and dressing rooms. The facility greeter and Volunteer will direct you to Zone A or Zone B. Please ensure if you are doing a double session that your bags are put in the correct Zone for the second session.

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.

When the session ends, skaters must put their masks on, go back to Zone A or B that was designated to them, so that they can retrieve all of their belongings, and put their skate guards on before leaving the building.

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 or social circle (only refers to skating pairs/dance couples) are not required to follow physical distancing requirements.

We need to make sure that skaters are aware of their surroundings and to limit time standing by the boards and in groups as much as possible. There might be a time where skaters may need to wait for their turn to go to the board to get their water bottle.

If a skater is not staying 2m apart, they may be asked to wear a mask.

Personal Items

The use of phones by skaters is now forbidden. Phones are becoming a distraction in our Intermediate and Senior sessions and we would like to avoid that as much as we can.

Please leave any personal belongings in your skating bag and try to bring only your water bottle and tissues if needed.

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 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 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.

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

Playing Music

- Music will be played in the music room by a designated volunteer, except during stroking and conditioning sessions.

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:

- 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
- If your skater is injured on the ice, the coaches (with mask on) 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 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
- When skating is taking place on rented ice in a non-club setting, the coach is responsible for ensuring this screening is taking place.