



March-Kanata Skating Club

COVID-19 Return to Play

Updated Jul 20, 2021

<https://skateontario.org/covid-19-info-centre/>



MKSC COVID-19 COMMUNICATIONS PLAN

1. To ensure contact information is up to date, a reminder will be included on all of our registration information.
2. All information will be distributed to our membership via email. Information will also be posted on our website.
3. The COVID Oversight Group is responsible for communication within the club during the Return to Play stages
4. The club will provide regular updates during the Return to Play process
5. All communications / documents will be stored on the club's website for future reference by club members
6. A member of COVID-19 Oversight Group will follow up with any individuals who become unwell with symptoms of COVID-19 during club activities
7. Daily Session Participation Tracking sheets will be stored.
8. If it is determined that a club member has tested positive for COVID-19, the COVID-19 Oversight Group will inform all club members that may have been in close contact with that individual
9. The COVID-19 Oversight Group will ensure the facility and Skate Ontario are informed if a club member is diagnosed with COVID-19



MKSC COVID-19 Response Plan

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 has been tested for COVID-19, must not participate in club activities while awaiting results of the test. An exemption to this would be if the club member was tested as part of routine testing for their workplace or personal reasons (example: to qualify to visit loved ones in long-term care)
- The club will consult the Session Participation tracking sheets to inform other club members who might 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 and should follow public health guidelines until the diagnosis of COVID-19 is ruled out by health professionals Covid Protocols

An individual tests positive for COVID-19

- If an individual tests positive for COVID-19, they should inform a member of the club COVID19 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

- If no test was performed, or the COVID-19 test was negative, the individual may only return to club activities 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 activities

- Based on the evolving COVID-19 pandemic, the club is prepared to follow public health, municipal/provincial government and sport recommendations regarding modifying/restricting/postponing or canceling activities
- Clubs/skating school members should be informed as soon as possible of any modifications/restrictions or cancellations
- Clubs/skating schools 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 and skating school members should follow all public health guidelines regarding COVID-19. These may include:

- Any club members who themselves have travelled outside of Canada, or have someone in their household who has travelled outside Canada must self-isolate and not participate in club activities for 14 days
- 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
- Any individual with symptoms of COVID-19 is not permitted to take part in club activities
- Any individual who has someone in their household showing symptoms of COVID-19, should not participate in club activities



MKSC 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.

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: Cardel Rec Rink A

- All Arena participants should enter through the Rink B doors at the end.
- Please ensure to check in with the safety officer before entering the facility.
- Please come fully dressed, with minimal baggage, water bottle filled and gloves washed daily.
- Skaters can tie skates inside at the designated seating and dressing rooms.
- Skaters should maintain physical distancing of 2m and wear a mask when using areas the facility has made available for putting skates on and off, until you are actively participating in the Club activity.

Exiting the Facility

- You may exit through the main entrance doors upon completion of the ice time. Skaters and coaches should ensure masks are back on as soon as activity ends. Please remove skates and exit the facility promptly.

Facility Capacity Limit: Cardel Rec Rink A

- The facility capacity limit for Cardel Rec Rink A is 205 during Step 3.



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. Spectator attendance entering the facility will also be tracked as part of the online health check. Attendance records will be kept for **31 days** in order to assist with contact tracing in the event of any positive COVID-19 cases within the Club.

Spectators

Spectators are allowed in the facility as long as we do not exceed the facility maximum. Washrooms in the lobby are available for use for both participants and specators.

Safety Officer

A volunteer will be required at the door to track attendance.

- ✓ managing the groups participants and spectators at the entrance
- ✓ Ensuring completion of spectator health assessment
- ✓ Monitor group capacity (Cardel Rink A Step 3 max capacity 205)
- ✓ Advise the directional flow of the facility spectator area.
- ✓ Ensure groups are informed of any arena etiquette.
- ✓ Ensure proper spectator and participant egress.

Programming

In Step 3 of Ontario's COVID-19 Roadmap to Reopen, clubs and skating schools may offer all Skate Canada and club skating programs provided they follow the relevant provincial, local and facility requirements and the programs are taking place within the permitted facility capacity limits.

Competitive Skate – Pre-Novice, Novice, Junior and Senior - Singles, Pairs and Ice Dance.

STARSkate - STAR 5 to Gold, Pre-Juvenile, Juvenile and Adult - Singles, Pairs and Ice Dance

STAR 1-4 – All disciplines

SYS – All levels

CanSkate



Programs must be executed within the program delivery standards as set by Skate Canada. Clubs must consider size of ice surface, level of skaters, facility access and facility capacity when determining numbers for their sessions.

Pairs / Ice Dance couples must follow the guidelines below in training:

- Physical distancing is not required between pair and ice dance skaters
- Skaters are encouraged to continue hand hygiene practices by sanitizing their hands before and after all training sessions where contact has taken place.

Synchronized Skating teams must follow the guidelines below in training:

- SYS teams may train together as a whole team with no physical distancing required

Assessment Days

Assessment Days may proceed with the approval of Skate Ontario following all established guidelines and protocols. The following guidelines must be followed:

- Evaluators must be scheduled by Skate Ontario
- Clubs are required to screen Evaluators prior to their participation in an Assessment Day and must also conduct daily health screening when the Evaluator arrives on-site at the arena
- Physical distancing measures between the Evaluator and skaters, coaches and volunteers must be maintained at all times during the Assessment Day
- Clubs must follow all guidelines with respect to training group sizes during an Assessment Day
- Attention should be paid to ensure that the area where the Evaluator will be located has been sanitized prior to their arrival
- Skate Ontario Assessment Days will resume on August 9, 2021 • Clubs/skating schools may book Assessment Days beginning on July 16, 2021 through their Club/Skating School account on Better Impact (Digital Tool for Assessment Days).

Masks and Physical Distancing

Individuals must follow Provincial and local public health guidelines with respect to wearing masks and face coverings within indoor facilities. 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.

Please follow the follow rules while engaged in athletic or fitness activity:

In Step 3 of Ontario's COVID-19 Roadmap to Reopen, there is no requirement for physical distancing when engaged in sports or games at an indoor or outdoor facility.



Masks may only be removed when engaged in athletic or fitness activity.

Coaches:

- Required to follow all provincial and facility regulations with respect to wearing a mask or face covering when in an indoor facility.
- Coaches are permitted to temporarily remove their mask or face covering when engaged in athletic or fitness activity. (i.e. leading an off-ice fitness class)

Skaters:

- Required to follow all provincial and facility regulations with respect to wearing a mask or face covering when in an indoor facility.
- Skaters are permitted to temporarily remove their mask or face covering when engaged in athletic or fitness activity.

Warm-up / Cool down

Warm up and Cool downs may be done outside. They are not permitted inside the facility unless allocated as a separate hall booking. There is no requirement for physical distancing when engaged in sports or games at an indoor or outdoor facility.

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 at the boards by the coaches using a shared ipod.

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 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

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