



# March-Kanata Skating Club

## COVID-19 Return to Play

Updated Sept 21, 2021

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



## MKSC COVID-19 Return to Play Protocols

Return to Play protocols are subject to change with direction from the Provincial Guidelines and Regulations and Ottawa Public Health.

### 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:

- 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

**The City of Ottawa has a zero tolerance Harassment Policy. All individuals must maintain respect for staff and patrons in the facility.**

### Vaccination Policy

As of September 22, the March-Kanata Skating Club, or designate (e.g., Safety Officer) must review and confirm for individuals 12 and older:

- Proof of identification
- Proof of being fully vaccinated

Exemptions:

Youth participants under 18 years of age who are actively participating in indoor organized sport are exempt. The exemption does not apply to youth who are spectators. Proof of identification and proof of being fully vaccinated is not required for coaches and officials.

See [Proof of Vaccination Guidance under the Reopening Ontario Act \(gov.on.ca\)](#) on page 4 for exemptions and page 8 for process and proving identity.



## Health Screening of Individuals

Everyone entering the facility must fill out the **Daily health check questionnaire** online at [www.mkskate.ca](http://www.mkskate.ca). Participants must 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.

**If you test positive for COVID-19 please immediately inform the COVID committee**  
[covid.mksc@gmail.com](mailto:covid.mksc@gmail.com)

All individuals taking part in Club activities including participants, coaches and spectators must pre-screened for COVID-19. The following individuals are not permitted to enter the arena:

- Travel: Anyone who has recently returned from traveling outside of Canada, in the past 14 days. If exempt from federal quarantine requirements, do not select.
- Exposure: Anyone who has knowingly been exposed to or been in contact with anyone who has tested positive for COVID-19, in the past 14 days. If exempt from federal quarantine requirements, do not select.
- Symptoms: Anyone with the following symptoms (new or worsening, and not related to other known causes or conditions you already have).
  - Fever and/or chills
  - Cough or barking cough (croup)
  - Shortness of breath
  - Muscle aches and pains
  - Extreme tiredness, lack of energy or feeling unwell

Please follow Ottawa Public Health guidelines on when it is appropriate to return to the activity.

**Those who are exempt from federal quarantine requirements include persons who are essential workers and cross the Canada-US border regularly for work as well as those who are fully vaccinated and meet specific conditions as set by the federal government. These conditions include having received the full series of an accepted Covid-19 vaccine at least 14 days prior to the day they enter Canada.**

See COVID-19 Testing Information - Ottawa Public Health for up to date symptom information, isolation and testing requirements. [www.ottawapublichealth.ca](http://www.ottawapublichealth.ca)

## John G. Mlacak Arena - Facility Capacity 380

The total number of members of the public permitted to be in the facility at any one time is limited to 50% of the capacity of the facility. Contract holder is responsible to ensure the capacity limit is respected.

❖ Ice capacity is a maximum of 80 participants. It is important to remember the capacity of



change rooms will have a limitation of 2 meters distancing between seating.

### **Entrance and Exit: Miacak Arena**

- All Arena participants/spectators should enter through the main facility doors near the library.
- Enter the Arena through the indoor foyer door near the canteen.
- Dressing Room assignments are listed on the wall near the Arena entrance.
- Skaters can tie skates only inside the Arena in the dressing rooms, benches and extra chairs.
- 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.
- Please Exit through the Arena door (near the Guest Bench) directly to the outside

### **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.

### **Masks and Physical Distancing**

Any person who enters or uses the facility (or when waiting in line outside the facility) other than when participating in a team sport, must wear a mask and maintain a physical distance of at least 2 meters from any other person who is using the facility unless within the same household.

In Step 3 of Ontario's COVID-19 Roadmap to Reopen, **there is NO requirement for physical distancing when engaged in sports or games while on the ice.**

### **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.

### **Multiple facilities**

Skating at multiple locations is strongly discouraged.

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

### **Coaches**

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