

Milton Speed Skating Club COVID-19 Protocols

Last updated 2020-08-20

The purpose of the Milton Speed Skating Club (MSSC) COVID-19 Protocols is to enable a safe return to sport and club activities while preventing the transmission of COVID-19 among members, participants, coaches, volunteers, families and the broader community. These protocols have been developed under the guidance of the Ontario Speed Skating Association (OSSA) Return to Sport Protocols.

The protocols are subject to all regulations, guidelines and directions of the government of Ontario, Halton Region, Town of Milton and public health authorities. As the situation with COVID-19 evolves and information changes, the protocols may be updated at any time, as required.

1. Administration

1.1 General Responsibilities

- All speed skating activities must adhere to all federal, provincial and municipal laws, regulations, by-laws and orders, as they may exist from time to time. This includes but is not limited to compliance with:
 - Physical distancing measures
 - Health and safety regulations
 - Size of permitted gatherings
 - Speed Skating Canada rules, policies and procedures
 - Ontario Speed Skating rules, policies and procedures
 - All Safe Sport policies and procedures
 - Applicable occupational health and safety requirements
- Complete *Club Risk Assessment and Mitigation Tool*
 - Proceed if score is Moderate Risk; keep results on file
- Complete OSSA *Return to Sport Acknowledgement Form* and return to executivedirector@ontariospeedskating.ca before any speed skating activity commences
- Conduct all administrative activities online and virtually whenever possible

1.2 Facility

- Review Milton Sports Centre protocols and procedures and ensure the facility is operating in compliance with all applicable laws, the recommendations and instructions of public health officials, including any advice, recommendations or instructions on physical distancing, cleaning or disinfecting
 - Club members will 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

1.3 Record Keeping

- All club members and participants (skaters, coaches, volunteers, board members) must complete the *Acknowledgement, Release, indemnity and Assumption of Risk regarding COVID-19* form prior to participation in club activities
- All club members' contact information needs to be kept up to date and on file

- All members to complete self-screen questionnaire before arrival at each training session (*Health Screening Questionnaire*)
 - Self-assessments may be done verbally upon arrival or online through the Ontario Government website <https://covid-19.ontario.ca/self-assessment/> (Completed self-assessments can be saved by participants and shared with the club.)
 - Designated person will ensure Health Screenings are completed
 - Completed screening questionnaires and self-assessments to be kept for at least 21 days
- Keep record of all participants (skaters, coaches, volunteers) for each practice to assist with contact tracing if needed. (*Session Participant Tracking Form*)
 - Designate person responsible for record keeping at each practice

1.4 Communication and Education

- Club members (coaches, skaters, parents, volunteers) will be informed and updated on relevant Return to Sport information through email and newsletters
- Communications, documents, and resource links will be stored on MSSC website for future reference by club members
- All members must be educated on club safety and hygiene protocols
 - Initial information and education material to be provided with registration package
 - New and updated information to be provided through emails and newsletters
 - Links to Government-approved resources to be included on MSSC website

2. Training

2.1 Session Groups

- All club activities and training sessions must follow the current Ontario Provincial and local public health as well as OSSA and facility guidelines with respect to the size of gatherings
- Currently (in Stage 3, until Aug 15), no more than 20 people (coaches and skaters) permitted on ice to maintain physical distance of at least two metres (subject to facility guidelines)
- Training groups should be consistent. Keeping the same group week after week to help mitigate transmission

2.2 Individual Participant Responsibilities:

- Complete self-assessment before arriving at facility
- Wait outside until 10min before practice time
- Wear a mask when entering and leaving the facility
- Arrive prepared with all clothing and protective equipment on except for skates and helmet
 - Carry skates and helmet in backpack or other similar sized bag; no large hockey bags
- Maintain 2m physical distance at all times
- Follow personal hygiene guidelines

- wash/sanitize hands when entering and leaving facility
- All skaters and coaches must carry disinfectant wipes, and hand sanitizer in their equipment bags
- All skaters and coaches must carry closed container or sealed bag for safe disposal of hygienic materials
- Bring everything that you need; no sharing of personal items is permitted
 - Bring enough water for training session

2.3 On-ice Practices

- No pack-skating, racing or relays
- Coaches should consider individual technical drills, individual lap skating, pursuit races, and Olympic-style skating as part of their activities
 - Focus on skill development and low risk activities to minimize the requirement for medical care
- Maintain 2m physical distance including when entering and exiting the ice.
 - Use visual cues (ie. cones, blocks, dots on ice) to help maintain physical distancing
- All participants to leave ice/facility immediately after training
- Only one parent/guardian for each athlete under 18 (must wear face mask and remain 2m apart) can enter facility and watch from the designated location (no viewing from the lobby)

2.4 Dryland Training

- MSSC will not have dryland training sessions under the current regulations

3. Equipment

3.1 Personal Equipment

- Participants should supply their own skates and protective equipment for all practices
 - There will be no sharing of equipment
- Individuals are responsible for the care and disinfection of their own equipment

3.2 Rentals

- Skate rentals will be available for the duration of the speed skating season
- Skates to be disinfected upon return

3.3 Loaner Equipment

- Skating protective equipment (helmet, kevlar socks, gloves, etc) will be available for loan by the club if required
 - Loaned equipment will be disinfected after each use and separated from other equipment for a period of 48 hours

3.4 Shared equipment

- The number of individuals moving the protective padding should be limited and need to respect physical distancing requirements

- Mat setup and take down procedure will ensure physical distancing, and enable our sanitization procedure.
- Limit the number of coaches/assistants who touch the corner blocks
- Where training includes the use of bands or belts it is preferred that skaters use their own; if the club loans a band/belt to an individual it will consider loaning the band for the duration of the speed skating season

3.5 Equipment Disinfection Procedures

- All surfaces touched by multiple individuals (protective padding, corner blocks) should be sanitized before and after each training session
- Sanitation procedures of all shared equipment need to be implemented between training sessions and different groups
- Individuals should wash their hands before and after moving protective padding and should avoid touching any other surfaces, especially their face, at all times
- Should a skater crash into the protective padding, the area where the skater crashed will need to be immediately wiped or sprayed

4. Competition

- Sanctioned competitions are not permitted at this time

5. First Aid

- Ensure that personal protective equipment (PPE) is available in the event of an emergency
- In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves
- First aid protocols for an unresponsive person during COVID-19:
<https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-person-during-covid-19>

6. COVID-19 Illness Policy

(Note: This Illness Policy is based on the policy provided by OSSA)

The purpose of this Policy is to:

- Establish a protocol if an individual becomes unwell with COVID-19 symptoms
- Designate an individual to follow up with any individuals who become unwell with symptoms of COVID-19 during club activities
- Establish a protocol for the club to inform OSSA, the facility, coaches, skaters, parents, members and volunteers if there has been an exposure to COVID-19 within the club or training group or if a club member is diagnosed with COVID-19
- Establish procedures to modify, restrict, postpone or cancel training sessions or other activities based on the evolving COVID-19 pandemic

6.1 An individual becomes unwell with COVID-19 symptoms

- 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
- If the individual becomes unwell during a training activity, that 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 contact public health authorities for further guidance
- The facility should be informed in order to determine if any areas need to be closed off and/or require additional cleaning/disinfecting
- The designated group or individual 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

6.2 An individual is tested for COVID-19

- Any individual that is part of a club who has been tested for COVID-19 as a result of showing COVID-19 symptoms must not participate in club activities while waiting for the results of the test
- 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

6.3 An individual tests positive for COVID-19

- If an individual tests positive for COVID-19, they should inform the club
- The club through the designated individual should contact the facility and public health officials. The Session Participation tracking sheets may be used to assist public health officials in contact tracing
- 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
- The club will inform Ontario Speed Skating of a positive COVID-19 diagnosis by emailing executivedirector@ontariospeedskating.ca

6.4 Return to club 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

6.5 Return to club activities following COVID-19

- Following a positive COVID-19 test, an individual must follow all public health guidelines regarding return to activities
- The individual will need a note from their physician or public health authority to return to Sport

6.6 Modification/restriction/postponing or cancelling of club/skating activities

- Based on the evolving COVID-19 pandemic, the club must be prepared to follow public health, municipal/provincial government and sport recommendations regarding modifying/restricting/postponing or cancelling activities

- Clubs should establish a program cancellation policy if one does not exist already
- Club members should be informed as soon as possible of any modifications/restrictions or cancellations
- Clubs must keep any modifications and restrictions in place until advised that it is safe to resume activities by public health, government or sport officials

6.7 Public Health Guidelines

Clubs and members should follow all public health guidelines regarding COVID-19. These may include:

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