

Coaches Summary of the Milton Speed Skating Club COVID-19 protocols

General Expectations

- a. All participants, **coaches**, and parents/guardians are required to wear face masks/coverings prior to entering the facility and continue wearing it at all times while in the building unless participating on the ice.

COACHES NOTE: **Coaches** MUST wear a face covering at all times, including on the ice. The club has spare buffs if you need one.

- b. Physical distancing must be maintained at all times while in the facility and on the ice.

COACHES NOTE: To facilitate this, the club will provide bingo dabbers and two (2) two (2) meter sticks. Please see the appendix for some suggested coaching layouts.

- c. To comply with facility capacity regulations, male and female washrooms have been designated in each rink. All users including parents/guardians must use the washrooms in their assigned rinks. **Arena users are not permitted to use the washrooms in the lobby.** Our assigned washrooms is on 2nd floor viewing area of Rink D.

- d. Clubs and members (including **coaches**) 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/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

Facility Rules

- a. Enter the Milton Sports Centre through the south entrance only (across from the customer service desk) and proceed to your designated rink via the lobby.

- b. Admission to the facility will commence ten (10) minutes prior to the start of the rental time. This is to avoid overlap of participants entering and exiting the arena area at the same time. Participants arriving earlier than ten (10) minutes prior to the start of their rental time will be asked to wait outside of the building.

COACHES NOTE: Five (5) volunteers will be allowed early access to the facility in order to setup for practice. There will be a sign-up process to ensure we have coverage.

- c. Participants, **coaches**, and parents/guardians are to follow posted self-screening guidelines before entering any Town of Milton facility.
 - i. Are you experiencing any symptoms such as fever, cough, difficulty breathing?
 - ii. Have you traveled outside Canada in the last 14 days?
 - iii. Have you or someone you have been in close contact with tested positive for COVID-19 within the last 14 days?
 - iv. Have you been in close contact with someone who is being tested or has exhibited symptoms of COVID-19 within the last 14 days?
 - v. If you answer YES to any of the above questions, **please do not enter the facility.**
- d. Participants (including **coaches**) must “Come Prepared” by dressing in their required equipment (except skates, helmets) prior to entering the facility. **Hockey bags are not permitted.** Only a bag the size of a backpack to carry skates and helmet is allowed with each participant
- e. For each session, there are two dressing rooms in each arena designated for changing into/out of skates. Participants are advised on the video boards, located above the customer service desk, which dressing rooms their group can use. There are ten (10) participants maximum in each dressing room, each participant’s seat is marked with an X. Participants under eighteen (18) years of age may have one (1) parent/guardian assist with tying of skates, and then the parent must go immediately to the designated viewing areas within the arena.

Masks must be worn at all times in the dressing room by both skaters and parents/guardians
- f. Patrons will exit the facility the same way they entered via the lobby and south entrance.
- g. During rentals, only one (1) parent/guardian of each skater under eighteen (18) years of age is permitted in the facility as an observer. Parents/guardians are

to maintain physical distancing, wear a mask and must watch from within each rink. **Watching from the lobby is not permitted.** Spectators must enter and exit the facility in the same manner as skaters. Our designated viewing area for parents is the second-floor bleacher/seating area of Rink D

- h. All participants (including **coaches**) to leave ice/facility immediately after training

MSSC Rules for Practices

- a. All participants, **coaches** and volunteers must complete the self-screen questionnaire before arrival at **each** training session.

[Health Screening Questionnaire](#)

COACHES NOTE: A volunteer will be designated to confirm that all participants have completed the questionnaire prior to entering the ice.

- b. All participants, **coaches**, parents/guardians and volunteers are asked to wash/sanitizer their hands when entering and leaving the facility.
- c. Per OSSA regulations all skaters and **coaches** must carry disinfectant wipes, and hand sanitizer in their equipment bags.

COACHES NOTE: The club will provide wipes and sanitizer to coaches if you do not have your own.

- d. Per OSSA regulations all skaters and coaches must carry closed container or sealed bag for safe disposal of hygienic materials.

COACHES NOTE: The club will provide sealed bags for coaches if you do not have your own.

- e. Bring everything that you need; no sharing of personal items is permitted. If you forgot something the club will have sanitized loaner gear available.
- f. Individuals are responsible for the care and disinfection of their own equipment.
- g. Bring enough water for training session.
- h. Three (3) Parents/Guardians will be required to sign-up for mat duty for each hour. This will be to put on the mats at the beginning of practice and then remove and disinfect the mats after practice.
- i. One (1) Parent/Guardian will be required to sign-up for screening duty - ensuring all skaters present have completed the online health questionnaire.

- j. During practice skaters will be assigned a designated waiting spot where their personal equipment (such as a water bottle) can be placed.

COACHES NOTE: We suggest you use tape to designate a spot for each skater waiting area along the boards. We do not want to encourage skaters to touch or lean on the mats.

IF YOU BECOME ILL

- a. If skater becomes unwell during practice 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
- b. The unwell individual will be isolated from all others and **coaches** will bring the person to a well-ventilated area (Olympia room), or outside and provided with a non-medical face mask.
- c. The individual will be sent home and asked to contact their doctor (or Telehealth) for further guidance.
- d. Parents/guardians of all skaters within the practice group will be notified. As well as the facility and OSSA.
- e. If COVID-19 testing is recommended the individual cannot participate in any club activities until they get the results of the test.
- f. 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
- g. If it is determined that the skater does not need COVID-19 testing, then the individual may only return to club activities once they no longer have any symptoms of COVID-19
- h. If the COVID-19 test returns positive:
 - i. The individual must follow all public health guidelines regarding return to activities
 - ii. The individual will need a note from their physician or public health authority to return to Sport

Coach specific requirements

- a. Training groups should be consistent. Keeping the same group week after week to help mitigate transmission.

COACHES NOTE: This means 18 skaters and 2 coaches/assistants max. for each training group. No multi-day/session training and no guest skaters from other clubs unless the club is not practicing.

- b. No pack-skating, racing or relays
- c. Coaches should consider individual technical drills, individual lap skating, pursuit races, and Olympic-style skating as part of their activities
- d. Focus on skill development and low risk activities to minimize the requirement for medical care
- e. 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

COACHES NOTE: To facilitate this, the club will provide bingo dabbers and two (2) two (2) meter sticks. Please see the appendix for some suggested coaching layouts.

- f. MSSC will not have dryland training sessions under the current regulations.
- g. Coaches will need to assist with putting mats on/off the ice. Please plan accordingly.
 - i. Each coach will select an end to setup. Coaches will only handle the mats for their designated end. You will need to sanitize your gloves (with spray - or wear disposable gloves).

COACHES NOTE: Volunteers will be sanitizing the mats as they are removed from the ice.

- h. Limit the number of coaches/assistants who touch the corner blocks

COACHES NOTE: Blocks will be changed between practice groups. The blocks will then be washed in a designated bucket of soap and water

- i. 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

COACHES NOTE: We will be requesting funding for extra bands - however, these will not be available until January at the earliest. We suggest you avoid any band work at this time.

- j. Sanitization procedures of all shared equipment need to be implemented between training sessions and different groups

COACHES NOTE: Volunteers will be designated to wipe down mats and replace the block between practice hours

- k. Should a skater crash into the protective padding, the area where the skater crashed will need to be immediately wiped or sprayed.

COACHES NOTE: Coaches will be responsible for wiping of the mats in this case. Disinfecting wipes will be provided for this.

- l. Sanctioned competitions are not permitted at this time. MSSC may consider using one of our hours for Intra-Group racing.
- m. Ensure that personal protective equipment (PPE) is available in the event of an emergency

COACHES NOTE: Gloves, masks, sanitizer and a pocket mask (for CPR/Artificial Respiration) will be in the first aid kit.

- n. 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
- o. **Coaches** are required to review the 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>