

# Riverside Skating Club COVID-19 Protocols

## Completion of Skate Ontario COVID-19 Waiver

All individuals participating in Riverside Skating Club (RSC) must complete the Skate Ontario Acknowledgment, Release, Indemnity and Assumption of Risk regarding COVID-19 (“COVID-19 Waiver”). Failure to do so means that individual must not participate in RSC activities.

Any individual participating in club activities is required to complete a COVID-19 Waiver, or have a signed COVID-19 Waiver on-file with Skate Ontario:

- a) Skaters
- b) Coaches
- c) Staff
- d) Board Members
- e) Volunteers
- f) Officials (please note: this will be kept on file with Skate Ontario)

## An individual becomes unwell with symptoms of COVID-19

- a) 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 RSC activities.
- b) 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
- c) The individual shall be sent home and instructed to follow public health guidelines regarding self-isolation and testing
- d) The facility should be informed in order to determine if any areas need to be closed off and/or require additional cleaning/disinfecting
- e) 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

- a) Any individual that is part of RSC that has been tested for COVID-19 must not participate in club activities while waiting for the results of the test
- b) RSC will consult the Session Participation tracking sheets to inform other club/skating school members who might have been in close contact with the individual

- c) Any RSC 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

#### **An individual tests positive for COVID-19**

- a) If an individual tests positive for COVID-19, they should inform a member of the RSC COVID-19 Oversight Group
- b) 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/skating school members who may have been in close contact with the individual
- c) Any RSC 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
- d) It is recommended to also inform all RSC members of a positive COVID-19 result within the club setting
- e) The RSC 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
- f) The RSC will inform Skate Ontario of a positive COVID-19 diagnosis by emailing [clubsupportservices@skateontario.org](mailto: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 cancelling of club activities**

- a) 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
- b) Clubs should establish a program cancellation policy if one does not exist already
- c) RSC members will be informed as soon as possible of any modifications/restrictions or cancellations
- d) RSC 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**

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

- a) Any RSC 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 RSC activities for 14 days
- b) 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 RSC activities for 14 days
- c) Any individual with symptoms of COVID-19 is not permitted to take part in RSC activities
- d) Any individual who has someone in their household showing symptoms of COVID-19, should not participate in RSC activities

## **Self-screening measures**

All individuals taking part in RSC activities must self-screen in accordance with current public health guidelines before each training session (Ontario COVID-19 Online Self-assessment Tool <https://covid-19.ontario.ca/self-assessment/>).

Individuals must not attend any training sessions or club activities if you:

- a) Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts
  - b) Have been in contact with someone with an active case of COVID19 in the past 14 days
  - c) Have returned from travel outside of Canada and do not have a Travel Exemption as per the Government of Canada. Individuals who are considered a vulnerable or at-risk (individuals over 70 years, weakened immune system or medical conditions such as heart disease, lung disease, cancer etc.) should strongly consider their participation in RSC activities.
- Skaters must arrive at the arena in their skating clothes. CanPower skaters must come dressed with their equipment on (excluding skates/gloves/helmets/goalie pads) as there is no change of clothes permitted on city premises (Rink, parking lot, etc...)
  - Group must remain outside (while maintaining physical distancing) until the entire group is on site and ready to enter while wearing their masks.
  - Should arrive on site 30 minutes before rental to ensure all required pre-entrance documentation is completed.
  - Entrance to the facility will be through the Community Rinks Entrance Only – 15 minutes prior to booking time (with a 5 minute grace period). The Community Centre/Pool Entrance will be used to Exit Only
  - Masks must be worn at all times in building except when helmet is on and immediately entering ice.

- Administrator and Coach is responsible to ensure all participants have answered all the COVID related questions and have acknowledged they are not presenting with symptoms related to COVID before entering building. (Sample Questionnaire as following)  
 COVID-19 Questions:
  - Do you have a fever or feel feverish?
  - Do you have a new or existing cough?
  - Do you have any difficulty breathing?
  - Does anyone in your household have any symptoms noted above?
  - Have you traveled outside of Canada in the last 14 days?
  - Have you recently been tested for COVID 19 and are awaiting results?  
 Please note- if you were only tested as due to a workplace requirement, please answer no to this question.
  - Have you recently had close contact (or do you live) with anyone with a positive COVID-19 test result, or anyone awaiting a result?
- Personal items like skating bags should be left in the relevant individual's vehicle if available (in a safe and secure location) and where possible, not be brought into the arena. Skaters and coaches may carry their own water bottle, tissue box etc. into the arena. No sharing of these items is permitted
- Only use the station and bench that you were assigned to when entering the building
- No outside food or drinks allowed (except prefilled water bottles as water fountains will not be available)
- Skaters must follow physical distancing protocols and remain at least 2m apart from any other individual while waiting to enter and exit the ice
- Maximum Training Group Sizes (skaters plus coaches): StarSkate - Maximum 15 skaters. Maximum number of individuals is 20. CanSkate - 25 skaters; CanPowerSkate - Maximum 20 skaters.
- No spectators are permitted at the facility, other than up to one accompanying parent, guardian or other adult for each athlete under the age of 18.
- No parents/guardian will be allowed to view at the rink (**Athletes, Coaches and staff only**). Limited space is available on the second floor for viewing. Markings on floor in viewing areas indicate where to stand for social distancing
  - Stairs directly across from entrance are up only
  - Stairs at South end of concourse are down only.
  - Elevator is available. Only two to an elevator to maintain distancing.
- Personal Protective Equipment :
  - a) Coaches: Recommended to wear a non-medical face mask while coaching  
 Any winter gloves that are worn should be washed daily;
  - b) Skaters: Not required to wear a non-medical face mask while skating  
 Any winter gloves that are worn should be washed daily

- Playing music: hand sanitizer or sanitizing wipes are provided by the CD player to be used in between each session or user of music equipment
- On-Ice Coaching: Coaches and choreographers are recommended to coach from one spot on the ice or over the boards at rinkside. 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.
- Skaters under 18 must be accompanied by a coach/instructor on ice at all times
- Social distancing—2 metres/6 feet must be maintained at all times on the ice surface
- At the end of the ice hour a City of Windsor employee will direct the group coming off the ice and the group coming on the ice to ensure there is not a crossing of paths between groups.
- After your session, exit the ice, take off your skates and exit the building as quickly as possible through the designated exit - Community Centre/Pool Doors.
- All groups must follow the direction of the City of Windsor Staff
- No loitering in or around building or in parking lot
- All skaters and guests must exit the building 15 min. after each session has finished
- If Skaters/Coaches are attending training sessions in multiple locations, individuals should consider the following:
  - a) Use new face mask and gloves at each location
  - b) Managing schedules to avoid entering different facilities on the same day.

## Appendix A: COVID-19 Education Resources

Clubs/skating schools must ensure that staff, coaches, skaters, parents, members and volunteers receive education on new safety and hygiene protocols within the club / skating school. Members should be sent Government-approved information on ways to limit the spread of COVID-19.

The following links can be sent by clubs/skating schools to their members:

Ontario Public Health Public Resources: <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>

The following resources are also available on the Ontario Public Health website. Please ensure you are using the most up-to-date version of these tools by consulting the address above.

Topic	Tool
Hand Hygiene	<a href="https://www.publichealthontario.ca/-/media/cdocuments/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en">https://www.publichealthontario.ca/-/media/cdocuments/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en</a>
Physical Distancing	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en</a>
How to self-monitor	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en</a>
When and How to Wear a Mask	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en</a>
How to Self-Isolate	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en</a>

Ministry of Health – Ontario: COVID-19 Reference Document for Symptoms:

[http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019\\_reference\\_doc\\_symptoms.pdf](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf)

Ontario COVID-19 Online Self-assessment Tool

<https://covid-19.ontario.ca/self-assessment/>