

RETURN TO SKATING PROTOCOLS

Updated February 8th 2021

The Sylvan Lake Figure Skating Club is committed to ensuring that all our activities adhere to all federal, provincial, and municipal regulations and will take every precaution to ensure the health and safety of our members. We will be restricting the number of skaters on the ice below the maximum allowed by Skate Canada: Alberta NWT/Nunanut and the Government of Alberta.

The Sylvan Lake Figure Skating Club will communicate updated information and subsequent versions of these protocols as they become available. We are so happy to be back on the ice and encourage everyone to work together to ensure a safe environment.

ITEM	PROTOCOL
Education	All skaters, parents, and coaches must attend an information session to receive education on new safety and hygiene protocols within the club as well as information on ways to limit the spread of COVID-19.
Self-screening measures	<p>Each participant (skater, coach, volunteer) must complete the at home screening prior to coming to the arena.</p> <p>Individuals must not attend any classes or club activities if they:</p> <ul style="list-style-type: none"> • Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts • Have returned from travel outside of Canada (must quarantine for 14 days at home) • Have been in contact with someone with COVID-19 in the past 14 days • Have been tested for COVID-19 and are waiting for test results <p>Those who are considered a vulnerable or at-risk individual are advised of the increased risk of participation and take additional precautions and use of PPE where possible.</p>
Screening of individuals	Each participant (skaters, coaches, volunteers) must complete an on-site verbal screening on a daily basis before participating in any club activities. Attendance will be logged for contact tracing purposes.
Personal Hygiene	<ul style="list-style-type: none"> • Wash or sanitize hands upon entry to facility and immediately after each class • Personal hygiene etiquette must be practiced at all times (cough / sneeze into arm or tissue, immediately place used tissues into the facility garbage bins) • All skating clothes, gloves, water bottles, and skates must be kept clean. Make sure all items of clothing are immediately washed and skates /guards sanitized, prior to re-entering the facility • Water bottles & guards must be clearly labelled. Sharing water bottles is not permitted.
Cleaning / Disinfecting	<p>The arena staff will implement a cleaning schedule to ensure disinfecting at regular intervals in accordance with Public Health guidelines.</p> <p>Coaches will sanitize highly touched areas regularly such as the along the boards and benches where water bottles are kept. Hand sanitizer stations will be located at entrance and near ice surface</p>

ITEM	PROTOCOL
Personal Protective Equipment (PPE)	<p>Coaches must wear a non-medial face mask while giving private lessons.</p> <p>Each participant (skater, coach, volunteer) must wear a mask when entering or leaving the facility. Wearing a face mask during skating is optional.</p> <p>Any individual attending to a non-family member for a medical emergency must wear appropriate PPE including a medical face mask and disposable gloves</p>
Physical Distancing	<p>Skaters and coaches are required to maintain a physical distance of 3 metres at all times on the ice and within the facility.</p>
Dressing Rooms	<p>Dressing rooms will not be at this time. If skaters cannot tie their own skates, they must enter the building wearing their skates and guards to protect their blades.</p>
Entry / Exit to facility	<p>Participants may enter the facility no more than 10 minutes prior to their scheduled lesson time and must leave immediately following the completion of their lesson</p> <p>Individuals shall use the designated entry and exit doors and follow the one-way flow patterns established by the facility and the Sylvan Lake Figure Skating Club.</p> <p>Players boxes will have an entrance and exit.</p>
Parents / Spectators	<p>Parents and spectators are not permitted in the facility at this time.</p>
Coaching	<p>Individual training sessions must be prebooked, Group and drop in skating not permitted</p> <p>Maximum 10 individuals allowed on the ice at any 1 time, this includes skaters and coaches</p> <p>A coach and skater may only have interactions with eachother in the facility. Interactions with other coaches and skaters during a session is not permitted.</p> <p>A minimum of 3 metres must be maintained between the skater(s) and the coach at all times</p>
Travel	<p>Transportation to and from the facility should be arranged so that only individuals from the same household or cohort members share rides.</p>
Compliance with regulations / Waiver	<p>All individuals must comply with the most current version of the Return to Play protocols established by the Sylvan Lake Figure Skating Club and Skate Canada: Alberta-NWT/Nunavut and must adhere to all federal, provincial, and municipal regulations. Non-compliance may result in removal from our programs without a refund.</p> <p>The Assumption of Risk and Waiver form must be completed by each participant (including staff, skaters, coaches, and volunteers) prior to participation in any activities. See Appendix B for Assumption of Risk and Waiver</p>

HEALTH SCREENING QUESTIONNAIRE

The questions below will be asked **verbally** by the Sylvan Lake FSC supervisor to each individual prior to participating in each skating class.

If an individual answers YES to any of the questions, they will not be allowed to participate in the session. Children and youth under the age of 12 will need a parent to assist them during the screening process.

1	Do you/your child have any new onset (or worsening) of any of the following symptoms?	Circle One	
	Fever	Yes	No
	Cough	Yes	No
	Shortness of breath / Difficulty breathing	Yes	No
	Sore throat	Yes	No
	Chills	Yes	No
	Painful swallowing	Yes	No
	Runny nose / Nasal congestion	Yes	No
	Feeling unwell / Fatigued	Yes	No
	Nausea / Vomiting / Diarrhea	Yes	No
	Unexplained loss of appetite	Yes	No
	Loss of sense of taste or smell	Yes	No
	Muscle / joint aches (unrelated to training)	Yes	No
	Headache	Yes	No
	Conjunctivitis (commonly known as pink eye)	Yes	No
2	Has the person attending the activity / facility travelled outside of Canada in the last 14 days?	Yes	No
3	Have you/your child had close, <u>unprotected</u> * contact (face to face contact within 2 metres/6 feet) with someone who has travelled outside of Canada in the last 14 days and who is ill**?	Yes	No
4	Have you/your child attending the program or activity had close <u>unprotected</u> * contact (face to face contact within 2 metres/6 feet) in the last 14 days with someone who is ill**?	Yes	No
5	Have you/your child or anyone in your household been in close, unprotected* contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	Yes	No

* “unprotected” means close contact without appropriate personal protective equipment

** “ill” means someone with COVID-19 symptoms on the list above.

If you have answered YES to any of the above questions, do not participate. Proceed home and use the AHS Online Health Assessment Tool to determine if testing is recommended.

SKATE CANADA ASSUMPTION OF RISK AND WAIVER

PLEASE READ CAREFULLY:

1. ACKNOWLEDGMENT OF INHERENT RISK

I understand that participation in skating, figure skating, and any other sporting activities listed in the enclosed appendix (hereinafter the "Sports Activity") is voluntary, and involves inherent risk during participation, including the risk of possible accidents, physical injury, or exposure to the COVID-19 virus or other infections or infectious diseases as a result of attending training, club events or competitive events. I freely accept and fully assume all such risks, dangers and hazards, including but not limited to personal injury, disease transmission, death, property damage or loss, resulting from my participation. I have carefully considered the risks involved, and I have full confidence that reasonable precautions will be taken to ensure the safety and well-being of myself (or my son/daughter/ward).

2. WAIVER

I do for myself (or my child), and our respective heirs, executors, administrators, successors and assigns, hereby waive, release, and forever discharge Skate Canada and/or Skate Canada: Alberta-Northwest Territories/Nunavut Association (Skate Canada: Alberta-NWT/Nunavut Section), all Regions of Skate Canada: Alberta-NWT/Nunavut Section, the Sylvan Lake Figure Skating Club, their officers, partners, agents, employees, servants, representatives, volunteers, coaches, officials, successors and assigns (the "Representatives") of and from any actions, causes of action, complaints, demands and claims or any recourse whatsoever ("Claims") that I have or may have in the future in any way connected with my (or my child's) participation in the Sports Activity contemplated herein, whether in law or in equity, in respect of personal injury, illness or disease transmission, loss of life, or property damage of any kind or nature, and I do hereby discharge the Representatives from any such liability. This includes negligence, breach of contract or breach of any statutory or other duty of care.

3. INDEMNIFICATION

I further agree to fully indemnify and defend Skate Canada and/or Skate Canada: Alberta-NWT/Nunavut Section, all Regions of Skate Canada: Alberta-NWT/Nunavut Section, the Sylvan Lake Figure Skating Club and any of their Representatives from and against any and all Claims brought against Skate Canada and/or Skate Canada: Alberta-NWT/Nunavut Section, all Regions of Skate Canada: Alberta-NWT/Nunavut Section, Sylvan Lake Figure Skating Club and any of their Representatives, including all related costs and expenses, and against any loss, costs, damages, or expenses which Skate Canada and/or Skate Canada: Alberta-NWT/Nunavut Section, all Regions of Skate Canada: Alberta-NWT/Nunavut Section, Sylvan Lake Figure Skating Club and any of their Representatives may sustain, suffer, incur, or be liable for resulting from, arising from, or in any way related to my (or my son/daughter/ward's) participation in the Sports Activity. I also agree and undertake not to make any claim or take any proceedings against the Representatives set out above, or any other person or corporation which might claim contribution or indemnity under the provisions of any statute or otherwise from the Representatives set out above.

4. SEVERABILITY

The provisions of this Assumption of Risk and Waiver shall be deemed severable and if any provision or portion thereof is held invalid, illegal or unenforceable for any reason, the remainder shall not thereby be invalidated, but shall remain in full force and effect.

Acknowledgement: I am aware of the nature and effect of this Assumption of Risk and Waiver and I fully understand all of the terms and conditions above. I understand that I have given up substantial rights by signing this Assumption of Risk and Waiver and I am signing it freely and voluntarily without inducement.

Parent/Guardian: I certify that I am the parent or legal guardian of the participant named below and that I am entitled to his or her custody and control. I understand the aforesaid inherent risks that could arise from these activities, I grant permission for my son/daughter/ward to participate in the Sports Activity and other activities incidental thereto and I execute this Assumption of Risk and Waiver on behalf of myself and my son/daughter/ward.

Participant's Name: _____ **Date of Birth (D/M/Y):** ____ / ____ / ____

Participant's Signature: _____

Parent/Guardian Name(s): _____ / _____

Parent/Guardian Signature(s): _____ / _____

Date (D/M/Y): ____ / ____ / ____

Appendix

Additional Description of Sports Activity

Canskate programing and activities

Pre-STARSkate & Group STARSkate programing and activities

STARSkate programing and activities

Assessment Days & Events

Participants Name: _____

ILLNESS POLICY

A “participant” includes a skater, coach, volunteer, or parent / spectator.

1. Inform an individual in a position of authority (coach, SLFSC supervisor) immediately if you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, and loss of appetite.

2. Assessment
 - a. Participants will have a daily verbal screening for symptoms upon arrival at the facility
 - b. Supervisors/coaches will visually monitor participants to assess any early warning signs as to their health status
 - c. If Participants are unsure, they will be instructed to use the Alberta Health COVID-19 self-assessment tool

3. If a Participant is feeling sick with COVID-19 symptoms
 - a. They should remain at home and contact Health Link at 811
 - b. If they feel sick and/or are showing symptoms while at the facility, they will be sent home immediately and will be instructed to contact 811 or a doctor for further guidance
 - c. No Participant may participate in a session if they are symptomatic

4. If a Participant tests positive for COVID-19
 - a. The Participant will not be permitted to return to the facility until they are free of the COVID-19 virus as verified by a medical professional
 - b. Any Participants who practice closely with the infected participant will also be removed from the facility for at least 14 days to ensure the infection does not spread further
 - c. If any participant tests positive, the club will inform the Alberta-NWT/Nunavut Section Office of the positive case

5. If a Participant has been tested and is waiting for the results of a COVID-19 test
 - a. As with the confirmed case, the Participant will be removed from the facility
 - b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and contact Health Link at 811
 - c. Other Participants who may have been exposed will be informed and removed from practice for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities

6. If a Participant has come in to contact with someone who is confirmed to have COVID-19

- a. Participants must advise their coach and/or the SLFSC supervisor if they reasonably believe they have been exposed to COVID-19
- b. Once the contact is confirmed, the Participant will be required to follow the direction of Alberta Health Services

7. Quarantine or Self-Isolate if:

- a. Any Participant who has a member of their household who has travelled outside of Canada and has experienced any symptoms identified on the verbal health screening questionnaire within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate
- b. Any Participant with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate
- c. Any Participant from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate
- d. Any Participant who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility

Sylvan Lake FSC COVID-19 Response Plan

A 'participant' includes a club employee, coaches, choreographer, volunteer, official, skater or parent/spectator.

If a participant becomes unwell during training session

1. If a participant begins feeling unwell or is observed to have symptoms of COVID-19 they must inform an individual in a position of authority (coach or volunteer).
2. The participant will be isolated, and a parent will be called to pick up the skater.
3. Cleaning and disinfecting of all equipment and surfaces that may have come in contact with the symptomatic participant.
4. Performance of hand hygiene by remaining participants.
5. Communication to participants regarding symptomatic participants via email.

If a participant has come in contact with someone who has a positive COVID-19 test

1. Participant must advise their club administrator if they reasonably believe they have been exposed to COVID-19.
2. Once the contact is confirmed, the participant will be required to follow the direction of Alberta Health Services.
3. The practice/activity area will be closed off, clean, and disinfected immediately and any other surfaces they could have potentially been infected/touched.
4. Notify Town of Sylvan Lake.

If a participant tests positive to COVID-19

1. If a participant tests positive for COVID-19.
2. The participant will not be permitted to return to the practice/facility until they are free of the COVID-19 virus as verified by a medical professional with a medical note.
3. Any participants who practiced closely with the infected participant will also be removed from the practice/facility for at least 14 days to ensure the infection does not spread further.
4. Close off, clean and disinfect their practice facility area immediately and any surfaces that could have potentially be infected/touched.
5. If any participant tests positive, SLFSC must inform the Alberta-NWT/Nunavut Section Office.
6. Notify Town of Sylvan Lake.

If a participant has been tested and is waiting for the results of a COVID-19 test

1. As with the confirmed case, the participant must be removed from the practice/facility.
2. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and contact Health Link at 811.
3. Other participants who may have been exposed will be informed and removed from the practice/facility for at least 14 days or until the diagnosis of the COVID-19 is ruled out by health authorities.
4. The practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
5. Notify Town of Sylvan Lake. SLFSC COVID-19 Response Plan Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.

Individuals can learn more about symptoms and how to manage a patient at home by accessing the following Alberta Health Services links:

<https://www.albertahealthservices.ca/topics/Page17026.aspx>

<https://www.albertahealthservices.ca/topics/Page16997.aspx#sign>

COVID-19 Symptoms as per AHS – as of July 2, 2020	
List A Symptoms requiring immediate isolation	List B Symptoms that may indicate a need for testing
fever (38°C or higher) New onset of: <ul style="list-style-type: none">• cough• shortness of breath/difficulty breathing• runny nose• sore throat	New onset of: <ul style="list-style-type: none">• chills• painful swallowing• stuffy nose• headache• muscle/joint ache• feeling unwell/fatigue/severe exhaustion• nausea/vomiting/diarrhea• loss of sense of smell or taste• conjunctivitis (pink eye)