**ST.LAWRENCE SPEED SKATING CLUB :**

**COVID-19 RETURN TO PLAY PROTOCOL AND ILLNESS POLICY**

**Oct 25, 2020 – Revision 1**

1. SLSSC COVID-19 return to play procedures will follow the guidance of the Ontario Speed Skating Association as outlined in the Return to Play Protocol available on Ontario Speed Skating Association’s webpage. The sample policies in the appendices may be adjusted for St. Lawrence Speed Skating implementation.
2. SLSSC COVID-19 return to play procedures will follow the guidance provided by the City of Brockville on access to the arena, and local health unit rules and guidance. In the event of conflicting guidance, the club executive will communicate the procedure that applies to St. Lawrence Speed Skating Club activities.
3. Designate a group of individuals to oversee implementation COVID-19 Return to Play protocol: **SLSSC Executive**.
4. **Club Registrar** will:
   1. confirm everyone participating or assisting (skaters, coaches, volunteers) is properly registered with the club and Ontario Speed Skating and has signed a waiver
   2. Ensure up to date contact information for all club members is on-file
5. Establish a communication plan to keep coaches, skaters, parents, members and volunteers informed during Return to Sport stages: EMAIL
6. Educate your members on Return to Sport protocols: TRAINING PRESENTATION
7. Communications/documents can be stored on for future reference by club members: [www.stlawrencespeedkskatingclub.org](http://www.stlawrencespeedkskatingclub.org)
8. Participant Tracking and Screening: Screening accomplished by Google forms prior to each practice. Attendance taken on the google form next to response; edits can be made as required to ensure accurate record.
9. Illness protocol is as per OSSA protocol with the following notations/Exceptions:

* Return to Club activities following illness: will follow assessment tools for appropriate age group as recommended by Leeds Grenville and Lanark Health Unit. As of 10/25/2021 this includes the following
  + <https://covid-19.ontario.ca/school-screening/>
  + <https://covid-19.ontario.ca/self-assessment/>

Please treat the skating session as you would school/work. If your child is not well enough for school, or if siblings and family members are not advised to attend school or work, then please do not attend practice.

* Designated individual to follow-up with any individuals who become unwell with symptoms of COVID-19 during club activities:  **Any member of executive**
* 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: **Executive will determine calls required upon notice of COVID-19 positive test.**
* Any impact to the scheduling of training sessions will be posted on **FACEBOOK.**

**Attachments:**

* Illness Policy; Health Screening Form
* City of Brockville Communication on Use of Rink

**KEY ELEMENTS OF SLSSC IMPLEMENTATION AT MEMORIAL CENTER**

AT HOME

1. Fill in health screening form at home (Google form)
2. Check the status of practices on Facebook.
3. Get dressed at home - you may only put on skates, glasses, gloves and helmet at rink. No skating bags allowed.
4. Access to the rink is permitted only **15 min prior to ice time**.

Sunday: 6:15, 7:30

Tuesday 5:45, 6:40

Wed 4:15, 5:30

ARRIVAL

1. Enter at West entrance.
2. Wear a mask. Maintain physical distancing.
3. Verification health screening completion by SLSSC club representative. If not, screening to be completed prior to entry.
   * This applies to all parents, skaters, coaches, volunteers or spectators.
4. Attendance for each session is required and will be filled in on the google form.

CHANGEROOMS

1. 2 changerooms will be provided, maximum 11 per room.
2. One designated volunteer will help tie skates in each changeroom. No parents allowed.
3. Clear out quickly to preserve physical distance - move to benches (keeping 2 m apart) and hallway.
4. No sharing of equipment allowed this year. If loaned from club, to be loaned for the season or trial period.

ON-ICE/DURING PRACTICE

1. All spectators must move to the stands to watch. Venue has 50 person capacity limit, including our participants on ice.
2. Coaches will wear masks at all times.
3. Social distancing is an expectation on the ice.
4. Skaters may remove mask for the purposes of physical activity. Bring a ziploc to store the mask or wear a mask that can drape around neck.

MATS

1. Parents wash/sanitize hands before and after helping with the mats. Mask use required when handling the mats.
2. Mats will be sanitized in position on the ice at the start of the first ice session on each day of skating. Mats will be re-santizied if someone falls into them.

DEPARTURE

1. Use mask when you step off ice.
2. Leave within 15 minutes from ice session, through North door. No Lingering
3. Sanitize your equipment (i.e. gloves) at home.

*FAILURE TO COMPLY WITH THE GUIDELINES ABOVE MAY RESULT IN REMOVAL FROM ACTIVITY. IT’S UP TO US TO KEEP OUR COMMUNITY SAFE AND OUR CLUB ON THE ICE!*