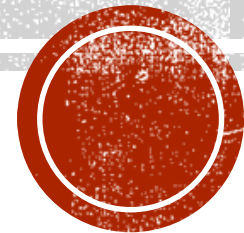
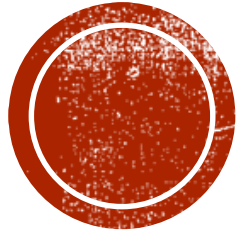


SLSSC RETURN TO PLAY (COVID-19 PROTOCOL)

September 2020





**AFTER VIEWING THIS TRAINING,
PLEASE SIGN OFF ON GOOGLE FORM
EMAILED WITH THIS PACKAGE**



COVID-19 IMPACT ON SLSSC

- Ontario Speed Skating Association (OSSA) is our governing sports body
- OSSA has developed a provincial document to outline how our sport can operate in this phase of re-opening
- <http://www.ontariospeedskating.ca/covid-19>



The screenshot shows the Ontario Speed Skating website. The header is red with the Ontario Speed Skating logo on the left, which includes a stylized skater. On the right of the header are social media icons for Instagram, Facebook, Twitter, and YouTube, along with an "Admin Log In" link. Below the header is a navigation menu with links for ABOUT, NEWS, ATHLETES, COACHES, CLUBS, COMPETITIONS, OFFICIALS, SAFE SPORT, and COVID-19. The main content area is white and features a section titled "COVID-19 UPDATES" with a sub-link for "March 13 announcement from Ontario Speed Skating". Below this is a section titled "RETURN TO SPORT" with three sub-links: "Ontario Speed Skating Return to Sport Protocols Version 1.2 - Posted July 3, 2020", "Ontario Speed Skating Return to Sport Protocols Version 1.3 - Posted Aug 14, 2020", and "Ontario Speed Skating Return to Sport Protocols Version 1.4 - Posted Aug 31, 2020". At the bottom of the main content area are four more links: "Acknowledgement, Release, Idemnity and Assumption of Risk Regarding COVID-19 Return to Sport Protocols Acknowledgement Form", "Ontario Speed Skating Club Activity Sanction Request Form", and "Club Risk Assessment and Risk Mitigation Checklist Tool - Posted Aug 31, 2020".



SLSSC PROTOCOL

- SLSSC has a COVID Protocol that combines info from OSSA and the CITY of BROCKVILLE. Find them here.
 - <http://stlawrencespeedskatingclub.org/>
- The SLSSC Executive is responsible for updating the policy
- No participation without Covid Waiver and Registration forms and payment
- Communication will be through email and phone
 - This includes follow-ups related to illness status and contact tracing
- Any Impact to practices will be posted on Facebook – St. Lawrence Speed Skating Club – Please follow us!



PROTECT YOURSELF

- Learn about Coronavirus
 - <https://healthunit.org/coronavirus/>
- Be COVID Smart

Be COVID-smart:

- S** Self-isolate if you have symptoms of COVID-19. Consider getting tested.
- M** Mask/face covering on when in enclosed public spaces and when physical distancing is a challenge outdoors.
- A** Avoid touching your face.
- R** Remain 2 metres/6 feet apart from people you do not live with and people not in your social circle.
- T** Twenty (20) seconds for regular hand hygiene. Cover your coughs and sneezes.



Designed by the Leeds, Grenville & Lanark District Health Unit

- Educate yourself on what to do if you do not feel well
 - <https://covid-19.ontario.ca/self-assessment/>



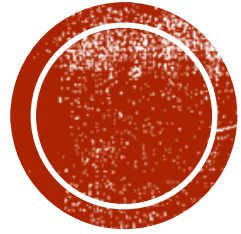
WHY IS THIS IMPORTANT?

Following the protocol keeps SLSSC members safe, keeps our community safe.

Following the protocol earns us the rights to use the ice.

SLSSC is committed to this protocol, and will remove people from activity if necessary.





AT HOME, BEFORE PRACTICE



AT HOME

- Fill in **HEALTH SCREENING FORM**
- Check the status of practices on Facebook.
- **Get dressed at home** - you may only put on skates, glasses, gloves and helmet at rink
- **No skating bags** allowed in the rink.
- Access to the rink is permitted only **15 min prior to ice time.**
 - Sunday: 6:15, 7:30
 - Tuesday 5:45, 6:40
 - Wednesday: 4:15, 5:30 (learn to skate)



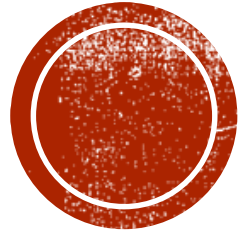
ST. LAWRENCE RAPIDS
Speedskating Club

St. Lawrence Speed Skating Club
COVID-19 Screening FORM



15 Minutes



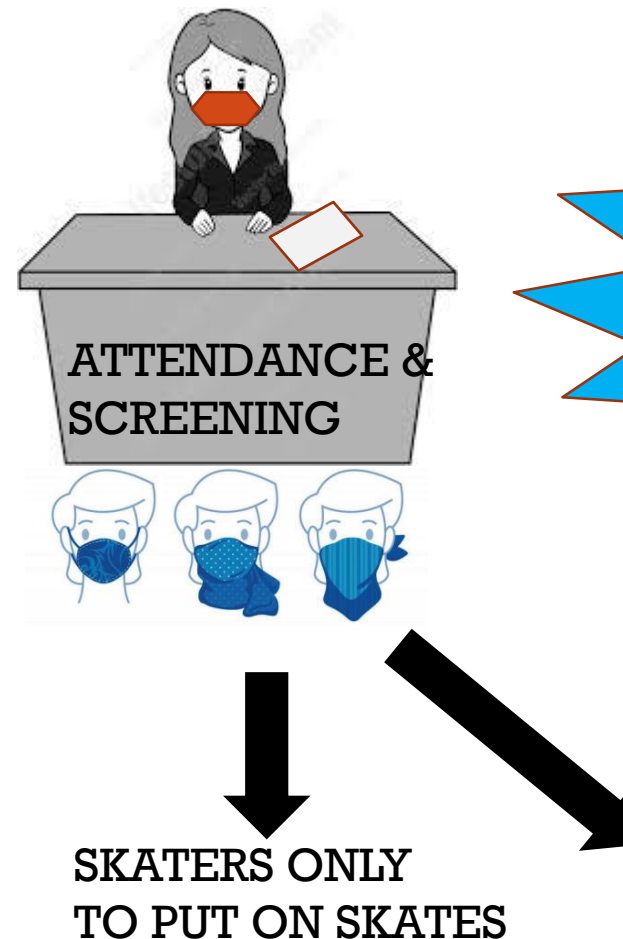


ARRIVAL AT RINK



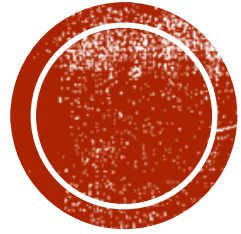
ARRIVAL AT RINK

- PARK WEST SIDE OF LOT
- ENTER WEST DOOR, BY ZAMBONI (Remember, not more than 15 min early)
- WEAR A MASK AND MAINTAIN SOCIAL DISTANCE OF 2M
- PARTICIPATION will be RECORDED and SCREENING VERIFIED FOR SKATERS, COACHES, SPECTATORS
 - *50 PERSON MAX IN RINK
- PARENTS GO DIRECTLY TO HELP WITH MATS
- SKATERS GO TO CHANGEROOM



PARENTS HELP MATS OR HEAD FOR STANDS





CHANGEROOMS



CHANGEROOMS

- 2 CHANGEROOMS WILL BE ASSIGNED
 - SANITIZED PRIOR TO USE BY RINK STAFF
- MAX 11 SKATERS PER ROOM, PLUS 1 ADULT TO TIE SKATES
- SPREAD OUT AROUND ROOM
- MAINTAIN SOCIAL DISTANCING AT ALL TIMES.

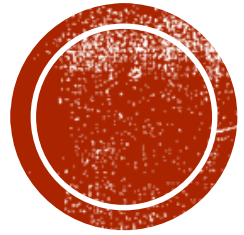
← 2M →



HELPING WITH MATS

- Sanitize or wash hands prior to helping
- Wear a mask
- Maintain 2m distance
- Sanitize or wash hands after handling mats
- A sanitization schedule for the mats will be created.



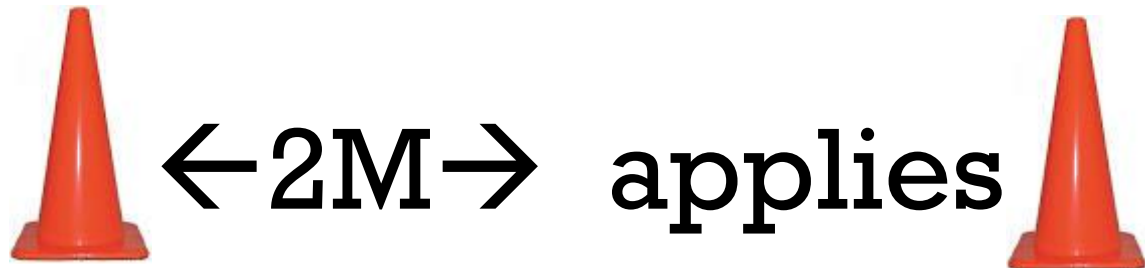
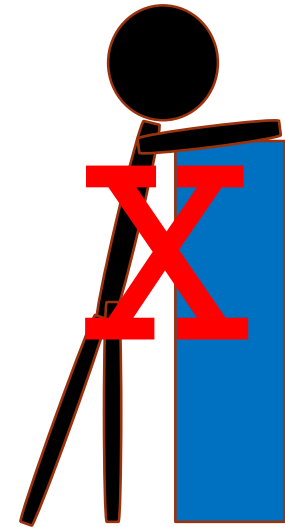


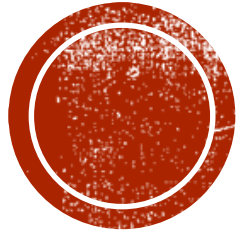
ON THE ICE



ON THE ICE/PRACTICE TIME

- 20 skaters maximum, including coaches
 - Sanitization schedule for blocks and buckets
 - Skaters do not have to wear mask
 - **NO SHARING OF ANY EQUIPMENT OR WATER BOTTLES**
 - **AVOID LEANING ON MATS**
-
- *ALL SPECTATORS IN THE STANDS*
 - *DO NOT STAY RINK SIDE*





DEPARTURE

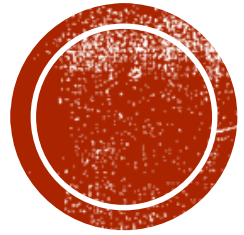


DEPARTURE

- 15 minutes to clear out after end of ice time
- EXIT NORTH DOOR
- AT HOME: Wash your gloves, sanitize your equipment

←2M→





ILLNESS



ILLNESS POLICY

- **An individual becomes unwell with COVID-19 symptoms**
 - Stop participation in club activities.
 - If at a training activity should be isolated from all others in a well ventilated area, or outdoors 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.
 - SLSSC will contact their parent/guardian to determine if next steps are being taken regarding testing.



ILLNESS POLICY

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



ILLNESS POLICY

An individual tests positive for COVID-19

- Inform the club.
- The club 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 e-mailing Executive Director.



ILLNESS POLICY

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.
- 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.



ILLNESS POLICY

- 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 unless exempted under the Quarantine Act
- 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.



PROGRAM CANCELLATIONS

- ICE AND PROGRAM CANCELLATIONS MAY BE REQUIRED.
- PROGRAM FEES CONTINUE TO BE NON-REFUNDABLE
- THIS INCLUDES REIMBURSEMENT FOR MISSED PRACTICES DUE TO IMPLEMENTATION OF THIS ILLNESS POLICY



**SLSSC IS LOOKING
FORWARD TO A FUN,
HEALTHY, ACTIVE SEASON!**

**EACH OF US PLAYS A
ROLE IN MAKING THAT
HAPPEN**

Thank you!!

