



## **'Return To Skating' – Bedford Skating Club**

as of June 12, 2020

### **Overview**

The following protocols are Bedford Skating Club's rules and procedures intended to enable safe return to the ice for our members. They are in accordance with Skate Canada Nova Scotia's (SCNS) most recent guidelines. These guidelines are based on current Nova Scotia statutes and regulations, current public health requirements and directives, and their desire to make a safe sport for all. As Covid-19 rules and restrictions are fluid, all information provided below is subject to change. These protocols may be updated at any time; please be sure that you are referring to the most recent version.

All protocols are subject to all federal, provincial, municipal, and facility regulations as they may exist.

**Skaters, coaches, volunteers, or parents will NOT participate in club activities/skating sessions if they or a member(s) or their household is unwell, feeling sick or showing symptoms of illness. Anyone taking to the ice should proactively and regularly checking their health status (including taking their temperature and monitoring for any symptoms) in advance of arriving to the facility.**

**Skaters, coaches, volunteers, or parents will NOT participate in any club activities/skating sessions (unless virtual) if they or a member(s) of their household has travelled outside of Nova Scotia in the last 14 days.**

### **Club Operations**

| <b>Item</b>                 | <b>Protocol</b>   |
|-----------------------------|---|
| Compliance with Regulations | <p>All figure skating activities must adhere to all federal, provincial and municipal laws, regulations, by-laws and orders as they may exist from time to time. This includes but is not limited to compliance with:</p> <ul style="list-style-type: none"><li>• Physical distancing measures</li><li>• Health and safety regulations</li><li>• Size of permitted gatherings</li></ul> |

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|                           | <ul style="list-style-type: none"> <li>• Skate Canada rules, policies and procedures</li> <li>• Skate Canada Nova Scotia rules, policies and procedures</li> <li>• All Safe Sport policies and procedures</li> <li>• Applicable occupational health and safety requirements</li> </ul>  |
| Compliance with Protocols | <ul style="list-style-type: none"> <li>- Each Coach, skater, parent, volunteer and club member must implement and comply with the current version of these protocols and those put in place by Skate Canada Nova Scotia.</li> </ul> <p>Upon registration for a session, skaters/parents/coaches will agree to follow all guidelines put in place to ensure safe return to the ice. All protocols are subject to all federal, provincial, municipal, and facility regulations as they may exist.</p>   |
| Covid-19 Education        | Relevant information regarding Covid-19 transmission and health screening to be supplied to all membership. See Covid-19 Transmission information at the end of this document.  |
| Covid 19- Response Plan   | <p>All participants in any club session will be documented on the SCNS supplied form and submitted to them on a weekly basis by a club administrator/volunteer. This must be recorded and kept to assist with contact tracing in the event of any positive COVID-19 cases within ice sessions.</p> <p><b>If there is a confirmed case of COVID-19 at BSC, our procedure includes:</b></p> <ul style="list-style-type: none"> <li>• Stop skating sessions and advise Skate Canada Nova Scotia and the rink so they can disinfect areas as needed;</li> <li>• In accordance with SCNS, Send skaters, coaches, and volunteers home who came in close contact with the individual; remind them to self-monitor (or self-isolate if they have a high-risk household resident), and inform them a SCNS representative will be in touch with further information</li> </ul> <p>Contact 811, proceed as directed, and communicate with coaches as appropriate</p> |

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| Meetings              | All club, coach, volunteer and parent meetings to be conducted virtually or, if absolutely necessary to meet in person, in accordance with social distancing guidelines until further notice.  |
| Registration          | <p>All registration will be done online, no in person payments or registrations will be accepted. Drop in/buy in for sessions will not be allowed.</p> <p>Coaches are responsible for circulating the SCNS COVID – 19 Response Plan, the BSC Return to Play Protocol, and the regulations of the facility to parents with confirmation of having been read and explained to their child. Coaches and Parents are responsible for deciding if a skater is ready to return the ice under current restrictions.</p> |
| Zero Tolerance        | <b>If any skater, coach, parent, or volunteer is found to not be adhering to the protocols outlined in this document they will be asked to leave and will not be invited to return to any club sessions.</b>   |
| Facility Information  | Guidelines provided by the Facility will be shared with membership and each skater/coach attending a session must agree to follow these guidelines upon registration for a session.  |
| Facility Coordination | <ul style="list-style-type: none"> <li>- All wayfinding arrows and layout flow plans provided by the facility will be followed</li> <li>- All dressing rooms to remain closed and will not be used</li> <li>- Any instructions regarding cleaning, disinfecting and physical distancing provided by the facility will be followed and either a Coach or a volunteer will be designated to complete.</li> </ul>   |
| Health Screening      | <ul style="list-style-type: none"> <li>- All skaters/coaches/volunteers will sign and adhere to the BSC health screening waiver on a weekly basis.</li> <li>- All skaters/coaches/volunteers who enter a facility where a club session is being offered are subject to a verbal Covid-19 health screening check issued by the Club and/or by the Facility as necessary.</li> </ul>   |
| Programming           | <ul style="list-style-type: none"> <li>- At this time only skaters in the Star 1+ program will be allowed to take the ice. No skaters at the Canskate level are permitted to attend sessions until further notice.</li> <li>- Sessions offered may vary in levels and will be based on Coach input to ensure safe use of the ice.</li> </ul>   |

### Rink/Facility Procedures

| Item                | Protocol  |
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| Arrival To Facility | <ul style="list-style-type: none"><li>- All skaters and coaches will arrive ice ready to the arena, including skates when at all possible.</li><li>- Entrances to be staggered following physical distancing guidelines and in accordance with guidelines provided by the facility.</li></ul> |
| At the Facility     | <ul style="list-style-type: none"><li>- Follow all wayfinding arrows provided by the facility</li><li>- Adhere to the entrance and exit flow patterns provided by the facility</li><li>- Follow any other guidelines required by the facility.</li></ul>                                      |

### On Ice Activities

| Item                                | Protocol   |
|-------------------------------------|--|
| Physical Distancing                 | <ul style="list-style-type: none"><li>- Maintain a physical distance of at least 2 metres at all times.</li></ul>  |
| Personal Protective Equipment (PPE) | <ul style="list-style-type: none"><li>- Coaches and skaters are required to have their own face masks or coverings with them in the event a skater is injured and <b>MUST</b> be donned by both the coach and skaters in the event the skater needs assistance. Bedford Skating Club strongly encourages all skaters and coaches to wear a mask while on the ice.</li></ul>  |
| Skater Areas                        | <ul style="list-style-type: none"><li>- Constant movement is encouraged, however each skater will be designated a 'rest area' to keep their personal belongings, and to be used if they need to take a break during a session. Using the four corners and hockey lines as guides, there will be a designated Coach responsible for designating and marking an area for the skaters. For example, using a whiteboard marker on the glass.</li><li>-</li></ul> |
| Coaching Areas                      | <ul style="list-style-type: none"><li>- Coaches will also be assigned 'teaching' areas for their lessons, dividing the ice into sections depending on number of Coaches on that session.<br/>4 Coach Layout – quadrants</li></ul>  |

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|                     | 3 Coach Layout – using the blue lines as guides<br>2 Coach Layout – half the ice/red line  |
| Music Equipment     | <ul style="list-style-type: none"> <li>- One Coach will be designated to play music per session.</li> <li>- All equipment will be disinfected before and after each session.</li> <li>- Wireless music playing equipment will be researched and acquired if needed.</li> </ul>   |
| Harness             | <ul style="list-style-type: none"> <li>- No use of the harness permitted.</li> </ul>   |
| Personal Items      | <ul style="list-style-type: none"> <li>- Personal items such as mask/face coverings, water bottles, tissues and gloves should be kept separately and not shared.</li> <li>- When tissues are used, they are to be discarded immediately and skaters or coaches are to wash hands with soap and water or use hand sanitizer immediately after using.</li> </ul> |
| High Touch Surfaces | <ul style="list-style-type: none"> <li>- Frequently touched surfaces such as door handles, boards and benches, and music equipment will be sanitized before and after each session in compliance with facility guidelines</li> </ul>   |
| Personal Hygiene    | <ul style="list-style-type: none"> <li>- Anyone taking the ice will maintain good personal hygiene and if leaving the ice to use the washroom will ensure they have followed proper handwashing guidelines before returning to the ice.</li> </ul>   |
| Programming         | <ul style="list-style-type: none"> <li>- Only private, semi-private/ small group lessons to skaters Star 1+ who have been recommended by their coach to attend</li> </ul>  |

### **Off-Ice Activities**

| <b>Item</b>                      | <b>Protocol</b>  |
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| Facility Access and Traffic Flow | <ul style="list-style-type: none"> <li>- Individuals shall follow facility guidelines by using designated entry and exit doors in the facility and any guidelines to manage the flow of people within the facility.</li> </ul> |

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| Spectators                    | <ul style="list-style-type: none"> <li>- In accordance with guidelines with the facility's current rules and restrictions.</li> </ul>  |
| Personal Hygiene              | <ul style="list-style-type: none"> <li>- In accordance with guidelines from the facility individuals may be required to wash/sanitize hands upon entry.</li> </ul>   |
| Personal Protective Equipment | <ul style="list-style-type: none"> <li>- In accordance with specific guidelines from the facility, BSC also recommends all skaters/coaches/volunteers/parents wear a non-medical face mask when in open areas of the facility.</li> </ul>  |
| Warm Up/Cool Down             | <ul style="list-style-type: none"> <li>- Warm-ups and cool downs will be conducted outside following physical distancing protocols by remaining at least 2m apart. If weather does not permit warming up outside, skaters may (if permitted by the facility) warm-up inside in an area designated by the facility while following physical distancing protocols by remaining at least 2m apart.</li> </ul> |
| Dressing Rooms                | <ul style="list-style-type: none"> <li>- All dressing rooms to remain closed and not to be used.</li> </ul>  |
| Personal Items                | <ul style="list-style-type: none"> <li>- Personal items like skating bags should be left in the relevant individual's vehicle (in a safe and secure location) and not be brought into the arena. Skaters and coaches may carry their own water bottle, tissue box etc. into the arena.</li> </ul>  |
| Entry/Exit from Ice           | <ul style="list-style-type: none"> <li>- Skaters must follow physical distancing protocols and remain at least 2m apart from any other individual while waiting to enter and exit the ice.</li> </ul>  |

## Summary

Bedford Skating Club is committed to the health and well-being of all members. The protocols put forth in this document will require commitment from everyone. They are in place for the safety of all involved in the return to ice plan.

As the situation evolves, strong commitment by everyone will ensure the virus spread is contained. New information is continuously being reviewed and analyzed to ensure proper measures are in

place and that all skating community, coaches, volunteers, and parents are educated on their use. All skating community, coaches, volunteers, and parents must please be vigilant and truthful to ensure the safety of all.

Plans will be revisited often to ensure the most up to date procedures are in place.

## **COVID-19 Transmission**

The COVID-19 virus is spread through respiratory droplets that are produced through coughing, sneezing, or normal breathing and speaking. These respiratory droplets may transmit the virus from an infected individual to a non-infected individual if they are close to one another. Some people might contract the virus and remain asymptomatic (do not show any signs or symptoms of the virus), which is why public health guidelines state that everyone should stay 2 meters away from other individuals.

In some situations, the respiratory droplets land on surfaces, which can result in people catching the virus by touching those surfaces and then touching their eyes, nose, or mouth.

**Your Health and Protecting Others**

Skaters, coaches, volunteers, and parents are advised to stay home if they or any member of their household are feeling ill and have cold or flu like symptoms such as fever, sore throat, runny or stuffy nose, headaches, or coughing. Specifically, instructions are:

- Do not come to the rink
- Advise your coach/skater's coach that you or a member of your household is exhibiting symptoms;
- Contact your health care provider or visit Nova Scotia's government online COVID-19 Assessment Tool at <https://811.novascotia.ca/>, if you do not have internet access, call 811; and
- Do not return to skating club events or functions until you are symptom free and advised to do so.

**If there is a confirmed case of COVID-19 at SCNS, our procedure includes:**

- Stop skating sessions and advise the rink so they can disinfect areas as needed;
- Send skaters, coaches, and volunteers home who came in close contact with the individual; remind them to self-monitor (or self-isolate if they have a high-risk household resident), and inform them a SCNS representative will be in touch with further information
- Contact 811, proceed as directed, and communicate with coaches as appropriate.

## **Personal Hygiene**

Strict personal hygiene is critical to limit contracting and transmitting the virus. All skaters, coaches, and volunteers are instructed to abide by the following guidelines:

- Avoid touching your face, i.e. eyes, nose and mouth.
- Cough or sneeze into your elbow or a tissue (properly dispose of tissue and wash hands).
- Do not share personal items
- Refrain from shaking hands or making any contact with others.

- Wash your hand often with soap and water or use hand sanitizer with at least 60% alcohol for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing
- Carry a face covering or mask with you in the event of injury or illness which requires a coach and skater to come within 2 meters of each other.