



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

as of October 14th, 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) of their household is unwell, feeling sick or showing symptoms of illness. Anyone taking to the ice should proactively and regularly be checking their health status (including taking their temperature and monitoring for any symptoms) in advance of arriving to the facility.**

**UPDATED: Skaters, coaches, volunteers, or parents will NOT participate in any club activities/skating sessions if they or a member(s) of their household has travelled outside of Atlantic Canada or travelled to any ORANGE PHASE zone in New Brunswick (Zone 1 & 5 - Moncton and Campbellton Regions) 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><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><li>- 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.</li></ul>
Covid-19 Education	<p>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.</p>

Covid 19- Response Plan

All participants in any club session will be documented on the SCNS supplied form and will include whether they have completed the health screening questionnaire. This will be stored by the Club to be presented to SCNS or the Facility if required. This must be recorded and kept to assist with contact tracing in the event of any positive COVID-19 cases within ice sessions.

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

- Stop ALL sessions and advise Skate Canada Nova Scotia and the Facility so they can disinfect areas as needed;
- 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. A member of the Club will also follow up with and make arrangements for a safe return to ice when the participant has received a negative test result and/or has been cleared by medical professionals to return.
- Contact 811, proceed as directed, and communicate with coaches as appropriate
- Any confirmed case of COVID-19 will be shared with membership as necessary.

<p>Covid 19- Response Plan continued.</p>	<p><b>If a participant is tested for COVID-19</b></p> <ul style="list-style-type: none"> <li>- an individual who is part of BSC session and is being tested for Covid-19 must not participate in Club activities while waiting results of the test.</li> <li>- any individual who has participated on a BSC session in the last 14 days, or a member of their household, has been recommended for testing you must inform the Club within hours of the test recommendation. If applicable notify your Base Coach. Results must be sent to <a href="mailto:bedfordskatingclub@hotmail.com">bedfordskatingclub@hotmail.com</a> as soon as they are received.</li> <li>- If the test is positive - see above.</li> <li>- If the test is negative - participants may return to the ice as soon as they are no longer experiencing or showing symptoms of Covid-19 and are feeling well enough to attend.</li> </ul> <p><b>If a participant is unwell with symptoms of COVID-19</b></p> <ul style="list-style-type: none"> <li>- if a participant cannot truthfully answer NO to the questions on the Daily Health Screening Questionnaire they must not participate in the Club session until they no longer have symptoms or are feeling unwell.</li> <li>- If a participant has two or more symptoms of Covid-19, they should contact 811 for further direction.</li> </ul>
<p>Meetings</p>	<p>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.</p>

Registration	<p>All registration will be done online, and no in person payments or registrations will be accepted. Drop in/ Buy Ins are now permitted, but must be completed by 12NOON the day prior to the session.</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>
Refund/Cancellation Policy - due to Covid-19	<ul style="list-style-type: none"> <li>- If a skater tests positive for Covid-19 a credit may be issued for missed sessions after approval is given from the Board.</li> <li>- If a session is cancelled by the Club because the Facility has closed, credits may be given for the missed sessions subject to Board approval.</li> </ul>
Zero Tolerance	<p><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></p>
Facility Information	<p>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.</p>
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>- Skaters and Coaches will only use the dressing areas designated to them.</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 who enter a facility where a club session is being offered MUST complete the Daily Health Screening Form issued by the Club through an online form prior to attending the session.</li> <li>- Spectators may use the SIGN IN sheet posted at the entrance to the facility.</li> </ul>
STARskate & Competitive Programming	<ul style="list-style-type: none"> <li>- Sessions offered may vary in levels and will be based on Coach input to ensure safe use of the ice.</li> <li>- The Club will make programming adjustments to meet the operational requirements for skaters, coaches, and ensure overall safety.</li> <li>- OFF-Ice programming may be offered at the discretion of the Base Coach, no Club run in-person OFF-ICE programs are being offered at this time.</li> </ul>
Canskate Programming	<ul style="list-style-type: none"> <li>- Skaters must be able to skate unassisted.</li> <li>- A maximum of 50 people will be able to take to the ice, but this number will be regulated by the number allowed by each facility.</li> <li>- If a Canskater will be late or absent for a session, we ask that families contact the Club administrator as soon as possible.</li> </ul>

**Rink/Facility Procedures**

Item	Protocol
Arrival To Facility (STARskate and Coaches)	<ul style="list-style-type: none"> <li>- All skaters MUST wear a mask when not on the ice</li> <li>- All skaters and coaches will arrive in skating attire upon arrival at the facility.</li> <li>- Only skaters who are unable to lace their skates on their own are required to enter with their skates on.</li> <li>- Entrances to be staggered following physical distancing guidelines and in accordance with guidelines provided by the facility.</li> </ul>

<p>At the Facility (STARskate and Coaches)</p>	<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 and all other guidelines required by the facility.</li> <li>- Only use designated dressing areas provided by the facility.</li> <li>- The number, if any, of spectators allowed will be dependent on facility protocols.</li> </ul>
<p>EXIT of Facility (ALL)</p>	<ul style="list-style-type: none"> <li>- All participants will exit the facility using the assigned exit.</li> <li>- Parents must agree to make arrangements to meet their skater in a previously agreed upon spot following each session as skaters are not be able to re-enter the facility.</li> </ul>
<p>Arrival To Facility (CANSKATE)</p>	<ul style="list-style-type: none"> <li>- ALL Canskaters must arrive to the facility ICE ready, with their masks, skates AND helmets on and wearing plastic guards on their blades if at all possible.</li> <li>- Entrances will be staggered following physical distancing guidelines and in accordance with guidelines provided by the facility.</li> <li>- Parents must agree that their skater is able to enter the facility on their own without supervision.</li> <li>- No late entries to the facility will be permitted, all skaters must be ready to take the ice no later than 5 minutes prior to the session start.</li> </ul>

<p>At the Facility (CANSKATE)</p>	<ul style="list-style-type: none"> <li>- A minimum of 1 Parent/Guardian <b>MUST</b> remain on site outside the facility (or as a Spectator when permitted) with an accessible cell phone number for the duration of the session so that they can be reached in case of emergency, or if their skater requires assistance.</li> <li>- All Canskaters will follow the wayfinding arrows provided by the facility and/or the Club to ensure safe and consistent flows of traffic.</li> <li>- Plastic protective blade guards are encouraged, and must be clearly labeled with the skater's name. No other personal equipment will be permitted to enter with the Canskater.</li> </ul>
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**On Ice Activities**

<b>Item</b>	<b>Protocol</b>
Physical Distancing	<ul style="list-style-type: none"> <li>- Maintain a physical distance of at least 2 metres at all times when NOT on the ice.</li> </ul>
Personal Protective Equipment (PPE)	<ul style="list-style-type: none"> <li>- Anyone entering the facility <b>MUST</b> wear a mask while in public indoor spaces.</li> <li>- Masks are allowed to be removed upon skater's entry to the ice surface .</li> <li>- Coaches and skaters are required to have their face masks available at all times during the session, in case of emergency exit from the building.</li> </ul>



Skater Areas	<ul style="list-style-type: none"> <li>- Constant on ice 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.</li> <li>- These areas are to be disinfected between groups of skaters.</li> </ul>
Coaching Areas	<ul style="list-style-type: none"> <li>- Coaches are encouraged to space out their lessons on the ice surface from other coaches to minimize contact.</li> </ul>
Music Equipment	<ul style="list-style-type: none"> <li>- ONE coach per session will be designated to play music.</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>- Use of the harness is 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 following.</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>- All programs will proceed, except Pre-Canskate.</li> </ul>

## Off-Ice Activities

Item	Protocol
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>
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 can be used, but skaters/ coaches must wear their masks and physical distance.</li></ul>
Personal Items	<ul style="list-style-type: none"><li>- Personal items can be brought in if the skater can tie and untie their own skates. and not be. Skaters must minimize the number of personal items they bring 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>
<p><b>SPECTATORS</b> (New - October 14th)</p>	<ul style="list-style-type: none"> <li>• 1 Spectator only per skater permitted</li> <li>• COVID Pre-Screening Completed</li> <li>• Only permitted to enter the facility 5 minutes prior to the scheduled ice time</li> <li>• Must wear a mask at all times</li> <li>• Must physically distance at all times</li> <li>• Only permitted in the viewing area (not allowed in the Dressing rooms or dressing room Hallway)</li> <li>• Immediately exit the arena as soon as the scheduled ice time ends</li> <li>• No food or drinks will be permitted</li> <li>• Must ONLY use labeled entrances and exits.</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.