

# The Beaumont Skating Club COVID-19 Relaunch Guidelines for Skaters, Coaches, Parents and Volunteers

September 2020



## RESPONSE PLAN

The following individuals are designated to oversee and ensure the implementation and adherence of safety and public health guidelines (Federal, Provincial, Municipal), and Skate Canada Return to Skating Guidelines.

Please contact these individuals as needed.

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## BEFORE YOU ARRIVE TO THE ARENA

- All skaters should review and follow the guidelines of the **SKATER CHECKLIST** daily prior to coming to the arena.
- All coaches, staff and volunteers should review and follow the **STAFF/COACH/VOLUNTEER CHECKLIST** daily prior to coming to the arena.
- Everyone needs to make an **HONEST** health assessment of their fitness to participate on the ice before leaving home. If you are exhibiting any symptoms of COVID-19 **PLEASE STAY HOME**. For a list of COVID-19 symptoms, please see <https://www.alberta.ca/covid-19-testing-in-alberta.aspx>
- All skater/coaches/volunteers/parents who are staying must complete the BSC Online Health assessment screening (*link found on the BSC Website*) with 2hrs of arrival to the arena.
- Please use the washroom facilities at home before leaving for skating and make sure you arrive dressed and ready to skate.

## **PRIOR TO ON-ICE TRAINING SESSIONS**

### **(all Off-ice Training will be virtual)**

- Each skater is expected to warm up at home or outside the arena facility (weather permitting). Skates should be put on outside of the arena or in your vehicle. Skate bags, extra jackets, shoes, etc, must all be left in the vehicle.
- Masks are not recommended by AHS for skaters during training. However, Non-medical mask are **REQUIRED** (City of Beaumont bylaw) to be worn by skaters and parents when checking in inside the arena facility. This includes both walking to the ice surface and while exiting the building.
- Washroom breaks will only be permitted during on-ice sessions if absolutely necessary. Skaters **MUST** have coaches permission to leave the ice and only one skater at a time is permitted to use the washroom.
- Skaters must have a clean pair of gloves for every skating day. Please ensure your skater has enough gloves for daily washing. It is also recommended that skaters wear clean training attire daily.
- Skaters **MUST** arrive *ICE READY* (IFS,JD,STARSKATE). This includes skates/guards, gloves and helmets (where applicable). IFS/JD/Starskaters are allowed to bring a clearly labelled waterbottle. Skaters are also asked to bring a well labelled bag to store their mask while on the ice. **NO PHONES, NO EXTRAS.**
- The BSC will not be providing any training equipment and skaters are not allowed to share equipment or any personal items.

## **PROTOCOL FOR CHECK-IN TO SKATING PROGRAMS**

- All skaters and coaches will be required to check-in to the arena facility with the BSC designate. Physical distancing must be maintained during the check in process and masks must be worn.
- Check in will include providing information for the mandatory Contact Tracing Documents, as well as daily individual health screening questionnaires. The daily health screenings will be done **ON-LINE** via a link on our website. All skaters/coaches/volunteers who are staying in the building ***MUST COMPLETE THE FORM WITHIN 2HRS OF ARRIVAL AT THE ARENA.*** We realise this process will feel redundant, please know that it is mandated by Skate Canada and must be done for every skating day.
- Skaters, coaches or volunteers who check in will be required to sign the 'Skate Canada Assumption of Risk Waiver Form' prior to participating in any Club activity. (\*\*This will be part of online registration, and is only required once per season\*\*\*)
- Check-in will begin no more than 10 minutes prior to the start of any session. While waiting, skaters must adhere to the 2m physical distancing policy.

# IFS/JD/STARSKATE PROTOCOLS

- Skaters will be dropped off at the front lobby of the facility. **No spectators are allowed during these sessions.** As skaters will be “ice ready”, after check in (described above) they will follow the directional signage (as well as coach/staff assistance) towards the ice surface. They will make their way to their assigned group near the ice staging area and wait on marked spaces, 2m apart. Coaches will then invite them onto the ice in their groups.
- Parents/guardians who are simply dropping off/picking up do not need to check in for contact tracing documents/health screenings.
- During this process all skaters/parents/volunteers/coaches are expected to wear masks and adhere to the 2m physical distancing practice. Be aware of directional signage.
- On ice activities may look a little different this season. Coaches are to maintain physical distancing protocol while on the ice and will use verbal cues and ice markers whenever possible.
- There will be no gatherings of skaters/coaches/parents inside of the facility. All interactions must adhere to physical distancing protocols and should be in large outdoor spaces. When a session is over, skaters are expected to leave the facility immediately. Skaters will check out with the BSC Designate to ensure their time of departure is recorded on the Contact Tracing documents. They will follow the directional flow signs to the marked exit area where they will meet their parent/guardian.

## PROTOCOL FOR REPORTING HEALTH CHANGES

Should any skater/coach become unwell DURING the ice session or show signs of acute respiratory infection, they must immediately report to a BSC coach. The coach will alert the BSC Designate. For persons who are unwell, action will be taken to ensure that the individual is isolated from the group and that arrangements are made for them to promptly leave the facility. *On this note it is very important that all skaters emergency contacts/info on their Uplifter account are update to date and include someone who is readily available to pick up the skater.*

If a case of COVID-19 or outbreak of individuals feeling unwell is reported, the BSC Board will make the determination to modify, restrict, postpone or cancel activities.

An individual sent home will be advised to:

1. Self isolate
2. Call 8-1-1 for further health advice (or 9-1-1 if emergent symptoms evolve)
3. Monitor symptoms daily, report respiratory illness and NOT return to activity for at least 14 days following the onset of fever, chills, cough, shortness of breath, sore throat, stuffy or runny nose, loss of sense of smell, headache, muscle aches/fatigue and loss of appetite.

4. The individual will not be permitted to return to the facility until they are determined COVID-19 free as verified by a medical professional.

## **ILLNESS POLICY**

The Beaumont Skating Club will abide by the Skate Canada: Alberta/NWT-Nun Section illness policy. Please refer to our website for the link to this policy.

**\*\*\*IT IS ESSENTIAL THAT ALL MEMBERS ARE HONEST ABOUT THEIR HEALTH AND HEALTH RELATED CHANGES. WE MUST BE DILIGENT AND WORK TOGETHER TO MAINTAIN A SAFE, HEALTHY ENVIRONMENT FOR OUR SKATERS.\*\***

## **COMMUNICATION**

As we have all learned, COVID-19 protocols and rules are dynamic and updated often. Therefore, now more than ever, it is a priority for the BSC to communicate with its members on a regular basis to ensure our programs continue to run smoothly and our coaches and skaters remain healthy. As a club we will do our best to ensure everyone is kept up to date but please remember that this is a shared responsibility! **READ YOUR EMAILS ON A REGULAR BASIS.** As the pandemic evolves and changes over the coming months, we will continue to make changes in our policies to comply with current health and government regulations, in accordance with Alberta Health Services, Skate Canada, and Skate Canada: Alberta/NWT-Nunavut section mandates.

## **CLEANING PROTOCOLS**

Facility cleaning protocols have been developed with facility management and the BSC will also follow Skate Canada and AHS guidelines. At the end of every session, the coaches and BSC board members will wipe down the tops of the rink boards where personal belongings were kept, the music area and any high touch surface areas at the ice surface.

# SKATER CHECKLIST

*To be used daily to help skaters prepare for their ice time*

## Before you leave home

• DO NOT leave home if feeling unwell or showing symptoms of COVID-19 (fever, cough, shortness of breath, sore throat, runny nose)
• Check for facility closures
• Eat before arrival
• Wash water bottles, training clothes, gloves and accessories
• Use the washroom
• Thoroughly wash hand with soap and warm water
• Warm up/Stretch at home
• Fill out Health Screening questionnaire (within 2hrs of your ice time)

## Arrival at Arena

• Arrive NO MORE than 10min prior to your scheduled ice
• Warm up outside if weather permits- must maintain 2m of physical distance
• Put skates/guards/gloves/masks on in your vehicle (DRESSING ROOMS ARE CLOSED); carry a small labelled bag for your mask
• Enter building through established entrance
• Register for contact tracing with BSC designate
• Present/confirm wellness screening with BSC designate
• No sharing of personal items (water bottles, etc)
• NO SPECTATORS ALLOWED (exception: Canskate- 1 spectator)

## After Ice session is completed

• Removed guards from your designated space on boards; put your mask on
• Exit ice through established exit (keep physical distance)
• Check out with BSC designate; promptly leave building
• Sanitize hands
• When you get home, wash everything that came to the arena with you

## STAFF/COACH/VOLUNTEER CHECKLIST

### BEFORE YOU LEAVE HOME

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| • DO NOT leave home if feeling unwell or showing symptoms of COVID-19 (fever, cough, shortness of breath, sore throat, runny nose) |
| • Check for facility closures  |
| • Eat before arrival   |
| • Wash water bottles with soap and water   |
| • Use the washroom   |
| • Thoroughly wash hand with soap and warm water  |
| • Thoroughly wash all previously worn clothes/assessories  |
| • Fill out Health Screening questionnaire (within 2hrs of your ice time)   |
| • Ensure PPE is readily available (mask, gloves, protective glasses_   |
| • Consider bringing personal hand sanitizer  |
| • Used the washroom  |
| • Fill out health screening questionnaire (within 2hrs of arrival time)  |
| • Sign Skate Canada Assumption of Risk Waiver online   |

### ARRIVAL AT ARENA

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| • Place skates and gloves on outside the arena in your car (DRESSING ROOMS ARE CLOSED)  |
| • Enter through established entrance and follow signs   |
| • Wash hands or use hand sanitizer  |
| • Register for Contact Tracing Attendance   |
| • Submit wellness form  |
| • Consider wearing PPE (Masks, gloves, eye protection) and have on hand at all times in case of an emergency (injured skater) |

### DEPARTURES

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| • Check out with BSC Designate                     |
| • Clean hands                                      |
| • Exit through established exits                   |
| • Wash/Wipe down everything that came to the arena |