

London Skating Club

Return to Play Protocols version 1.8

Supplement to Skate Ontario's
Return to Play Protocols Version 5.0



As of November 21st, 2020

Updates denoted with underlining

Rationale

The purpose of this document is to provide guidelines and a path to re-open LSC to the public gradually with the utmost safety considerations. This includes programming and administration at Earl Nichols Arena and any other rinks in which LSC operates. This plan is in compliance with all laws, guidelines and recommendations from the government of Ontario, Middlesex-London Health Unit, Skate Canada, Skate Ontario. This document builds on the Return to Play Protocols of Skate Ontario and is to be used in tandem with that document. The knowledge surrounding COVID-19 is evolving and therefore this plan will be updated regularly as circumstances change.

OF NOTE: Office employees, coaches and fitness instructors are all referred to as “staff” below. The term “volunteers” applies to all volunteers including board members, program assistants, etc.

Club Skating Operations

Compliance with Regulations

LSC will follow the guidelines, laws, regulations, by-laws and orders from the Government of Canada, Government of Ontario, Middlesex-London Health Unit, Skate Canada, Skate Ontario, and the City of London. LSC will update this document as circumstances change for these external parties and/or LSC.

Compliance with these protocols

Each coach, skater, staff and volunteer is responsible for implementing and complying with both Skate Ontario and LSC protocols. All individuals participating in club/skating activities must complete the Skate Ontario Acknowledgment, Release, Indemnity and Assumption of Risk regarding COVID-19 (“COVID-19 Waiver”). Failure to do so means that individual must not participate in club/skating school activities. The COVID-19 Waiver Form will require electronic sign-off from skater/guardians and will be tracked in the online registration system (Uplifter). For staff and volunteers, this form can also be found on the Skate Ontario website. Staff and volunteers must hand in a hard copy of this form to their respective LSC session convener before returning to the rink. These will be kept by the Conveners.

Education

LSC staff will get a document summarizing the Return to Play protocol and a list of action items. They will also be in charge of reading Appendix A “COVID-19 Education Resources” of Skate Ontario’s Plan. Membership letters will also be sent laying out the Return to Play Protocols to inform all skaters/guardians.

COVID-19 Club Response Plan

LSC has appointed the following individuals to the COVID-19 Oversight Group:

Name	Position	Email
Kristyn Ternent	Board Member, Star Convener	ckternent@outlook.com
Marisa Sheardown	Vice President	marisasherdown@rogers.com

Sherry Jennings	Board Member, Synchro Convener	sherryjennings6@gmail.com
Chantelle Davidson	Board Member, Power Convener	chantelledavidson@ymail.com
Erin Scherrer	Select Head Coach, Star Coordinator	erinscherrer@rogers.com
Kelly Farmer	Canskate Administrator, Base Coach	kfarmer@execulink.com
Charlotte McLean	Base Coach, Adult Supervisor	charlotteskate@rogers.com

If anyone has questions about any aspect of the Return to Play protocols or the policies and procedures related to COVID-19, they should contact lscovid19oversight@gmail.com

An individual becomes unwell with symptoms of COVID-19

- If an individual becomes unwell with symptoms of COVID-19, or if someone is aware of an individual that becomes unwell with symptoms of COVID-19, that individual must **immediately stop** participation.
- The individual will be isolated from all others in a well-ventilated area, or outside and provided with a non-medical face mask if one is available.
- The individual shall be sent home and instructed to follow public health guidelines regarding self-isolation and testing
- The facility should be informed in order to determine if any areas need to be closed off and/or require additional cleaning/disinfecting
- The session convener will be informed promptly of the situation and will contact the individual or their parent/guardian to determine if next steps are being taken regarding testing

Return to club/skating activities following illness

- If no test was required, or the COVID-19 test was negative, the individual may only return to club/skating school activities 24 hrs after COVID-19 symptoms disappear. The individual or parent/guardian will contact their session convener of their return to skating

An individual is tested for COVID-19

- Any individual that is part of LSC that has been tested for COVID-19 must not participate in club activities while waiting for the results of the test
- Any LSC members who were in close contact with the individual should not participate in club/skating school activities and **should follow public health guidelines until the diagnosis of COVID-19 is ruled out by health professionals**

An individual tests positive for COVID-19

- If an individual tests positive for COVID-19, they should inform their session convener
- The COVID-19 Oversight Group will work where requested with the facility and public health officials to assist in contact tracing. The Session Participation tracking sheets may be used to assist public health officials in informing other LSC members who may have been in close contact with the individual
- Any LSC members who were in close contact with the individual will be informed by their session convener not to participate in club activities for 14 days and should follow public health guidelines regarding self-isolation and testing
- It is recommended to also inform all club members of a positive COVID-19 result within the club setting taking into account privacy regulations
- The COVID-19 Oversight Group will inform and work with the facility in the case of a positive COVID-19 result and determine if any additional cleaning/disinfecting should be performed as per the facility's guidelines
- The COVID-19 Oversight Group will inform Skate Ontario of a positive COVID-19 diagnosis by emailing clubsupportservices@skateontario.org

Return to club/skating activities following illness or exposure to COVID-19

- Individuals must follow all public health and facility guidelines with respect to returning to skating following an illness or exposure to COVID-19
- If a COVID-19 test was negative and there was no known exposure to COVID-19, the individual may return to club/skating school activities once they no longer have any symptoms of COVID-19 for at least 24 hours
- If a COVID-19 test was negative and there was a known exposure to COVID-19 that was identified as a risk by the health unit, the individual may only return to club/skating school when isolation established by the health unit is over for their prescribed period of time. Typically this is 14 days from the last exposure to positive case. Follow the public health unit directions and guidelines in this regard.

Return to club/skating activities following COVID-19

- Following a positive COVID-19 test, an individual must follow all public health guidelines regarding return to activities.

Public Health Guidelines

Club and skating school members should follow all public health guidelines regarding COVID-19. These may include:

- Any club/skating school 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 school activities for 14 days, unless the individual has a Government of Canada Travel Exemption

- 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 school activities for 14 days, unless they engaged in consistent and appropriate PPE (ie healthcare workers)
- Any individual with symptoms of COVID-19 is not permitted to take part in club or skating school activities
- ~~Any individual who has been in close physical contact in the last 14 days with someone who is currently sick with a new cough, fever, difficulty breathing, or other symptoms associated with COVID-19, should not participate in club/skating school activities~~

LSC Communication Plan

LSC will post updates on the website under the COVID-19 section and will continue to engage with social media followers to check these updates on the websites. Direct email lists will be used to communicate with skaters and staff. The order in which communications come from the club is always board, staff, and then skaters/ families. The COVID-19 Oversight Group and the LSC President is responsible for these communication pieces. This will be done typically bi-weekly to staff and board via email, and monthly updates on the website. To return to the rink, an email will be sent to staff regarding returning protocols. As well as to all members with notification of the re-opening of Earl Nichols Arena (and subsequent areas) and the protocols to expect.

If members need to be informed of a COVID-19 test taking place, or positive results of a test, this will be done by email to the Board of Directors, staff and those skaters currently enrolled. If there is a positive case in the club the LSC COVID-19 Oversight group will take instruction from the city in terms of if we need to shut programs and/or arena. The board has designated the President to be the public spokespersons for the club in case of emergency (i.e. COVID-19 Outbreak declared at rink). The COVID-19 Oversight Group will notify the President of the Board if there is a suspected case, and will notify the whole board if there is a confirmed case. All staff and skaters need to be encouraged to consider their own mental health and anxiety about being together (but still physically distanced) at the rink as we return to skating. All staff and skaters need to respect the comfort levels of each other and are encouraged to be polite but forthcoming about their own mental health, and level of anxiety. Staff are encouraged to voice any health and safety concern (i.e. ran out of cleaning supplies, etc.) to their Supervisor and/or session convener.

Facility Coordination

Signage to address public health and safety will be placed around the rink by the City of London. Directional signage will be developed and maintained by the facility. The City of London high touch areas between groups. A thorough cleaning will be done by city staff upon opening, between groups, and at the end of the evening. This includes washrooms in the arena. Specific details will be communicated with families upon registration. Any person who enters or uses the facility will maintain a physical distance of at least 2 metres from any other person who is using the facility unless they are from the same household or social circle.

Club Skating Programming

Programming

Skating will be limited to Skate Ontario levels.

Effective June 29, 2020: Pre-Novice, Novice, Junior and Senior - Singles, Pairs and Ice Dance. STARSkate - STAR 5 to Gold, Pre-Juvenile, Juvenile and Adult - Singles, Pairs and Ice Dance. STAR 1-4 – All disciplines Synchronized Skating in Beginner levels and higher, CanPowerSkate

Please note, CanSkate is permitted to begin as of September 1, 2020

Assessment Days

No Assessment Days will be scheduled before August 15th.

Limitations on size of training groups

All training sessions must follow provincial and local public health as well as facility guidelines with respect to the size of gatherings. Limitation on size of training groups:

Stage 3: Maximum Training Group Sizes – Effective October 24th, 2020

STARSkate/Competitive/Special Olympics: **Maximum number of individuals on the ice is 24 on ice split in 2 groups at the ends of 12 with a 3m buffer zone in the middle. Ice can also be split, with 3m buffer lengthwise into 2 sides. An additional 3 coaches may be with each group. Full ice – numbers are 12 skaters and up to a max of 3 coaches. Additional coaching staff can stand in the bench area and teach lessons and/or rotate off with other coaches to ensure only 3 coaches are on the ice at any given time with full ice. (All individuals on and off the ice must follow all physical distancing requirements unless they are from the same household or social circle. There must be a minimum of one coach on the ice for each session.**

Stage 3: Maximum Training Group Sizes – Effective September 1, 2020

CanPowerSkate: **Maximum number of skaters on the ice is 12 (full ice) or 24 (2 groups of 12 with 3m buffer). 12 skaters on ice (full) ice up to max of 3 coaches. 2 groups of 12 (24 skaters) + plus 3 coaches per end max.**

CanSkate: **Maximum of 24 skaters (full) ice plus max 3 coaches, or max of 24 (2 groups of 12) w/max of 3 coaches per end). Skaters must be working on Stage 2 or equivalent in order to participate in this session. Stage 1 skaters can participate in the session if they can get up on their own and manoeuvre without hands-on assistance.**

CanSkate Parent & Tot (for skaters who are unable to get up on their own and manoeuvre without assistance): **Maximum 12 skaters and 12 parent's full ice, plus max 3 coaches or 12 per end. Half ice with buffer and 3 staff per end max.** The parent/guardian must be 18 years of age and from same family bubble as Skate Ontario states.

All CanSkate programming must follow the program guidelines as set out in the following resource: Program Requirements and Delivery Standards – CanSkate - with COVID-19 Considerations *For further

detail on CanSkate Parent & Tot session delivery guidelines, please refer to the following resource:
CanSkate Parent-Tot Delivery Requirements with COVID considerations

Synchronized Skating: **SYS teams may resume training together as a whole team while maintaining physical distancing.** Clubs must consider size of ice surface, level of skaters and facility access when determining numbers for their sessions.

All Synchronized Skating training must comply with current Ontario Provincial Gathering guidelines. SYS should consider the following:

- Alternating athletes between on-ice and off-ice training
- Skaters are not permitted to contact each other on the ice
- Skaters must respect physical distancing guidelines within all parts of the facility by staying at least 2m apart.
- All warm-ups and off-ice training should comply with physical distancing requirements
- Max 12 skaters on full ice, plus max of 3 staff. Group of max of 12 skaters can rotate from player's bench to ice and so forth back and forth. Masks must be worn on bench waiting and skaters must be 2m apart on the bench.

LSC will follow City of London best practices in Earl Nichols Arena each week as numbers increase up to the maximum allowed by either Skate Ontario, the City of London or the province of Ontario. Earl Nichols Arena is NHL size. The LSC staff will consider the level of skater, quality of programming, physical distancing and facility access when determining training group sizes for the sessions.

Off-Ice Activities

Facility Access and Traffic Flow

For Pad C at Earl Nichols Arena: All skaters, spectators, coaches, staff and volunteers are required to enter the Arena through the main door entrance. There will be a city greeter at doors asking city COVID questions and checking who is entering. Coaches, skaters and guardians will exit through separate doors.

For all Pads at Earl Nichols Arena: **Parent gatherings during pick up and drop off are strongly discouraged as well as when watching skaters on the ice.** Signage will be posted outside reminding skaters of self-screening and social distancing. All coaches and skaters will do a verbal health screening by a LSC point person and all names will go on a Skate Ontario session tracker saying each individual has passed the health screening. Once in the facility, skaters will report to their assigned dressing rooms to put on their skates. The LSC representative will sign the facilities log at the front door. As well, they will send a digital copy of the session tracker to the LSC Oversight Group for filing.

*If a coach is aware that a skater will be absent, they should email the session supervisor, who will notify the auditor (session convener) of the sessions that day. If any skater or coach unexpectedly misses a session, one of the coaches should notify the session supervisor by email at the end of the session. Within 24 hours, the session convener will follow up with the coach/skater or their family by email and/or phone. If the reason for not attending is related to physical health, the session convener will notify the COVID-19 Oversight Group and the Club President immediately.

Spectators

Only 1 parent/guardian is allowed per skater into the arena to watch. All parent's entering must fill out The City of London Health screening form which gets left with the city greeter.

Parent/guardian is asked to print form off at home and bring already filled out.

No siblings, younger children, aunts, uncles, other family members, friends etc., are allowed to watch.

Parent's not assisting with skates can only enter the building within the 5 minute window before the session starts and must leave immediately following the session and wait outside by the exit door for their skater. Parent's assisting with skates at the end of sessions for younger children or skaters unable to tie their own skates only has a maximum of 15 minutes following the session to clear the dressing room and building with their skater.

One Synchronized Skating Team Manager is allowed to be present as a spectator. They must sit on the bench off the ice by the ref's room or stand by the Zamboni area.

Keeping as few people as possible in the rink is the goal.

No outside food or drinks are allowed in the facility.

It is mandatory that all spectators wear a mask at all times in the facility.

Skaters must wear masks throughout the building and in dressing room, but may remove their mask to skate. Although masks aren't mandatory, it is highly recommended that all wear them.

Personal Hygiene

Once inside Earl Nichols door, there will be a mandatory hand sanitizer station and signage about physical distancing. The City of London is supplying hand sanitizer stations at the entrances and exits as well as through out the arena. LSC will order extra cleaning supplies for use by staff as required.

Warm-up/Cool down

At the current moment we are **NOT** allowed to use indoor space as a warm up and cool down area. Skaters are asked to do their own warm up/cool down at home before coming to the rink.

Personal Protective Equipment

Middlesex-London passed a by-law to require the wearing of face coverings in enclosed public places. This makes it mandatory for everyone (with a few exceptions) to wear masks when indoors. The exception that is particularly notable for LSC is that the by-law allows an exception for "A person engaged in a sport or other strenuous physical activity". This by-law comes into effect on Monday July 17, 2020. Therefore, as of July 17, everyone must put on a mask before entering the building. **"Everyone" includes all skaters, coaches, spectators, and office staff.** Skaters and Coaches must keep their masks on while putting skates on and off. Skaters have the option of removing their mask on the ice but it is highly recommended they leave it on. In accordance with Section 22, effective as of October

24th, 2020, all coaching staff is mandated to wear a mask on the ice in addition to off of the ice while in the facility or on the ice.. All individuals are expected to bring their own face covering. Skaters are encouraged to wear face coverings on the ice and effective October 24th, all coaching staff must wear them on the ice as well as in other areas of the facility.

Dressing Rooms

Maximum number of skaters is listed outside of each dressing room and we must abide by the number at each rink. The number of skaters is participants of the program. Parents/Guardians helping with skates aren't included in this number. There will be two dressing rooms per on-ice session to accommodate social distancing. The refs room will be used for coaches this year. Boys will need to tie skates on benches outside dressing room as there are less available rooms this year. Soap and water as well as hygiene signage will be provided by the City of London in every washroom.

Skates On/Off

Skaters/guardian and coaches will put their skates on/remove their skates at their designated changeroom while maintaining physical distancing guidelines. Skaters and coaches are expected to be at the front door entrance at least 15 minutes before their session starts, while maintaining physical distancing. After a parent/guardian is done helping their child they are expected to leave the arena in a timely fashion through the appropriate doors. Once the session is over parents/guardians will be allowed to come back in to help take off skates. Skaters and parents/guardians are to leave the building within 15 minutes.

Personal Items

It is recommended skaters bring their own personal tissues, water bottle, hand sanitizer and mask. These should be in small containers/Ziploc that can be easily sanitized upon leaving the rink and before returning. Each skater will be assigned a number 1-20 and there will be two table with clear vinyl covering them and numbered spots which is easy to clean. Skaters can put guards, masks, water bottle in their spot each week. CanSkate, skaters will get badges/ribbons the following week in envelopes and they will be left in their spots. These tables will be wiped down in between each session by designated staff. NO outside food or drink allowed in the facility. Skater's water bottles are the exception.

Music

There will be no music this person in the fall season. Coaches will be in charge of setting up the music cord for the session. Coaches will also be in charge of sanitizing the cord in between session. As well as sanitizing hands before and after use.

On-Ice Activities

Personal Protective Equipment

Individuals must follow local Public Health guidelines with respect to wearing face masks within facilities. Everyone must put on a mask before entering the building. “Everyone” includes all skaters, coaches, spectators, and office staff. Skaters and Coaches must keep their masks on while putting skates on and off. When a skater goes onto the ice to skate, they can remove their mask. This must be put back on carefully as soon as you get off the ice. Skates are encouraged to wear masks, and effective October 24th, 2020, it is mandatory for all coaching staff to wear masks on the ice and while off the ice in the facility.

Physical Distancing

Individuals are required to maintain a physical distance of at least 2m from any other person during the session. All coaching should be done using verbal cues.

Personal Items

Skaters must use individual water bottles, tissue boxes, gloves etc. during training sessions. No sharing of these items is permitted. Skaters must have their own closed containers (i.e. Ziploc bag) for disposing of used personal items such as tissues. These must be disposed of at home.

Playing Music

Music cords will be set up by one of the coaches at the beginning of the session and put by the coach at the end. Skaters should not touch the music equipment. The coach appointed to change the music (if required) for the whole session will clean the area before and after use. Cleaning spray and paper towels will be available for coaches to spray the paper towel and wipe down all the touch points of the music player.

On-Ice Coaching

Coaches, choreographers and skaters must remain at least 2m apart from each other with the exception of those in the same household or social circle.

Coaches need to work together to determine their own specific rink area for their session each time. Every coach will be responsible for developing/modifying skating curriculum to the current fitness level and capabilities of every individual skater in order to avoid injury. Coaches are expected to be knowledgeable of the “Training Plan – Return to the Ice” document developed by Skate Ontario and use it as their guideline. As a reminder, the Rule of Two recommendations should be followed at all times in accordance with Skate Canada’s Safe Sport Program. As per Safe Sport, the Rule of Two practice is that “a Skate Canada coach in good standing is never alone and out of sight with a participant without another Skate Canada coach in good standing or screened adult (parent/guardian or volunteer) present.”

Coaches will be required to read and acknowledge the Return to Play protocols before returning to the ice. Emphasis will be put on following these protocols as part of the requirements to operate within LSC. These additions have been made to their Base Coach contracts which will be required to be signed

before they return to the rink. Consequences for breaking these protocols are similar to the code of conduct or other disciplinary action.

Harness

Effective August 17th, the use of harnesses is permitted in the following situations:

- Mounted and portable harnesses are permitted
- The skater and coach must wear a non-medical face mask at all times when the harness is in use
- The harness must be disinfected and/or sanitized before and after each use using a spray or wipe
- The coach/skater should sanitize their hands before and after use
- Where possible, coaches are encouraged to stay more than 2m apart from skaters during harness lessons
- Harness lessons should be limited to no more than 15 minutes with adequate time allowed in between lessons to disinfect the equipment
- Consideration could be made to making a secondary disinfected harness or chest strap available in order to more easily rotate skaters between harness lessons

Synchronized Skating

Any props or items are being used by synchronized skaters must be cleaned between each training session group and at a minimum each hour. Props or items should be assigned to a specific group where possible and not shared with other groups. Whenever using props or items, individuals who are not part of the same social circle must maintain a physical distance of 2m apart at all times.

Ticket Ice Policy

In order to skate on the ticket ice session, you must do the verbal health screening at the door with the London Skating Club Covid representative to get into the arena. The LSC representative will sign off for the group with on The City of London paperwork at the front desk of each facility. Coaches on the session will be in charge of making sure skaters are adhering to hand sanitizing and social distancing. Any minor on the ice needs an adult present when no coaches are on the ice.

Returning to LSC Office

For the time being the LSC office will be closed to the public. The office staff has to get permission to access the office in the arena. They will be asked to do the Skate Ontario Health screening questionnaire upon entering the building and then keep it stored in the office for reference. Anyone entering and exiting the office will have to sign in/out, write their contact info, and confirm they have sanitized upon entering and leaving.