

Deep River Skating Club



Clubs Safety Measures and Protocols for COVID-19

Measures and Protocols will be updated based on Municipal/Provincial and Skate Ontario's changing protocols on keeping everyone safe from Covid-19.

Information Combined from:

Skate Ontario Return to Play Protocols 2020

The Corporation of the Town of Deep River's Arena Protocols 2020

Updated October 6th , 2020

Safety Measures and Protocols:

The Town of Deep River Arena/ Skate Ontario-Deep River Skating Club

Before Attending our programs: A Self -Screening must be taken.

All individuals taking part in The Deep River Skating Club must self-screen in accordance with current public health guidelines before each session. **Individuals must not attend any training sessions or club activities if they:**

- Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts
- Have been in contact with someone with an active case of COVID19 in the past 14 days
 - Any individual who has someone in their household showing symptoms of COVID-19, should not participate in club activities
- Have returned from travel outside of Canada and do not have a Travel Exemption as per the Government of Canada.

Individuals who are considered a vulnerable or at-risk (individuals over 70 years, weakened immune system or medical conditions such as heart disease, lung disease, cancer etc.) should strongly consider their participation in club activities.

Arrival:

- The club recommends arriving 15 mins prior to start time, *the arena is allowing up to 25 mins*. We recommend you are dressed and ready to go (skates, helmet, face masks, etc. according to your level requirements). If you can tie skates by yourself, skates can be put on in the dressing rooms. Guards must be worn on skates if arriving at the rink fully dressed.
- ***Only 1 (one) parent or guardian will be allowed in the facility with the participant, if the number stays below 50 in the facility***
- A Covid-19 screening will take place upon arrival each day by the club.
- Contact Tracing attendance will also be taken place upon arrival each day by the club.
- ***No parents allowed in the dressing rooms or dressing room Hallway. Your child will be allocated a dressing room after their screening and escorted to the room.***

- Each rental group will have access to 3 (three) assigned dressing rooms. Approx.: 7 participants to each dressing room (using the closest door to the ice from your dressing room) i.e. Double doors or the door beside the Olympia room.
- Washrooms are available to participants only in the dressing rooms. Washrooms and change rooms are cleaned before and after each scheduled program.
- Maintain an acceptable social distance of 2 meters/6 feet or more
- All users are required to sanitize their hands when entering the facility.
- **Face Masks are always mandatory in the facility.** Participants in organized sports will not be required to wear masks during the ice session. (Town of Deep River)
- **Face masks are required for all participants and users while in the dressing rooms getting changed**
- **The club is requesting that all members must wear their masks during the ice session.**
- Hand sanitizers are available at the entrances by the Town and the club will have sanitizer for the ice surface.
- Enter and Exit signs will be posted when entering and exiting the facility and seating area. Please follow the signs in the facility. **Parents will proceed straight to the upper lobby (warm viewing area) and into the stands via the single door when the prior parent group has vacated.**
- The maximum number of participants on the ice at any given time is 25. This includes players/skaters, coaches, trainers, etc. Facility staff are not included in the 25.
- Showers will be off limits in the dressing rooms.
- Users are encouraged to leave valuables at home. Dressing rooms will not be locked, and the Town of Deep River is not responsible for lost or stolen items.
- Before returning to the facility, it is the responsibility of the player/skater for cleaning and disinfecting their own personal equipment.
- Users are required to provide their own filled water bottle, as the water fountains are off limits at this time.
- If necessary, the arena will be locked during the ice or facility rental and re-entry to the facility is prohibited
- Arena seating will be cleaned and sanitized on a regular basis.
- Spectators must physically distance themselves in the stands and wear a mask.
- People will not be permitted to come- and- go during the rental time.
- Public washrooms are available for parents and spectators and will be cleaned regularly.
- All staff and ice users are required to wash their hands after using the washroom and when you cough/sneeze into your hands. Please cough/sneeze into your sleeve, preferably into your elbow. If you use a tissue, discard it in the garbage receptacles provided and wash and sanitize your hands immediately. Avoid touching your face, particularly eyes, nose, and mouth with your hands to prevent from getting infected.

- *Commonly touched surfaces and designated dressing areas will be cleaned by staff after each facility rental and after the last facility use. This includes door handles, light switches, windows & sills, players' benches, and washrooms. (faucets, toilets, urinals and flushers, paper, and soap/sanitizer dispensers)*
- *Everyone entering the facility should ensure they are not touching anything that is not necessary-proceed to your designated area upon arrival. Nobody should be walking around the facility outside of their designated area.*
- *The Town of Deep River expects anyone entering the facility to respect all protocols and direction by Town of Deep River facility staff.*
- **Coaches and PA's will have no physical contact**, they must keep the social distance unless First Aid is required, and the staff will be masked. (Skate Canada states in their Program Requirements and Delivery Standards, July 2020, "Hands on" coaching is prohibited). If an injury occurs with your child on ice, and they are unable to continue to skate due to injury the child will be brought out to the dressing room corridor doors where they will meet the parent.

Departure:

- *Users shall stay in the dressing room for a minimum of 15 minutes to a maximum of 25 minutes after each ice rental to maintain physical distancing between ice users. Arena Staff will knock on the door to inform the users to exit on the ice and to exit the building when ice time is over*
- *Skaters exit the arena by the double red doors at the end of the changeroom hallway by the pop machines. Parents will be waiting outside those doors.*
- *Parents exit the stands by the double doors beside the old trophy case, leave the building, and retrieve their skater outside at the changeroom red double doors (far right near staff parking)*

Volunteers Needed:

In order for the club to operate and for members to access the facility and participate in our program a Covid 19 Screening and Attendance for contact tracing will be required when you enter the building. (A standard form with questions needs to be asked and just documenting the skater and parent on the attendance list)

We will need Intermediate/Senior parents who can help with this. If we have no screeners, we can not run our programs on those days. We are a small club and our coaches can only do so much during the skating time. (They will be preparing for the class on ice/cleaning etc. between groups)

If you are willing to volunteer with the screening and contract tracing attendance list please contact Shelly at shellybakes@outlook.com. Thank you so much in advance.

(We are looking at alternative plans/equipment to operate music from ice surface to avoid a music helper this year, if our plans do not pan out, we will need to have a few helpers)

Music Volunteers will be assigned this year to start the season off for our Jr/Intermediate and Sr levels. Only if you have been trained already to use the system. We can only have one individual up in the music room. A monthly schedule will be assigned as past years. If you have specific days you can not work the music please inform and I will try my best to work around the schedules if you can not attend, please find a replacement. You will be responsible to wipe down -table/chair/ mouse/and the system controls that we use upon arrival and after you are done your shift as well as keeping your hands sanitized.

COVID -19 Refund Policy

If refunds are required, the club will issue the refunds for the first half of the season in December, and in the second half of the season in March.

If the program is mandated to shut down by Municipal/Provincial laws during the season: A pro-rated refund will be given based on classes completed. We are unable to refund the Skate Ontario fee portion from the club ourselves.

If we are not able to start the program before the season is set to begin a full refund will be given.

If you are required to self isolate due to exposure/ or test positive by someone in the club's group: a refund will be given based on classes that will be missed. We are unable to refund the Skate Ontario Fee portion from the club ourselves.

COVID 19- Deep River Skating Club Response Plan

A set of protocols to deal with situations related to the COVID-19 pandemic that might occur.

Contact List for Club COVID-19 Oversight Group

The purpose of this group is to oversee the implementation of safety and health guidelines within the club/skating school.

**** Dear Club Members,

We would like to inform you of the individuals who will be acting as the COVID-19 Oversight Group as we transition back to skating activities. The following people will comprise this COVID-19 Oversight Group.

Name Position Phone E-mail

NAME	POSITION	PHONE	EMAIL
Shelly Cull	Board Member	584-3731	shellybakes@outlook.com

Should you have any questions about any aspects of the Return to Play protocols or other policies and procedures related to COVID-19, please contact one of the individuals above.

Completion of Skate Ontario COVID-19 Waiver – Online form with Registration.

All individuals participating in club/skating school 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 activities.

Any individual participating in club or skating school activities is required to complete a COVID-19 Waiver, or have a signed COVID-19 Waiver on-file with Skate Ontario:

- Skaters
- Coaches
- Staff
- Board Members
- Volunteers
- Officials (please note: this will be kept on file with Skate Ontario)

An individual becomes unwell with symptoms of COVID-19 at your Program

- 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 in club activities.
 - The individual should 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 will be informed in order, to determine if any areas need to be closed off and/or require additional cleaning/disinfecting
 - A member of the COVID-19 Oversight Group should be informed of the situation and should contact the individual or their parent/guardian to determine if next steps are being taken regarding testing for COVID-19

An individual is tested for COVID-19

- Any individual that is part of our club that has been tested for COVID-19 must not participate in the club while waiting for the results of the test
 - Any individual that is part of a club or skating school that has been tested for COVID-19 and has no COVID-19 symptoms, no known exposure to COVID-19 and no travel history is permitted to participate in club or skating school activities while waiting for the results of the test.

An individual tests positive for COVID-19

- If an individual tests positive for COVID-19, they will inform a member of the club COVID-19 Oversight Group
- 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 club members who may 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 for 14 days and should follow public health guidelines regarding self-isolation and testing
 - The club will also inform all club members of a positive COVID-19 result within the club setting
 - The club 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 club/skating school will inform Skate Ontario of a positive COVID-19 diagnosis by emailing clubsupportservices@skateontario.org

Return to club/skating activities following illness

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, the individual may only return to club/skating school activities fourteen days after any symptoms started and once they no longer have any symptoms of COVID-19

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.

COVID-19 Education Resources

Government-approved information on ways to limit the spread of covid.

Ontario Public Health Public Resources:

<https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>

Topic	Tool
Hand Hygiene	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en
Physical Distancing	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en
How to self- monitor	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en
When and how to wear a mask	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en
How to self isolate	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en
You were tested for Covid-19 What you should know	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/2020/06/factsheet-covid-19-test-what-you-should-know.pdf?la=en

Ministry of Health- Ontario Covid 19 Reference Documents for Symptoms:

http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf

Ontario Covid 19 Online Self Assessment Tool

<https://covid-19.ontario.ca/self-assessment/>