

North Dorchester Skating Club COVID-19 Protocols

PRIOR TO SEASON STARTING:

All participants, parents for those under the age of 18, MUST digitally sign the Covid-19 Acknowledgement of Assumption of Risk Waiver upon registering online. This is a one time waiver, good for the entire season.

BEFORE EACH SESSION:

Participants must self-screen in accordance with current public health guidelines. No individual shall attend lessons if they:

- Exhibit any Covid-19 symptoms, such as fever, cough, difficulty breathing, or any other symptoms identified by health experts
- Have been in contact with someone with an active case of Covid-19 in the past 14 days
- Have returned from travel outside of Canada and do not have a Travel Exemption as per the Government of Canada

Individuals who are considered vulnerable or at-risk (individuals over 70 years, weakened immune systems or medical conditions such as heart disease, lung disease, cancer, etc) should strongly consider their attendance at NDSC lessons and events.

ENTERING ARENA:

It is strongly advised that participants arrive at the facility, ice ready and no sooner than fifteen (15) minutes before their session starts. A health screening will be completed upon arrival for each skater and, if absolutely necessary, **one (1) parent/guardian per family**. There is limited amount of space and time available within the change rooms so, we urge skaters to come ready to get straight on the ice. Please follow all signage upon arrival.

DRESSING ROOMS:

To allow for physical distancing, change rooms will only accommodate a maximum of ten (10) skaters at one time. Each skater will be assigned to a dressing room. The club will be provided two (2) change rooms per session allowing for a maximum of twenty (20) skaters per session. If a skater requires their skates to be tied, **one(1) parent/guardian per family** may assist while wearing a mask but, must exit the dressing room immediately. **We urge parents to have skaters arrive ready to get on the ice.**

Participants are to follow the directional signage to the change rooms and ice area. Skaters will proceed onto the ice through the designated ice entry point in a physically distant format once coaches are ready for them. Skaters who just exited the ice surface have fifteen (15) minutes to exit the facility through the identified exit. No skater is to exit the dressing room until the other skaters have fully entered the ice surface.

SPECTATORS:

Due to gathering limits of 50 people, we will only be allowing **one (1) spectator per family** and we are encouraging parents/guardians to not be in the facility if they do not need to be. Absolutely no stopping in the lobby to view on-ice users. Spectators are to sit in sections H, I, or J ONLY in the South Rink and to be determined for the North rink. Do not access the track or upper track washrooms from your assigned seating area. If spectators need to use the washroom, they are to use the main washrooms located in

the lobby. Absolutely no viewing from track railing. Policy will be amended to include the North Rink seating information once we receive it.

HEALTH SCREENING:

A health screening MUST be completed for every skater AND the one (1) parent/guardian per family, should they need to help their skater(s), prior to gaining entry into the arena before every session.

FACE COVERINGS:

Face coverings are to be worn at **all times** when entering the FlightExec Centre. Participants can remove their face covering once they are ready to put on their helmet. At no point before this should a participant not be wearing a face covering. As per By-law 46-2020, All persons entering or remaining in these premises shall wear a mask or face covering which covers the nose, mouth and chin as required under The Municipality of Thames Centre.

TRACK USE:

The track is not to be used for skater warm ups.

MAIN LOBBIES AND HALLWAYS:

The FlightExec Centre Lobby is for in and out traffic only; this area is not for a warm viewing area. Parents/guardians are NOT to hang around to wait for their skater. Please collect your skater from their assigned dressing room following lessons.

ON ICE ETTIQUETTE:

Skaters are to enter and exit the ice at the designated entry and exit points. Once on the ice, coaches and participants will partake in physically distant activities. A maximum of 25 skaters will be allowed per session. This includes 5 coaches/program assistants. Coaches and Program Assistants will not be allowed to physically assist skaters on and off the ice or to stand while on the ice. Skaters MUST be able to do this on their own. Parents/guardians are NOT to assist skaters on and off the ice.

EXITING THE ARENA:

Skaters and their parent/guardian will be required to exit through the main entrance in the designated lane. Skaters and their parent/guardian are not to gather in the lobby and/or hallways. Please follow all signage when exiting the premises. Every skater and their parent/guardian must exit the arena no more than 15 minutes after the session has ended.

FOLLOWING THE NECESSARY MEASURES:

If 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 in club or skating school activities.
- 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 arena 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 will contact the individual or their parent/guardian to determine if next steps are being taken regarding testing

An individual is tested for COVID-19-

- Any individual that has been tested for COVID-19 must not participate in skating activities while waiting for the results of the test
- The club will consult the Session Participation tracking sheets to inform other club members who might have been in close contact with the individual
- Any club members who were in close contact with the individual will not participate in skating 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 are to 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 skating activities for 14 days and should follow public health guidelines regarding self-isolation and the club will inform all 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 will inform Skate Ontario of a positive COVID-19 diagnosis by e-mailing clubsupportservices@skateontario.org and our local health unit

Return to club/skating activities following illness

- If no test was performed, or the COVID-19 test was negative, the individual may only return to skating activities once they no longer have any symptoms of COVID-19
- Following a positive COVID-19 test, an individual must follow all public health guidelines regarding return to activities.

Modification/restriction/postponing or canceling of club/skating school activities

- Based on the evolving COVID-19 pandemic, the club is prepared to follow public health, municipal/provincial government and sport recommendations regarding modifying/restricting/postponing or canceling activities
- Clubs has a program cancelation policy already in place that will be followed in the event programs are cancelled
- Club members will be informed as soon as possible of any modifications/restrictions or cancelations
- All modifications and restrictions will stay in place until advised that it is safe to resume activities by public health, government or sport officials

***Please note that each of these protocols are subject to change on a continuous basis as new information becomes available ***

Any Questions, please email Annemarie Hunt, NDSC President at generalndsc@gmail.com