



## **Burlington Skating Centre (BSC) Return to Skate Protocol**

These Protocols are Skate Ontario's rules and policies intended to enable a safe return to the sport. These Protocols are based on current Ontario statutes and regulations, current public health requirements and directives, and Skate Ontario's desire to make our sport safe for all. These Protocols are subject to all federal, provincial and municipal laws, regulations, by-laws and orders as they may exist.

Protocols will be updated regularly as information from all stakeholders becomes available.

All figure skating activities, as administered by BSC, will adhere to ,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:

- Physical distancing measures
- Health and safety regulations
- Size of permitted gatherings
- Skate Canada rules, policies and procedures
- Skate Ontario rules, policies and procedures
- All Safe Sport policies and procedures
- Applicable occupational health and safety requirements

### **BSC COVID-19 OVERSIGHT GROUP**

<b>NAME</b>	<b>POSITION</b>	<b>E-MAIL</b>	<b>PHONE #</b>
Clare Kelly	Coach	<a href="mailto:ckskate@yahoo.com">ckskate@yahoo.com</a>	
Deb Britten	Administrator	<a href="mailto:bsc@burlingtonskatingcentre.ca">bsc@burlingtonskatingcentre.ca</a>	
Cheryl Young	Board member		905-466-1916

**All BSC staff and volunteers will be working from their home offices as the BSC office remains closed at this time.**

## **FORMS for BSC MEMBERS**

**Skate Ontario COVID-19 Waiver** - Must be signed by all skaters, coaches, choreographers, staff, volunteers and supervising parents in order to attend BSC programs. This form will be kept on file on behalf of Skate Ontario.

**Daily Health Screening Questionnaire** - This questionnaire must be completed daily by each individual prior to participation. This questionnaire will also be administered on-site verbally by a designated BSC coach or volunteer.

## ***BSC COVID-19 RESPONSE PLAN***

- All individuals participating in BSC programs 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 will not be eligible to participate in BSC programs and activities. This form will be posted on-line and will be included in the on-line registration for programs beginning in the fall.
- All individuals associated with BSC on-ice activities or having direct contact with members on or off the ice, is required to complete a COVID-19 Waiver, or have a signed COVID-19 Waiver on-file with Skate Ontario, including skaters, coaches, staff, board members, volunteers and supervising adults (for minors)
- All individuals entering the BSC training facility will complete a daily health questionnaire to be administered on site by a designated BSC coach or volunteer.
- All individuals participating in BSC programs will be tracked daily using the SKATE ONTARIO tracking to forms to ensure that contact tracing is possible in the event of an individual becoming infected to exhibiting symptoms of COVID-19.
- All individuals participating in BSC programs will be encouraged to only skate at one facility. In the event that more than one facility is used, this information should be shared with the COVID-19 Oversight Group to ensure that contact tracing can be maintained.

[Skate Ontario Daily Tracking Template](#) - This template will be completed for all sessions daily by a designated BSC coach or volunteer and will be kept on file

### **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 facility should 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

### **An individual is tested for COVID-19**

- Any BSC member, coach, staff, guest or volunteer that has been tested for COVID-19 must not participate in BSC activities while waiting for the results of the test
- The BSC COVID-19 oversight committee will consult the Session Participation tracking sheets to inform other club/skating school members who might have been in close contact with the individual
- Any BSC 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 a member of the 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 BSC members who may have been in close contact with the individual
- Any BSC members who were in close contact with the individual should not participate in club/skating school activities for 14 days and should follow public health guidelines regarding self-isolation and testing
  - BSC membership will be notified of a positive COVID-19 result within the program.
  - 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 e-mailing [clubsupportservices@skateontario.org](mailto:clubsupportservices@skateontario.org)

### **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 club activities 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.
- Modification/restriction/postponing or canceling of BSC activities will be evaluated in conjunction with the facility managers and Skate Ontario to ensure the safety of all members.
- BSC members will be informed as soon as possible of any modifications/restrictions or cancellations Clubs/skating schools must keep any modifications and restrictions in place until advised that it is safe to resume activities by public health, government or sport officials Public Health Guidelines

### **BSC COVID-19 Communication Plan**

- The BSC Return to Skate Protocol will be e-mailed to all members and posted to the website. This includes contact information for the BSC COVID-10 Oversight Group, the Daily Screening Questionnaire and the Skate Ontario Waiver.
- On-going communication to the membership will be sent via e-mail and posted to the website.
- Any changes to the current COVID-19 RESPONSE Plan will be communicated via e-mail to the membership and posted on the website.
- The COVID-19 oversight group will follow up with any individuals who become unwell with symptoms of COVID-19 during club/skating school activities.

- If it is determined that a BSC member has been tested for COVID-19, the COVID-19 oversight group will inform all BSC members that may have been in close contact with that individual
- The COVID-19 oversight group will ensure the facility and Skate Ontario are informed if a BSC member is diagnosed with COVID-19.
- Any cancellations / restrictions / modifications to BSC programming will be communicated to members through e-mail and posted to the website.

### **STAGE 3 Guidelines for BSC programs**

Effective September 2020:

- Competitive Skate – Pre-Novice, Novice, Junior and Senior – Singles, Pairs and Ice Dance.
- STARSkate – STAR 1 to Gold, Pre-Juvenile, Juvenile and Adult – Singles, Pairs and Ice Dance.
- Modified CANSKATE program
- All Synchro teams

Assessment Days may resume as of August 15, 2020 following Skate Ontario Guidelines.

Skate Canada coaches may resume teaching lessons to hockey players, provided they have a current Skate Canada membership.

**Limitation on size of training groups:** Follow current Ontario Provincial guidelines regarding gathering restrictions.

Competitive skate	max 20 on ice including coaches
Starskate / Adultskate	max 20 on ice including coaches
Canskate	max 36 skaters max 45 including coaches & volunteers
Synchroskate	full team

### **STAGE 3 - Protocols for attending BSC programs**

- Individuals will follow facility guidelines for entrance into the arena, physical distancing while putting on skates and entrance and exit from the rink.
- All individuals entering the facility must wear a non-medical mask.

- All individuals entering the facility will complete the COVID-19 daily screening questionnaire
- All individuals will sanitize hands upon entrance into the arena.
- All personal items except those items necessary for skating, (gloves, kleenex, water bottle, music) will be left in personal vehicle.
- In good weather, skaters should put their skates on / remove skates outside of the arena, respecting physical distancing protocols and remaining at least 2m apart. Skaters can use their own vehicles or designated chairs. Warm-ups can be performed outside in a designated area following physical distancing protocols.
- During inclement weather, participants may follow entrance instructions to the ice pad and choose a marked space within the bleacher area to put on and take off skates.
- Limited warm-up, including skipping, on the spot jumping and stretching can be accommodated in the area behind the bleachers following physical distancing protocols.
- There will be no use of dressing rooms.
- Washroom facilities are available at rink level and in the rink lobby.
- No spectators are permitted at the facility, other than up to one accompanying parent, guardian or other adult for each athlete under the age of 18. Anyone accompanying such an athlete is expected to follow facility guidelines with respect to physical distancing, must remain at least 2m apart and wear a face mask.
- There is no congregating the lobby area of the arena.

### **STAGE 3 - On-Ice Protocol**

#### **Coaches:**

- Must wear a non-medical face mask at all times.
- Any winter gloves that are worn should be washed daily
- Coaches and choreographers must coach from one spot on the ice or over the boards at rink side. Coaches and choreographers are not permitted to skate alongside skaters. Coaches, choreographers and skaters must remain at least 2m apart from each other.
- Coaching will be done using verbal cues
- Harness use is permitted.
- The harness must be disinfected between uses and coaches are recommended to stay 2 metres from the skater in the harness.
- One coach at a time may enter the coaches room

#### **Skaters:**

- Not required to wear a non-medical face mask while skating
- Any winter gloves that are worn should be washed daily

- Skaters are required to maintain a physical distance of at least 2m from any other skaters and coaches during the session.
- Skaters must use individual water bottles, tissue boxes 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 or in a lidded garbage container in the facility.

**Music Playing:**

- Music may be played by a coach at the boards or by a music player in the music room.
- Coaches will disinfect the CD player or music playing equipment between sessions.
- Music player will disinfect music playing equipment at the end of their shift.
- Coaches will request and or play all music.