

Silver Blades COVID-19 Protocols

(revised November 1, 2021)

Silver Blades will be adhering to Skate Ontario's rules and policies which are intended to enable a safe return to the sport. They may be updated at any time. The complete document, Skate Ontario's Return to Play Protocols (Version 8.0 - July 16, 2021) can be found at <https://skateontario.org/return-to-play/>

Given the evolving nature of the COVID 19 pandemic, Silver Blades may need to make further adjustments to the policies in order to keep our members safe.

1. All individuals (including skaters, coaches, staff, board members, volunteers, and officials) participating in club 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 activities.
2. All individuals taking part in club activities must complete an active screening in accordance with current public health guidelines *before each training session*. Individuals must not attend any training sessions or club activities if they:
 - Exhibit any COVID-19 symptoms, such as fever, cough, difficulty breathing, or 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
3. The club will track all skater/coach/choreographer participation in club activities on a daily basis to assist with contact tracing in the event of any positive COVID-19 cases within the club. The club reserves the right to limit spectators as needed to facilitate adherence to COVID-19 screening and tracking requirements.
4. All patrons age 12 and older, entering the facility will be required to provide proof of being fully vaccinated. Patrons will be required to present the following documentation prior to being permitted to enter the facility:
 - I. A vaccination receipt showing the patron is fully vaccinated
 - II. Validation of identification to ensure that the vaccination receipt offered belongs to them. Identification must indicate the name and date of birth of the identification holder. Photo identification is not required.
5. All individuals must follow Provincial and local public health guidelines with respect to wearing masks and face coverings within indoor facilities. All individuals must wear a face mask in all open areas of the facility, including hallways, change rooms and washrooms. Failure to comply may result in being asked to leave the facility. *Skaters in Canskate, Preliminary, and Synchro are required to wear a mask at all times, on and off the ice. Skaters (intermediate and senior) and coaches are permitted to temporarily remove their mask or face covering when engaged in athletic or fitness activity at their discretion.*
6. All individuals who enter or use the facility must follow facility guidelines regarding physical distancing. Individuals from the same household are not required to follow physical distancing requirements. *When coaches and skaters are actively participating in skating, they are not required to maintain physical distancing of at least 2m from any other person*

during the session. When not actively participating in skating, physical distancing guidelines must be followed.

7. All individuals must sanitize hands upon entry to the facility and are encouraged to carry their own alcohol-based hand sanitizer and wash hands often. All individuals should practice proper respiratory etiquette by coughing or sneezing into their sleeve or arm and using a tissue. Individuals are asked to refer to the most up to date Ontario Public Health Resources on ways to limit the spread of COVID-19. <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>
8. Skaters are encouraged to arrive at the arena in their skating clothes. Skaters must follow facility guidelines regarding physical distancing and wearing of masks or face coverings when using areas the facility has made available for putting skates on and off.
9. Individuals must follow facility guidelines by using designated entry and exit doors in the facility and any guidelines to manage the flow of people within the facility.
10. Skaters and coaches must use individual water bottles, tissue boxes, etc during training sessions. No sharing of these items is permitted.
11. Coaches and skaters must sanitize their hands before and after touching music equipment during on-ice sessions.
12. The use of the harness is permitted only if both the skater and coach wear a face mask and sanitize their hands before and after use. The harness must be disinfected or sanitized before and after each use using a spray or wipe. *Harness lessons will be limited to no more than 15 minutes with adequate time allowed in between lessons to disinfect the equipment.*
13. Coaching and skating at multiple locations are strongly discouraged. Coaches and skaters may be asked to notify the club if they are training in multiple locations. Individuals are asked to use a new face mask and gloves at each location and, where possible, manage schedules to avoid entering different facilities on the same day.

Silver Blades Skating Club will follow the protocols listed below to deal with situations related to the COVID-19 pandemic that might occur. All members are asked to abide by these protocols.

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 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 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. The COVID-19 Oversight Group can be reached at the numbers below.

An individual is tested for COVID-19

- Any individual that is part of a club or skating school that is unwell and has been tested for COVID-19 must not participate in club or skating school activities 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 should inform a member of the club/skating school 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/skating school members who may have been in close contact with the individual
- Any club/skating school members who were in close contact with the individual should follow public health guidelines regarding self-isolation and testing
- It is recommended to also inform all club/skating school members of a positive COVID-19 result within the club/skating school setting
- The club/skating school should 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 or exposure to COVID-19

- Individuals must follow all public health and facility guidelines with respect to returning to club activities 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 but there was a known exposure to COVID-19, the individual may only return to club activities once they have completed the period of self-isolation as advised by their local public health unit.

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 club activities

Based on the evolving COVID-19 pandemic, the club must be prepared to follow public health, municipal/provincial government and sport recommendations regarding modifying/restricting/postponing or canceling activities. Club members will be informed as soon as possible of any modifications/restrictions or cancelation. The club will keep any modifications and restrictions in place until advised that it is safe to resume activities by public health, government or sport officials.

Contact list for Club COVID-19 Oversight Group

The purpose of the COVID-19 Oversight Group is to oversee the implementation of safety and health guidelines within the club. Should you have any questions about any aspects of the policies and procedures related to COVID-19, please contact one of the individuals below:

Tanis Tuomi	416-737-8561	ttuomi@rogers.com
Joanna Armatys	416-219-5185	joannaarmatys@hotmail.com