

# KWSSSC Covid-19 Policy

## Version 2.1

Purpose: The purpose of this policy is to provide club specific information regarding operation of the Kitchener-Waterloo Sertoma Speed Skating Club (KWSSSC) during the Covid-19 pandemic. The information and rules described in the policy apply to all activities and members of the KWSSSC as long as the policy is active. The policy is meant to provide general guidelines and educational awareness and are not all-encompassing. This policy is subject to change based on local laws, regulations, by-laws and ordinances, as well as health authority orders, directives, guidelines and recommendations. This policy is designed to reduce the risk to club members, parents/guardians, spectators, and volunteers, but does not guarantee safety. This policy is based on the Ontario Speed Skating Association (OSSA) [Return to Sport Protocol version 2.0](#).

### 1.0 OPERATIONS

	Item	Protocol
1.1	Compliance with Regulations	<p>All speed skating activities must adhere to all 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:</p> <ul style="list-style-type: none"> <li>● Physical distancing measures</li> <li>● Health and safety regulations</li> <li>● Size of permitted gatherings</li> <li>● Speed Skating Canada rules, policies and procedures</li> <li>● Ontario Speed Skating rules, policies and procedures</li> <li>● All Safe Sport policies and procedures</li> <li>● Applicable occupational health and safety requirements</li> </ul>
1.2	Policy implementation	<p>The Board of Directors will be responsible for reviewing updates to the relevant regulations and making changes to this policy. Julie Byers serves as an advisor to the board on Covid-19 policy-related matters.</p>
1.3	Communication	<p>Updates to this policy will be communicated to club members through the <a href="mailto:members@kwspeedskating.com">members@kwspeedskating.com</a> email account. Updates will also be posted on the KWSSSC website.</p>
1.4	Acknowledgement, Release, Indemnity and Assumption of Risk regarding COVID-19	<p>There is and will be a risk of contracting Covid-19 when participating in any public activity for the foreseeable future.</p> <p>KWSSSC and OSSA do not carry insurance that covers pandemic diseases or contagions including COVID-19. Participants are required to review the Ontario Speed Skating Association (OSSA) <i>Acknowledgement, Release, Indemnity, and Assumption of Risk regarding COVID-19</i> form thoroughly and complete it.</p> <p>This form must be completed by each participant in club activities (including skaters, coaches, board members, and volunteers) prior to the start of participation in club or training activities. The club will keep these forms on file for each participant.</p>

1.5	COVID-19 Education	Educational resources regarding Covid-19 and new club safety and hygiene protocols within the club have been provided to club members through email, during our pre-season information session and on the KWSSSC website. Each member should review this information prior to participating in activity.
1.6	Club Offices	All club administrative activities will be conducted on-line and virtually whenever possible.
1.7	Club Training	<p>KWSSSC is currently not allowing outside members to participate in our training programs. Drop in guest skating is not permitted.</p> <p>If a member chooses to train with a club outside of the province, they must not return to club activities for 14 days.</p> <p>Skaters may participate in outdoor training with another member club. Physical distancing is required for all outdoor training activities. As with all inter-club activities, coaching must be notified of participation in dryland training with other clubs.</p> <p><b>Skaters living in Grey – Lockdown zones of the Provincial Covid-19 framework are not to participate in on-ice or in-person training.</b></p>
1.8	Facilities	<p>Facilities are responsible for ensuring they meet government and public health guidelines and KWSSSC is satisfied that the facility is operating in compliance with all applicable laws.</p> <p>This includes at a minimum:</p> <ul style="list-style-type: none"> <li>● Implementing effective measures to manage the flow of traffic in and out of the facility</li> <li>● Ensuring that any person who enters or uses the facility maintains a physical distance of at least 2m from any other person who is using the facility</li> <li>● Scheduling and implementing cleaning between each training group on the ice or the use of any other facility</li> <li>● Wiping down / sanitizing high touch areas such as entry / exit doors to the ice, etc.</li> <li>● Ensuring any dressing rooms, locker rooms, change rooms, showers or similar amenities made available to the public are cleaned and disinfected as frequently as is necessary to maintain a sanitary condition</li> <li>● Facilities should maintain their own insurance on their facility</li> </ul> <p>Individuals shall 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.</p> <p>We are required to meet as a group at the main facility entrance to be led into the arena by facility staff 15 minutes prior to the start of each</p>

		<p>session. Pre-screening will be confirmed during the 10 minutes prior to being led to our arena.</p> <p>All participants and spectators must leave the ice and venue immediately after training through the main facility doors.</p> <p>Skaters and coaches should arrive at the facility in their training clothes.</p>
1.9	Skate Sharpening	<p>Skate sharpening will be provided on a limited periodic basis to those skaters renting club skates who do not have their own sharpening equipment in order to ensure safety on the ice.</p> <p>A pre-season sharpen has been completed for all skates being rented for the season and information regarding future skate sharpening dates and times will be communicated during the season.</p> <p>Distancing and sanitization protocols will be in effect.</p>
1.10	Illness Policy	<p>A separate illness policy has been developed to address situations where individuals become unwell or show signs of COVID-19 symptoms while participating in club activities.</p>
1.11	Activity Cancellation and Modification	<p>Based on the evolving COVID-19 pandemic, the club is required to follow public health, municipal/provincial government and sport recommendations regarding modifying/restricting/postponing or cancelling activities. 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.</p> <p>Communication of any changes to the activity program will be provided to club members with as much notice as possible.</p> <p>The club's Refund Policy will be consulted regarding any requests for fee refunds and Covid-19 related scenarios will be dealt with as they arise.</p>

## 2.0 Training

	Item	Protocol
2.1	Health Screening of Individuals	<p>All individuals taking part in club activities must be screened in accordance with current public health guidelines before their participation in any club activities.</p> <p>Individuals must not attend any training sessions or club activities until a negative Covid-19 test result has been received or 14 days have passed if they:</p> <ul style="list-style-type: none"> <li>● Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts</li> <li>● <b>Have been in close physical contact</b> with someone with COVID-19 in the past 14 days <b>and have been told to self isolate by a Public Health Unit and/or have been told to obtain a covid screening test</b></li> <li>● Have returned from travel outside of Canada (must quarantine for 14 days at home), unless in an Government exempt work role</li> <li>● <b>In the last 14 days, have been in close physical contact with someone who returned from outside Canada in the last 2 weeks and is not an essential worker with exemption from mandatory quarantine</b></li> <li>● <b>In the last 14 days, have received a COVID alert exposure notification on your cell phone and have been told to self isolate or obtain a covid screening test</b></li> <li>● <b>Have had a doctor, health care provider or public health unit tell them/you that they should currently be isolating (staying at home)</b></li> </ul> <p>Screening will be completed through the online Google Form at the following link:  <a href="https://forms.gle/dTCs1LQfKFBVohN96">https://forms.gle/dTCs1LQfKFBVohN96</a></p> <p>A screening questionnaire must be completed prior to each training session. A KWSSSC volunteer will check to ensure participants have completed the questionnaire when entering the rink. <b>Completed screening questionnaires will be kept for a minimum of 1 month.</b> A parent, guardian, or adult designate (18 years or older) must be present at the health screening for all participants under the age of 18.</p> <p>One screening questionnaire per training session must be completed per family of participants (skaters, volunteers, spectators). The names of all participants, volunteers, and spectators in attendance at each training session must be included on the questionnaire.</p>

2.2	Tracking of Participants	All skater, coach and volunteer participation will be tracked using the screening questionnaire. Participant tracking information will be recorded and kept in order to assist with contact tracing in the event of any positive COVID-19 cases within the club or training group.
2.3	Limitations on size of training groups	<p>All club activities and training sessions must follow the current Ontario Provincial and local public health as well as OSSA and facility guidelines with respect to the size of gatherings.</p> <p>Indoor groups are limited to 25 participants (coaches and skaters) in order to maintain a physical distance of at least two metres for other individuals. <b>Indoor groups will be limited to 10 participants while the Region of Waterloo is in the Red – Control zone.</b></p> <p>All individuals on the ice at any one-time count as part of the gathering size, including coaches and volunteers.</p> <p>Outdoor training groups are limited to 100 persons but must maintain a physical distance of at least two metres from other persons.</p>
2.4	Physical Distancing	<p>Individuals are required to maintain a physical distance of at least 2m from any other individual during all outdoor and indoor training sessions including when waiting to enter and exit the ice. <b>Physical distancing of 3m is required during dryland training activity while in the Yellow – Protect zone or higher.</b></p> <p>Coaches have the right to ask participants to leave the activity if they are not maintaining distance.</p> <p><b>Pack skating, with participants within 2m distance from each other, will be allowed in the A4L group in the Yellow – Protect zone or lower and in other groups in the Orange – Restrict zone or lower. Face coverings must be worn at all times while skating closer than 2m. Pack skating activities will only be allowed at the discretion of the coach.</b></p>
2.5	Personal Hygiene	<p>Individuals must follow the appropriate personal hygiene guidelines as recommended by public health agencies.</p> <p>Individuals should wash / sanitize hands upon entry to the site/facility or training area and at the completion of training.</p> <p>All skaters and coaches must carry alcohol based hand sanitizer in their equipment bags.</p>
2.6	Pre-Registration	All participants must pre-register with the club that they are going to participate in an activity. Waivers must be signed and all participants screened prior to the activity.

2.7	Personal Equipment and Items	<p>No sharing of personal items is permitted during activity.</p> <p>Individuals should bring everything they need to participate in the training activity.</p> <p>Individuals are responsible for the care and disinfection of their own equipment.</p>
2.8	Personal Protective Equipment (PPE)	<p>The Region of Waterloo has passed Bylaw 20-034 that requires individuals to wear a face covering while inside a facility. The KWSSSC policy on face coverings is as follows:</p> <ul style="list-style-type: none"> <li>• Coaches to wear a face covering at all times</li> <li>• Skaters to wear a face covering at all times other than when actively training (e.g., receiving off ice and on ice instruction, while on the bench, etc). <b>Face coverings must be worn if skating within 2m distance from another skater</b></li> <li>• Spectators to wear a face covering at all times</li> <li>• <b>Skaters in the A4L group are required to wear face coverings at all times while the Region is in the Red – Control zone</b></li> </ul> <p>Bufs are considered face coverings under the Region of Waterloo bylaw as long as they cover the nose, mouth and chin. <b>The Region of Waterloo recommends that when choosing a face covering it should be constructed of tightly woven fabric and contain at least two layers. Research has shown that masks are more effective than bufs and are the recommended face covering.</b></p> <p><b>Coaches and athletes are encouraged to bring multiple face coverings with them to training as it recommended to not use damp masks.</b></p> <p><b>Further information about facial coverings can be found at the following link: <a href="https://www.ontario.ca/page/face-coverings-and-face-masks#section-2">https://www.ontario.ca/page/face-coverings-and-face-masks#section-2</a></b></p>
2.9	Indoor and Outdoor Programming	<p>Skaters must be able to maintain physical distancing at all times <b>other than when participating in prescribed skating drills as directed by coaches.</b></p> <p>Training groups should be kept consistent to help mitigate transmission.</p>

2.10	Shared Speed Skating Equipment and Equipment Cleaning Guidelines	<p>Cleaning and disinfection protocols for speed skating specific equipment has been developed taking public health and facility guidelines into account.</p> <p>Equipment must be cleaned and disinfected at the end of play such as at the completion of a practice.</p> <p>Corner blocks will only be moved by a maximum of two coaches or individuals designated by the coaches on the ice. Corner blocks will be cleaned after each training session.</p> <p>Water buckets will be filled by one individual. The individual must:</p> <ul style="list-style-type: none"> <li>● Wash their hands before and after filling the buckets and should avoid touching any other surfaces especially their face at all times</li> <li>● Wear a face covering</li> <li>● Maintain 2m distance from other participants</li> </ul> <p>Water buckets will be handled by one individual on ice and will be cleaned after each training session.</p> <p>No sharing of equipment.</p> <p>Where training includes the use of bands skaters will be encouraged to use their own band but if the club needs to loan any bands they will be loaned to an individual for the duration of public health measures.</p> <p>Participants should supply their own skates and protective equipment when possible. Any skates or skating protective equipment loaned by the club will be loaned for the duration of the program.</p>
2.11	Protective Padding	<p>Individuals installing and removing protective padding must:</p> <ul style="list-style-type: none"> <li>● Wash their hands or use an alcohol based hand sanitizer before and after moving protective padding and should avoid touching any other surfaces especially their face at all times</li> <li>● Wear a face covering</li> <li>● Maintain 2m distance from other participants</li> </ul> <p>The number of individuals moving the protective padding will be limited.</p> <p>Should a skater crash into the protective padding, the area where the skater crashed will be immediately cleaned and disinfected.</p> <p>Skaters and coaches will be reminded not to touch the mats unnecessarily during a practice.</p> <p>The club has developed a protocol for disinfecting mats on removal from the ice on a periodic basis.</p>

2.12	Warm-ups / Cool-downs	Based on current guidelines from the facility, warm ups and cool downs will not be allowed inside RIM park. Any warm up or cool down activity will therefore have to be completed outside. A 2 m distance should be maintained during all personal warm-up and cool down activity.
2.13	Spectators and Guardianship	<p>Current facility guidelines limit the people inside the facility to those participating in activity (skaters, coaches, volunteers) and one parent, guardian, or adult designate (18 years or older) per participant under the age of 18, or per participant with a physical or intellectual disability. No additional spectators are allowed in the facility at this time. Parents, guardians, or adult designates that enter the facility will be required to add their names to the Health Screening form to assist in contact tracing. A parent, guardian, or adult designate must be present with a minor at the health screening. Spectators are required to remain inside the arena changing area, wear a face covering at all times, and maintain 2m distance from other spectators and participants.</p> <p>A parent, guardian, or adult designate (18 years or older) is required to remain inside the RIM Park facility for any participant under the age of 18 unless not required for volunteer activity. The parent, guardian, or designate must remain onsite the RIM Park grounds if not entering the facility. A parent, guardian, or adult designate can be a skater on ice provided that they leave the ice in the event of an incident with the youth participant. A participant under the age of 18 will not be allowed on ice without a parent, guardian, or adult designate onsite the RIM Park grounds.</p>
2.14	Administering First Aid	In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves. Masks and gloves will be available in the first aid kit.
2.15	Changing Facilities	Skaters and coaches must arrive at the site/facility in their training clothes. Protective gear and skates must be put on rink-side, maintaining 2 metres distance from other participants. Access to change rooms is currently not available. RIM Park has set up two separated changing areas with chairs distanced 2 metres apart within the arena and our group will be directed by facility staff to the changing area to be used for each session within a practice day.