

# **Ontario**

# **Speed Skating**



**Return to Sport Protocols**  
Version 1.2 July 3, 2020

## **Disclaimer**

These Protocols and the Appendices are meant to provide general guidelines and educational awareness training and are not an all-encompassing return to sport plan for all organizations. Each organization should consider these Protocols and the Appendices in light of its specific situation, local laws, regulations, by-laws and ordinances as well as local health authority orders, directives, guidelines and recommendations. Each organization should consult other sources and experts in order to customize their own plans. No legal or medical advice is being provided in these Protocols and the Appendices. The purpose of these Protocols and the Appendices is to reduce the risk of liability. These Protocols and the Appendices are not a safety program and do not guarantee the safety of staff, participants, parents/guardians, spectators, household members or other third parties.

# Ontario Speed Skating Return to Sport Protocols (these “Protocols”)

These Protocols are Ontario Speed Skating's (OSSA) rules and policies intended to enable a safe return to sport. These Protocols are based on current Ontario statutes and regulations, current public health requirements and directives, and Ontario Speed Skating's desire to make our sport safe for all. These Protocols may be updated at any time; please be sure that you are referring to the most recent Version which will be posted on the Ontario Speed Skating's website at [www.ontariospeedskating.ca](http://www.ontariospeedskating.ca). These Protocols are subject to all federal, provincial and municipal laws, regulations, by-laws and orders as they may exist from time to time.

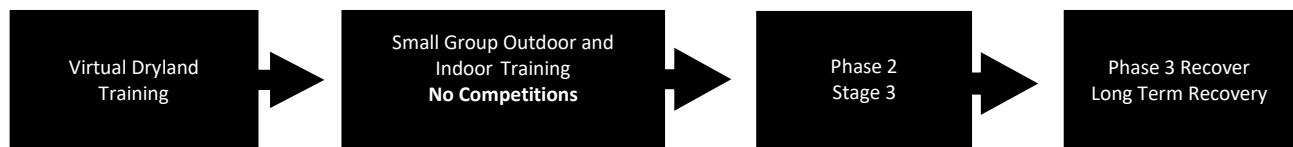
Ontario is currently in Phase 2 Stages 1 or 2 (depending on your region) of Ontario's Re-Opening Plan, which allows for a gradual return to organized sport under enhanced protocols.

**These guidelines are only applicable to Stage 2 communities.**

Phase 2 stage 2 allows for outdoor and indoor training that follows the gathering rule of no more than 10 people. Competitions are not allowed in stage 2 because activities that are likely to result in individuals coming within two metres of each other must not be Sported or practiced within the facility.

## RETURN TO SPEED SKATING PROGRESSIONS

The return of speed skating will adapt as restrictions and policies change regionally. The following is a likely progression of allowable activities. Mitigation strategies will need to be practiced throughout all stages.



This staged approach does not have a specific time frame, but will evolve with guidance from public health authorities, the provincial government, and our governing body, Speed Skating Canada. At any point during the progression, we may need to pause or return to a previous stage in order to protect and support our members and our communities.

Ontario Speed Skating will communicate in subsequent Versions of these Protocols updated Stage 2 and Stage 3 information as it becomes available.

# Phase 2 Stage 2 - Commencing June 12, 2020

## 1. 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	Club Risk Assessment and Mitigation Checklist Tool	<p>Each Club conducting training should complete the Club Risk Assessment and Mitigation Tool and is required to:</p> <ul style="list-style-type: none"> <li>• Keep their results on file as they may be requested from the PSO, NSO or Public Health Unit.</li> <li>• Achieve a score defined as "Moderate Risk (low-moderate)" to proceed with activity.</li> </ul> <p><i>See Appendix A Sample Club Risk Assessment and Mitigation Tool.</i></p>
1.3	Compliance with these Protocols	<p>Each Club conducting training must implement and comply with the current and any updated Version of these Protocols. The OSSA Return to Sport Acknowledgement Form must be completed and returned to <a href="mailto:executivedirector@ontariospeedskating.ca">executivedirector@ontariospeedskating.ca</a> before any speed skating activity commences.</p> <p><i>See Appendix B OSSA Return to Sport Protocols Acknowledgement Form</i></p> <p>Any non-implementation or non-compliance with these Protocols may have serious consequences including, but not limited to a lack of insurance coverage. Clubs and/or coaches can be held personally liable in the event of a lawsuit.</p>
1.4	Acknowledgement, Release, Indemnity and Assumption of Risk regarding COVID-19	<p><i>The Acknowledgement, Release, Indemnity, and Assumption of Risk regarding COVID-19</i> form provided as part of these Protocols must be completed by each participant in club activities (including skaters, coaches, board members, and volunteers). Failure to do so means that an individual must not participate in club activities.</p> <p>This form must be completed prior to the start of participation in club or training activities. The club must keep this form on-file for each participant. It is not necessary to submit this to Ontario Speed Skating, but Ontario Speed Skating may request it at any time.</p> <p><i>See Appendix C Acknowledgement, Release, Indemnity and Assumption of Risk regarding COVID-19</i></p>

1.5	COVID-19 Education	<p>Each club must ensure that coaches, skaters, parents, members and volunteers receive education on new safety and hygiene protocols within the club as well as Government-approved information on ways to limit the spread of COVID-19 including:</p> <ul style="list-style-type: none"> <li>• Respiratory etiquette</li> <li>• Hand hygiene</li> <li>• Physical distancing</li> <li>• Use of Personal Protective Equipment (e.g. face masks)</li> </ul> <p><i>Please see Appendix D Samples of Education Resources</i></p>
1.6	COVID-19 Club Protocols	<p>Each club must develop a COVID-19 Club Protocol</p> <p><i>Please see Appendix E Sample COVID-19 Club Protocol</i></p>
1.7	Club Offices	All club administrative activities should be conducted on-line and virtually whenever possible.
1.8	Club Training	<b>During Phase 2 Stage 2</b> , club members should train exclusively with their own clubs and avoid all cross regional, inter-provincial and cross-country travel.
1.9	Facilities	<p>Facilities are responsible for ensuring they meet government and public health guidelines however, clubs should satisfy themselves that the facility is operating in compliance with the advice, recommendations and instructions of public health officials, including any advice, recommendations or instructions on physical distancing, cleaning or disinfecting.</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 closure of dressing rooms, locker rooms, change rooms, showers and clubhouses in the facility, except to the extent they provide access to a washroom or a portion of the facility that is used to provide first aid</li> <li>• Ensuring that team sports or other sports or games that are likely to result in individuals coming within 2m of each other are not practiced or played within the facility</li> <li>• Ensuring the facility maintains their own insurance on their facility.</li> </ul> <p>Clubs are encouraged to meet with all ice sports collectively and the facility to discuss the above items.</p>
1.10	Self-Assessment Measures	All individuals taking part in club activities must self-screen in accordance with current public health guidelines <b>before their arrival at each training session.</b>

		<p>Individuals must not attend any training sessions or club activities 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>• Have been in contact with someone with COVID-19 in the past 14 days</li> <li>• Have returned from travel outside of Canada (must quarantine for 14 days at home)</li> <li>• Are considered a vulnerable or at-risk individual (individuals over 70 years, weakened immune system or medical conditions such as heart disease, lung disease, cancer etc.)</li> </ul> <p><i>See Appendix G Sample Health Screening Questionnaire</i></p> <p>Self-assessments may also be done online through the Ontario Government website <a href="https://covid-19.ontario.ca/self-assessment/">https://covid-19.ontario.ca/self-assessment/</a></p>
1.11	Health Screening of Individuals	<p>Upon arrival at a training activity, individuals should be screened prior to participation in any club activities. This screening may be conducted verbally.</p> <p><i>See Appendix G Sample Health Screening Questionnaire</i></p> <p>Clubs should also consider using the self-assessment tool available on the Ontario Government website. Completed self-assessments can be saved by participants and shared with the clubs to avoid having to line up or gather to be screened prior to participating in an activity.</p>
1.12	Tracking of participants in club and training activities	<p>Track all skater, coach and volunteer participation. Participant tracking information must 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.</p> <p><i>See Appendix H Sample Session Participant Tracking Form</i></p>

## 2. Training

	Item	Protocol
2.1	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 facility guidelines with respect to the size of gatherings.</p> <p>Currently, as of June 12, 2020 the general rule of throughout Ontario is that no more than 10 people are permitted in a gathering.</p> <p>Note: Subject to facility guidelines, all individuals on the ice count as part of the gathering size, including coaches and volunteers.</p> <p>Ontario Speed Skating will communicate in subsequent versions of these Protocols updated information on the size of gathering as it becomes available.</p>

2.2	Physical Distancing	<p>Individuals are required to maintain a physical distance of at least 2m from any other individual during the training session.</p> <p>Consider using visual cues to help maintain physical distancing such as cones, bingo dabbers dots drawn on the ice)</p>
2.3	Personal Hygiene	<p>Individuals must follow the appropriate personal hygiene guidelines as recommended by public health agencies.</p> <p>Please see Appendix D Sample Education Resources</p> <p>Individuals should wash / sanitize hands upon entry to site/facility or training area and at the completion of training.</p> <p>All skaters and coaches must carry disinfectant wipes, and hand sanitizer in their equipment bags.</p> <p>All participants must have closed containers (e.g. Ziploc bags) to allow for the safe disposal or storing of all hygienic materials (Kleenex, used disinfectant wipes, etc.).</p>
2.4	Pre-registration	<p>All participants should pre-register with their club that they are going to participate in an activity. Clubs need to ensure waivers have been signed and that all participants have self-screened prior to the activity.</p>
2.5	Personal Items	<p>No sharing of personal items is permitted.</p> <p>Individuals should bring everything they need to participate in the training activity.</p> <p>Consider bringing enough water before leaving the house to avoid having to touch a tap or water fountain handle while at the venue or in cases where water is not available.</p>
2.6	Personal Protective Equipment (PPE)	<p>Coaches are required to wear a non-medical facemask at all times while indoors.</p> <p>Coaches are required to wear a non-medical facemask outdoors when it is not possible to consistently maintain a two-metre physical distance from others.</p> <p>Skaters are required to wear masks when entering and leaving the facility but are not required to wear a mask while training.</p> <p><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></p>
2.7	Virtual Training	<p>Clubs offering virtual training experiences need to ensure they meet the following requirements set out by OSSA's insurance provider:</p> <ul style="list-style-type: none"> <li>• Clubs have submitted a sanction request for the activity.</li> <li>• The online session to be led by an OSSA member coach.</li> <li>• There should be a student login so it is limited to members of the insured.</li> <li>• Required Disclaimer should be prominently displayed at the start of the video, if possible.</li> </ul>

		<p>"All actions and movements shown in this presentation follow a skills and progression based model of learning, subject to the Speed Skating Canada LTAD and sanctioned by the Ontario Speed Skating Association. The material found within is general in basis and does not take into account individual needs or limitations. This workout is intended for OSSA members only. Anyone who applies this program on their own does so at their own risk."</p> <ul style="list-style-type: none"> <li>Students should be advised on safety at home – e.g. clear the area of debris, get a mat, etc.</li> </ul> <p>Premises liability would not be covered – member slips on water on their own floor that is not covered. If the association negligently instructed participants to do a certain exercise resulting in an injury (unrelated to condition of the premises), the liability policy would respond.</p> <ul style="list-style-type: none"> <li>Participants need to have signed the OSSA waiver</li> </ul> <p>Clubs may utilize the services of a trainer as long as the trainer is certified by a recognized fitness governing body, works in conjunction with one of the club coaches in the video, and they join the OSSA as a member.</p>
2.8	<p>Indoor and Outdoor Programming</p> <p><b>*NO COMPETITIONS</b></p>	<p>Skaters must be able to maintain physical distancing at all times. This precludes any pack-skating drills, racing, or relays.</p> <p>Coaches should consider individual technical drills, individual lap skating, pursuit races, and Olympic-style skating as part of their activities.</p> <p>Training groups should be consistent. Keeping the same group week after week can help to mitigate transmission.</p> <p>Outdoor venues have more space to physically distance and better ventilation. Clubs should consider alternate training opportunities that can be done outdoors.</p> <p>Focus on skill development and low risk activities to minimize the requirement for medical care.</p> <p>Please remember skaters will have had limited exposure to physical activity while confined to their homes.</p>
2.9	Activity Sanctioning	All training activities must be sanctioned by the Ontario Speed Skating Association.
2.10	<p>Shared Speed Skating Equipment and Equipment Cleaning Guidelines</p> <p>*These guidelines apply to speed skating specific equipment such as protective padding and not facility surfaces.</p>	<p>All surfaces touched by multiple individuals should be sanitized before and after each training session.</p> <p>Sanitation procedures need to be implemented between training sessions and different groups.</p> <p>Clubs are required to develop disinfection protocols for sport specific equipment that must be shared such as protective padding and corner blocks.</p> <p>Individuals should:</p> <ul style="list-style-type: none"> <li>wash their hands before and after moving protective padding and should avoid touching any other surfaces especially their face at all times and</li> </ul>



		<ul style="list-style-type: none"> <li>• must wear a face mask.</li> </ul> <p>The number of individuals moving the protective padding should be limited and need to respect physical distancing requirements. Clubs should consider allowing for extra time to put up protective padding.</p> <p><b>Should a skater crash into the protective padding, the area where the skater crashed will need to be immediately wiped or sprayed.</b></p> <p>When possible limit the number of coaches/assistants who touch the corner blocks.</p> <p>Individuals are responsible for the care and disinfection of their own equipment.</p> <p>No sharing of equipment.</p> <p>Where training includes the use of bands it is preferred that skaters use their own band but where a club loans a band to an individual it should consider loaning the band to the individual for the duration of public health measures.</p> <p>Participants should supply their own skates and protective equipment. If skates and/or skating protective equipment is lent by the club, they must be disinfected after each use. Clubs should consider loaning equipment to a skater for the duration of the program.</p> <p><a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-environmental-cleaning.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-environmental-cleaning.pdf?la=en</a></p> <p><a href="https://www.canada.ca/en/public-health/services/publications/diseases-conditions/cleaning-disinfecting-public-spaces.html">https://www.canada.ca/en/public-health/services/publications/diseases-conditions/cleaning-disinfecting-public-spaces.html</a></p>
2.11	On-Ice Coaching	<p>Coaches are not permitted to skate alongside skaters.</p> <p>Coaches and skaters must remain at least 2m apart from each other at all times.</p>
2.12	Facility access and traffic flow	<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>Ensure all participants leave the ice and venue immediately after training.</p>
2.13	Change Rooms	<p>Skaters and coaches must arrive at the site/facility in their training clothes.</p> <p>Based on government regulations, dressing rooms, locker rooms, change rooms, showers and clubhouses at the site/facility remain closed except to the extent they provide access to a washroom or a portion of the site/facility that is used to provide first aid.</p>
2.14	Warm-ups / Cool-downs	<p>Warm-ups and cool downs will be conducted outside following physical distancing protocols by remaining at least 2m apart. If weather does not permit warming up outside, skaters may (if permitted by the facility) warm-up inside in an area designated by the facility while following physical distancing protocols by remaining at least 2m apart.</p>

2.15	Entry / Exit from ice	Skaters must follow physical distancing protocols and remain at least 2m apart from any other individual while waiting to enter and exit the ice and at all times during training.
2.16	No Spectators	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 is required to wear a face mask.
2.17	Rule of Two	Ensure the Rule of Two is followed virtually and at all training activities.
2.18	Safe Sport	Clubs are reminded they are required to follow OSSA's Safe Sport Policy in all training environments.
2.19	Administering First Aid	Clubs need to ensure that personal protective equipment (PPE) is available in the event of an emergency.  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.  First aid protocols for an unresponsive person during COVID-19: <a href="https://www.redcross.ca/training-andcertification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-personduring-covid-19">https://www.redcross.ca/training-andcertification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-personduring-covid-19</a>

## Beyond Stage 2

The government will provide additional guidance on how the province will move into Stage 3. These decisions will be made with people's health as the top priority and based on the lessons learned in Stage 1 and 2.

Based on public health advice, Stage 3 will focus on reopening more workplaces and community spaces, while carefully and gradually relaxing restrictions, and sustaining and expanding workplace health and safety guidance. Large public gatherings such as concerts, nightclubs and sporting events will continue to be restricted for the foreseeable future.

## **Appendix A Club Risk Assessment and Mitigation Tool**

Currently under development

## Appendix B Ontario Speed Skating Return to Sport Protocols Acknowledgement Form



### Return to Sport Protocols Acknowledgement Form

Club Name: \_\_\_\_\_

Club Contact Name: \_\_\_\_\_

Club Contact Email: \_\_\_\_\_

Please read the **Ontario Speed Skating Return to Sport Protocols (“Protocols”)** carefully to ensure that you understand the Protocols before signing this document.

#### **Acknowledgement:**

I have read and been informed about the content, requirements, and expectations of the Protocols.

I hereby agree to abide by the Protocols as a condition of organizing speed skating related activities in the Province of Ontario.

I understand that these Protocols may be updated at any time and that I have reviewed the most recent version at <http://ontariospeedskating.ca/covid-19-updates/>. Additionally, I hereby commit to abide by all future versions of the Protocols in the applicable timeframes.

I agree to share these Protocols with activity participants via my organization’s website and/or other method.

I understand that if I have questions, at any time, regarding the Protocols, I will contact the Ontario Speed Skating Association ([executivedirector@ontariospeedskating.ca](mailto:executivedirector@ontariospeedskating.ca)) for clarification.

#### **I have the authority to sign on behalf of the club**

Club Signature: \_\_\_\_\_

Club Printed Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Appendix C Acknowledgement, Release, Indemnity and Assumption of Risk regarding COVID -19

### ONTARIO SPEED SKATING ASSOCIATION ACKNOWLEDGEMENT, RELEASE, INDEMNITY and ASSUMPTION of RISK regarding COVID-19 (FOR ADULTS & FOR THOSE UNDER THE AGE OF MAJORITY i.e. under 18)

**WARNING! By signing this document, you will waive certain legal rights. Please read carefully**

Participant's Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. This ACKNOWLEDGEMENT, RELEASE, INDEMNITY and ASSUMPTION of RISK regarding COVID-19 is to be signed regarding each Participant in the sport of speed skating and/or the practices, training, races, events, programs and/or activities ("**Activities**") organized, operated, conducted or sanctioned by the Ontario Speed Skating Association ("**OSSA**") alone or with another organization, including with a member club of OSSA (each an "**Organizer**").
2. The undersigned, being the Participant and, if the Participant is under the age of 18, the Parent/Guardian of the Participant (each a "**Party**" and collectively the "**Parties**"), acknowledge(s) and agree(s) that:
  - (a) the World Health Organization has classified the Coronavirus Disease ("**COVID-19**") outbreak as a global pandemic and are aware of the risks of COVID-19;
  - (b) they are aware of the risks to personal health, including by the failure to follow physical distancing, flowing from COVID-19;
  - (c) they are assuming all health risks and adverse health related consequences to the Parties caused by or arising from engaging in any Activities (the "**Assumed Risks**");
  - (d) the Organizers are implementing OSSA's Return to Sport Protocols (the "**RTS Protocols**") the most recent version of which will be posted from time to time on OSSA's website;
  - (e) they are aware of the RTS Protocols, that they will abide by the RTS Protocols, and that the RTS Protocols are subject to all federal, provincial and municipal laws, regulations, by-laws and orders as they may exist from time to time;
  - (f) each of the Parties hereby releases the Organizers, their respective directors, officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, sponsors, and representatives, as well as the owners/operators of the facility or facilities being used (collectively the "**Releasees**") from all liability, recourse, proceedings, claims, and causes of action of any kind whatsoever, in respect of all damages, personal injuries, death, or property losses which either or both of the Parties may suffer arising out of or connected with the Assumed Risks, the content or implementation of the RTS Protocols (including without limitation the conduct of any screening of any individual), and the preparation for, or participation in, the Activities, notwithstanding that any such losses were caused solely or partly by the negligence of any of the Releasees;
  - (g) if the Participant is under the age of 18, the Parent/Guardian of the Participant hereby indemnifies and holds harmless the Releasees from any and all damages or losses of any kind as a result of any and all claims, demands, causes of action of any kind whatsoever including those involving negligence on the part of any of the Releasees that may be made or initiated by arising out of or connected with the Assumed Risks as they relate to either or both of the Parties, the content or implementation of the RTS Protocols as they relate to either or both of the Parties, and preparation for and/or participation in any of the Activities;
  - (h) each Party understands that none of the Releases assumes any responsibility whatsoever for the safety of either or both of the Parties during the course of any preparation for or participation in the Activities;
  - (i) each Party will comply with the RTS Protocols and their implementation and that any failure on the part of either or both of the Parties to comply with the RTS Protocols may have consequences (including

without limitation a withdrawal of permission to participate in an Activity or Activities) and could jeopardize relevant insurance coverage;

(j) each Party understands that the implementation of the RTS Protocols may involve the collection, use and disclosure of personal information about of either or both of the Parties and each of the Parties consents to same;

(k) each Party has carefully read this ACKNOWLEDGEMENT, RELEASE, INDEMNITY and ASSUMPTION of RISK regarding COVID19, and that each Party fully understands, and is freely and voluntarily executing, same;

(l) each Party has been given the opportunity, and that each Party is encouraged, to seek independent legal advice prior to signing this document;

(m) each Party understands that the Organizers would not permit either or both of the Parties to participate in any Activities unless the Parties have signed this ACKNOWLEDGEMENT, RELEASE, INDEMNITY and ASSUMPTION of RISK regarding COVID19, which applies to all Activities whether occurring in the near or distant future, and that the terms of this document need not be brought to the attention of either of the Parties each time either or both of the Parties participate in an Activity in order for it to be effective;

(n) the term "Activities" as used herein includes, without limiting the generality of that term, training sessions, clinics, and events that are in any way authorized, sanctioned, organized or operated by any of the Organizers on its own or together with another, or to which OSSA has issued a permit;

(o) this ACKNOWLEDGEMENT, RELEASE, INDEMNITY and ASSUMPTION of RISK regarding COVID19 is in addition to, and not a replacement for, any separate release, waiver, consent, or indemnity agreement which the undersigned has signed or to which the undersigned has otherwise agreed in relation to OSSA or any Activity; and

(p) this ACKNOWLEDGEMENT, RELEASE, INDEMNITY and ASSUMPTION of RISK regarding COVID19 agreement is binding on each of the Parties, and their respective heirs, executors, administrators, personal representatives and assigns.

By signing below, you agree to be bound this ACKNOWLEDGEMENT, RELEASE, INDEMNITY and ASSUMPTION of RISK regarding COVID19.

\_\_\_\_\_  
Name of Participant (Please Print)

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name of Participant **under 18** (Please Print)

\_\_\_\_\_  
**Date of Birth if under 18**

\_\_\_\_\_  
Name of Parent/Guardian (Please Print)

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

## Appendix D COVID-19 Samples of Education Resources

Clubs must ensure that coaches, skaters, parents, members and volunteers receive education on new safety and hygiene protocols within the club. Members should be sent Government- approved information on ways to limit the spread of COVID-19.

The following links can be sent by clubs to their members:

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

The following resources are also available on the Ontario Public Health website. Please ensure you are using the most up-to-date version of these tools by consulting the address above.

Topic	Tool
Hand Hygiene	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en</a>
Physical Distancing	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en</a>
How to self-monitor	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en</a>
When and How to Wear a Mask	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en</a>
How to Self-Isolate	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en</a>

Ministry of Health – Ontario: COVID-19 Reference Document for Symptoms:

[http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019\\_reference\\_doc\\_symptoms.pdf](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/>

## **Appendix E Sample COVID-19 Club Protocols**

### **Club COVID-19 Protocols**

In addition to these “protocols”, clubs should create and follow a set of protocols to deal with situations related to the COVID-19 pandemic. These protocols should be communicated to members before skating activities resume. Clubs should also consult with their facility to ensure alignment between facility and club protocols.

The following additional information should be considered by clubs in creating their protocols:

- Designate a group of individuals or individual to oversee the implementation of health and safety guidelines, these protocols and the clubs protocol.
- Confirm everyone participating or assisting (skaters, coaches, volunteers) is properly registered with the club and Ontario Speed Skating and has signed a waiver
- Ensure up to date contact information for all club members is on-file
- Establish a communication plan to keep coaches, skaters, parents, members and volunteers informed during Return to Sport stages.
- Consider holding a virtual Town Hall or Webinar to educate your members on Return to Sport protocols and answer any questions and/or concerns
- Consider where communications/documents can be stored on a website or social media site for future reference by club members
- Ensure everyone participating in club activities knows how to keep themselves safe while participating
- Determine paper or virtual storage location for daily Session Participation Tracking sheets
- Establish an illness protocol to address situations where individuals become unwell or show signs of COVID-19 symptoms during speed skating activities. Please see Appendix F Illness Policy
- Monitor government and public health guidelines and update your plans as necessary



## **Appendix F Sample Illness Policy**

### **Illness Policy**

The purpose of this Policy is to:

- Establish a protocol if an individual becomes unwell with COVID-19 symptoms
- Designate an individual to follow up with any individuals who become unwell with symptoms of COVID-19 during club activities
- Establish a protocol for the club to inform OSSA, the facility, coaches, skaters, parents, members and volunteers if there has been an exposure to COVID-19 within the club or training group or if a club member is diagnosed with COVID-19.
- Establish procedures to modify, restrict, postpone or cancel training sessions or other activities based on the evolving COVID-19 pandemic.

#### **An individual becomes unwell with COVID-19 symptoms**

- 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.
- If the individual becomes unwell during a training activity 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 contact public health authorities for further guidance.
- The facility should be informed in order to determine if any areas need to be closed off and/or require additional cleaning/disinfecting.
- The designated group or individual 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 individual that is part of a club who has been tested for COVID-19 as a result of showing COVID-19 symptoms must not participate in club 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 should not participate in club 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 the club.
- The club through the designated individual should contact the facility and public health officials. The Session Participation tracking sheets may be used to assist public health officials in contact tracing.
- 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 inform Ontario Speed Skating of a positive COVID-19 diagnosis by e-mailing [executivedirector@ontarisppeedskating.ca](mailto:executivedirector@ontarisppeedskating.ca)

#### **Return to club 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 activities following COVID-19**

- Following a positive COVID-19 test, an individual must follow all public health guidelines regarding return to activities.
- The individual will need a note from their physician or public health authority to return to Sport.

## **Modification/restriction/postponing or cancelling of club/skating 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 cancelling activities
- Clubs should establish a program cancellation policy if one does not exist already
- Clubs members should be informed as soon as possible of any modifications/restrictions or cancellations
- Clubs 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**

Clubs and members should follow all public health guidelines regarding COVID-19.

These may include:

- Any club members who themselves have travelled outside of Canada, or has someone in their household who has travelled outside Canada must self-isolate and not participate in club/skating activities for 14 days
- Any individual who has been exposed to someone with a confirmed case of COVID-19 should self-isolate and is not permitted to participate in club/skating activities for 14 days
- Any individual with symptoms of COVID-19 is not permitted to take part in club or skating activities
- Any individual who has someone in their household showing symptoms of COVID-19, should not participate in club/skating activities for 14 days
- Any individual who has been directed by Public Health to self-isolate must not participate in club activities.

## Appendix G Sample Health Screening Questionnaire

### Health Screening Questionnaire

Individuals must complete this questionnaire prior to their participation in a club activity. This questionnaire may be completed verbally but should be completed each time the individual participates in a club activity.

The answer to all questions must be “No” in order to participate in each club activity.

1. Do you have a fever? (Feeling hot to the touch, a temperature of 37.8C or higher)

☐ Yes ☐ No

2. Do you have any of the following symptoms?

Cough ☐ Yes ☐ No

Shortness of breath ☐ Yes ☐ No

Runny nose, sneezing or nasal congestion ☐ Yes ☐ No

*(not related to other known causes such as seasonal allergies etc.)*

Sore throat ☐ Yes ☐ No

Difficulty swallowing ☐ Yes ☐ No

Lost sense of taste or smell ☐ Yes ☐ No

3. Have you travelled outside of Canada or had close contact with anyone that has travelled outside of Canada in the past 14 days?

☐ Yes ☐ No

4. Have you had close contact in the past 14 days with anyone with a new cough, fever or difficulty breathing or a confirmed case of COVID-19?

☐ Yes ☐ No

If an individual answers “Yes” to any of these questions, they are not permitted to participate in any club activities.

*Please note: This Health Screening questionnaire has been developed based on the current Ontario Ministry of Health Self-Assessment Tool.*

## Appendix H Sample Session Participant Tracking Form

### Session Participation and Health Screening Tracking

All athletes and coaches are expected to be screened prior to their participation in club speed skating activities.

The expectation is that a tracking sheet must exist for each group training session (dryland, cycling, running) or on-ice session to facilitate contact tracing in the event of COVID-19 exposure.

**Organizer/Club Name:** \_\_\_\_\_

Session Location	Rink Name/Number	Date	Time

	Name of each individual included in this session. Please list all coaches, athletes and volunteers.	Participant's Phone Number	Health Screening Passed. (Yes/No)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			