



Sudbury Sprinters Speed Skating Club Illness Policy

The purpose of this Policy is to:

- Establish a protocol if an individual (SSSSC skater, coach or volunteer) 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 SSSSC to inform OSSA, the facility, coaches, skaters, parents 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.

The following SSSSC board members will follow up with any individuals who become unwell with symptoms of COVID-19 during club activities:

Natalie Lefort, SSSSC President

Sean McMahon and Vanessa Davis, SSSSC Health and Safety Representatives

Scenario 1: An individual becomes unwell with COVID-19 symptoms

- If an individual (skater, coach, volunteer) 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 SSSSC activities.
- If the individual becomes unwell during a skating session, he/she will be isolated from all others in a well-ventilated area (for example, corner of arena with no athletes nor spectators), or outdoors and provided with a non-medical face mask if one is available.
- The individual will be sent home and instructed to contact Public Health Sudbury and Districts for further guidance.
- The Countryside Arena staff will be informed in order to determine if any areas need to be closed off and/or require additional cleaning/disinfecting.
- The SSSSC President or Health and Safety Representative will be informed of the situation and will contact the individual or their parent/guardian to determine if next steps are being taken regarding testing.

Scenario 2: An individual is tested for COVID-19

- Any individual who has been tested for COVID-19 as a result of showing COVID-19 symptoms must not participate in SSSSC activities while waiting for the results of the test.
- The SSSSC President or Health and Safety Representative will use the skating session attendance 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 be permitted to participate in club activities and should follow Public Health Sudbury and Districts guidelines until the diagnosis of COVID-19 is ruled out by health professionals.

Scenario 3: An individual tests positive for COVID-19

- If an individual tests positive for COVID-19, they must inform the SSSSC President and/or Health and Safety Representative.
- The SSSSC President and/or Health and Safety Representative will contact Countryside Arena staff and Public Health Sudbury and Districts officials. The skating session attendance sheets may be used to assist Public Health Sudbury and Districts officials in contact tracing.
- Any SSSSC members who were in close contact with the individual will not be permitted to participate in club activities for 14 days and should follow Public Health Sudbury and Districts guidelines regarding self-isolation and testing.
- The SSSSC will inform Ontario Speed Skating Association of a positive COVID-19 diagnosis by e-mailing executivedirector@ontarisppeedskating.ca

Scenario 4: 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.

Scenario 5: Return to club activities following COVID-19

- Following a positive COVID-19 test, an individual must follow all public health guidelines regarding return to sporting activities.
- The individual will need a note from their physician or Public Health Sudbury and Districts to return to SSSSC activities.

Scenario 6: Modification/restriction/postponing or cancelling of club/skating activities

- SSSSC will follow the Province, City, Public Health Sudbury and Districts and OSSA recommendations regarding modifying/restricting/postponing or cancelling activities (i.e., arena closures or OSSA program cancellations)
- SSSSC members will be informed as soon as possible of any modifications/restrictions or cancellations.
- SSSSC will reimburse club members as necessary for program cancellations or gaps in programming due to closure of arenas or other factors. Reimbursements will be determined based on ice fees not paid by the club as a result of closure.
- SSSSC must keep any modifications and restrictions in place until advised that it is safe to resume activities by the City, Public Health Sudbury and Districts and OSSA.

Public Health Guidelines

SSSSC members must follow all public health guidelines regarding COVID-19. These include:

- Any skater, coach or volunteer who has travelled outside of Canada, or has someone in their household who has travelled outside Canada must self-isolate and not participate in club activities for 14 days unless exempted under the Quarantine Act (Vaccination status may influence whether you have to isolate or not).
- Any individual who has been directed by Public Health Sudbury and Districts (PHSD) to self-isolate must not participate in club activities until they are informed by PHSD that it is safe to do so.
- Any individual who has been exposed to someone with a confirmed case of COVID-19 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, must not participate in club/skating activities for 14 days.