



## Sudbury Sprinters Speed Skating Club

### Return to Sport Protocol

The following Return to Sport Protocol abides by the Ontario Speed Skating Association (OSSA)'s Return to Sport Protocol (Version 3.0, September 20<sup>th</sup>, 2021) and is compliant with the Greater Sudbury Arena User Group COVID-19 Guidelines (Stage 3, Version 4, October 14<sup>th</sup>, 2021 and email from December 10<sup>th</sup>, 2021). Both of these guidelines are available upon request.

This document may change at any time based on recommendations from the provincial government, OSSA, Public Health Sudbury and Districts and the City of Greater Sudbury. Any change will generate a new version of this document, which will be circulated to concerned parties and SSSSC coaches, parents and skaters.

**SSSSC President, Natalie Lefort, and Health and Safety Representatives, Sean McMahon and Vanessa Davis, will oversee the implementation of this Return to Sport Protocol.**

For the purpose of this Protocol, an individual includes skaters, coaches, parents/guardians and any other spectators in the arena or during club practices or events.

In this document, a person is fully vaccinated against COVID-19 if they have received:

- a) the full series of a COVID-19 vaccine authorized by Health Canada, or any combination of such vaccines,
- b) one or two doses of a COVID-19 vaccine not authorized by Health Canada, followed by one dose of a COVID-19 mRNA vaccine authorized by Health Canada, or
- c) three doses of a COVID-19 vaccine not authorized by Health Canada; and
- d) they received their final dose of the COVID-19 vaccine at least 14 days before providing the proof of being fully vaccinated.

Individuals can provide proof of immunization by downloading or printing their vaccine receipt from the provincial booking portal, or by calling the Provincial Vaccine Booking Line at 1-833-943-3900. Individuals 2<sup>nd</sup> dose must be at least 14 days prior to attending an arena. Proof of vaccination will be accepted if the person's name and date of birth on their identification document matches the vaccination receipt with name and date of birth and if the person is fully vaccinated.

The following are exempt from providing a proof of vaccination:

- a) who provide a written document, completed and supplied by a physician or registered nurse in the extended class, that sets out, in accordance with the Ministry's guidance:
  - (i) a documented medical reason for not being fully vaccinated against COVID-19, and
  - (ii) the effective time-period for the medical reason.

## Entering the Arena Building:

1. Speed skating participants aged 12+ must present proof of full vaccination for COVID-19 along with identification at the point of entry to the arena.
2. Coaches, volunteers, managers, association members, officials, and anyone who is on the ice, dressing or on the bench with the players, aged 12+ must present proof of full vaccination for COVID-19 along with identification at the point of entry to the arena.
3. **UPDATED Spectators are permitted to be in the facility but must not loiter in the hallways/lobby area.** The spectator seating occupancy limit will be posted at each arena. Spectators must immediately leave the facility once the booking is completed, unless they are a parent/guardian of a young child who requires supervision.
4. Spectators aged 11 & under must be accompanied by an adult who is fully vaccinated and provides proof of full vaccination for COVID-19 along with identification at the point of entry to the arena.
5. Spectators aged 12+ must present proof of vaccination for COVID-19 along with identification at the point of entry to the arena.
6. All parents or guardians entering the facility must always wear a mask as per Provincial Regulation 364/20, Schedule 1, Section 2 (4). <https://www.ontario.ca/laws/regulation/200364>.
7. **UPDATED** Mask exceptions as detailed in the regulation listed above will be respected. (i.e. medical condition, unable to put on a mask without assistance, temporary removal to eat or drink, etc... please refer to the above regulation for complete details). All people entering the arena facility are required to wear a mask. Only skaters who are engaged in intense physical activity are not required to wear a mask. **Masks are to be worn in between sips of beverages and bites of food. Spectators will be asked to leave the facility if they do not keep their masks on.**
8. **UPDATED** Participants may enter the building no earlier than **15 minutes** prior to the start of their ice time. **Skaters must arrive as close to 'ready to skate' as possible.**
9. Participants must enter through the main entrance and follow the signage for pad #1.
10. All patrons who enter the building are encouraged to sanitize their hands using the hand sanitizer dispenser provided.
11. Skaters, parents and guardians must self-screen prior to coming to the arena. School aged children may be screened using the Ontario COVID-19 school and child-care screening tool:

<https://covid-19.ontario.ca/school-screening/>

All other individuals may use the Ontario COVID-19 screening tool:

<https://covid-19.ontario.ca/self-assessment/>

Health screenings are only valid for the day they are completed. All individuals must successfully pass the health screening in order to participate in Club and Ontario Speed Skating Activities.

12. All patrons must be actively screened prior to entering. The City of Sudbury entrance screening screening questions are:
  - 1) Do you have any of the following new or worsening symptoms or signs? Symptoms should not be chronic or related to other known causes or conditions.
    - Fever or chills (Temperature >38°C)
    - Difficulty breathing or shortness of breath
    - Cough

- Sore throat, trouble swallowing
- Runny nose/stuffy nose or nasal congestion
- Decrease or loss of smell or taste
- Nausea, vomiting, diarrhea, abdominal pain
- Not feeling well, extreme tiredness, sore muscles

2) Have you travelled outside of Canada in the past 14 days?

3) Have you had close contact with a confirmed or probable case of COVID-19?

If any member of the public entering an arena facility answers “YES” to any of the above questions, they must not enter or go to the arena and to call their health care provider or Telehealth Ontario.

12. An SSSSC volunteer will actively screen participants using these tools:

School aged children will be screened using the Ontario COVID-19 school and child-care screening tool:

[https://covid-19.ontario.ca/covid19-cms-assets/2021-08/COVID\\_screening\\_Student\\_Child%20Care\\_A\\_ODA.pdf](https://covid-19.ontario.ca/covid19-cms-assets/2021-08/COVID_screening_Student_Child%20Care_A_ODA.pdf)

All other individuals will be screened using the Ontario COVID-19 screening tool:

[https://covid-19.ontario.ca/covid19-cms-assets/2021-08/EN\\_Patron\\_Screening\\_v8-21-08-27%20FINAL.pdf](https://covid-19.ontario.ca/covid19-cms-assets/2021-08/EN_Patron_Screening_v8-21-08-27%20FINAL.pdf)

A screening question will be added to capture compliance with the Public Health Sudbury and Districts CLASS ORDER made pursuant to Section 22 (5.0.1) of the Health Protection and Promotion Act, R.S.O. 1990, c.H.7 issued on October 28th, 2021. This CLASS ORDER is found in Appendix A of this document. It is also accessible online [here](#).

### **Spectators and Dressing Rooms:**

1. **UPDATED** Spectators are permitted to be in the facility no earlier than 15 minutes prior to the ice time. Spectators must not loiter in the hallways/lobby area.
2. **UPDATED** A minimum of 2 m/6 ft between all household bubbles/spectators is mandatory **at all times while in the facility**. Spectators must sit in the stands once practice has started. If siblings are accompanying a parent, but not skating, they need to sit in the stands for the duration of practice. Spectator seating occupancy limit is 400 persons for Pad 1.
3. **UPDATED** Dressing rooms will be available no more than 15 minutes prior to the start of the ice time.
4. Dressing rooms will have signage to indicate seating for proper physical distancing and if all seating is occupied, bench seating around the ice pad can also be used for putting on skates. Only one parent will be allowed in the dressing rooms per family.
5. Skaters are asked to arrive as close as ‘ready to play’ as possible.
6. Washrooms will be available at the arena.
7. Arena staff disinfect dressing rooms between each booking and washrooms are disinfected four times per day.
8. Field houses are not open at Queen’s Athletic Oval. Skaters will have to put their skates on in their vehicles or outside.

### **Personal Protective Equipment:**

1. All spectators inside the arena building must wear a mask at all times as per Public Health Sudbury and Districts.
2. Skaters are required to wear masks at all times in the arena building until they are on the ice.
3. Coaches are required to wear masks at all times, including on the ice. Coaches and athletes are encouraged to bring multiple masks with them to training, as it is recommended to not wear damp masks.

### **Entering/Exiting the Ice (Countryside Ice Pad #1):**

1. Skaters waiting to enter the ice at the arena will line up along the boards, keeping two meters' distance between families.
2. For young skaters, one parent/guardian must help skater remove skate guards and mask at ice entrance door and must keep the guards and skater's mask with them. Coaches are no longer able to help skaters with skate guards. Parent/guardian must meet young skaters at rink door at end of session to replace guards and mask prior to skater exiting the ice. Teens and adult skaters can store their own skate guards and masks on the far side rink boards.
3. Skaters should bring a water bottle onto center ice as per usual practice. Water bottles cannot be shared. Fountains are not available.

### **On ice:**

1. The maximum capacity of on-ice participants and coaches is 50.
2. While on the ice for practices, figure skaters, hockey schools, or individuals working on skill development they must adhere to physical distance measures.
3. **NEW** Practices will not include any drills that require physical contact between skaters and coaches, such as relays and the train.
4. Absolutely no spitting or clearing your nose in the facility or on the ice.

### **Exiting the Ice and Building (Countryside #1):**

1. **NEW** Spectators must exit the facility immediately following the ice time, with the exception of a parent or guardian of a minor.
2. Skaters and coaches must exit the ice promptly in single file and return to their dressing room or benches along the ice pad to remove skates.
3. All individuals must exit the building through the appropriate door assigned for each pad within 15 minutes of the end of their ice time.
4. Limit carpooling and meals (in homes or at restaurants) to those within your household. If carpooling to get to practice, all occupants of the vehicle must wear masks, and ideally, windows should be open.

### **Illness Policy:**

In response to the evolving situation of the COVID-19 VOCs, the Government of Ontario has adopted a more rigorous and cautious approach to implementing public health measures when it comes to isolation. If a School or Workplace has sent one of your participants/players home or identified that the participant/player must remain in isolation due to close contact of a confirmed or suspected COVID Case or a school or workplace closure, the participant/player as well as their entire household (siblings, parents, etc.) CANNOT attend an extra-curricular activity in the arenas until the 14 day isolation period has ended and they receive a NEGATIVE

COVID test result or are symptom free for at least 24hrs following the 14 day isolation.

Refer to SSSSC's Illness Policy. It defines the procedures if an individual becomes unwell with COVID-19 symptoms during practice, if an individual is tested for COVID-19 and if an individual tests positive for COVID-19.

In response to the evolving situation of the COVID-19 VOCs, the Government of Ontario has adopted a more rigorous and cautious approach to implementing public health measures when it comes to isolation. If a participant/player/spectator must remain in isolation due to close contact of a confirmed case or suspected COVID case or a school or workplace closure, access to facilities will be determined based on the directives provided by Public Health Sudbury and Districts.

Any positive cases of COVID by any participants and spectators (players, coaches, trainers, managers, parents, guardians, etc) must be reported to Manager of Arena immediately, along with the directives provided to you by Public Health Sudbury and Districts.

#### **Skating Equipment:**

1. Skates should not be shared among participants during the season.
2. Skaters should not share equipment.
3. It is the skater's responsibility to keep their skating equipment clean and ensure their face mask is clean.

#### **Handling Mats:**

1. Adults handling the mats to get them to and from the rink surface must wear masks.
2. Only teens/adult skaters and coaches will be able to place mats around the rink boards.
3. Skaters should not touch the mats during practice unless instructed to by a coach.

#### **Non-Compliance:**

1. The City of Sudbury has a **Zero Tolerance** rule. Failure to follow guidelines and policies could result in immediate ejection from the facility and future booking privileges revoked. The City of Sudbury may cancel bookings without refunds.
2. ANY transgression of the rules listed in this policy places not only SSSSC members, but the entire facility, sport community and local community at risk.
3. The SSSSC President and Health and Safety Representatives will monitor compliance and will be informed by the coaches of any non-compliance. At the first transgression, the member will receive a verbal warning. At the second transgression, the member will be removed from the ice immediately and will need to exit the facility promptly. The Health and Safety Representative will discuss with the family and determine when return to play can occur. Multiple transgressions could lead to a dismissal from the SSSSC.

**I have read and understood the above requirements for participation in Sudbury Sprinters Speed Skating Club Skating Sessions/Club Activities for the 2020-2021 season.**

---

**(PRINT: skater or parent/guardian)**

---

**(Date)**

---

**(SIGN: skater or parent/guardian)**

## APPENDIX A

# **CLASS ORDER made pursuant to Section 22 (5.0.1) of the Health Protection and Promotion Act, R.S.O. 1990, c.H.7 (October 28, 2021)**

Date: October 28, 2021

**To: All persons residing or present in the area served by Sudbury & District Health Unit, operating as Public Health Sudbury & Districts who:**

- a) Are a confirmed case or probable case of COVID-19;
- b) Have new symptoms (even mild symptoms) or worsening symptoms of COVID-19, have been tested for COVID-19 and are awaiting the results of their test;
- c) Otherwise have reasonable grounds to believe they now have symptoms (even mild symptoms) of COVID-19, or have had such symptoms within the past 10 days; and have not had a COVID test since developing those symptoms;
- d) Are a close contact of a person identified in a) even if they do not themselves have any symptoms of COVID-19;
- e) Have been advised to self-isolate by Public Health Sudbury & Districts, including in circumstances other than those in a., b., c. or d. above; or
- f) Are a parent, or person with responsibilities of a parent, of a person under 16 years of age in a), b), c), d) or e) who resides or is present in Public Health Sudbury & Districts.

**I, Dr. Penny Sutcliffe, Medical Officer of Health for Public Health Sudbury & Districts, order you to comply with the following actions:**

1. Isolate yourself immediately in accordance with all instructions provided by Public Health Sudbury & Districts. This includes remaining in your home (in a private room if sharing with roommates or family members) or isolation facility. Do not go outside, unless on to a private balcony or enclosed yard where you can avoid close encounters with others. You must not have any visitors into your home except as permitted by Public Health Sudbury & Districts.
2. For persons in category a) above, you must remain in self-isolation:
  - Until the expiry of the 10-day isolation period of communicability (infectiousness) which begins on the day on which you first show symptoms, are tested or are diagnosed with COVID-19 as directed by Public Health Sudbury & Districts or another health unit, or for a duration as otherwise directed by Public Health Sudbury & Districts or another health unit; as long as on the final day you are required to be in self-isolation you have no fever and your symptoms have been improving for at least 24 hours (48 hours if your symptoms are gastrointestinal, e.g., nausea, vomiting, diarrhea or stomach pain).

- If you have a fever and/or your other symptoms are not improving on the final day of self-isolation, contact Public Health Sudbury & Districts for direction at 705.522.9200 (toll-free 1.866.522.9200).

3. For persons in category b) above, you must remain in self-isolation until you receive a negative test result, have no fever and your symptoms have been improving for at least 24 hours (48 hours if your symptoms are gastrointestinal, e.g., nausea, vomiting, diarrhea or stomach pain). If you receive a positive result, you are subject to this order as a person described in a) above.

4. For persons in category c) above:

- If tested, you must remain in self-isolation until you receive a negative test result, have no fever and your symptoms have been improving for at least 24 hours (48 hours if your symptoms are gastrointestinal, e.g., nausea, vomiting, diarrhea or stomach pain). If you receive a positive result, you are then subject to the order as a person described in a) above.
- If not tested for COVID-19, you are then subject to this order as a person described in a) above, i.e., as a probable case of COVID-19.

5. For persons in category d) above, remain in isolation, even if you are not experiencing any symptoms, until you have tested negative, until the expiry of a 10-day period that begins on the day you were last in close contact with a person identified in a) above, unless otherwise directed by Public Health Sudbury & Districts. The following also apply:

- If tested, and you receive a positive result, you are then subject to this order as a person described in category a) above; see paragraph 2 above for directions.
- If tested, and you receive a negative test result, complete the remaining 10-day period of isolation.
- If you develop symptoms and do not get tested, you are then subject to the order as a person described in category a) above, i.e., as a probable case of COVID-19.

6. For persons in category e) above, you must remain in self-isolation for the duration directed by Public Health Sudbury & Districts.

7. For persons in category f) above, you are to ensure that the child in a), b), c), d) or e) above, for whom you have the responsibilities of a parent, follows the directions in this order which apply to them.

8. During the self-isolation period, conduct yourself in such a manner as not to expose another person to infection of COVID-19 by following infection control instructions on the Public Health Ontario website located at <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/nCoV2019/coronavirus/public-resources>, and as given to you by Public Health Sudbury & Districts or any other staff at the health care facility at which you may seek or receive treatment.

9. Inform Public Health Sudbury & Districts if you require any help or resources to properly self-isolate or while you are self-isolating such as food, medication, water, accommodation, clothing, appropriate medical treatment, and family or other religious arrangements. To do so, call 705.522.9200 (toll-free 1.866.522.9200).

10. Provide, immediately upon request, all information requested and follow any further directions provided to you by Public Health Sudbury & Districts and/or other public health staff pertaining to COVID-19 and/or the terms of this order. This includes, but is not limited to, sharing the names and contact information for all contacts and such other information as may be requested by Public Health Sudbury & Districts and/or other public health staff to permit appropriate case and contact management for COVID-19.

11. During the periods described in 2, 3, 4, 5 and 6 above, remain reachable for monitoring and/or case and contact management by Public Health Sudbury & Districts and/or other public health staff.
12. Follow any further directions provided to you by Public Health Sudbury & Districts pertaining to COVID-19 and the terms and conditions of this order.
13. Seek prompt medical attention if your illness is worsening (for example, difficulty breathing) by calling 911 and report your COVID-19-related diagnosis, exposure, and/or symptoms.
14. The requirements of this order are subject to necessary modifications for persons or a class or persons, such as:
  - a) A person or class of persons who, in the opinion of Public Health Sudbury & Districts, is asymptomatic and is required to provide an essential service\*\*, using mandated PPE, for the limited purpose of providing that essential service;
  - b) A person or class of person whose isolation, in the opinion of Public Health Sudbury & Districts, would not be in the public interest; or
  - c) A person or class of persons who, for other reasons, as authorized by the Medical Officer of Health or designate, require modifications or this order.

**\*\*essential service** means clinical health care that would, in the opinion of the Medical Officer of Health, be severely compromised without the availability of the person or class of persons to provide the service.

15. If you have any questions about what you must do, contact Public Health Sudbury & Districts for direction at 705.522.9200 (toll-free 1.866.522.9200).

#### **THE REASONS FOR THE ORDER ARE THAT:**

1. COVID-19, a disease caused by a novel coronavirus, is designated as a disease of public health significance and a communicable disease pursuant to Ontario Regulation 135/18 under the Health Protection and Promotion Act.
2. COVID-19 has been declared a pandemic by the World Health Organization. The Province of Ontario has enacted emergency orders under the Emergency Management and Civil Protection Act, continued under the Reopening Ontario (A Flexible Response to COVID-19) Act, 2020, as a result of the pandemic.
3. COVID-19 can cause acute and severe respiratory illness in humans. While most people with COVID-19 will recover on their own, complications from COVID-19 can also include serious conditions like pneumonia, cardiovascular disorders or kidney failure and, in some cases, death. People at high risk of such complications include seniors and people with chronic medical conditions, e.g., diabetes, lung problems, immune deficiency and cardiovascular disease.
4. There are no specific treatments for COVID-19; while evidence confirms that vaccines now available likely reduce COVID-19 transmission and the risk of severe illness and hospitalization if acquired, Public Health Ontario continues to monitor the impact of vaccination.
5. COVID-19 is present in Public Health Sudbury & Districts and therefore poses a risk to the health of the residents of Public Health Sudbury & Districts through community transmission.

6. The COVID-19 virus is spread from an infected person to an uninfected person by direct contact or from a close encounter during which respiratory secretions from the infected person are transmitted to the uninfected person.

7. The COVID-19 period of communicability or infectiousness is understood to be up to 10 days for most people.

8. The COVID-19 incubation period (the period between exposure to an infection and the appearance of the first symptoms) can be up to 14 days, however, is most commonly up to 10 days.

9. The number of cases and/or deaths continues to rise in Public Health Sudbury & Districts.

10. Of particular concern is recent transmission across Ontario, including in Public Health Sudbury & Districts, of variants of the COVID-19 virus identified to be of great concern given their potential for increased transmission and increased capacity to cause illness and death.

11. To contain the spread of COVID-19, individuals experiencing symptoms consistent with COVID-19 or who are infected with COVID-19, as well as close contacts of individuals infected with COVID-19, are required to isolate themselves from other people (i.e., self-isolate) until they are deemed no longer infectious or potentially infectious. Isolation (i.e., self-isolation) is necessary to decrease the risk of spreading their infection to others.

**AND I AM OF THE OPINION, UPON REASONABLE AND PROBABLE GROUNDS THAT:**

- a) a communicable disease exists or may exist or there is an immediate risk of an outbreak of a communicable disease in the health unit served by me;
- b) the communicable disease presents a risk to the health of persons in the health unit served by me; and
- c) the requirements specified in this order are necessary in order to decrease or eliminate the risk to health presented by the communicable disease.

I am also of the opinion that the delivery of notice of this order to each and every member of this class to whom it is directed is likely to cause a delay that could significantly increase the risk to the health of any person residing in the jurisdiction of Public Health Sudbury & Districts. Therefore, notice shall be provided through the public media and the internet via posting at [www.phsd.ca](http://www.phsd.ca).

The following definitions apply to this order:

- **Close contact** means a person who, within the past 14 days, has had a high-risk exposure to a confirmed or probable COVID-19 case. For example, a person who:
  - Lived with or otherwise had close, unprotected and prolonged contact, e.g., within 2 metres (6 feet) for more than 15 minutes, with a confirmed case of COVID-19 during their period of communicability (infectiousness); or
  - Has been identified by Public Health Sudbury & Districts or another public health unit as a close contact.
- **Unprotected** means without appropriate personal protective equipment (PPE). Appropriate PPE is using both medical-grade surgical/procedural mask and protective eyewear. A non-medical mask or face covering is not PPE.

**NOTICE:**

**TAKE NOTICE THAT**, each member of the class to whom this order is directed is entitled to a hearing by the Health Services Appeal and Review Board if the member has delivered notice in writing to me and to the Health Services Appeal and Review Board (c/o Health Board Secretariat, 151 Bloor Street West, 9th Floor, Toronto, ON, M5S 2T5), requesting a hearing within 15 days after publication of this order. During the COVID-19 pandemic:

- All requests for review, submissions, materials, and inquiries should be sent to the Health Services Appeal and Review Board by e-mail to [hsarb@ontario.ca](mailto:hsarb@ontario.ca) or faxed to the Board at 416-327-8524.
- Instead of mail or courier, you may email your request for review to me at [PHSD\\_COVID-19@phsd.ca](mailto:PHSD_COVID-19@phsd.ca). Should you wish to do so, however, please carefully consider the use of electronic communication for sensitive information. Public Health Sudbury & Districts will use reasonable means to protect your information but, due to the inherent risks of electronic communication, confidentiality cannot be guaranteed.

**AND TAKE FURTHER NOTICE THAT**, although a hearing may be requested this order takes effect when it is delivered to a member of the class or brought to the attention of a member of the class.

**FAILURE TO COMPLY WITH THIS ORDER** is an offence under sections 100 and 101 of the Health Protection and Promotion Act for which you may be liable to a set fine of \$750.00 (ticket), or otherwise of not more than \$5,000 for every day or part of each day on which the offence occurs or continues to occur, on conviction.

**FAILURE TO COMPLY WITH THIS ORDER** may also result in further legal action being taken against you under sections 36(2), 35, 102 and other relevant provisions of the Health Protection and Promotion Act.

Dr. Penny Sutcliffe, MD, MHSc, FRCPC  
Medical Officer of Health  
Public Health Sudbury & Districts

---

This item was last modified on October 28, 2021