



Sudbury Sprinters Speed Skating Club

Return to Sport Protocol - Outdoor Training

The following Return to Sport Protocol abides by the Ontario Speed Skating Association (OSSA)'s Return to Sport Protocol (Version 4.0, December 21st, 2021). This guideline is 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 2nd 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 Queen's Athletic Field Oval area:

1. An SSSSC volunteer will verify proof of vaccination at the Queen's Athletic Field oval entrance.
 - a. Speed skating participants aged 12+ and parents/guardians must present proof of full vaccination for COVID-19 along with identification.
 - b. Coaches, volunteers, managers, association members, officials, and anyone who is on the ice, aged 12+, must present proof of full vaccination for COVID-19 along with identification.
2. The occupancy limit for the Queen's Athletic Field is **75 people**. Parents/guardians/siblings may stay and watch practice. Other spectators are not permitted. Skaters, parents/guardians/siblings must immediately leave Queen's Athletic Field oval once practice is completed.
3. Step 2: As per O. Reg 263, compliance with masking if unable to maintain a physical distance of 2 meters is required. Step 3: If unable to maintain a physical distance of 2 meters, skaters, parents, guardians and siblings entering the Queen's Athletic Field oval area must wear a mask as per Provincial Regulation 364/20, Schedule 1, Section 2 (4). <https://www.ontario.ca/laws/regulation/200364>.
4. 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). Skaters who are engaged in intense physical activity are not required to wear a mask.
5. Participants may enter the Queen's Athletic Field oval area no earlier than **15 minutes** prior to the start of their ice time. Skaters must arrive as close to 'ready to skate' as possible.
6. 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.

9. An SSSSC volunteer will actively screen participants using the screening tools in 8. An attendance list with contact information of participants, family members, coaches and volunteers will be completed for every practice. This attendance list will document that active screening was completed. When screening, volunteers should maintain 2m physical distance and if unable to maintain distance, the use of a mask is required (note that the use of a medical mask is recommended). If screeners may potentially be within 2m of unmasked individuals, the use of eye protection is also recommended.

Spectators:

1. A minimum of 2 m/6 ft between all household bubbles/spectators is mandatory **at all times while in the Queen's Athletic Field oval area**.

2. Skaters are asked to arrive as close as 'ready to play' as possible.
3. Washrooms will be available at the Queen's Athletic Field oval clubhouse. Wear a mask to enter the clubhouse. Disinfect your hands after use. If there is access to running water and soap, individuals are encouraged to wash their hands rather than sanitize.
4. Field houses are not open at Queen's Athletic Field oval. Skaters will not be able to use the field house to put their skates on. Skaters have to put their skates on using the benches at the Queen's Athletic Field oval entrance.

Personal Protective Equipment:

1. If unable to maintain a physical distance of 2 meters, skaters, parents, guardians and siblings entering the Queen's Athletic Field oval area must wear a mask as per Provincial Regulation 364/20, Schedule 1, Section 2 (4). <https://www.ontario.ca/laws/regulation/200364>.
2. 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). Skaters who are engaged in intense physical activity are not required to wear a mask.
3. Coaches are required to wear a medical grade mask at all times, including on the ice. Eye protection is also recommended if it does not compromise the safety of the coaches.

Entering/Exiting the Ice:

1. Skaters waiting to enter the ice at the arena will line up along the oval, keeping two meters' distance between families.
2. For young skaters, one parent/guardian must help the skater remove skate guards and must keep the guards with them. Coaches are no longer able to help skaters with skate guards. Parent/guardian must meet young skaters at the edge of the oval at the end of the session to replace guards. Teens and adult skaters can store their own skate guards.
3. Skaters should bring a water bottle, labelled with the skater's name. Water bottles cannot be shared. Fountains are not available.

On ice:

1. The maximum capacity for each training group is **10**, including the coach. There will be no more than two groups of 10 on the ice at a time (no more than two groups of 10 from 10-11 AM and no more than two groups of ten from 11-12 AM). Each group will be at one end of the oval.
2. While on the ice for practices, skaters must adhere to physical distance measures.
3. 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.

Additional measures:

1. 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.

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.

Illness Policy:

Skaters can not attend practice when they are ill, even if symptoms are mild.

If you or someone in the home has COVID-19 symptoms but no known exposure to COVID-19:

- If you are fully vaccinated or aged 11 or younger: stay home for 5 days and until your symptoms have been improving for at least 24 hours. The 5 days start from the date symptoms began.
- If you are partially vaccinated, unvaccinated, or immunocompromised: stay home for 10 days. The 10 days start from the date symptoms began.
- In both cases, all of your household members (regardless of vaccination status) will need to stay home for the duration of this isolation period.

If you were exposed to a COVID-19-positive person:

- If they live with you: you should stay home for the duration of the person's isolation period.
- If they do not live with you: you should stay home for 10 days from last exposure. If you are aged 11 or younger, you should stay home for 5 days from last exposure.

If you tested positive for COVID-19:

- If you are fully vaccinated or aged 11 or younger: stay home for 5 days. The 5 days start from the date you tested positive if you have no symptoms, or from when your symptoms began (whichever is sooner).
- If you are partially vaccinated, unvaccinated, or immunocompromised: stay home for 10 days. The 10 days start from the date you tested positive if you have no symptoms, or from when your symptoms began (whichever is sooner).
- In both cases, all of your household members (regardless of vaccination status) will need to stay home for the duration of this isolation period.

Refer to SSSSC's Illness Policy. In addition to the above, it defines the procedures if an individual becomes unwell with COVID-19 symptoms during practice.

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

Please note that individuals may contact Public Health if they have inquiries, however due to call volumes we may not be able to return calls until days later. Those who test positive for COVID-19 are required to follow provincial direction:

If you tested positive for COVID-19:

If you are fully vaccinated or aged 11 or younger: stay home for 5 days. The 5 days start from the date you tested positive if you have no symptoms, or from when your symptoms began (whichever is sooner).

If you are partially vaccinated, unvaccinated, or immunocompromised: stay home for 10 days. The 10 days start from the date you tested positive if you have no symptoms, or from when your symptoms began (whichever is sooner).

In both cases, all of your household members (regardless of vaccination status) will need to stay home for the duration of this isolation period.

As with all the guidance provided above, continue to refer to the provincial website as direction may change.

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 2021-2022 outdoor season.

(PRINT: skater or parent/guardian)

(Date)

(SIGN: skater or parent/guardian)