



## 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 1.6, September 23, 2020) and is compliant with the Greater Sudbury Arena User Group COVID-19 Guidelines (**Version 2.4, October 27th, 2020 and update Oct 27th, 2020**). 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, Laura Mucklow, and Health and Safety Representatives, Natalie Lefort and Sean McMahon, 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 during club practices or events.

### **Public Health Guidelines regarding COVID-19:**

1. Any individual who has travelled outside of Canada, or has someone in the household who has travelled outside Canada must self-isolate and not participate in club/skating activities for 14 days.
2. 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.
3. Any individual with the following symptoms of COVID-19 is not permitted to take part in club/skating activities: fever; cough; shortness of breath; or decrease/loss of smell or taste.
4. Any individual with two or more of the following symptoms is not permitted to take part in club/skating activities: stuffy/runny nose; sore throat; headache; nausea/vomiting/diarrhea; or fatigue/lethargy/muscle aches.
5. Any individual who has been directed by Public Health to self-isolate must not participate in club/skating activities.

### **Prior to Entering Arena:**

1. Complete the City of Greater Sudbury waiver and put in drop off box at the entrance of arena (completed once at beginning of season).
2. Sign the Release, Indemnity and Assumption of Risk Regarding COVID-19 waiver (once at beginning of season).
3. Review all education and communications provided by the SSSSC President or Health and Safety Representatives regarding COVID-19 precautions.
4. Read this Sudbury Sprinters Speed Skating Club Return to Sport Protocol.

### **Before Every Practice:**

1. Self-screen all family members heading to the arena prior to entering the arena. The Ontario Government's Self-Screening Tool can be used. Anyone with a history of "COVID-19 like" illness or close/sustained contact with someone with similar symptoms should not enter the training environment for at least 14 days after the last contact or 10 days post symptom resolution AND after medical clearance.
2. Anyone with respiratory symptoms may NOT enter the arena and should stay home and isolate.
3. Anyone with symptoms or fever ( >38°C) should NOT enter the arena.

### **Entering the Arena Building:**

1. Individuals may enter the building **no earlier than 15 minutes** prior to the start of their ice time. If you are early, wait in your vehicle.
2. Individuals must enter through the main entrance and follow the signage for each pad.
3. A mask must be worn by all individuals inside the arena building.
4. If arena staff have a table set up in the lobby, stop there and inform them that you are with Sudbury Sprinters Speed Skating and your practice start time. Sanitize your hands as instructed by arena staff.
5. **Attendance will be taken at every practice, including athletes, coaches, volunteers, and spectators. By attending practice, you are attesting that you have passed the self-screening.**
6. Skaters are asked to arrive as close to 'ready to skate' as possible. Other than skates, have all clothing and equipment on and ready to go. Skates should only be put on once in the arena.

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

1. **Only one spectator is permitted per family. If there are multiple kids playing per family, the limit is still one parent per family. If a second parent helps with screening, set up or other necessary task, this second parent is allowed to be on site.**
2. Spectators must not loiter in the hallways/lobby area.
3. **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.** A minimum of 2 m/6 ft between all household bubbles/spectators is mandatory. Spectator seating occupancy limit is 50 persons for Pad 1.
4. Dressing rooms will be available no more than **15** minutes prior to the start of the ice time.
5. 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.
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.

### **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.

4. Mask exceptions as detailed in the [regulation](#) will be respected. (i.e. under the age of 2 years old, medical condition, unable to put on a mask without assistance, temporary removal to eat or drink, etc).

#### **Skating Equipment:**

1. Club skates will be disinfected prior to being assigned to a skater for the season. Skates should not be shared among participants during the season.
2. Skaters should not share equipment.
3. The club will not lend any other equipment during practices (e.g., helmets, gloves, neck guards, padding, kevlar, glasses, etc.). If you forget a mandatory piece of equipment, you must retrieve it from home.
4. It is the skater's responsibility to keep their skating equipment clean and ensure their face mask is clean.

#### **Handling Mats:**

1. A maximum of 3 adults will be allowed to handle the mats to get them to and from the rink surface, wearing masks and disposable gloves.
2. Only teens/adult skaters and coaches will be able to place mats around the rink boards, wearing masks and skating gloves.
3. Skaters should not touch the mats during practice unless instructed to by a coach.

#### **Entering/Exiting the Ice:**

1. Skaters waiting to enter the ice 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 skater 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 the Ice:**

1. Maximum capacity on ice is 25, including skaters, coaches and volunteers. This is a requirement from OSSA and less than the capacity limit applied by the City of Greater Sudbury.
2. Physical distancing must be maintained, as much as possible during practice. Skaters who are not listening to coaches and not remaining physically distanced will be asked to leave the ice.
3. Skaters, coaches and volunteers must always keep their gloves on.
4. Coaches will pick up training materials at the end of the session. All equipment used during sessions will be disinfected before it is put away.
5. If a skater crashes into a mat during practice or if a mat is excessively handled during a practice, it will be disinfected immediately.
6. Participants must not touch training materials (pucks, buckets) unless instructed to.
7. Spitting and clearing your nose in the facility and on ice will not be tolerated.

8. Coaches will not use whistles.
9. Skaters may not skate in trains or packs. Relays are prohibited.
10. Hand sanitizer will be available at the rink boards and at centre ice during practice.
11. Disinfectant spray will be available at centre ice during practice and used if equipment is being shared between skaters.
12. In the event that first aid is required during an activity, all persons attending to the injured individual must first put on a clean mask, goggles/face shield and disposable gloves. These items are available in the first aid kit in the SSSSC lock-up area.

**Exiting the Ice and Building:**

1. Skaters and coaches must exit the ice promptly in single file and return to their dressing room or benches along ice pad to remove skates.
2. All individuals must exit the building through the appropriate door assigned for each pad within 15 minutes of the end of their ice time.

**Illness Policy:**

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.

**Non-Compliance:**

1. 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.
2. 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.**

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

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**(Date)**

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