



COVID-19 SAFETY PLAN & RETURN TO PLAY PROTOCOLS

Cayuga Skating Club

2021-2022 Season

Prepared: September 9, 2021

Revision Dates as follows:

September 24, 2021

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1 Purpose of this Document

The purpose of this document is to outline how the Cayuga Skating Club (hereafter referred to as the “Club”) will keep staff, coaches, skaters, parents/guardians, Board members, volunteers, spectators, and other people safe while attending the arena for the purpose of activities offered by the Club during the COVID-19 pandemic. The COVID-19 Club Oversight Group, in consultation with Haldimand County, developed this document.

This document will be posted in an area that is visible to all people who attend the arena for the purpose of activities offered by the Club during the COVID-19 pandemic. Further, it will also be shared with all staff, coaches, skaters, parents/guardians, Board members and volunteers via email, on the Club’s website, and upon request.

The COVID-19 pandemic is an evolving situation and therefore this document will be reviewed regularly and changes will be made as required.

2 COVID-19 Club Oversight Group

The purpose of this group is to oversee the implementation of safety and health guidelines within the Club.

The following individuals will be acting as the COVID-19 Club Oversight Group as we transition back to skating activities:

Name	Phone	Email
Kelly Edgar	905-928-4372	cayugaskatingclub@gmail.com
Liz Berestecki	905-745-1895	cayugask8coaches@gmail.com
Lynda Thompson	289-260-0286	dlgba_thompson@sympatico.ca

Should you have any questions about any aspects of the COVID-19 Safety Plan and Return to Play protocols or other policies and procedures related to COVID-19, please contact one of the individuals above.

3 Club COVID-19 Protocols

The following Return to Play protocols are guided by Skate Ontario's and Haldimand County's rules and policies and are intended to enable a safe return to the sport. These protocols are based on current Ontario statues and regulations, current public health requirements and directives and Skate Ontario's desire to make our sport safe for all.

The Club provides the following set of protocols to deal with situations related to the COVID-19 pandemic that might occur.

3.1 Club Operations

The following outlines the protocols that relate to Club Operations.

All Club administrative activities will be conducted on-line and virtually whenever possible.

3.1.1 Compliance

All Club 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:

- Flow of Traffic
 - All individuals entering and exiting the facility for the purpose of Club activities must use the main entrance on the north side of the building
- Physical distancing measures
 - All individuals attending the facility for the purpose of Club activities must maintain a physical distance of at least 2 m from any other person who is using the facility unless they are from the same household or they are authorized through Ontario's COVID-19 Roadmap to Reopen to be closer than 2 m from each other
 - Exceptions include:
 - Those engaged in organized sport
 - A Club designate will be monitor the spectator seating area to ensure that all COVID-19 protocols are followed
- Cleaning & Sanitization
 - The County will be responsible for cleaning and sanitizing all common areas, including dressing rooms and chairs
 - The Club will clean and sanitize all Club equipment after each session

- Screening
 - A Club designate will be available at the main entrance 30 mins prior to the start of the rental to screen all individuals entering the building for the purpose of Club activities
- Mask & Face Coverings
 - All individuals entering the facility must wear a mask or face covering that covers their mouth, nose and chin
 - Exceptions include:
 - Children under 2 years of age
 - Those who cannot wear a mask for a medical reason
 - Individuals that are on the ice
 - Individuals that are engaged in dryland or off-ice training
 - All individuals that are exempt from wearing a mask or face covering due to medical reasons must identify themselves
 - The Club must provide facility staff a list of individuals who have a mask or face covering exemption
- Health & safety regulations
- Facility capacity limits
 - In Step 3 of Ontario's COVID-19 Roadmap to Reopen:
 - There is no reduced ice capacity limit for organized sports
 - There is no reduced spectator seating capacity. The seating capacity limit of the Cayuga Memorial Arena is 135 people.
 - There is no reduced spectator seating capacity in the lobby area
 - There is a limit of 10 people to each dressing/change room
 - Individuals using the dressing/change rooms will access these rooms no more than 20 minutes prior to the scheduled rental time and till leave within 20 minutes after leaving the ice surface
- Skate Canada rules, policies and procedures
- Skate Ontario rules, policies and procedures
- All Safe Sport policies and procedures
- Applicable occupational health & safety requirements

3.1.2 Completion of Skate Ontario COVID-19 Waiver

All individuals participating in Club activities must complete the Skate Ontario Acknowledgement, Release, Indemnity and Assumption of Risk regarding COVID-19 ("COVID-19 Waiver") prior to the start of participation in Club activities. Failure to do so means that the individual cannot participate in Club activities.

Any individual participating in Club activities is required to complete a one-time COVID-19 Waiver, or have a signed COVID-19 Waiver on-file with Skate Ontario. The Club must keep this form on-file for each participant.

This includes:

- Staff
- Skaters
- Coaches
- Board members
- Volunteers
- Officials (please note: this will be kept on file with Skate Ontario)

3.1.3 COVID-19 Education Resources

The Club must ensure that staff, coaches, skaters, parents/guardians, Board members, and volunteers receive education on new safety and hygiene protocols within the Club. This will include government-approved information on ways to limit the spread of COVID-19.

The following link will be sent by the Club to these individuals: Ontario Public health Public Resources: <https://www.publichealthontario.ca/en/diseases-andconditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>.

This link provides up-to-date multilingual public health protocols that address:

- Prevention
 - How to Protect Yourself from COVID-19
 - Preventing COVID-19 in People at Increased Risk of Severe Illness
 - Non-medical Masks and Face Coverings
 - Non-Medical Masks (detailed Q&A)
 - Mask Use for the Workplace (non-Healthcare Settings)
 - How to Wash Your Hands and How to Use Hand Sanitizer
 - Physical Distancing
 - Cleaning and disinfection for Public Settings
 - How to Prevent Skin Damage from Cleaning Products
 - What You Need to Know About mRNA Vaccines
 - What You Need to Know About Viral Vector Vaccines
- If You Have Tested Positive for COVID-19 or If You Have Been Exposed
 - Testing Yourself for COVID-19
 - How to Self-monitor
 - How to Self-isolate
 - Self-isolation: Guide for Caregivers, Household members and Close Contacts
 - When to Self-isolate for Household Members
 - How to Care for a Child Who Needs to Self-isolate
 - You were Tested for COVID-19: What You Should Know
 - Take Care of Yourself and Each Other

3.1.4 Screening of Individuals

- All individuals taking part in Club activities are encouraged to self-screen in accordance with current public health guidelines before each training session. Individuals must not attend any training sessions or Club activities if they:
 - Exhibit any COVID-19 symptoms, as identified by health experts. The Club will provide individuals with the following link in order to self-screen prior to attending the facility
<https://covid-19.ontario.ca/self-assessment/>
 - Have been in contact with someone with an active case of COVID-19 in the past 14 days
 - Have returned from travel outside of Canada and do not have a Travel Exemption as per the Government of Canada
 - Individuals who are considered a vulnerable or at-risk (individuals over 70 years of age, weakened immune system or medical conditions such as heart disease, lung disease, cancer, etc.) should strongly consider their participation in Club activities
 - Cannot provide proof of vaccination (i.e. fully vaccinated as per Ontario guidelines, 2 weeks post 2nd vaccination)
 - Exemptions include:
 - Medical exemptions
 - Those that are not eligible for vaccination
- The Club will conduct a screening protocol whereby individuals are screened on a daily basis prior to participation in any Club activities
 - This screening will be conducted at the main entrance for each individual attending the facility for the purposes of Club activities
- All individuals that are exempt from wearing a mask or face covering due to medical reasons must identify themselves
 - The Club must provide facility staff a list of individuals who have a mask or face covering exemption

3.1.5 Tracking of Participation in Club Activities

- The Club will track all skater, coach, choreographer participation in Club activities on a daily basis
 - This will be recorded and kept in order to assist with contact tracing in the event of any positive COVID-19 cases within the Club

3.1.6 Attendance at Multiple Training Facilities

- The Club will discourage coaching and skating at multiple locations
- The Club will ask skaters, coaches or choreographers to inform them if they are attending training sessions in multiple locations
- The Club will encourage the use of a new mask or face covering and gloves at each location
- The Club will encourage coaches and skaters to manage schedules to avoid entering different facilities on the same day

3.1.7 An Individual becomes Unwell with Symptoms of COVID-19

- 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
- The individual should be isolated from all others in a well-ventilated area, or outside and provided with a mask or face covering if one is available
- The individual shall be sent home and instructed to follow public health guidelines regarding self-isolation and testing
- The facility should be informed in order to determine if any areas need to be closed off and/or require additional cleaning/disinfecting
- A member of the COVID-19 Club Oversight Group 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

3.1.8 An Individual is Tested for COVID-19

- Any individual that is part of the Club that is unwell and has been tested for COVID-19 must not participate in Club activities while waiting for the results of the test
- Any individual that is part of the Club that is unwell and has been tested for COVID-19 will email either a negative test result or the public health guidance they will be following to cayugask8coaches@gmail.com prior to returning to Club activities
- Any individual that is part of the Club that has been tested for COVID-19 and has not COVID-19 symptoms, no known exposure to COVID-19 and no travel history is permitted to participate in Club activities while waiting for the results of the test

3.1.9 An Individual Tests Positive for COVID-19

- Individuals must follow all public health and facility guidelines with respect to returning to Club activities following an illness or exposure to COVID-19
- The COVID-19 Club Oversight Group will work where requested with the facility and public health officials to assist in contact tracing. The Session Participation tracking sheets may be used to assist public health officials in informing other Club members who may have been in close contact with the individual
- Any Club members who were in close contact with the individual should follow public health guidelines regarding self-isolation and testing
- The Club will inform all Club members of a positive COVID-19 result within the Club setting via email within 24 hours of becoming aware of the positive case
- The Club should inform and work with the facility in the case of a positive COVID-19 result and determine if any additional cleaning/disinfecting should be performed as per the facility's guidelines
- The Club will inform Skate Ontario of a positive COVID-19 diagnosis by emailing clubsupportservices@skateontario.org

3.1.10 Return to Club Activities following Illness or Exposure to COVID-19

- Individuals must follow all public health and facility guidelines with respect to returning to Club activities following an illness or exposure to COVID-19
- If a COVID-19 test was negative and there was not known exposure to COVID-19, the individual may return to Club activities once they no longer have any symptoms of COVID-19 for at least 24 hours
- If a COVID-19 test was negative but there was a known exposure to COVID-19, the individual may only return to Club activities once they have completed the period of self-isolation as advised by their local public health unit

3.1.11 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

3.1.12 Modification/Restriction/Postponing or Canceling of Club 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 canceling activities
- Clubs should establish a COVID program cancellation policy if one does not exist already
 - If a cancellation of Club activities is required then the Club will offer a pro-rated refund for the balance of the season (less the non-refundable Skate Canada membership fee) (revised Sept 24/21)
- Club members should be informed as soon as possible of any modifications/restrictions or cancellations
- The Club must keep any modifications and restrictions in place until advised that it is safe to resume activities by public health, government or sport officials

3.1.13 Public Health Guidelines

Club members should follow all public health guidelines regarding COVID-19. These may include:

- Any Club members who themselves have travelled outside of Canada, must self-isolate and not participate in Club activities for 14 days, unless the individual has a Government of Canada Travel Exemption
- Any individual who has been exposed to a confirmed case of COVID-19 should self-isolate and is not permitted to participate in Club activities until they have completed the period of self-isolation as advised by their local public health unit, unless they engaged in consistent and appropriate use of PPE (i.e. healthcare workers)
- Any individual with symptoms of COVID-19 is not permitted to take part in Club activities

3.2 Club Programming

The following outlines the protocols that relate to Club Operations.

In Step 3 of Ontario's COVID-19 Roadmap to Reopen, the Club may offer all Skate Canada And Club skating programs provided they follow the relevant provincial, local and facility requirements and programs are taking place within the permitted facility capacity limits. Programs must be executed within the program delivery standards as set by Skate Canada.

3.2.1 Assessment Days

- Assessment Days may proceed with the approval of Skate Ontario following all established guidelines and protocols. The following guidelines must be followed:
 - Evaluators must be scheduled by Skate Ontario
 - Club is required to screen Evaluators prior to their participation in an Assessment Day and must also conduct daily health screening when the Evaluator arrives on-site at the arena
 - Physical distancing measures between the Evaluator and skaters, coaches and volunteers must be maintained at all times during the Assessment Day
 - Club must follow all guidelines with respect to training group sizes during an Assessment Day
 - Attention should be paid to ensure that the area where the Evaluator will be located has been sanitized prior to their arrival

3.2.2 Training Sessions

- In Step 3 of Ontario's COVID-19 Roadmap to Reopen, all training sessions must be executed in a manner that follows provincial, local public health and facility guidelines.
 - Training sessions must take place according to the permitted facility capacity limits
 - Programs must be executed within the program delivery standards as set by Skate Canada.
 - Clubs must consider size of ice surface, level of skaters, facility access and facility capacity when determining numbers for their sessions
 - Dryland or off-ice training is not permitted anywhere in the facility with the exception of the community halls, which would need to be reserved for this purpose

3.2.3 Pairs / Ice Dance

- In Step 3 of Ontario's COVID-19 Roadmap to Reopen, Pairs / Ice Dance couples must follow the guidelines below in training:
 - Physical distancing is not required between pair and ice dance skaters
 - Skaters are encouraged to continue hand hygiene practices by sanitizing their hands before and after all training sessions where contact has taken place
- In Step 3 of Ontario's COVID-19 Roadmap to Reopen, Synchronized Skating teams must follow the guidelines below in training:
 - SYS teams may train together as a whole team with no physical distancing required

3.2.4 Off-Ice Activities

- Individuals should wash / sanitize hands upon entry to facility
- Warm-ups and cool downs may be conducted inside and outside of the facility
 - In Step 3 of Ontario's COVID-19 Roadmap to Reopen, there is no requirement for physical distancing when engaged in sports or games at an indoor or outdoor facility
 - Dryland or off-ice training is not permitted anywhere in the facility with the exception of the community halls, which would need to be reserved for this purpose
- Individuals must follow Provincial and local public health guidelines with respect to wearing masks and face coverings within indoor facilities
 - Coaches:
 - Required to follow all provincial and facility regulations with respect to wearing a mask or face covering when in an indoor facility.
 - Coaches are permitted to temporarily remove their mask or face covering when engaged in athletic or fitness activity. (i.e. leading an off-ice fitness class)
 - Skaters:
 - Required to follow all provincial and facility regulations with respect to wearing a mask or face covering when in an indoor facility.
 - Skaters are permitted to temporarily remove their mask or face covering when engaged in athletic or fitness activity.
- Skaters are encouraged to arrive at the arena in their skating clothes
- Individuals should consider leaving personal items like skating bags in the relevant individual's vehicle if available (in a safe and secure location) and where possible, not be brought into the arena
- Skaters must follow physical distancing protocols while waiting to enter and exit the ice.
 - Individuals from the same household are not required to follow physical distancing requirements

- Off-ice classes may be conducted inside and outside of the facility
 - In Step 3 of Ontario's COVID-19 Roadmap to Reopen, there is no requirement for physical distancing when engaged in sports or games at an indoor or outdoor facility
 - Dryland or off-ice training is not permitted anywhere in the facility with the exception of the community halls, which would need to be reserved for this purpose

3.2.5 On-Ice Activities

- Individuals must follow local public health guidelines with respect to wearing masks and face coverings within indoor facilities.
 - Coaches:
 - Required to follow all provincial and facility regulations with respect to wearing a mask or face covering while coaching in an indoor facility.
 - Coaches are permitted to temporarily remove their mask or face covering when engaged in athletic or fitness activity. (i.e. leading an on-ice class, partnering dances)
 - Skaters:
 - Required to follow all provincial and facility regulations with respect to wearing a mask or face covering when in an indoor facility.
 - Skaters are permitted to temporarily remove their mask when engaged in athletic or fitness activity.
- When not actively participating in skating, individuals are required to maintain a physical distance of at least 2m from any other person during the session.
 - Individuals from the same household are not required to follow physical distancing requirements.
- Skaters must use individual water bottles, tissue boxes etc. during training sessions. No sharing of these items is permitted.
- Determine safe way to play music while following physical distancing and hygiene measures.
 - Consider the following:
 - Designating one person per session to play music
 - Providing access to music playing equipment in an open area (i.e. long cord to rinkside for use with phones)
 - Providing sanitizing wipes to be used in between each session or user of music equipment
 - Permitting individuals bring their own speaker for use in playing music
- When coaches, choreographers and skaters are actively participating in skating, they are not required to maintain physical distancing of at least 2m from any other person during the session.

- The use of harnesses is permitted in the following situations:
 - Mounted and portable harnesses are permitted
 - The skater and coach must wear a mask or face covering at all times when the harness is in use
 - The harness must be disinfected and/or sanitized before and after each use using a spray or wipe
 - The coach/skater should sanitize their hands before and after use
 - Harness lessons should be limited to no more than 15 minutes with adequate time allowed in between lessons to disinfect the equipment
 - Consideration could be made to making a secondary disinfected harness or chest strap available in order to more easily rotate skaters between harness lessons
- Any props or items that are being used by skaters must be cleaned between each training session
 - Props or items should be assigned to a specific group where possible and not shared with other groups (revised Sept 24/21).

4 Club COVID-19 Communication Plan

To ensure that the Club should is effectively communicating with their membership during the Return to Play Stages, the Club will:

- 1 Ensure up to date contact information for all Club members is on-file
- 2 Determine the best method to distribute information (i.e. Facebook page, direct e-mail lists, webinars)
- 3 Determine the responsibility for communication within the Club during the Return to Play stages (i.e. staff, volunteer, COVID-19 Oversight Group)
- 4 Establish consistent communication to maintain connection with Club members during Return to Play (i.e. Weekly. Bi-weekly)
- 5 Consider holding a virtual session to deliver information on Return to Play protocols and answer any questions / concerns
- 6 Consider where communications/documents can be stored on a website or social media site for future reference by Club members
- 7 Designate a member of the COVID-19 Club Oversight Group to follow up with any individuals who become unwell with symptoms of COVID-19 during Club activities
- 8 Determine paper or virtual storage location for daily Session Participation Tracking sheets
- 9 If it is determined that a Club member has tested positive for COVID-19, work with Public Health who will perform contact tracing and will inform all Club members that may have been in close contact with that individual
- 10 Ensure the facility and Skate Ontario are informed if a Club member is diagnosed with COVID-19