



SKATECANADA
NEWFOUNDLAND & LABRADOR

Return to Skating Guidelines

June 25, 2020

Updated November 2, 2020 v13

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Return to Skating Guidelines

FOR CLUB/SKATING SCHOOL ADMINISTRATORS, COACHES AND ANYONE

ORGANIZING OR PARTICIPATING IN SKATE CANADA NL RELATED ACTIVITIES

In light of a gradual return to skating across the Province, Skate Canada Newfoundland and Labrador is issuing its recommendations for club/skating school administrators, coaches and anyone organizing/participating in Skate Canada program related activities.

With a situation that evolves each day and differs in various cities, regions and municipalities, Skate Canada Newfoundland and Labrador believes that it is the responsibility of the people organizing Skate Canada program related activities to ensure a safe environment for skaters.

Thank you for taking the necessary precautions and doing your part to limit the spread of COVID-19.

Please stay up to date on the ever-changing situation by checking/referring often to the following sources of information:

Skate Canada COVID-19 Response Page	https://skatecanada.ca/covid-19-response/
Government of NL COVID-19	https://www.gov.nl.ca/covid-19/
Government of NL COVID-19 Updates	https://www.gov.nl.ca/releases/covid-19-news/
COVID-19 Screen Tool for Self-Assessment	https://www.811healthline.ca/covid-19-self-assessment/

All current Public Health Restrictions and guidelines **MUST** be followed before organizing any Skate Canada programming activity. Please note that your municipality and/or arena/facility may have guidelines that exceed or are looser than those set out below. All clubs **MUST** follow the highest standard that has been set.

ORGANIZING SKATE CANADA PROGRAMS IN YOUR FACILITY

- It is important that all clubs and skating schools **communicate with venue partners** in advance of returning to the ice to find out what restrictions will be in place (ie: number of individuals on the ice, number of individuals in dressing rooms etc.)
 - Determine what their cleaning strategy is and how your club/skating school can help implement and contribute to a clean environment.
 - Check with arena/facility to determine if the following shared spaces will be permitted to open: Coaches' room, office area, dressing rooms etc., If these spaces are open for use, ensure adequate cleaning is scheduled.
 - While clubs/skating schools & third-party buildings, such as municipal or private facilities will have extra safety measures in place, it is up to everyone to protect their own health. It's an individual responsibility to follow public health advisories.
 - Discuss allowing extra time between sessions.
 - Discuss overall arena schedules between other user groups.
 - Discuss designated pick up and drop off times to avoid any congestion in consultation with your facility.
 - Consult with your facility regarding Public Health Restrictions for arenas and the signage to be posted.

- Please check with your facility regarding availability of Sanitizing stations and Personal Protective Equipment.
- All Skate Canada programs/activities must always comply with the physical distancing, cleaning, sanitizing measures and recommendations issued by federal, provincial and municipal government authorities, including the arrival, time spent on site and departure of skaters.
- Limit your activities to practice and private lessons or lessons with small groups. If lesson with small groups occur, physical distancing measures must be followed. Stay up to date on alerts. <https://www.gov.nl.ca/covid-19/alert-system/>
- Session numbers will be limited according to Skate Canada Newfoundland and Labrador **Return to Skating stages as indicated in Appendix A** and will be communicated to clubs as they become available. For planning purposes Clubs/Skating schools should expect their sessions to have reduced enrollment.
- Skaters, coaches, volunteers and program staff **MUST NOT** participate if they:
 - Exhibit any COVID-19 symptoms, as identified by health experts. Please see the Government of NL About COVID-19 page, The Symptoms of COVID-19 tab for the full list of symptoms <https://www.gov.nl.ca/covid-19/covid-19-symptoms-treatment/>
 - Have been in contact with someone with COVID-19 in the last 14 days
- It is **highly recommended** that if you are a person who has been identified as vulnerable or at risk that you do not participate in Skate Canada Programs or related activities. Vulnerable or at-risk persons include: <https://www.gov.nl.ca/covid-19/files/Supporting-Vulnerable-Populations.pdf>
- We recommend having a monitor(s) (16 years or older) off the ice making sure that physical distancing guidelines and traffic flow are being followed.
- It is recommended that skaters arrive rink-ready
- Ask skaters, coaches, officials, and program assistants, those under the age of 19 for a written consent from a parent/guardian, authorizing them to participate in their skating session/activity that they have read and agreed to the terms of your club's Return to Skating guidelines **Please keep in mind that a waiver mitigates risk – it does not eliminate it. It is a best practice and accordingly we are recommending you have these signed by all participants. See Appendix B .**
- Keep a record of all skaters on each session, so that you can contact them if needed. **See Appendix D**

PROVIDE A CLEAN AND SAFE ENVIRONMENT

- Clubs/skating schools and sporting facilities must have operational procedures in place related to COVID-19. These procedures must also be well displayed and communicated to all users.
- Separate entrance and exit into/out of building, where possible.
- Separate entrance and exit onto/out of ice surface, where possible.
- Change/Dressing room facilities may be used during Alert Level 2, as long as physical distance may be maintained. Participants should arrive at the arena, as prepared as possible to participate in their activity upon arrival (participants should be wearing as much equipment as possible, to reduce time required in the change/dressing room)
- Arenas may re-open for program offerings for groups of 100 people including participants, volunteers and coaches on a single pad ice surface, provided physical distancing can be maintained.
- Staff/volunteers and participants should maintain physical distance when retrieving and returning equipment.
- Skaters may remove their mask when leaving the change/dressing room area
- All club members should be encouraged to supply and bring their own hand sanitizer.
- Skaters must wear masks in all public spaces within the arena but may remove them prior to entering ice surface (stepping on ice). Coaches and Program Assistants must wear masks at all times.

- A fully stocked First Aid Kit (that includes Personal Protective Equipment such as medical masks and disposal gloves) should be available at rink side for all club sessions.
- Review club teaching aids and avoid all porous or plush items that are difficult to clean. Clubs should designate one person to handle them. For information regarding harnesses (please see Coaching).
- **Equipment may be shared, where cleaning/disinfection and proper hand hygiene protocols are followed.**
- Used tissue must go directly into the garbage can after use. No used tissues allowed on the rink boards. Wash or sanitize hands after disposal.
- Encourage skaters, coaches and volunteers to leave unnecessary personal items at home.

COACHING

- **Masks are to be worn at all times in the arena/facility (including on ice). Coaches, where possible should wear masks, given they will be communicating with skaters.**
- Coaches are expected to support and enforce the safety guidelines set by Public Health, Skate Canada NL, their club and the facilities in which they are working.
- Additional personal protective equipment is optional as long as it does not obstruct or inhibit the safety of all individuals on the ice.
- Coaches should provide preferred method of communicating with parents (email, text, lesson plan notes, etc.).
- Any equipment used on the ice must be disinfected before and immediately after each session.

Harnesses:

- Coaches should communicate with parents/guardians prior to using this teaching method with the skater.
- In order to use the harness skater must be able to, without help, get in, tighten, and get out.
- Harness operator should must wear a mask and consider using gloves.
- Coach must disinfect equipment after use.

EMERGENCY ACTION PLAN (EAP)

Update your club's existing Emergency Action Plan (EAP) and have available at rink side or with your designated onsite emergency person(s). Ensure your emergency plan includes rink management for a possible outbreak.

- Have a communication strategy to alert all who may have been exposed
- Consult local health authorities and Skate Canada NL should an outbreak happen in your facility
- Identify a contact person to receive reports from skaters/families/staff of new illness
- Appoint a COVID-19 point person to communicate with rink management and Skate Canada NL and to monitor local, provincial and national developments.

COMMUNICATE EARLY & OFTEN

- Provide accurate and timely communication in advance of any skating activity to help in ensure that all participants are aware of your facility/club's expectations based on enhanced safety precautions according to the Return to Skating Guidelines in this document, current Public Health Restrictions and Skate Canada Guidelines.

See Appendix C

- Communicate refund policies.
- Have well defined session guidelines, including accepting guest skater/associate members.
- Clubs/skating schools should include a written health affirmation with coaches, program staff (one for the full season) **See Appendix E**

- Clubs/skating schools should include a written health affirmation for athletes at registration (one at registration)
See Appendix F
- Clubs/skating schools should identify either a board member, coach or other main contact to have the authority to ask individuals that are not following the Public Health, Club/Skating Schools and/or facility guidelines to leave. A reporting system should be established to update the club/skating school board of directors. If it is COVID-19 related please update Skate Canada NL section office.

CONTACT INFORMATION

We would like to thank all of you for your dedication, patience and understanding as we work collectively through this unprecedented time. We encourage you to reach out to us and one another for support, to collaborate and discuss challenges.

The Section Board of Directors and office staff are also available should you have questions or require clarification.

Please check out our website for contact information. www.SkateNL.com/covid-19

FREQUENTLY ASKED QUESTIONS

During canskate sessions where parents must be present on ice, will they require insurance for themselves? And if not, who is liable if they injure someone or get injured themselves?

- * If parents are on the ice they must be registered with Skate Canada (ie: \$40 membership fee per year).

Will clubs be mandated to work from the "top down" in regards to managing sessions?

- * Clubs should do as they feel best appropriate for their situation while adhering to all guidelines/restrictions.

Is the 15 per session approved and a definite number?

* At this point in time, we have limited the capacity on ice to 20 people (coaches included). Always keep in mind that we will continue to modify the "Return to Skating" guidelines as new information is presented and reviewed. Our primary concern will always be the safety of our members.

Are socially distanced outdoor off ice classes permitted?

* Classes such as off ice jump sessions are permitted with a maximum of 20 people (this includes coaches) from Public Health perspective. For coaches to offer these classes, please ensure that it fits under the following (below info copied from SC response)

* If dry land/off ice training is part of the normal programming and the expectation is that the club coaches will regularly offer off ice/ dry land training this doesn't have to be approved by the club as it's expected to occur as per the programming. However, the coach should keep track of the off ice training in case a claim is submitted. The coaches and registrants will be covered. The activities offered must be directly related to athlete's on-ice conditioning. Since off ice training is part of an athlete's development this is considered an approved activity. (examples of activities not covered would be: Horseback riding, rock climbing, axe throwing).

Will the washroom facilities be accessible for skaters and coaches?

* This would be a facility policy, but I would think that at least one washroom would be open. Example: For our summer program in Paradise, we have been told that the washrooms in the main area will be open. All others will be closed.

Is it only a suggestion or is it mandatory that coaches are unable to go in a dressing room? For example, we have coaches that are at the rink for 8 hours and they use the dressing room for a warm up and to eat lunch. Our dressing rooms would allow for physical distancing. Is this something that could be approved at specific rinks?

* Clubs should contact their facility for the spaces that will be permitted to open. At this time we recommend all common spaces to be closed.

You refer to a written consent (Appendix B) from parent/guardian. Do you feel this must be an actual printed, signed form or would acknowledgement and acceptance of the same during online registration through Uplifter suffice? While the online method would certainly be easier to ensure distancing, our experience since we've started using Uplifter has shown that most who accept the policies often don't remember what they've agreed to. They are focused on trying to complete the registration process.

* We are recommending that as much as possible, clubs stick to online/virtual platforms to eliminate the need for handling of papers. Maybe a copy of the consent can also be placed on websites in advance if there is an issue with parents/guardians not reading the info.

Has SCNL had any discussion about possibly looking to any government agencies for funding for clubs for the regular season? With caps on the numbers on each session and minimizing overlap with different groups to reduce exposure, we anticipate lower registration numbers. CanSkate is another group that comes to mind.. will parents be comfortable with

registering them if they can't be present and will it be financially viable with a smaller number? It is difficult to visualize how clubs will be able to survive financially if we can't maximize every session.

* SCNL has been reviewing all funding programs that have been made available through Federal and Provincial governments. If we see a funding avenue which may be accessed by a club we will be directing clubs to submit a funding request.

* As Living with Covid 19 in NL Public Health Guidelines evolve we will be reviewing participant numbers that are in compliance with Provincial and Federal Government guidelines while adhering to the principles of physical distancing.

* The 2020-2021 season will be a fiscally challenging one for us all we are hopeful that we will all find creative ways to work through this season. Perhaps, a good first step is to open discussion with your town council and rink manager to see if they can provide assistance during this time.

APPENDIX A: SKATE CANADA NL PROGRAMMING RETURN TO SKATING

Movement between alerts will be determined by Skate Canada NL based on the current Government of NL Live with COVID-19 Alert phases. Please note that while we hope to move through the alerts sequentially, due to unforeseen changes in public health requirements, we may have to move back to previous alerts.

ALERT 5, 4 & 3 Arenas closed

ALERT 2 Arenas open with restrictions to be determined

Government of NL Public Health Alert Levels	Provincial Alert Level 5 , 4, & 3	Provincial Alert Level 2 <i>Numbers are inclusive of all individuals on the session and are subject to change by SCNL based on Public Health recommendations for Alert 2</i>	Provincial Alert Level 1 <i>Numbers subject to change by SCNL based on Public Health recommendations for Alert 1</i>	Normal Living without Alert Levels
STAR 1- Gold, Competitive and Adult Singles	Programs suspended Facilities closed	Skate Canada maximum numbers per session as outlined in the delivery standards must be adhered to.	Skate Canada maximum numbers per session as outlined in the delivery standards must be adhered to.	Resume sport with no restrictions
CanSkate/ CanPowerSkate (includes Adult CanSkate)	Programs suspended Facilities closed	CanSkate Stage 1 and higher (skaters must be able to skate independently) CanPowerSkate <ul style="list-style-type: none">Skate Canada maximum numbers per session as outlined in the delivery standards must be adhered to.	Skate Canada maximum numbers per session as outlined in the delivery standards must be adhered to.	Resume sport with no restrictions
PreCanPowerSkate - PrePower Pre-CanSkate/ Parent Tot	Programs suspended Facilities closed	<ul style="list-style-type: none">Skate Canada maximum numbers per session as outlined in the delivery standards must be adhered to.Each athlete will require assistance from an individual in their current bubble	<ul style="list-style-type: none">Skate Canada maximum numbers per session as outlined in the delivery standards must be adhered to.Each athlete will require assistance from a guardian in their current bubble	Resume sport with no restrictions
Pairs & Dance	Programs suspended Facilities closed	Noncontact, side by side training unless the team is within the same bubble	Further Update to be provided by SCNL	Resume Sport with no restrictions
SynchroSkate	Programs suspended Facilities closed	Noncontact, side by side training. Skate Canada maximum numbers per session as outlined in the delivery standards must be adhered to.	Noncontact, side by side training. Skate Canada maximum numbers per session as outlined in the delivery standards must be adhered to. <ul style="list-style-type: none">Noncontact, side by side training will still apply unless other indicated by SCNL	Resume sport with no restrictions
Competitions/Ice Shows/Carnivals	Programs suspended Facilities closed	There will not be any sanctioned invitational events during these phases. Qualifying & Provincial Championship events may be considered by SCNL with additional changes that may include spectator restrictions, limited schedule and strict health precautions.		All SCNL events will be reinstated
Assessment Days	Suspended	<ul style="list-style-type: none">Follow Physical Distancing Guidelines		Resume sport with no restrictions
Seminars	Suspended			Resume sport with no restrictions
Other Activities (not stated above)	Programs suspended Facilities closed	Must be submitted and reviewed to SCNL on a case by case basis to determine what the appropriate stage or restrictions that may be required prior to the activity taking place		Resume sport with no restrictions

Appendix B

SKATE CANADA ASSUMPTION OF RISK AND WAIVER

Please note: a waiver mitigates risk – it does not eliminate it. It is a best practice and accordingly we are recommending you have these signed by all participants.

Assumption of Risk and Waiver

PLEASE READ CAREFULLY:

1. ACKNOWLEDGMENT OF INHERENT RISK

I understand that participation in skating, figure skating, and any other sporting activities listed in the enclosed appendix (hereinafter the “Sports Activity”) is voluntary, and involves inherent risk during participation, including the risk of possible accidents, physical injury, or exposure to the COVID-19 virus or other infections or infectious diseases as a result of attending training, club events or competitive events. I freely accept and fully assume all such risks, dangers and hazards, including but not limited to personal injury, disease transmission, death, property damage or loss, resulting from my participation. I have carefully considered the risks involved, and I have full confidence that reasonable precautions will be taken to ensure the safety and well-being of myself (or my son/daughter/ward).

2. WAIVER

I do for myself (or my child), and our respective heirs, executors, administrators, successors and assigns, hereby waive, release, and forever discharge Skate Canada and/or Skate Canada NL, all Regions of Skate Canada NL, [club or skating school name], their officers, partners, agents, employees, servants, representatives, volunteers, coaches, officials, successors and assigns (the “Representatives”) of and from any actions, causes of action, complaints, demands and claims or any recourse whatsoever (“Claims”) that I have or may have in the future in any way connected with my (or my child’s) participation in the Sports Activity contemplated herein, whether in law or in equity, in respect of personal injury, illness or disease transmission, loss of life, or property damage of any kind or nature, and I do hereby discharge the Representatives from any such liability. This includes negligence, breach of contract or breach of any statutory or other duty of care.

3. INDEMNIFICATION

I further agree to fully indemnify and defend Skate Canada and/or Skate Canada NL, all Regions of Skate Canada NL, [club or skating school name] and any of their Representatives from and against any and all Claims brought against Skate Canada and/or Skate Canada NL, all Regions of Skate Canada NL, [club or skating school name] and any of their Representatives, including all related costs and expenses, and against any loss, costs, damages, or expenses which Skate Canada and/or Skate Canada NL, all Regions of Skate Canada NL, [club or skating school name] and any of their Representatives may sustain, suffer, incur, or be liable for resulting from, arising from, or in any way related to my (or my son/daughter/ward’s) participation in the Sports Activity. I also agree and undertake not to make any claim or take any proceedings against the Representatives set out above, or any other person or corporation which might claim contribution or indemnity under the provisions of any statute or otherwise from the Representatives set out above.

4. SEVERABILITY

The provisions of this Assumption of Risk and Waiver shall be deemed severable and if any provision or portion thereof is held invalid, illegal or unenforceable for any reason, the remainder shall not thereby be invalidated, but shall remain in full force and effect.

Acknowledgement: I am aware of the nature and effect of this Assumption of Risk and Waiver and I fully understand all of the terms and conditions above. I understand that I have given up substantial rights by signing this Assumption of Risk and Waiver and I am signing it freely and voluntarily without inducement.

Parent/Guardian: I certify that I am the parent or legal guardian of the participant named below and that I am entitled to his or her custody and control. I understand the aforesaid inherent risks that could arise from these activities, I grant permission for my son/daughter/ward to participate in the Sports Activity and other activities incidental thereto and I execute this Assumption of Risk and Waiver on behalf of myself and my son/daughter/ward.

Participant's Name: _____ **Date of Birth (D/M/Y):** ____ / ____ / ____

Participant's Signature: _____

Parent/Guardian Name(s): _____ / _____

Parent/Guardian Signature(s): _____ / _____

Date (D/M/Y): ____ / ____ / ____

Appendix C Template Communication for Clubs/Skating Schools to its membership

ATTENTION (INSERT CLUB) MEMBERS

At (CLUB) the safety, security, and health of our members is always our top priority. As we all know, Covid-19 is a serious concern to public health here in our province, across Canada and around the world. At CLUB we take this public health concern very seriously.

“NL Life with Covid-19”

On April 30, 2020 the Government announced NL Life with Covid-19, a program to ease back on restrictions that have been imposed under the Public Health Emergency. The plan is for a 5 “Alert Level” program, with restrictions being eased and relaxed as the Government moves through the Alert Levels from 5 to 1. Regular movement through the various Alert Levels is not guaranteed, and reversion to a more restrictive Alert Level may be required depending upon the assessment of various factors.

As the provinces arenas and facilities prepare to re-open, we have implemented the following added precaution's and guidelines:

- **ADD List of (CLUB) SPECIFIC CHANGES**
-

While we are anxious to return to the ice, (INSERT CLUB) and Skate Canada Newfoundland and Labrador will continue to monitor the evolving COVID-19 situation and follow the guidance and recommendations of the Government of Newfoundland and Labrador.

For more information visit:

- (CLUB Name) WEBSITE LINK)
- Skate Canada NL website www.skatenl.com/covid-19

Should you have any questions surrounding these precautions, please feel free to contact us.

Sincerely,

(CLUB PRESIDENT)

(CLUB)

APPENDIX D: SKATE CANADA NL - CLUB SESSION RECORD

Date: _____

Facility Name: _____

Start time of Session: _____

End time of Session: _____

Person collecting information: _____

First Name	Last Name	Residence (City/Town)	Phone Number	Activity	Facility Location In	Signature (if minor parent signature)

Records to be completed every day for each skating session and kept on file

Appendix E – Template (Skate Canada may provide an alternate)

Agreement for Coaches & Program Assistants

RE: COVID-19 Expectations

The Covid-19 pandemic poses some unique challenges and our goal is to ensure the safety and health of everyone. Everyone has a role to play in reducing the spread of Covid-19.

By my signature below I agree to adhere to the following guidelines:

Social Distancing Requirements

All individuals are advised to avoid crowds and maintain a two arm's length distance from other people.

Hand Hygiene and Respiratory Etiquette

- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer in the absence of soap and water with at least 60 per cent alcohol.
- Avoid touching your face
- Hands carry and spread germs. Touching your eyes, nose, or mouth without cleaning your hands or sneezing or coughing into your hands may provide an opportunity for germs to get into your body. Keeping your hands clean through good hygiene practice is one of the most important steps to avoid getting sick and spreading germs. Cover your mouth and nose when you **cough**, sneeze, or blow your nose. Put used tissue in the garbage. If you do not have a tissue, **cough**, or sneeze into your sleeve, not in your **hands**.

Monitoring Your Health

As a member of Skate Canada, you **must** monitor your own health and follow all public health directives by the province. You must declare to (CLUB) any close contact exposure to any person who is a presumed or confirmed case of Covid-19. If you are unsure of these protocols, please see the NL Covid-19 website.

If you have symptoms such as runny nose, cough, fever or breathing difficulties isolate yourself, inform your (CLUB) immediately and you will be advised to contact NL Public Health.

- Avoid contact with people who are sick
- Advise (CLUB) and stay at home if you are sick

Signature

Date

(CLUB)

Date

Appendix F – Template (Skate Canada may provide an alternate)

Athlete Health Screening

The Covid-19 pandemic poses some unique challenges and our goal is to ensure the safety and health of everyone. Everyone has a role to play in reducing the spread of Covid-19.

By my signature(s) below, as part of my registration, I agree to adhere to the following guidelines:

All athletes and parents must not participate in skating program unless you must be able to answer **NO to each question at point of registration and every scheduled session thereafter**

- Do you – or anyone else in your family have
 - Fever higher than 38°C in the past 2 days?
 - Current cold or flu symptoms in the past 2 days?
 - Any difficulty breathing in the past 2 days?
 - Stiff neck or headache with a fever in the past 2 days?
 - Vomiting or Diarrhea in the past 2 days?
- Are you experiencing unusual levels of tiredness, lethargy, low energy?
- Are you experiencing **any other symptoms of illness**?

Everyone has a role to play in reducing the spread of Covid-19

While (CLUB/SKATING SCHOOL) & third-party buildings, such as municipal or private facilities will have extra safety measures in place, it is up to everyone to protect their own health. It's an individual responsibility.

I also agree to the following:

- All (CLUB) policies and procedures as well as extra safety procedures and expectations
- Hand Hygiene: Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer in the absence of soap and water with at least 60 per cent alcohol.
- Avoid touching your face
- Respiratory Etiquette
- Social Distancing
- Avoid contact with people who are sick.
- Stay at home if you are sick.

Athlete Name (print)

Signature

Date

Parent/Legal Guardian
(if under the age of 19)

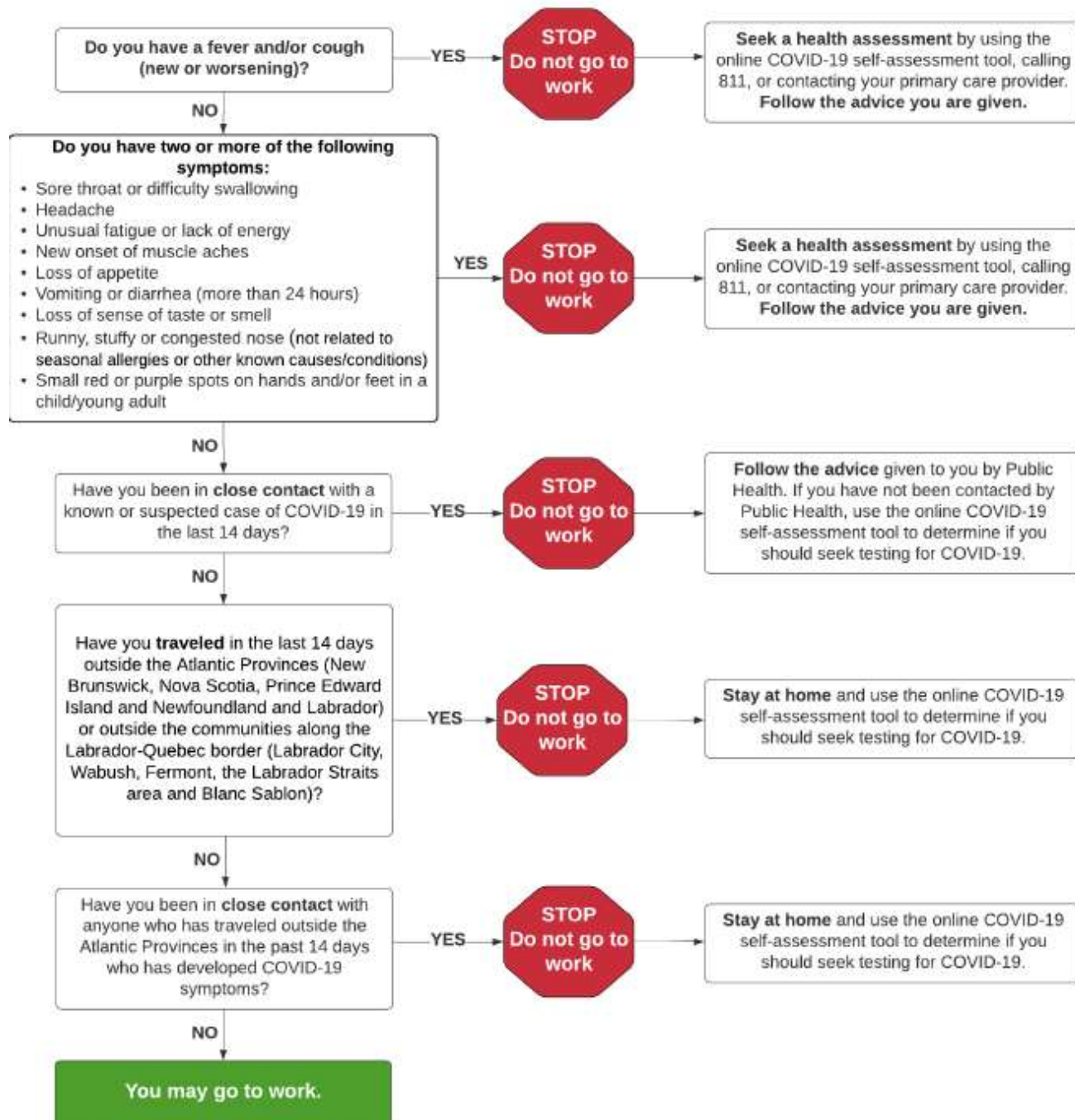
Signature

Date

Appendix G – Sympton Screening Checklist

Staff must use this questionnaire daily to decide if they should attend work.
There is additional important information on the back of this page.

Remember: Stay Home When You Are Sick



October 30, 2020

What if I have only one of the symptoms in Box #2?

Stay home until you have been symptom-free for 24 hours without using fever-reducing medication. If your symptoms continue or get worse, complete the online COVID-19 self-assessment tool or call 811.

What if I am a young adult and have no other symptoms except small red or purple spots on their hands or feet?

You will require testing, but you may attend work in the meantime. This is because small red or purple spots on the hands and/or feet usually appear later in the disease when an individual is no longer able to infect someone else.

What if I have a positive test result?

If you get tested for COVID-19 and the test result is positive, you should stay home until you are told by Public Health to end self-isolation.

What if I have a negative test result?

If your COVID-19 test is negative, you can return to work once you have been symptom-free for 24 hours without the use of fever-reducing medication.

The health assessment did not recommend that I get tested for COVID-19. What do I do?

If COVID-19 testing is not recommended, you can return to work when you have been symptom-free for 24 hours without using fever-reducing medication (and you feel well enough).

Will I need to be tested again?

If you test negative, you do not need re-testing unless you develop new symptoms, or your symptoms get worse. If you get new symptoms or your symptoms get worse, complete the online COVID-19 self-assessment tool again.

Where can I find the online COVID-19 self-assessment tool?

The online COVID-19 self-assessment tool can be found at the following link: <https://www.811healthline.ca/covid-19-self-assessment/>.