



Return to Skating Guidelines

Updated March 25, 2021

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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 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(not permitted in Alert Level 3), 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.
- 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

- Arenas may re-open in Alert Level 3 for individual/household bubble skating.
- Change/Dressing room facilities may not be used in Alert Level 3. Encourage skaters, coaches and volunteers to leave unnecessary personal items at home. Arenas “may” open change rooms in Alert 2 however this will be determined by each individual facility. It is always best to have athletes come rink ready.
- 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>
- Participants (5 years of age or older), spectators, employees, volunteers and coaches should wear a non-medical mask, when not engaged in moderate/vigorous physical activity and while moving throughout the facility (e.g. in common spaces, on the bench, scorekeepers box, hallways, etc)
- Separate entrance and exit onto/out of ice surface, where possible.
- All club members should be encouraged to supply and bring their own hand sanitizer.
- 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.

COACHING

- Masks are to be worn at all times in the arena/facility (including on ice). Masks can only be removed if participating in moderate/vigorous activity.
- Additional personal protective equipment (i.e.: protective eyewear or face shield) is optional if 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 **(PERMITTED IN ALERT 2 or better)**

- 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**
- Athlete Screening Questionnaire **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

Alert Level 2:

Quick Notes

- The Province will move to Alert Level 2 as of 12:01am Saturday March 27, 2021.
- That means an immediate return to skills and drills/practices which can include intra-squad games between a single team.
- Inter-squad games and other competition will require return to play plans.
- Special Measures Order - *Arenas, gyms and fitness facilities, including yoga studios, swimming pools, indoor tennis, squash facilities and dance studios may operate at an occupancy limited to groups of no more than 50 people per rink surface, playing space or room provided that 2 metres of distance between participants may be maintained. With the exception of 1 person per child as required to assist the child in preparing to participate in a group activity, spectators are not permitted.*
- There will be a progressive approach to the types of inter-squad games that can be played (Inter-divisional, inter-association, regional, etc.)
- We are expecting 2 week intervals as we progress through level 2.
- Sport Guidance is expected to be available by end of week (will update if this changes)
- Government will be providing a Return to Play plan template to be used for submitted plans. These will be hosted on the SportNL Website (only required for Inter Squad competition etc..)
- The Special Measures Order for wearing non-medical masks remains unchanged. PH recommends that all individuals wear a mask as much as possible, including when participating in low intensity physical activity.
- The same screening tools should be use by individuals and organizations in the resumption of activities. www.811healthline.ca/covid-19-self-assessment/ www.gov.nl.ca/education/files/Screening-Questionnaire-2.pdf

Suspended Activities:

- Assessment Days, Seminars, Performance Opportunities are not permitted at this time.
- Guest Skating in other clubs not permitted at this time.

APPENDIX A: SKATE CANADA NL PROGRAMMING RETURN TO SKATING

Public Health Alert Levels	Provincial Alert Level 4 & 5	Provincial Alert Level 3	Provincial Alert Level 2
STAR 1- Gold, Competitive and Adult Singles	<ul style="list-style-type: none"> Programs suspended Facilities closed 	<ul style="list-style-type: none"> One-on-one training only. Rinks can be divided in ½ or 1/3 to permit one coach and one individual/household per section. Physical distancing must be maintained outside household bubbles. Harness lessons <u>not</u> permitted 	<ul style="list-style-type: none"> Skate Canada maximum numbers per session as outlined in the delivery standards must be adhered to. Maximum of 50 people on rink field of play (includes: participants, volunteers, officials, staff and coaches. (please refer to individual facility for their max #))
CanSkate/CanPowerSkate	<ul style="list-style-type: none"> Programs suspended Facilities closed 	<ul style="list-style-type: none"> Programs suspended 	<ul style="list-style-type: none"> CanSkate Stage 1 and higher (skaters must be able to skate independently) CanPowerSkate - Skate Canada maximum numbers per session as outlined in the delivery standards must be adhered to.
PrePower Pre-CanSkate	<ul style="list-style-type: none"> Programs suspended Facilities closed 	<ul style="list-style-type: none"> Programs suspended 	<ul style="list-style-type: none"> Skate Canada maximum numbers per session as outlined in the delivery standards must be adhered to. If athletes require assistance, it must be from an individual in their current bubble
Pairs & Dance	<ul style="list-style-type: none"> Programs suspended Facilities closed 	<ul style="list-style-type: none"> Programs suspended 	<ul style="list-style-type: none"> Noncontact, side by side training unless the team is within the same bubble.
SynchroSkate	<ul style="list-style-type: none"> Programs suspended Facilities closed 	<ul style="list-style-type: none"> Programs suspended 	<ul style="list-style-type: none"> Noncontact, side by side training. Skate Canada maximum numbers per session as outlined in the delivery standards must be adhered to.
Competitions/Ice Shows/Carnivals	<ul style="list-style-type: none"> Programs suspended Facilities closed 	<ul style="list-style-type: none"> Programs suspended 	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.
Assessment Days	<ul style="list-style-type: none"> Suspended Facilities closed 	<ul style="list-style-type: none"> Suspended 	<ul style="list-style-type: none"> Follow Physical Distancing Guidelines All participants must be from same Regional Health Authority
Seminars	<ul style="list-style-type: none"> Suspended Facilities closed 	<ul style="list-style-type: none"> Suspended 	<ul style="list-style-type: none"> Follow Physical Distancing Guidelines All participants must be from same Regional Health Authority
Other Activities (not stated above)	<ul style="list-style-type: none"> Programs suspended Facilities closed 	<ul style="list-style-type: none"> Suspended 	Must be submitted and reviewed by 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.

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

To prevent the spread of COVID-19, persons attending the program (e.g., participants, parents/guardians, delivery persons, guest speakers) should be pre-screened prior to entering. **Leaders should retain all completed forms for 14 days.**

Date (yyyy/mm/dd):	Name (Last, First):
Program Name:	Location (street address):

Self-Declaration by Program Participant/Visitor/Parent or Guardian

Have you or anyone in your family (not including asymptomatic rotational workers):

- traveled in the last 14 days outside the Atlantic Provinces (New Brunswick, Nova Scotia, Prince Edward Island and Newfoundland and Labrador) or outside the communities along the Labrador-Quebec border (Labrador City, Wabush, Fermont, the Labrador Straits area and Blanc Sablon)?
☐ Yes ☐ No
 - been in close contact with a known or suspected case of COVID-19 in the last 14 days?
☐ Yes ☐ No
 - been in close contact, in the last 14 days, with a person suffering from acute respiratory illness who has travelled outside of the identified areas within 14 days prior to illness onset?
☐ Yes ☐ No
 - had **one** or more of the following symptoms (new or worsening) in the last 14 days:
 - Fever (or signs of a fever, such as chills, sweats, muscle aches, and lightheadedness);
 - Cough;
 - Headache;
 - Sore throat;
 - Runny nose;
 - Painful swallowing;
 - Diarrhea;
 - Loss of sense of smell or taste;
 - Unexplained loss of appetite;
 - OR,
 - Small red or purple spots on your hands and/or feet?
- ☐ Yes ☐ No

I _____ acknowledge and confirm that I/my child am/is not experiencing any flulike symptoms and agree to immediately report, and call 811, if symptoms occur.

Signature: _____

Date: _____



STOP

Do not go to school if any of these apply to you.

Staff and students must use this questionnaire daily to decide if they should attend school. Parents should complete the screening on behalf of their school-aged children.

1. You have one of the following symptoms

- Fever (including chills or sweats)
- Cough (new or worsening)
- Shortness of breath/difficulty breathing
- Sore throat or difficulty swallowing (not related to a known cause/condition)
- Unusual headache
- Unusual fatigue or lack of energy
- New onset of muscle aches
- Loss of appetite
- Vomiting or diarrhea (more than 24 hours)
- Loss of sense of taste or smell
- Runny, stuffy or congested nose (not related to seasonal allergies or other known causes/conditions such as being outside in cold weather)
- Small red or purple spots on hands and/or feet in a child/young adult (if this is the only symptom, please read the information in Question #1 on the next page).

Stay at home.

Use the online COVID-19 self-assessment tool, call 811, or contact your primary care provider.

Stay at home

Follow the advice given to you by Public Health. If you have not been contacted by Public Health, use the online COVID-19 self-assessment tool to determine if you should seek testing.

Stay at home and use the online COVID-19 self-assessment tool to determine if you should seek testing.

2. You have been in close contact with a known or suspected case of COVID-19 in the last 14 days

3. You have travelled outside Newfoundland and Labrador

excluding communities along the Labrador-Quebec border (Labrador City, Wabush, Fermont, the Labrador Straits area and Blanc Sablon) in the last 14 days

4. You have been in close contact with anyone who has travelled outside Newfoundland and Labrador in the past 14 days and who has developed COVID-19 symptoms

