



# RETURN TO SKATING

Revised – September 6, 2020



# Stage 2- Relaunch Phase 2 - Return to Skating

**LOCATION: COKE CENTRE**

## **MANDATORY FORMS**

- SKATE CANADA ASSUMPTION OF RISK AND WAIVER (Must be handed in prior to stepping on the ice)
- EACH DAY BEFORE COMING TO THE RINK REVIEW THE AHS COVID SYMPTOM CHECKLIST (link below)  
<https://www.albertahealthservices.ca/topics/page16997.aspx#sign>
- CONTACT TRACING LOG FOR SKATERS/COACHES/VOLUNTEERS (Daily-At Rink)

**SESSIONS WILL  
BE REGISTERED  
THROUGH  
UPLIFTER**

- **NO BUY ON'S WILL BE ALLOWED**
- **ALL SKATERS MUST BE REGISTERED TO BE ALLOWED ON THE ICE**
- **REGISTRATIONS WILL CLOSE AT MIDNIGHT THE DAY BEFORE THE SESSION (Example – Monday registrations will close Saturday at midnight).**
- **Skate Alberta has set a limit of 50 people maximum at ice surface. This includes any volunteers helping with music or cleaning and arena staff. This does not include spectators.**
- **Spectators must watch from the stands and stay 2 meters apart. Only one spectator per skater please.**

# BEFORE YOU LEAVE HOME

- DO NOT leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose).
- Skaters arrive rink ready.
- Eat before you come. If you take food, ensure it is self-contained and do not share.
- Thoroughly wash your hands with soap and warm water.
- Thoroughly wash training clothes and accessories including water bottle, phone, gloves, skates, guards, blade rag, etc.
- Bring your filled water bottle from home
- Bring your own personal hand sanitizer, tissues etc.
- Use the washroom

# AT THE ARENA

- Warm up at home or outside (if possible), maintaining a physical distance of 2 metres.
- Arrive at the Coke Centre no more than 15 minutes prior to your session and sanitize hands when entering the building.
- Check in with a GPSC board member or coach for Contact Tracing Attendance.
- Skaters that are going to be late or absent must let the coaches know. This helps with contact tracing.
- Skaters will be assigned a chair. They are to use this chair while at the rink.
- If you are skating 2 sessions and have a break, you will be asked to stay on your assigned chair or go outside.
- All parents and volunteers at ice level will be required to wear a mask for the safety of the skaters.
- Skaters that need help tying their skates will be allowed one person to come in and tie them. That person will then be asked to go upstairs to the stands to watch.
- **Respect social distancing guidelines at all times.**
- Follow all guidelines and procedures established by the Grande Prairie Skating Club and Coke Centre.

# AFTER TRAINING IS COMPLETE

- Wash your hands with soap and water or sanitize using hand sanitizer immediately after getting off the ice.
- Leave the facility immediately following your session.
- Cool down outside or at home.
- Thoroughly wash all training clothes and accessories including water bottle, phone, gloves, skates, guards, blade rag etc.

# Screening of individuals

- Each participant (skaters, coaches, volunteers) must review AHS COVID symptom checklist (link below) before participating in any club activities.
- <https://www.albertahealthservices.ca/topics/page16997.aspx#sign>
- Attendance will be logged for contact tracing purposes.

# Screening Checklist/Tracing Form

**<sup>1</sup> Does the person attending the activity, have any of the below symptoms**

CIRCLE ONE

• Fever	YES	NO
• Cough	YES	NO
• Shortness of Breath/Difficulty Breathing	YES	NO
• Sore throat	YES	NO
• Chills	YES	NO
• Painful swallowing	YES	NO
• Runny Nose/Nasal Congestion	YES	NO
• Feeling unwell/ Fatigued	YES	NO
• Nausea / Vomiting / Diarrhea	YES	NO
• Unexplained loss of appetite	YES	NO
• Loss of sense of taste or smell	YES	NO
• Muscle / Joint aches	YES	NO
• Headache	YES	NO
• Conjunctivitis	YES	NO
<b><sup>2</sup> Have you, or anyone in your household, travelled outside of Canada in the last 14 days?</b>	YES	NO
<b><sup>3</sup> Have you or your children attending the activity had close “unprotected” contact (face to face contact within 2 metres/6 ft) with someone who is ill with cough and/or fever?</b>	YES	NO
<b><sup>4</sup> Have you or anyone in your household been in close unprotected contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?</b>	YES	NO



# Personal Hygiene

- Wash or sanitize hands upon entry to facility and immediately after each session.
- Skaters should not touch door handles, gates, benches, or other common surfaces.
- Personal hygiene etiquette must be practiced at all times (cough / sneeze into arm or tissue, immediately place used tissues into the facility garbage bins).
- There shall be no spitting.
- All training clothes, gloves, water bottles, and skates must be kept clean. Make sure all items of clothing are immediately washed and skates /guards sanitized, prior to re-entering the facility.
- Skaters are required to maintain a physical distance of 2 metres with skaters and coaches at all times on the ice and within the Coke Centre.

# Cleaning and Disinfecting

The Coke Centre arena staff will implement a cleaning schedule to ensure disinfecting between each training session and at regular intervals in accordance with Public Health guidelines.

As many doors as possible will remain open to avoid the high touch areas.

Disinfecting spray bottles and rags will be provided by Coke Centre for cleaning of entry and exit chairs, tops of boards, gates etc.

Hand sanitizer stations are located throughout Coke Centre.

GPSC office and CanSkate room will be the club's responsibility to clean.

# Personal Protective Equipment (PPE)

- Coaches are required to wear a non-medical face mask or a face shield while coaching.
- Skaters are required to wear a non-medical face mask whenever they are not on the ice.
- Wearing a face mask during training is optional; however, Public Health recommends that masks not be worn when conducting intense physical activities. Skaters are required to wear masks on entry and exit of the arena.
- Masks for spectators are recommended.
- Any individual attending to a non-family member for a medical emergency must wear appropriate PPE including a medical face mask and disposable gloves.
- GPSC will provide masks and gloves and have them available at ice surface in case of a medical emergency.

# Music / Technology / Equipment

- There will be one person designated to play music on the session. Music equipment will be cleaned between each use. Music players are required to wear a mask.
- Any use of technology (iPads / phones etc.) must adhere to physical distancing protocols by remaining 2 metres apart. Only the coach is authorized to touch the equipment.
- There will be no use of harnesses allowed during Phase 2.

# Multiple Facilities

Grande Prairie Skating Club is using the social distancing method to keep our skaters safe. This is for our StarSkate and CompetitiveSkate programs. We will be introducing cohort groups for our CanSkate and Junior Development and Star 1 programs.

Grande Prairie Skating Club will allow non-club skaters to skate with us as long as they follow all aspects of Return to Play. (filled out forms, health questionnaire, social distancing measures and masks).

# Travel

- Transportation to and from the facility should be arranged so that only individuals from the same household or cohort members share rides.
- When exiting the facility after training, individuals should minimize the time spent in parking lots and maintain physical distancing when returning to vehicles or homes.
- Individuals who take public transportation to the facility must immediately upon arrival wash their hands thoroughly with soap and water.

# Club Office

The Club office will be closed to the public during Phase 2.

All administrative activities will be conducted online.

# Illness Policy

A “participant” includes a skater, coach, volunteer, or parent / spectator.

**1. Inform an individual in a position of authority (coach, GPSC supervisor) immediately** if you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, and loss of appetite.

## **2. Assessment**

- a. Participants will self assess for symptoms at home before arrival at the facility
- b. Supervisors/coaches will visually monitor participants to assess any early warning signs as to their health status
- c. If Participants are unsure, they will be instructed to use the Alberta Health COVID-19 self-assessment tool

## **3. If a Participant is feeling sick with COVID-19 symptoms**

- a. They should remain at home and contact Health Link at 811
- b. If they feel sick and/or are showing symptoms while at the facility, they will be sent home immediately and will be instructed to contact 811 or a doctor for further guidance
- c. No Participant may participate in a session if they are symptomatic

## **4. If a Participant tests positive for COVID-19**

- a. The Participant will not be permitted to return to the facility until they are free of the COVID-19 virus as verified by a medical professional
- b. Any Participants who practice closely with the infected participant will also be removed from the facility for at least 14 days to ensure the infection does not spread further
- c. If any participant tests positive, the club will inform the Alberta-NWT/Nunavut Section Office of the positive case



# Illness Policy continued

## **5. If a Participant has been tested and is waiting for the results of a COVID-19 test**

- a. As with the confirmed case, the Participant will be removed from the facility
- b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and contact Health Link at 811
- c. Other Participants who may have been exposed will be informed and removed from practice for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities

## **6. If a Participant has come in to contact with someone who is confirmed to have COVID-19**

- a. Participants must advise their coach and/or the GPSC supervisor if they reasonably believe they have been exposed to COVID-19
- b. Once the contact is confirmed, the Participant will be required to follow the direction of Alberta Health Services

## **7. Quarantine or Self-Isolate if:**

- a. Any Participant who has a member of their household who has travelled outside of Canada and has experienced any symptoms identified on the verbal health screening questionnaire within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate
- b. Any Participant with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate
- c. Any Participant from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate
- d. Any Participant who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility

# First Aid

- Designated Responder (Coach) to oversee each session and activate response plan as needed.
- Coach is to be first point of contact for first aid if skater is on the ice Coach must be attired in a mask and gloves using proper protocols of donning of PPE before attending skater.
- Coach moves skater to personal seating space (assigned chair).
- Coach contacts guardians and if needed Emergency responders. Coach to gather skater and their personal effects, and walk skater to meet their ride or hand off at exit chair.
- Coach is responsible to fill out the Incident Report form on the Skate Canada website. (No paper documents)  
<https://skatecanada.wufoo.com/forms/qrkdnw40ve6pyn>

# Hand Hygiene – Wash your hands often

## How to wash your hands properly to avoid viruses

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Before washing

- Keep nails short
- Remove wristwatch and rings

1



Wet hands with water, apply soap and rub hands palm-to-palm

2



Rub back of each hand with opposite palm

3



Rub fingertips in opposite palms to wash under nails

4



Rub between fingers

5



Rub each finger, thumb clasped in opposite hand

6



Scrub wrists

Information from the website of the prime minister's office

# How to use hand sanitizer

## HOW TO USE HAND SANITIZER

1



Dispense the hand sanitizer on your palms.

2



Rub well over palms, back of hands and fingernails until dry.

3



# How to wear a mask

## HOW TO WEAR A MASK?



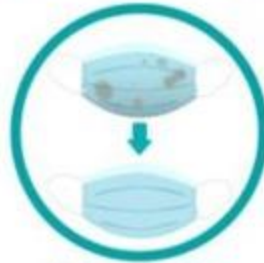
It should **COVER YOUR MOUTH, NOSE AND CHIN**, with the coloured side facing outwards.



**PINCH THE METAL EDGE OF THE MASK** so that it presses gently on your nose bridge.



Remove a used mask **HOLDING ONLY THE EAR LOOPS**.



To be effective, **CHANGE YOUR MASKS REGULARLY OR IF SOILED OR WET**.



**WASH YOUR HANDS WITH SOAP AND WATER** after disposing the soiled mask properly into a bin.

# Compliance Enforcement

- Coaches are to be the role models for the skaters and their parents.
- Maintaining social distancing where possible, ensuring all required forms are filled out correctly in advance of taking the ice and following all hand washing and hygiene practices.
- All individuals must comply with the most current version of the *Return to Play* protocols established by the Grande Prairie Skating Club and Skate Canada: Alberta-NWT/Nunavut and must adhere to all federal, provincial, and municipal regulations. Non-compliance may result in removal from training sessions without a refund.
- If the guidelines set by Skate Canada: Alberta-NWT/Nunavut and AHS are not followed, we could be shut down.
- If any coach, skater or parent is found to be non compliant with these guidelines they will be asked to leave or not permitted into the facility.
- The Assumption of Risk and Waiver form must be completed by each participant (including staff, skaters, coaches, and volunteers) prior to participation in any activities. Arrive at the arena with it filled out.

# Communication

The best form of communication between the club and the coaches is email.

The role of the coach with regard to communication with the skater is as follows:

- Ensure schedule is clearly communicated.
- Make sure the skater knows where to warmup/cool down, when to enter and exit the facility, where to be during ice resurfaces and how music will be played.
- The skaters must maintain social distancing requirements and practice safe hygiene/respiratory practices, the coach will ensure this takes place.

# Cancellation and Refund Policy

If your skater develops COVID-19 symptoms, or they can't skate due to association of someone with COVID-19, your account will be credited for any unused sessions.

If the GPSC or Coke Centre or Alberta Health Services cancels programming due to an outbreak of COVID-19, your account will be credited for any unused sessions.

Let's stay safe together!



