



# Return to Play Protocols – Stage 1

Version 1.2 – May 26, 2020

## **Skate Ontario Return to Play Protocols (these “Protocols”)**

### **STAGE 1 - Commencing May 26, 2020**

These Protocols are Skate Ontario’s rules and policies intended to enable a safe return to the sport. These Protocols are based on current Ontario statutes and regulations, current public health requirements and directives, and Skate Ontario’s desire to make our sport safe for all. These Protocols may be updated at any time; please be sure that you are referring to the most recent Version which will be posted from time to time on Skate Ontario’s website at [www.skateontario.org](http://www.skateontario.org). These Protocols are subject to all federal, provincial and municipal laws, regulations, by-laws and orders as they may exist from time to time.

Skate Ontario will communicate in subsequent Versions of these Protocols updated Stage 2 and Stage 3 information as it becomes available.

### **Club and Skating School Operations**

<b>Area</b>	<b>Item</b>	<b>Protocol</b>
Club / Skating School Operations CSO – 001	Compliance with regulations	<p>All figure skating 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:</p> <ul style="list-style-type: none"><li>• Physical distancing measures</li><li>• Health and safety regulations</li><li>• Size of permitted gatherings</li><li>• Skate Canada rules, policies and procedures</li><li>• Skate Ontario rules, policies and procedures</li><li>• All Safe Sport policies and procedures</li><li>• Applicable occupational health and safety requirements</li></ul>
Club / Skating School Operations CSO – 002	Compliance with these Protocols	<p>Each club, skating school and coach conducting training (whether or not on rented non-club ice) must implement and comply with the current Version of these Protocols. Each club, skating school and coach is also responsible for implementing and complying with any updated Version of these Protocols as posted from time to time.</p> <p>The Acknowledgement, Release, Indemnity, and Assumption of Risk regarding COVID-19 form provided as part of these Protocols must be completed by each participant in club or skating school activities (including staff, skaters, coaches, choreographers and volunteers). This form must be completed prior to the start of participation in club or skating school activities. The club or skating school must keep this form on-file for each participant. It is not necessary to submit this to Skate Ontario but it may be requested by Skate Ontario at any time.</p> <p>Any non-implementation or non-compliance may have consequences and could jeopardize insurance coverage.</p>



### Club and Skating School Operations (continued)

Area	Item	Protocol
Club / Skating School Operations CSO – 003	COVID-19 Education	<p>Each club and skating school must ensure that staff, coaches, skaters, parents, members and volunteers receive education on new safety and hygiene protocols within the club / skating school as well as Government-approved information on ways to limit the spread of COVID-19 including:</p> <ul style="list-style-type: none"> <li>• Respiratory etiquette</li> <li>• Hand hygiene</li> <li>• Physical distancing</li> <li>• Use of Personal Protective Equipment (e.g. face masks)</li> </ul> <p><i>Note: Please see Appendix A for samples of these education tools</i></p>
Club / Skating School Operations CSO - 004	COVID-19 Response Plan	<p>Each club and skating school must develop a COVID-19 Response Plan which must include provisions:</p> <ol style="list-style-type: none"> <li>1. Designating groups of individuals to oversee the implementation of health and safety guidelines</li> <li>2. Establishing a protocol to address situations where individuals become unwell or show signs of COVID-19 symptoms during club or skating school activities</li> <li>3. Establishing a protocol for individuals to report to club and skating school members and external stakeholders (i.e. Skate Ontario, facility management) if they have developed, or been exposed to someone with COVID-19 symptoms</li> <li>4. Establishing a protocol for the club or skating school to inform staff, coaches, skaters, parents, members and volunteers if there has been an exposure to COVID-19 within the club or skating school</li> <li>5. Establishing procedures to modify, restrict, postpone or cancel training sessions or other activities based on the evolving COVID-19 pandemic</li> <li>6. Establishing a communication plan to keep staff, coaches, skaters, parents, members and volunteers informed during Return to Play stages</li> <li>7. Establishing a protocol for staff, coaches, skaters, parents, members and volunteers after a COVID-19 diagnosis</li> </ol> <p><i>Note: Please see Appendix B for sample COVID-19 Response Plan protocols</i></p>
Club / Skating School Operations CSO – 005	Club / Skating School Offices	All club administrative activities should be conducted on-line and virtually whenever possible.
Club / Skating School Operations CSO - 006	Scheduling	Scheduling of on-ice sessions should be done on-line. Coordination with the relevant facility may be required in order to ensure staggered time between each session in order to allow for requisite cleaning and sanitizing of or by the facility between different user groups.
Club / Skating School Operations CSO - 007	Multiple facilities	<p>Coaching and skating at multiple locations is strongly discouraged. Clubs and skating schools may ask skaters, coaches or choreographers to inform them if they are attending training sessions in multiple locations. Individuals should consider the following:</p> <ul style="list-style-type: none"> <li>• Use new face mask and gloves at each location</li> <li>• Managing schedules to avoid entering different facilities on the same day</li> </ul>



### Club and Skating School Operations (continued)

Area	Item	Protocol
Club / Skating School Operations CSO - 008	Facility Coordination	<p>Each club and skating school must coordinate with the relevant facility in order to ensure compliance with these Protocols. This includes at minimum:</p> <ul style="list-style-type: none"> <li>• Implementing effective measures to manage the flow of traffic in and out of the facility</li> <li>• Ensuring that any person who enters or uses the facility maintains a physical distance of at least 2m from any other person who is using the facility</li> <li>• Scheduling and implementing cleaning between each training group on the ice or the use of any other facility</li> <li>• Wiping down / sanitizing high touch areas such as entry / exit doors to the ice, etc.</li> <li>• Ensuring closure of dressing rooms, locker rooms, change rooms, showers and clubhouses in the facility, except to the extent they provide access to a washroom or a portion of the facility that is used to provide first aid</li> <li>• Ensuring that team sports or other sports or games that are likely to result in individuals coming within 2m of each other are not practiced or played within the facility</li> <li>• Facilitating compliance by the facility operator with the advice, recommendations and instructions of public health officials, including any advice, recommendations or instructions on physical distancing, cleaning or disinfecting</li> </ul>
Club / Skating School Operations CSO - 009	Self-screening measures	<p>All individuals taking part in club / skating school activities must 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:</p> <ul style="list-style-type: none"> <li>• Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts</li> <li>• Have been in contact with someone with COVID-19 in the past 14 days</li> <li>• Have returned from travel outside of Canada (must quarantine for 14 days at home)</li> <li>• Are considered a vulnerable or at-risk individual (individuals over 70 years, weakened immune system or medical conditions such as heart disease, lung disease, cancer etc.)</li> </ul>
Club / Skating School Operations CSO - 010	Health Screening of Individuals	<p>Conduct a screening protocol whereby individuals are screened on-site on a daily basis before participation in any club or skating school activities. This screening may be conducted verbally.</p> <p>When skating is taking place on rented ice in a non-club setting, the coach is responsible for ensuring this screening is taking place.</p>
Club / Skating School Operations CSO - 011	Tracking of participants in club and skating school activities	<p>Track all skater / coach / choreographer participation in club or skating school activities on a daily basis. This must be recorded and kept in order to assist with contact tracing in the event of any positive COVID-19 cases within the club or skating school.</p> <p>When skating is taking place on rented ice outside of a club setting, the coach is responsible for ensuring this logging and tracking is taking place.</p>



### Club and Skating School - Programming

Area	Item	Protocol
Club / Skating School Programming CSP - 001	Programming	<p>Clubs and skating schools shall limit programs as follows:</p> <p><b>Stage 1:</b> Competitive Skate – Singles, Pairs and Ice Dance athletes – Novice, Junior and Senior. SYS athletes in Junior and Senior.</p> <p><u>CanSkate, CanPowerSkate, STARSkate (including Pre-Juvenile/Juvenile), Pre-Novice, Adult Skate and SYS athletes outside Junior and Senior should not be skating at this time.</u></p>
Club / Skating School Programming CSP - 002	Assessment Days	<p>No Assessment Days will be scheduled during <b>Stage 1</b>.</p> <p>Skate Ontario will communicate updated information about Programming and Assessment Day guidelines for Stage 2 and Stage 3 as they are known.</p>
Club / Skating School Programming CSP - 003	Limitations on size of training groups	<p>All training sessions must follow provincial and local public health as well as facility guidelines with respect to the size of gatherings.</p> <p><b>Stage 1:</b> Follow current Ontario Provincial guidelines regarding gathering restrictions. Currently, until at least Friday, May 29, 2020, no more than 5 people are permitted in a gathering.</p> <p>Note: Subject to facility guidelines, all individuals on the ice count as part of gathering size, including coaches and choreographers.</p> <p>Skate Ontario will communicate in subsequent Versions of these Protocols updated Stage 2 and Stage 3 information as it becomes available.</p>
Club / Skating School Programming CSP - 004	Pairs and Ice Dance	<p>Pairs / Ice Dance teams should follow the guidelines below in resuming training:</p> <p><b>Stage 1:</b></p> <ul style="list-style-type: none"> <li>• <u>Skaters are not permitted to contact each other on the ice</u></li> <li>• Skaters must respect physical distancing guidelines within all parts of the facility by staying at least 2m apart at all times.</li> <li>• All warm-ups and off-ice training should comply with current physical distancing requirements</li> </ul> <p>Skate Ontario will communicate in subsequent Versions of these Protocols updated Stage 2 and Stage 3 information as it becomes available.</p>
Club / Skating School Programming CSP - 005	Synchronized Skating	<p>All Synchronized Skating training must comply with current Ontario Provincial Gathering guidelines.</p> <p>SYS should consider the following:</p> <ul style="list-style-type: none"> <li>• Alternating athletes between on-ice and off-ice training</li> </ul> <p><b>Stage 1:</b></p> <ul style="list-style-type: none"> <li>• <u>Skaters are not permitted to contact each other on the ice</u></li> <li>• Skaters must respect physical distancing guidelines within all parts of the facility by staying at least 2m apart.</li> <li>• All warm-ups and off-ice training should comply with physical distancing requirements</li> </ul> <p>Skate Ontario will communicate in subsequent Versions of these Protocols updated Stage 2 and Stage 3 information as it becomes available.</p>



### Off-Ice Activities

Area	Item	Protocol
Off-Ice Activities OFA – 001	Facility access and traffic flow	Individuals shall follow facility guidelines by using designated entry and exit doors in the facility and any guidelines to manage the flow of people within the facility.
Off-Ice Activities OFA – 002	No Spectators	No spectators are permitted at the facility, other than up to one accompanying parent, guardian or other adult for each athlete under the age of 18. Anyone accompanying such an athlete is expected to follow facility guidelines with respect to physical distancing, must remain at least 2m apart, and is encouraged to wear a face mask.
Off-Ice Activities OFA – 003	Personal Hygiene	Individuals should wash / sanitize hands upon entry to facility.
Off-Ice Activities OFA – 004	Warm-up / Cool down	Warm-ups and cool downs will be conducted outside following physical distancing protocols by remaining at least 2m apart. If weather does not permit warming up outside, skaters may (if permitted by the facility) warm-up inside in an area designated by the facility while following physical distancing protocols by remaining at least 2m apart.
Off-Ice Activities OFA – 005	Personal Protective Equipment	Coaches: <ul style="list-style-type: none"> <li>Recommended to wear a non-medical face mask when in open areas of facility</li> </ul> Skaters: <ul style="list-style-type: none"> <li>Recommended to wear a non-medical face mask when in open areas of facility and if warming up inside facility</li> </ul>
Off-Ice Activities OFA – 006	Dressing Rooms	Skaters must arrive at the arena in their skating clothes. Dressing rooms, locker rooms, change rooms, showers and clubhouses in the facility shall remain closed in <b>Stage 1</b> , except to the extent they provide access to a washroom or a portion of the facility that is used to provide first aid.
Off-Ice Activities OFA – 007	Skates On /Off	Skaters should put their skates on / remove skates outside of the arena respecting physical distancing protocols and remaining at least 2m apart. Skaters can use their own vehicles, outdoor benches or bring their chairs (i.e. camping chairs). If weather does not permit doing so outside of the arena, skaters may use open areas of the arena while following physical distancing guidelines and remaining at least 2m apart.
Off-Ice Activities OFA – 008	Personal Items	Personal items like skating bags should be left in the relevant individual's vehicle (in a safe and secure location) and not be brought into the arena. Skaters and coaches may carry their own water bottle, tissue box etc. into the arena.
Off-Ice Activities OFA – 009	Entry / Exit from ice	Skaters must follow physical distancing protocols and remain at least 2m apart from any other individual while waiting to enter and exit the ice.



### On-Ice Activities

Area	Item	Protocol
On-Ice Activities ONA-001	Personal Protective Equipment	<p>Coaches:</p> <ul style="list-style-type: none"> <li>Recommended to wear a non-medical face mask while coaching</li> <li>Any winter gloves that are worn should be washed daily</li> </ul> <p>Skaters:</p> <ul style="list-style-type: none"> <li>Not required to wear a non-medical face mask while skating</li> <li>Any winter gloves that are worn should be washed daily</li> </ul>
On-Ice Activities ONA-002	Physical Distancing	<p>Skaters are required to maintain a physical distance of at least 2m from any other skaters and coaches during the session.</p> <p>All coaching should be done using verbal cues.</p>
On-Ice Activities ONA-003	Personal Items	<p>Skaters must use individual water bottles, tissue boxes etc. during training sessions. No sharing of these items is permitted. Skaters must have their own closed containers (i.e. Ziploc bag) for disposing of used personal items such as tissues. These must be disposed of at home or in a lidded garbage container in the facility.</p>
On-Ice Activities ONA-004	Playing Music	<p>Determine safe way to play music while following physical distancing and hygiene measures. Consider the following:</p> <ul style="list-style-type: none"> <li>Designating one person per session to play music</li> <li>Providing access to music playing equipment in an open area (i.e. long cord to rinkside for use with phones)</li> <li>Providing sanitizing wipes to be used in between each session or user of music equipment</li> <li>Permitting individuals bring their own speaker for use in playing music</li> </ul>
On-Ice Activities ONA-005	On-Ice Coaching	<p>Coaches and choreographers must coach from one spot on the ice or over the boards at rinkside. Coaches and choreographers are not permitted to skate alongside skaters. Coaches, choreographers and skaters must remain at least 2m apart from each other.</p> <p>Clubs may assign to each coach a numbered area (at least 2m apart from the next) and instruct them to coach from their designated coaching area. Designated coaching areas can be rotated to allow coaches different areas throughout the day / week.</p>
On-Ice Activities ONA-006	Harness	<p>There will be no use of harnesses during on-ice training sessions in <b>Stage 1</b>.</p> <p>Skate Ontario will advise when this restriction is updated.</p>



### Health Screening Questionnaire

This questionnaire must be completed by each individual prior to participation in each club activity.  
This questionnaire may be completed verbally.

The answer to all questions must be “No” in order to participate in each club activity.

1. Do you have a fever? (Feeling hot to the touch, a temperature of 37.8C or higher)

☐ Yes      ☐ No

2. Do you have any of the following symptoms?

- |                                                                                                                      |                              |                             |
|----------------------------------------------------------------------------------------------------------------------|------------------------------|-----------------------------|
| • Cough                                                                                                              | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| • Shortness of breath                                                                                                | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| • Runny nose, sneezing or nasal congestion<br>(not related to other known causes such as<br>seasonal allergies etc.) | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| • Sore throat                                                                                                        | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| • Difficulty swallowing                                                                                              | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| • Lost sense of taste or smell                                                                                       | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

3. Have you travelled outside of Canada or had close contact with anyone that has travelled outside of Canada in the past 14 days?

☐ Yes      ☐ No

4. Have you had close contact in the past 14 days with anyone with a new cough, fever or difficulty breathing or a confirmed case of COVID-19?

☐ Yes      ☐ No

If an individual answers “Yes” to any of these questions, they are not permitted to participate in any club activities.

*Please note: This Health Screening questionnaire has been developed based on the current Ontario Ministry of Health Self-Assessment Tool.*





## **Appendix A**

### **COVID-19 Education Resources**

This Appendix will be updated and posted shortly by Skate Ontario.



## **Appendix B**

### **COVID-19 Club Response Plan**

This Appendix will be updated and posted shortly by Skate Ontario.

