



Return to Competition Protocols

Version 1.0 – September 18, 2020

Skate Ontario Return to Competition Protocols (these “Protocols”)

Effective September 18, 2020

These Protocols are Skate Ontario’s rules and policies intended to enable a safe return to competition and performance opportunities. These protocols will be applicable for events administered or sanctioned by Skate Ontario. These Protocols are based on current Ontario statutes and regulations, current general 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. These Protocols are subject to all federal, provincial, municipal and public health 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 information as it becomes available.

Competition Operations

Area	Item	Protocol
Competition Operations CO – 001	Compliance with regulations	<p>All figure skating activities, including events must adhere to all federal, provincial, municipal and public health laws, regulations, by-laws and orders as they may exist from time to time and must comply with:</p> <ul style="list-style-type: none"> • Physical distancing measures • Health and safety regulations • Size of permitted gatherings • Skate Canada rules, policies and procedures • Skate Ontario rules, policies and procedures • All Safe Sport policies and procedures • Applicable occupational health and safety requirements as they may exist from time to time.
Competition Operations CO – 002	Compliance with these Protocols	<p>Each host club and host skating school executing a competition (whether or not on rented non-club ice) must implement and comply with the current Version of these Protocols. Each host club and host skating school is also responsible for implementing and complying with any updated Version of these Protocols as posted from time to time.</p> <p>The form of Acknowledgement, Release, Indemnity, and Assumption of Risk regarding COVID-19 provided by Skate Ontario (“COVID-19 Waiver”) must be completed by each participant in a Skate Ontario sanctioned competition (including staff, skaters, coaches, officials, volunteers, spectators, and other individuals involved in the event in any capacity). Failure to do so means that individual must not enter the facility. The COVID-19 Waiver must be completed prior to the start of participation in competition. The COVID-19 Waiver is required to be completed for each competition by each participant. Skate Ontario will keep this form on-file for each participant.</p> <p>Any non-implementation or non-compliance may have consequences and could jeopardize insurance coverage.</p>



Competition Operations CO – 003	Compliance with Facility Protocols	Each host club and host skating school executing a competition must comply with Facility Protocols set out for competition.
------------------------------------	------------------------------------	---

Area	Item	Protocol
Competition Operations CO – 004	COVID-19 Education	<p>Skate Ontario will provide staff, coaches, skaters, parents, officials, members and volunteers with educational materials on safety and hygiene protocols applicable within a 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"> • Respiratory etiquette • Hand hygiene • Physical distancing • Use of Personal Protective Equipment (e.g. face masks) • Self Screening Tests <p><i>Note: Please see Appendix A for samples of these education tools</i></p>
Competition Operations CO – 005	COVID-19 Response Plan	<p>Each club / skating school must implement the COVID-19 Response Plan provided by Skate Ontario which Plan will include provisions:</p> <ol style="list-style-type: none"> 1. Designating groups of individuals to oversee the implementation of health and safety guidelines 2. Establishing a protocol to address situations where individuals become unwell or show signs of COVID-19 symptoms during club or skating school activities 3. Establishing a protocol for individuals to Skate Ontario if they have developed, or been exposed to someone with COVID-19 symptoms 4. Establishing a protocol for competitions to inform staff, coaches, skaters, parents, members and volunteers if there has been an exposure to COVID-19 within the club / skating school 5. Establishing procedures to modify, restrict, postpone or cancel competitions or other activities based on the evolving COVID-19 pandemic 6. Establishing a communication plan to keep staff, coaches, skaters, parents, members and volunteers informed during Return to Play stages 7. Establishing a protocol for staff, coaches, skaters, parents, members and volunteers after a COVID-19 diagnosis
Competition Operations CO – 006	Planning Meetings	All planning meetings should be conducted on-line and virtually whenever possible.



Area	Item	Protocol
Competition Operations CO – 007	Facility Coordination	<p>Each host club must coordinate with the relevant facility in order to ensure compliance with these Protocols and any specific instructions provided by Skate Ontario. This includes at minimum:</p> <ul style="list-style-type: none"> • Implementing effective measures to manage the flow of traffic in and out of the facility in a competition environment • 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 <u>unless they are from the same household or social circle</u> • Scheduling and implementing cleaning as outlined the facility • Wiping down / sanitizing high touch areas such as entry / exit doors to the ice, etc. • 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 <p>If there is any inconsistency between the COVID-19 Response Plan provided by Skate Ontario (please see CO – 005 above) and any policy, protocol or position of the relevant facility, the host club must immediately contact Skate Ontario so that Skate Ontario can address the situation.</p>
Competition Operations CO – 008	Facility Orientation	<p>Skate Ontario may provide facility specific, on-site instructions for traffic flow to skaters, coaches, officials, volunteers, spectators and staff. These instructions may be provided in advance or on site. All skaters, coaches, officials, volunteers, spectators and staff will be required to follow on-site traffic flow instructions.</p>
Competition Operations CO – 009	Self-screening measures	<p>All individuals, including skaters, coaches, officials, volunteers, parents and club representatives taking part in the competition must self-screen in accordance with current public health guidelines before each competition day. Individuals must not attend any competitions if they:</p> <ul style="list-style-type: none"> • Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts • Have returned from travel outside of Canada <u>and do not have a Travel Exemption as per the Government of Canada.</u> • Have been in contact with someone with a confirmed or suspected <u>case of COVID-19</u> in the past 14 days <ul style="list-style-type: none"> • The last of these categories does not apply to a front-line worker (such as hospital staff, long term care staff, or other individual) who interacts with individuals who have confirmed or suspected cases of COVID-19 who has worn proper and approved personal protective equipment at all times whenever they interacted with an individual who has a confirmed or suspected case of COVID-19 in the past 14 days. <p>Individuals who are considered a vulnerable or at-risk (individuals over 70 years, weakened immune system or medical conditions such as heart disease, lung disease, cancer etc.) should strongly consider their participation in club/skating school activities.</p>



Competition Operations CO – 010	Mandatory Health Screening of Individuals	Skate Ontario will provide a screening protocol (see the Health Screening Questionnaire below) to be implemented by host club, whereby individuals are screened on-site on a daily basis before entering the competition facility. This screening may be conducted verbally. Screening must be completed by each individual prior to entry into the facility. Every individual must respond to every question. If an individual does not respond to every question, that individual cannot enter the facility. See the screening protocol (see the Health Screening Questionnaire below) for additional rules.
Competition Operations CO – 011	Tracking of participants at each competition	The host club will assist Skate Ontario in Skate Ontario's implementation of a tracking protocol to be implemented for all skater, coach, volunteer, staff, official participation in a competition or attendance on a daily basis in order to allow Skate Ontario to assist public health authorities with contact tracing in the event of any positive COVID-19 cases.

Area	Item	Protocol
Competition Operations CO – 012	Limitations on size of groups.	All competitions must follow current provincial and local public health as well as facility guidelines with respect to the size of gatherings.
Competition Operations CO – 013	Registration Area	<p>Registration area for skater check will be highly visible with signage to allow for social distancing and no-contact check in. Skaters will not receive accreditation.</p> <p>The screening protocol (see the Health Screening Questionnaire below) must be completed by each skater, coach, volunteer and official and by other individuals involved in the event in any capacity prior to approaching the registration area.</p> <p>Skater Check in: All skaters will be required to sign in and out. Skaters will be given instructions on the location and schedule of designated warm up are and dressing rooms.</p> <p>Coach Check in: All coaches will be required to sign in and out, sign a COVID-19 Waiver and show coach accreditation every time they enter or leave the facility.</p> <p>Volunteer check in: All volunteers will be required to sign in and out and sign a COVID-19 Waiver. The volunteer check in requires a table and must allow for social distancing.</p> <p>Officials and Other Individuals Check in: All officials and other individuals involved in the event in any capacity will be required to sign in and out and sign a COVID-19 Waiver.</p>
Competition Operations CO – 014	Music Registration	There will be no on-site music registration. Skaters are required to submit music online as part of registration.



Competition Operations CO – 015	Hospitality Area	There will be no Coach hospitality. Volunteers are encouraged to bring their own food on site. For officials, no buffet-style meals are to be served. All Host Clubs must follow Public health food safety guidelines and the recommendation is to organize for officials to eat off site when possible.
Competition Operations CO – 016	Officials Stands	An officials' stand is not required. If a host club decides to build a stand for music, announcing and a Referee, the design layout must follow physical distancing protocols and ensure 2m spacing in between individuals while on the stand. In addition, sanitizing protocols must be implemented regarding, for example, all equipment related to an officials' stand.
Competition Operations CO – 017	Discontinued areas	The following area will not be set up at a competition until further notice. <ul style="list-style-type: none"> - Results Posting Area - Vendor Area - Awards Area - Data Specialist Room

Area	Item	Protocol
Competition Operations CO – 018	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.
Competition Operations CO – 019	Spectators	<u>The total number of spectators permitted to be at the facility at any one time must be limited to the number that can maintain a physical distance of at least two metres from every other person in the facility and in accordance with current provincial and local public health as well as facility guidelines with respect to the size of gatherings. Individuals from the same household or social circle are not required to follow physical distancing requirements. Clubs / skating schools must follow the facility guidelines with respect to spectators. Spectators will be required to follow all screening and check in protocols.</u>
Competition Operations CO – 020	Personal Hygiene	Individuals should wash / sanitize hands upon entry to facility.
Competition Operations CO – 021	Warm-up / Cool down	Warm-ups and cool downs will be conducted in designated areas with scheduled time slots, while following facility and physical distancing guidelines. Individuals from the same household or social circle are not required to follow physical distancing requirements.
Competition Operations CO – 022	Personal Protective Equipment	<u>Individuals must follow local Public Health guidelines with respect to wearing face masks within facilities.</u> Coaches: Recommended to wear a non-medical face mask when in open areas of facility Skaters: Recommended to wear a non-medical face mask when in open areas of facility and if warming up inside facility
Competition Operations	Dressing Rooms	<u>Skaters are encouraged to arrive at the arena in their skating clothes. Facilities may provide access to dressing rooms and are required to ensure</u>



CO – 023		<u>that any of these areas that are open to the public are cleaned and disinfected as frequently as is necessary to maintain a sanitary condition.</u>
Competition Operations CO – 024	Skates On /Off	Skate On/Off will be conducted in designated areas <u>or dressing rooms that the facility has made available.</u> Skaters should follow relevant facility guidelines and relevant physical distancing guidelines. Skate On/Off areas should be designated for the competition and communicated to skaters prior to arriving at the competition.
Competition Operations CO – 025	Personal Items	Wherever possible, personal items should be left in the car. Any items brought into the rink may be required to be left in a designated area.
Competition Operations CO – 026	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.

Area	Item	Protocol
Competition Operations CO – 027	Physical Distancing	Skaters are required to maintain a physical distance of at least 2m from any other skaters and coaches during warm up. All coaching should be done using verbal cues.
Competition Operations CO – 028	Personal Items	Skaters must use individual water bottles, tissue boxes etc. during competitions. No sharing of these items is permitted. Skaters must have their own closed containers (e.g. a sealable plastic 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.



Appendix A: COVID-19 Education Resources

Skate Ontario will provide staff, coaches, skaters, officials and volunteers with educational materials on safety and hygiene protocols applicable within a club / skating school. Members should be sent Government-approved information on ways to limit the spread of COVID-19.

The following links can be sent by clubs/skating schools to their members:

Ontario Public Health Public Resources: <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>

The following resources are also available on the Ontario Public Health website. Please ensure you are using the most up-to-date version of these tools by consulting the address above.

Topic	Tool
Hand Hygiene	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en
Physical Distancing	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en
How to self-monitor	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en
When and How to Wear a Mask	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en
How to Self-Isolate	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en

Ministry of Health – Ontario: COVID-19 Reference Document for Symptoms:

http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf

Ontario COVID-19 Online Self-assessment Tool

<https://covid-19.ontario.ca/self-assessment/>



Health Screening Questionnaire

This questionnaire will be completed by each individual prior to entry into the facility. This questionnaire may be completed verbally but the questionnaire must be administered, and every individual must respond to every question. If an individual does not respond to every question, that individual cannot enter the facility.

An individual's answer to every question must be "No" in order for that individual to enter the facility or to compete, unless the answer to #4 and #5 are both "Yes".

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 Yes No
- Shortness of breath Yes No
- Runny nose, sneezing or nasal congestion
(not related to other known causes such as seasonal allergies etc.) Yes No
- Sore throat Yes No
- Difficulty swallowing Yes No
- Lost sense of taste or smell Yes 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 or suspected case of COVID-19?

Yes No

5. If the answer to #4 is "Yes", are you a front-line worker (such as hospital staff, long term care staff, or other individual) who interacts with individuals who have confirmed or suspected cases of COVID-19 who has worn proper and approved personal protective equipment at all times whenever you interacted with an individual who has a confirmed or suspected case of COVID-19 in the past 14 days?

Yes No

