



# Return to Competition Protocols

Version 3.0 – August 9, 2021

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

**Effective August 9, 2021**

These Protocols are Skate Ontario’s rules and policies intended to enable a safe return to competition. 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](http://www.skateontario.org). These Protocols are subject to all federal, provincial, 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 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"> <li>• Physical distancing measures</li> <li>• Health and safety regulations</li> <li>• Facility capacity limits</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>
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 (“<b>COVID-19 Waiver</b>”) 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.
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Area	Item	Protocol
Competition Operations CO – 004	COVID-19 Education	<p>Skate Ontario will provide staff, coaches, skaters, 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"> <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>
Competition Operations CO – 005	COVID-19 Response Plan	<p>Each host 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"> <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 Skate Ontario if they have developed, or been exposed to someone with COVID-19 symptoms</li> <li>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</li> <li>5. Establishing procedures to modify, restrict, postpone or cancel competitions 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>
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/skating school 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"> <li>• Implementing effective measures to manage the flow of traffic in and out of the facility in a competition environment</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 unless they are from the same household or they are authorized in Step 3 of Ontario's COVID-19 Roadmap to Reopen to be closer than two metres from each other</li> <li>• Scheduling and implementing cleaning as outlined by the facility</li> <li>• Wiping down / sanitizing high touch areas such as entry / exit doors to the ice, etc.</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>
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, spectators 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"> <li>• Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts</li> <li>• Have returned from travel outside of Canada and do not have a Travel Exemption as per the Government of Canada.</li> <li>• Have been in contact with someone with a confirmed someone with an active case of COVID-19 in the past 14 days               <ul style="list-style-type: none"> <li>• 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.</li> </ul> </li> </ul> <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 competitions.</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/skating school, 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/skating school 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. Skate Ontario will be handling tracking records.

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><b>Skater Check in:</b> All skaters will be required to sign in. Skaters will be given instructions on the location and schedule of designated warm up are and dressing rooms.</p> <p><b>Coach Check in:</b> All coaches will be required to sign in and sign a COVID-19 Waiver.</p> <p><b>Volunteer check in:</b> All volunteers will be required to sign in and sign a COVID-19 Waiver. The volunteer check in requires a table and must allow for physical distancing.</p> <p><b>Officials and Other Individuals Check in:</b> All officials and other individuals involved in the event in any capacity will be required to sign in 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/skating schools 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/skating school decides to build a stand for music, announcing and a Referee, the design layout must follow physical distancing protocols. 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"> <li>- Results Posting Area</li> <li>- Vendor Area</li> <li>- Awards Area</li> <li>- Data Specialist Room</li> </ul>
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	Host clubs/skating schools must follow the facility guidelines with respect to spectators including any physical distancing, screening and mask or face covering requirements.
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 may be conducted inside and outside of the facility following facility guidelines. In Step 3 of Ontario's COVID-19 Roadmap to Reopen, there is no requirement for physical distancing when engaged in sports or games at an indoor or outdoor facility.
Competition Operations CO – 022	Personal Protective Equipment	Individuals must follow local Public Health guidelines with respect to wearing face masks and face coverings within indoor facilities.  <b>Coaches:</b> Required to follow all provincial and facility regulations with respect to wearing a mask or face covering when in an indoor facility.  <b>Skaters:</b> Required to follow all provincial and facility regulations with respect to wearing a mask or face covering when in an indoor facility. Skaters are permitted to temporarily remove their mask or face covering when engaged in athletic or fitness activity



Competition Operations CO – 023	Dressing Rooms	Skaters are encouraged to arrive at the arena in their skating clothes. Facilities may provide access to dressing rooms and are required to ensure 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.
Competition Operations CO – 024	Skates On /Off	Skaters should follow facility guidelines regarding physical distancing and wearing of masks or face coverings when using areas the facility has made available for putting skates on and off
Competition Operations CO – 025	Personal Items	Individuals should consider leaving personal items like skating bags in the relevant individual’s vehicle if available (in a safe and secure location) and where possible, not be brought into the arena.
Competition Operations CO – 026	Entry / Exit from ice	Skaters must follow physical distancing protocols while waiting to enter and exit the ice. Individuals from the same household are not required to follow physical distancing requirements.
Competition Operations CO – 027	Physical Distancing	When not actively participating in skating, individuals are required to maintain a physical distance of at least 2m from any other person during the session. Individuals from the same household are not required to follow physical distancing requirements.
Competition Operations CO – 028	Personal Items	Skaters must use individual water bottles, tissue boxes etc. during competitions. No sharing of these items is permitted.



### 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	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en</a>
Physical Distancing	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en</a>
How to self-monitor	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en</a>
You were tested for COVID-19: What you should know	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/2020/06/factsheet-covid-19-test-what-you-should-know.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/2020/06/factsheet-covid-19-test-what-you-should-know.pdf?la=en</a>
How to Self-Isolate	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en</a>

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](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/>

Ontario COVID-19 Online School Screening Tool: <https://covid-19.ontario.ca/school-screening/>

Ontario COVID-19 Online Customer Screening Tool: <https://covid-19.ontario.ca/screening/customer/>





### 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 any of the following symptoms?

- Fever and/or chills (temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher)  Yes  No
- Cough or barking cough (croup)  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
- Decrease or loss of taste or smell  Yes  No
- Pink Eye  Yes  No
- Headache  Yes  No
- Digestive issues like nausea/vomiting, diarrhea, stomach pain  Yes  No
- Muscle aches (unusual, long lasting not related to vaccination Related to vaccination)  Yes  No
- Fatigue (unusual not related to depression  Yes  No
- No Insomnia, thyroid function or vaccination)  Yes  No
- Falling down often (for older adults)  Yes  No

