



Return to Play Protocols

Version 9.0 – November 11, 2021

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

Effective November 11, 2021

These Protocols are Skate Ontario’s rules and policies and are 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. 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 information as it becomes available.

Club and Skating School Operations

| Area | Item | Protocol |
|---|---------------------------------|--|
| 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"> • Physical distancing measures • Health and safety regulations • Facility capacity limits • Skate Canada rules, policies and procedures • Skate Ontario rules, policies and procedures • All Safe Sport policies and procedures • Applicable occupational health and safety requirements |
| 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. This form is only required to be completed one-time by each participant once per year. The club or skating school must keep this form on-file for each participant for a minimum of two years. 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"> • Respiratory etiquette • Hand hygiene • Physical distancing • Use of Personal Protective Equipment (e.g. masks or face coverings) <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"> 1. Ensuring the implementation of health and safety guidelines that comply with all public health guidance 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 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 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 5. Establishing procedures to modify, restrict, postpone or cancel training sessions 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 <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 are 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"> • Use new mask or face covering and gloves at each location • Managing schedules to avoid entering different facilities on the same day |



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"> • Implementing effective measures to manage the flow of traffic in and out of the facility • Ensuring that any person who enters or uses the facility maintains a physical distance of at least two metres 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 • Scheduling and implementing cleaning between each training group on the ice or the use of any other 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 |
| 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"> • Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts • Have been advised by a doctor, health care provider or public health unit that they should currently be isolating (staying at home) • Have returned from travel outside of Canada and been told to quarantine (per the federal quarantine requirements). <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> |
| Club / Skating School Operations CSO - 010 | Health Screening and Vaccination Screening of Individuals | <p>Conduct a screening protocol whereby individuals are screened on a daily basis prior to participation in any club or skating school activities. This screening may be conducted on-line, verbally or using printed forms. Clubs and skating schools should coordinate with their facility to ensure the execution of daily health screening is robust and follows all public health guidelines. Screening is not required to be duplicated by clubs or skating schools if already being undertaken by a facility.</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 for a minimum of thirty days in order to assist with contact tracing in the event of any positive COVID-19 cases within the club or skating school.</p> <p>Contact tracing is not required to be duplicated by clubs or skating schools if already being undertaken by a facility. However, attendance on each session must be tracked to assist with contact tracing should it be required.</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>In Step 3 of Ontario's COVID-19 Roadmap to Reopen, clubs and skating schools may offer <u>all</u> Skate Canada and club skating programs provided they follow the relevant provincial, local and facility requirements and the programs are taking place within the permitted facility capacity limits.</p> <p>Competitive Skate – Pre-Novice, Novice, Junior and Senior - Singles, Pairs and Ice Dance. STARSkate - STAR 5 to Gold, Pre-Juvenile, Juvenile and Adult - Singles, Pairs and Ice Dance STAR 1-4 – All disciplines SYS – All levels CanPowerSkate CanSkate Special Olympics</p> <p>Programs must be executed within the program delivery standards as set by Skate Canada.</p> <p>Special Olympic Return to Programming protocols can be found at https://www1.specialolympicsontario.com/return-to-program/</p> |
| Club / Skating School Programming CSP - 002 | Assessment Days | <p>Assessment Days may proceed with the approval of Skate Ontario following all established guidelines and protocols. The following guidelines must be followed:</p> <ul style="list-style-type: none"> • Evaluators must be scheduled by Skate Ontario • Clubs are required to screen Evaluators prior to their participation in an Assessment Day and must also conduct daily health screening when the Evaluator arrives on-site at the arena • Physical distancing measures between the Evaluator and skaters, coaches and volunteers must be maintained at all times during the Assessment Day • Clubs must follow all guidelines with respect to training group sizes during an Assessment Day • Attention should be paid to ensure that the area where the Evaluator will be located has been sanitized prior to their arrival |



Club and Skating School – Programming (continued)

| Area | Item | Protocol |
|---|--|---|
| Club / Skating School Programming CSP - 003 | Limitations on size of training groups | <p>In Step 3 of Ontario's COVID-19 Roadmap to Reopen, all training sessions must be executed in a manner that follows provincial, local public health and facility guidelines. Training sessions must take place according to the permitted facility capacity limits.</p> <p>Programs must be executed within the program delivery standards as set by Skate Canada.</p> <p><u>Clubs must consider size of ice surface, level of skaters, facility access and facility capacity when determining numbers for their sessions.</u></p> <p>Skate Ontario will communicate in subsequent Versions of these Protocols updated information as it becomes available.</p> |
| Club / Skating School Programming CSP - 004 | Pairs and Ice Dance | <p>In Step 3 of Ontario's COVID-19 Roadmap to Reopen, Pairs / Ice Dance couples must follow the guidelines below in training:</p> <ul style="list-style-type: none"> • Physical distancing is not required between pair and ice dance skaters • Skaters are encouraged to continue hand hygiene practices by sanitizing their hands before and after all training sessions where contact has taken place |
| Club / Skating School Programming CSP - 005 | Synchronized Skating | <p>In Step 3 of Ontario's COVID-19 Roadmap to Reopen, Synchronized Skating teams must follow the guidelines below in training:</p> <ul style="list-style-type: none"> • SYS teams may train together as a whole team with no physical distancing required |



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 | Spectators | Clubs/skating schools must follow the facility guidelines with respect to spectators including any physical distancing, vaccination and mask or face covering requirements. |
| 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 may be conducted inside and outside of the facility following facility. 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. |
| Off-Ice Activities OFA – 005 | Personal Protective Equipment | Individuals must follow Provincial and local public health guidelines with respect to wearing masks and face coverings within indoor facilities. Coaches: <ul style="list-style-type: none"> • Required to follow all provincial and facility regulations with respect to wearing a mask or face covering when in an indoor facility. • Coaches are permitted to temporarily remove their mask or face covering when engaged in athletic or fitness activity. (i.e. leading an off-ice fitness class) Skaters: <ul style="list-style-type: none"> • 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. |
| Off-Ice Activities OFA – 006 | 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. |
| Off-Ice Activities OFA – 007 | 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. |
| Off-Ice Activities OFA – 008 | 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. |
| Off-Ice Activities OFA – 009 | 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. |
| Off-Ice Activities OFA – 010 | Off-Ice Classes | Off-ice classes may be conducted inside and outside of the facility. 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. |



On-Ice Activities

| Area | Item | Protocol |
|------------------------------|-------------------------------|---|
| On-Ice Activities ONA-001 | Personal Protective Equipment | <p>Individuals must follow local public health guidelines with respect to wearing masks and face coverings within indoor facilities.</p> <p>Coaches:</p> <ul style="list-style-type: none"> • Required to follow all provincial and facility regulations with respect to wearing a mask or face covering while coaching in an indoor facility. • Coaches are permitted to temporarily remove their mask or face covering when engaged in athletic or fitness activity. (i.e. leading an on-ice class, partnering dances) <p>Skaters:</p> <ul style="list-style-type: none"> • 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 when engaged in athletic or fitness activity. |
| On-Ice Activities ONA-002 | 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. |
| On-Ice Activities ONA-003 | Personal Items | Skaters are recommended to use individual water bottles, tissue boxes etc. during training sessions. No sharing of these items is permitted. |
| 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"> • Designating one person per session to play music • Providing access to music playing equipment in an open area (i.e. long cord to rinkside for use with phones) • Providing sanitizing wipes to be used in between each session or user of music equipment • Permitting individuals bring their own speaker for use in playing music |
| On-Ice Activities ONA-005 | On-Ice Coaching | When coaches, choreographers and skaters are actively participating in skating, they are not required to maintain physical distancing of at least 2m from any other person during the session. |
| On-Ice Activities ONA-006 | Harness | <p>The use of harnesses is permitted in the following situations:</p> <ul style="list-style-type: none"> • Mounted and portable harnesses are permitted • The skater and coach must wear a mask or face covering at all times when the harness is in use • The harness must be disinfected and/or sanitized before and after each use using a spray or wipe • The coach/skater should sanitize their hands before and after use • Harness lessons should be limited to no more than 15 minutes with adequate time allowed in between lessons to disinfect the equipment • Consideration could be made to making a secondary disinfected harness or chest strap available in order to more easily rotate skaters between harness lessons |



On-Ice Activities cont'd

| Area | Item | Protocol |
|------------------------------|----------------------|--|
| On-Ice Activities ONA-007 | Synchronized Skating | Any props or items that are being used by synchronized skaters must be cleaned between each training session group and at a minimum each hour. Props or items should be assigned to a specific group where possible and not shared with other groups. |



Appendix A: COVID-19 Education Resources

Clubs/skating schools must ensure that staff, coaches, skaters, parents, members and volunteers receive education on new safety and hygiene protocols within the 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 |
| How to Self-Isolate | https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en |
| You were tested for COVID-19: What you should know | https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/2020/06/factsheet-covid-19-test-what-you-should-know.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/>

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/>



Appendix B: COVID-19 Club Response Plan

The following draft information has been developed to assist clubs and skating schools develop and implement a COVID-19 Club Response Plan.

Contents

1. Contact list for COVID-19 Club Oversight Group
2. Club/skating school COVID-19 Protocols
3. Club/skating school COVID-19 Communication Plan



Contact List for Club COVID-19 Oversight Group

The purpose of this group is to oversee the implementation of safety and health guidelines within the club/skating school. Depending on the size of the club/skating school we recommend 3-5 people aged 18 and older.

This information should be communicated to club/skating school members in an e-mail communication and posted to the club website if applicable. We recommend a minimum of 3 individuals be designated as the COVID-19 Oversight Group.

Dear Club/Skating School Members,

We would like to inform you of the individuals who will be acting as the COVID-19 Oversight Group as we transition back to skating activities. The following people will comprise this COVID-19 Oversight Group.

| Name | Position | Phone | E-mail |
|------|----------|-------|--------|
| | | | |
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Should you have any questions about any aspects of the Return to Play protocols or other policies and procedures related to COVID-19, please contact one of the individuals above.



Club/Skating School COVID-19 Protocols

Clubs and skating schools must create and follow a set of protocols to deal with situations related to the COVID-19 pandemic that might occur. These protocols should be included in an e-mail to members before skating activities resume. Clubs and skating schools should also consult with their facility to ensure alignment between facility and club/skating school protocols. Skate Ontario has developed the draft information below for consideration by clubs and skating schools in creating their protocols.

Completion of Skate Ontario COVID-19 Waiver

All individuals participating in club/skating school must complete the Skate Ontario Acknowledgment, Release, Indemnity and Assumption of Risk regarding COVID-19 ("**COVID-19 Waiver**"). Failure to do so means that individual must not participate in club/skating school activities.

Any individual participating in club or skating school activities is required to complete a COVID-19 Waiver, or have a signed COVID-19 Waiver on-file with Skate Ontario:

- Skaters
- Coaches
- Staff
- Board Members
- Volunteers
- Officials (please note: this will be kept on file with Skate Ontario)

An individual becomes unwell with symptoms of COVID-19

- If an individual becomes unwell with symptoms of COVID-19, or if someone is aware of an individual that becomes unwell with symptoms of COVID-19, that individual must immediately stop participation in club or skating school activities.
- The individual should be isolated from all others in a well-ventilated area, or outside and provided with a mask or face covering if one is available
- The individual shall be sent home and instructed to follow public health guidelines regarding self-isolation and testing
- The facility should be informed in order to determine if any areas need to be closed off and/or require additional cleaning/disinfecting
- A member of the COVID-19 Oversight Group should be informed of the situation and should contact the individual or their parent/guardian to determine if next steps are being taken regarding testing

An individual is tested for COVID-19

- Any individual that is part of a club or skating school that is unwell and has been tested for COVID-19 must not participate in club or skating school activities while waiting for the results of the test
- Any individual that is part of a club or skating school that has been tested for COVID-19 and has no COVID-19 symptoms, no known exposure to COVID-19 and no travel history is permitted to participate in club or skating school activities while waiting for the results of the test



An individual tests positive for COVID-19

- If an individual tests positive for COVID-19, they should inform a member of the club/skating school COVID-19 Oversight Group
- The COVID-19 Oversight Group will work where requested with the facility and public health officials to assist in contact tracing. The Session Participation tracking sheets may be used to assist public health officials in informing other club/skating school members who may have been in close contact with the individual
- Any club/skating school members who were in close contact with the individual should follow public health guidelines regarding self-isolation and testing
- It is recommended to also inform all club/skating school members of a positive COVID-19 result within the club/skating school setting
- The club/skating school should inform and work with the facility in the case of a positive COVID-19 result and determine if any additional cleaning/disinfecting should be performed as per the facility's guidelines
- The club/skating school will inform Skate Ontario of a positive COVID-19 diagnosis by e-mailing clubsupportservices@skateontario.org

Return to club/skating activities following illness or exposure to COVID-19

- Individuals must follow all public health and facility guidelines with respect to returning to club/skating school activities following an illness or exposure to COVID-19
- If a COVID-19 test was negative and there was no known exposure to COVID-19, the individual may return to club/skating school activities once they no longer have any symptoms of COVID-19 for at least 24 hours
- If a COVID-19 test was negative but there was a known exposure to COVID-19, the individual may only return to club/skating school activities once they have completed the period of self-isolation as advised by their local public health unit.

Return to club/skating activities following COVID-19

- Following a positive COVID-19 test, an individual must follow all public health guidelines regarding return to activities.

Modification/restriction/postponing or canceling of club/skating school activities

- Based on the evolving COVID-19 pandemic, the club/skating school must be prepared to follow public health, municipal/provincial government and sport recommendations regarding modifying/restricting/postponing or canceling activities
- Clubs should establish a program cancellation policy if one does not exist already
- Clubs/skating school members should be informed as soon as possible of any modifications/restrictions or cancellations
- Clubs/skating schools must keep any modifications and restrictions in place until advised that it is safe to resume activities by public health, government or sport officials



Public Health Guidelines

Club and skating school members should follow all public health guidelines regarding COVID-19. These may include:

- Following federal quarantine requirements after traveling outside of Canada
- Following the advice of a doctor, health care provider or public health unit to isolate at home when required due to an outbreak or contact tracing
- Any individual with symptoms of COVID-19 is not permitted to take part in club or skating school activities

Club/skating school COVID-19 Communication Plan

Clubs and skating schools should ensure effective communication is taking place with their membership during the Return to Play Stages. The following should be considered by the clubs/skating schools.

1. Ensure up to date contact information for all club/skating school members is on-file
2. Determine best method to distribute information (i.e. Facebook page, direct e-mail lists, webinars...)
3. Determine the responsibility for communication within the club/skating school during the Return to Play stages (i.e. staff, volunteer, COVID-19 Oversight Group)
4. Establish consistent cadence of communication to maintain connection with club/skating school members during Return to Play (i.e. Weekly. Bi-weekly)
5. Consider holding a virtual Town Hall / Webinar to deliver information on Return to Play protocols and answer any questions / concerns
6. Consider where communications/documents can be stored on a website or social media site for future reference by club/skating school members
7. Designate member of COVID-19 Oversight Group to follow up with any individuals who become unwell with symptoms of COVID-19 during club/skating school activities
8. Determine paper or virtual storage location for daily Session Participation Tracking sheets
9. If it is determined that a club/skating school member has tested positive for COVID-19, work with Public Health who will perform contact tracing and will inform all club/skating school members that may have been in close contact with that individual
10. Ensure the facility and Skate Ontario are informed if a club or skating school member is diagnosed with COVID-19.

