

Return to Skating Relaunch Plan

September2020

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# Introduction

Wetaskiwin Skating Club exists to promote skill development and foster the love of skating at all levels. The safety of our skaters, Coaches and skating community is the top priority for Wetaskiwin Skating Club (WSC). We are proudly offering a variety of skating programs targeting learn-to-skate, figure skating and power skating while taking necessary steps to prevent the transmission of the COVID-19 virus. WSC is following all government regulations as well as the guidelines from Skate Canada and Skate AB/NWT/NU to keep our skating community protected.

COVID-19 requires us to think and act differently to protect ourselves and each other. We expect and rely on the athletes and spectators to adhere to the rules and regulations set out by WSC, the City of Wetaskiwin, the Government of Alberta, and other health authorities. As the situation is fluid and apt to change rapidly, the WSC Return to Skating plan will be adapted according to the newest available information.

We all must act together to keep our skating community safe.

# Guidelines from Government of Alberta

“Guidance for Sport, Physical Activity and Recreation – Stage 2” can be found at <https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>

## Grouping/ Cohorting

There are two different formats that were considered for operating our programs.

A. With Physical Distancing – All participants must remain 2 meters apart at all times

including coaches and team personnel.

B. Using Cohort Groups–A Cohort Group allows up to 50 participants to group together to

participate in a program where physical distancing cannot be achieved for on ice

activities. Cohort Groups must remain together for the duration of ‘AHS Phase 2’ unless

participants enter a two-week (14 day) isolation period, after which an athlete may

establish themselves as part of a new ‘Cohort Group’.

C. Programs should operate within a specified community, zone, or region where travel is

limited.

Wetaskiwin Skating Club will be using Option A. Maintain Physical Distancing.

## Physical Distancing

Physical distancing is one of the most effective strategies to prevent the spread of COVID-19.

At this time, we are not declaring any of our programs a cohort. Individual sports where physical distancing can be maintained is not a cohort.

We will be limiting the number of skaters and coaches on the ice to **maximum of 50 participants & coaches**. This means a maximum of 40 CanSkate registrations per semester. Additional skaters will be waitlisted and accommodated only if able to safely and consistently meet guidelines.

## Personal Protective Equipment (PPE) use

PPE is only acceptable in situations when social distancing cannot be consistently maintained. The use of PPE does not allow participants to break social distancing rules during the sessions.

**Coaches: Masks required, face shields available, gloves available.** All coaches will be provided with PPE as per Skate Canada Guidelines.

**STAR Skaters/Rising Star: No masks required**. For the higher level skaters, we expect all skaters to comply with the 2m physical distancing requirements both on and off the ice. Following the Government of Alberta GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION – STAGE 2, masks are not required during intense physical activity.

**CanPOWER: No masks required**. We expect all skaters to comply with the 2m physical distancing requirements both on and off the ice. Following the Government of Alberta GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION – STAGE 2, masks are not required during intense physical activity.

**CanSkate: No masks required but strongly encouraged**. Coaches and Program Assistants often need to be within 2m of young skaters and, at times, provide physical contact to support or direct skaters, or occasionally help them up off the ice!  Coaches and Program Assistants will be masked as per Skate Canada guidelines. For the protection of the Coaching team and other skaters, we strongly encourage ALL skaters to wear masks if able. If using masks, please ensure they are well fitted so the skaters can see they feet (as they often look at their skates!) and consider the use of a helmet face cage to curb the urge to touch their masks/ face.

As of Sept 05, there are no regulations or guidelines in place that mask use in the City of Wetaskiwin public buildings however mask use by spectators is strongly recommended.

# Protocols and Safety Responsibilities

## Responsibilities of Skaters & Spectators

* Maintain Physical distance of 2 m at all times. No unnecessary physical contact.
* Consider wearing masks that cover the nose and mouth. Use of masks does not eliminate the need for physical distancing.
* No sharing of water bottles, food, personal equipment, masks, etc.
* All athletes must be registered skaters with WFC and Skate Canada
* All athletes must complete paper-based COVID-19 screening PRIOR to entering ice surface or dressing rooms
* All spectators must complete paper-based COVID-19 screening PRIOR to entering seating areas or dressing rooms. Parents/guardians of CanSkaters are required to stay in the building during lesson times. All skaters are asked to limit non-essential spectators.
* All participants will wash their hands or sanitize before and after training.
* All participants will use hand sanitizer as needed throughout session, specifically if they are contacting high-touch surfaces (music box, door handles, etc.)
* Wash mittens or gloves frequent, ideally between each skating session

## Illness Policy for Skaters/Spectators

(modified from <https://skateabnwtnun.ca/covid-19-2/> )

A “participant” includes a club or skating school employee, coach, choreographer, volunteer, official, skater or parent/ spectator. The Club will disclose relevant information to health and administrative authorities as outlined but, for confidentiality reasons, the Club will not publicly identify the skater/spectator or publicly disclose any personal information.

1. **Inform an individual in a position of authority (coach, club administrator) 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**
   1. Participants must have a daily screening for symptoms upon arrival at the entrance of the facility
   2. Administrators/coaches will visually monitor participants to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity
   3. If Participants are unsure please have them use the [Alberta Health COVID-19 self-assessment tool](https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx)
3. **If a Participant is feeling sick with COVID-19 symptoms**
   1. They should remain at home and contact Health Link at 811
   2. If they feel sick and /or are showing symptoms while at work/practice/activity, they should be sent home immediately and have them contact 811 or a doctor for further guidance
   3. Facility must implement Rapid Response Plan including:
      1. Immediate isolation of the symptomatic participant from others, including arrangement for safe travel home (e.g., no public transit)
      2. Consideration of suspension or temporary cancellation of the event
      3. Cleaning and disinfecting of all equipment and surfaces that may have come into contact with the symptomatic participant
      4. Performance of hand hygiene by remaining participants
   4. No Participant may participate in a practice/activity if they are symptomatic
4. **If a Participant tests positive for COVID-19**
   1. The Participant will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus as verified by a medical professional
   2. Any Participants who work/practice closely with the infected participant will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further
   3. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched
   4. If any participant tests positive, the club/skating school must inform the Alberta-NWT/Nunavut Section Office of the test positive case by emailing [info@skateabnwtnun.ca](mailto:info@skateabnwtnun.ca)
5. **If a Participant has been symptomatic and is waiting for the results of a COVID-19 Test ( if you do not have symptoms and choose to have asymptomatic testing, this does not apply):**
   1. As with the confirmed case, the Participant must be removed from the workplace/practice/facility
   2. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and contact Health Link at 811
   3. Other Participants who may have been exposed will be informed and removed from the workplace /practice /activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities
   4. The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched
6. **If a Participant has come in to contact with someone who is confirmed to have COVID-19**
   1. Participants must advise their coach/club administrator if they reasonably believe they have been exposed to COVID-19
   2. Once the contact is confirmed, the Participant will be required to follow the direction of Alberta Health Services
   3. The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched
7. **Quarantine or Self-Isolate if:**
   1. 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
   2. Any Participant with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate
   3. 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.

## Outbreak Policy for Skaters/Spectators

(modified from <https://skateabnwtnun.ca/covid-19-2/> )

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak.

A “participant” includes a club or skating school employee, coach, choreographer, volunteer, official, skater or parent / spectator. The Club will disclose relevant information to health and administrative authorities as outlined but, for confidentiality reasons, the Club will not publicly identify the skater/spectator or publicly disclose any personal information.

**An “outbreak” is two or more cases; a “case” is a single case of COVID-19.**

1. Identify the roles and responsibilities of club and facility staff or volunteers if a case or outbreak is reported. The Club President (or delegate) and/or City of Wetaskiwin has the authority to modify, restrict, postpone or cancel activities.
2. If a participant reports they are suspected or confirmed to have COVID-19 and have been at the facility, implement enhanced cleaning measures to reduce risk of transmission. Notify the City of Wetaskiwin on-site facility operator and the City of Wetaskiwin right away
   1. Advise individuals to:
      1. Self-isolate
      2. Monitor their symptoms daily, report respiratory illness and not to return to activity for at least 14 days following the onset of 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
      3. 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.
      4. Use the [Alberta Health COVID-19 self-assessment tool](https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx) to help determine if further assessment or testing for COVID-19 is needed

Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency  
Individuals can learn more about symptoms and how to manage a patient at home by accessing the following Alberta Health Services links:

<https://www.albertahealthservices.ca/topics/Page17026.aspx>

<https://www.albertahealthservices.ca/topics/Page16997.aspx#sign>

1. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement Illness Policy (above).

If our Club is contacted by a medical health officer in the course of contact tracing, we will fully cooperate with local health authorities.

## Responsibilities of WSC

* Provision of PPE kits
* Provision of hand sanitizer
* Provision of paper based screening tool in Arena Lobby
* Collection and retention of screening tools (skaters and spectators) as per Government of Alberta guidelines.
* Provision of information to government or health authorities as requested
* Cleaning of WSC offices including desks, computers, payment devises, clipboards used for waiver collection, etc.

## Responsibilities of Coaches/Program Assistants

* Coaches will coach from a safe distance at least 2 meters from athletes when possible.
* Remind athletes and spectators of social distancing guidelines
* Remind athletes to avoid touching surfaces including the leaning on the boards
* Remind athletes not to touch their face during activity
* Disinfect all shared training equipment and high contact surfaces between sessions
  + Includes music box/devises, CanSkate equipment
  + Top of boards along players’ benches where water bottles are stored
  + Penalty box/players’ bench door handles (when in use)
* Instruct players to eat and use the washroom before they leave home.

## Responsibilities of the Arena Staff

City of Wetaskiwin, not WSC, determine arena cleaning protocols, dressing room access, and spectator access. They are also responsible for posting required notifications and signage as per Government of Alberta regulations.

Arena staff are responsible for cleaning of:

* High touch surfaces as per City of Wetaskiwin
  + including rink entrance and access doors, washrooms
* dressing rooms between groups/users

## General Stay Safe Measures

Visit Government of Alberta website for more information about COVID19: <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

Additional stay safe measures include:

• Driving alone or with people they are living with (no carpooling).

• Staggered approach to the site (e.g. physical distancing of 2 meters).

• Avoiding touching common surfaces while in public.

• Come straight to the Arena from home and go straight home.

• Practice good hygiene by:

o Coughing into a sleeve.

o Sneezing into a tissue.

o Avoid touching your face.

o Washing hands thoroughly and frequently with soap and water.

o When water and soap is not immediately available, using hand sanitizers with a minimum concentration of 60% alcohol.

o Wash hands prior to and immediately following practice/tryout, using the washroom,

and/or after handling equipment.

o Sanitize your phones and devices often, leave them in the car or at home when possible.

o Help each other with helpful reminders, this is new to everyone.

# Program Specific Guidelines

## CanSkate

* complete Health Screen prior/upon arrival at rink. Submit form to Club volunteer
  + continue to self- monitor and inform Coaches/Club if feeling unwell
  + familiarize yourself with Illness Policy and Outbreak Policy (above)
* review Skate Alberta “Skater Checklist” for pre-arrival recommendations found at <https://skateabnwtnun.ca/covid-19-2/>
* masking not required but strongly encouraged both on and off the ice
  + If using masks, please ensure they are well fitted so the skaters can see they feet (as they often look at their skates!) and consider the use of a helmet face cage to curb the urge to touch their masks/ face.
* physical distance of 2m will be maintained at all times
  + skaters must be able to get up from the ice on their own to limit physical interaction with Coaches/PA’s
  + follow the direction of Club representative/ Coaches for getting on/off the ice
* Arrive no more than 15 minutes before skating starts
* dressing rooms
  + skaters should arrive at the rink, skates on, mitts on, and ready to go
  + if dressing room used, max 10 skaters per dressing room with physical distancing
* wash mittens/gloves between sessions

## STAR Skate/Rising Star

* complete Health Screen prior/upon arrival at rink. Submit form to Club volunteer
  + continue to self- monitor and inform Coaches/Club if feeling unwell
  + familiarize yourself with Illness Policy and Outbreak Policy (above)
* review Skate Alberta “Skater Checklist” for pre-arrival recommendations found at <https://skateabnwtnun.ca/covid-19-2/>
* masking not required during training. Mask use encourage when off-ice
* physical distance of 2m will be maintained at all times
* dressing room use is discouraged
  + if used, max 10 skaters per dressing room with physical distancing
* storage of skate bags in WSC Storage Room (Arena 2) is discouraged
  + if using storage room, max one skater in room at any time, mask use recommended, hand sanitizer use upon entry of storage room
* Skaters to assist with cleaning as requested by Coaches, Club or facility staff

## CanPOWERSkate

* complete Health Screen prior/upon arrival at rink. Submit form to Club volunteer
  + continue to self- monitor and inform Coaches/Club if feeling unwell
  + familiarize yourself with Illness Policy and Outbreak Policy (above)
* review Skate Alberta “Skater Checklist” for pre-arrival recommendations found at <https://skateabnwtnun.ca/covid-19-2/>
* masking not required during training. Mask use encourage when off-ice
* physical distance of 2m will be maintained at all times
* dressing room use is discouraged
  + if used, max 10 skaters per dressing room with physical distancing

## Competition & Fun Meet Participation

Competitions and fun meet event planning and participation will be determined in consultation with Coaching staff and in accordance with up-to-date Government of Alberta and Skate Canada regulations.

## Program Refunds

Facility Closures: As we do not know how the season will evolve, our refunds will be proportional (monthly) should the season be unexpectedly shortened due to facility closures.

Self-isolation/quarantine: No partial refunds for skaters/families on self-isolation or quarantine due to COVID-19.

Withdrawal: All other refunds related to registration withdrawal from programs can be found on our website at wetaskiwinskating.uplifterinc.com

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# Resources, guiding documents and more information

* Government of Alberta GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION – STAGE 2  
  <https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>
* Government of Alberta - general information  
  <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>
* Government of Alberta - Guidance for Wearing Non-Medical Masks  
  <https://open.alberta.ca/dataset/989e490e-5959-4a20-bfc7-b126b08ea996/resource/523f7856-31f5-4af1-be62-3a48a0acad4c/download/covid-19-guidance-for-wearing-non-medical-masks.pdf>
* City of Wetaskiwin  
  <http://covidwetaskiwin.ca/>
* Skate Canada - Return to Skate Guidelines  
  <https://skatecanada.ca/wp-content/uploads/2020/05/Return-to-Skating-Guidelines.pdf>
* Skate Alberta/NWT/Nunavut  
  <https://skateabnwtnun.ca/covid-19-2/>

# Appendix - City of Wetaskiwin Regulations

### 1. General

Communication of the User Group/Individual User Guidelines to all your participants is the

responsibility of the Facility renter. Please be aware that as Public Health Officials update

regulations and guidelines, the City of Wetaskiwin reserves the right to adjust/cancel rentals

accordingly. These guidelines are subject to change. All User Groups/Individual Users will be

notified. Ensure you read and understand all sections of these guidelines that pertain to your

activity. Section 3 holds facilities/outdoor fields specific information.

### 2. Guidelines

A. User Groups/Individual Users must meet all Public Health requirements; it is the User Group’s/ Individual User’s responsibility to ensure they are compliant.

B. Along with following all Public Health guidelines, if your activity is sanctioned by or affiliated with, a provincial or national organization, you also need to ensure you are complying with your governing body’s guidelines.

C. Health Check Requirement – The person in charge of the activity will be responsible to complete a Health Check (pre-screening questions) with all participants attending the scheduled booking.

D. Designated entrance and exit points are established for each Facility. See Facility specific information under 3.0.

E. Access to the Facility will be 15 minutes prior to your scheduled time and you must exit within 15 minutes after your session has ended.

F. The person in charge of the activity (e.g. coaches, host, and instructors) are responsible to ensure equipment specific to your activity that is brought to the Facility (e.g. balls, pylons, pucks, art supplies, entertaining supplies, etc.) have been sanitized prior to use.

G. Hand-sanitizers will be located throughout our facilities only for your use.

H. Please ensure that you wash your hands and that physical distancing is maintained at all times.

I. It is up to your group/individual user to assess the practicality of returning to sport/activity under these restrictions and assess the implications and potential risk in offering programming/activities in the City of Wetaskiwin Facilities.

J. Failure to comply with the above may result in enforcement action, including fines and penalties, cancellation of your rental by the City or the Province.

K. If a person is experiencing flu-like symptoms during their activity they must isolate and notify a City employee.

L. You must adhere to Facility specific guidelines as attached.

### 3. Facility Specific Information

A. Arena entrance – the main doors will be used as an entrance only and arena 2 doors will be used as the exit. There will be directional arrows to guide people.

B. Washrooms – there will be hand sanitizer located outside of each washroom. There will be signs posted outside of the washrooms stating capacity.

C. Dressing rooms:

o There will be a maximum of 10 players per dressing room.

o Players are encouraged to come dressed and ready to play. There will be significantly less time and access to rooms.

o Players will only be allowed in the rooms 15 minutes before their scheduled ice time and 15 minutes after their ice time.

o The rooms will need to be disinfected between groups. Please be patient with the arena staff while they complete this work.

o Masks are strongly encouraged when participants, coaches, players, and parents are unable to social distance.

o Showers will not be available at this time.

D. Common Areas – No congregating in lobby areas. The tables will be removed and vending machines turned off. The concession will be closed.

E. Bleachers – Certain sections of the bleachers are taped off to encourage social distancing. There

will also be directional arrows to guide patrons. Bleachers are limited to 100 spectators.