

Kamloops Long Blades Speed Skating Club  
**Return to ICE Safety Plan**  
Sept. 4, 2020

We are an active and progressive club of approximately 55 skaters and 120 members. Our athletes range in age from 5 to 60, with the majority being youth under 18. Summer training consists of dryland and inline training, 2 or more times per week. Ice training begins in September and is 2-4 times per week at McArthur Island Sport Center. This plan is for ice and in-season dryland.

**Assessment of Risks**

- Inside arena to skate. Outdoors to dress and warm up.
- Arena doors will be opened 5 minutes prior to ice time. One parent may accompany the skater inside. No siblings who are not skating at that time.
- Athletes and coaches will put their skates on in the designated seating and will maintain a minimum of 2 metre distancing between others.
- Mat carts will be placed on the ice by volunteer parents. Mats will be touched by several people.
- Pucks might be touched by more than one person.
- Athletes will mainly be in contact with the floor, the chairs, the mats, the ice or other skaters.
- There is a potential risk of athletes becoming injured during training.
- As modified competitions and camps are introduced there is the additional risk of being with people from outside your club (but within your BCSSA Cohort) and with travel.

**Protocols to Reduce the Risks**

- Guided by the BC Speed Skating Association and ViaSport Return to Practice Guidelines, as well as what is mandated by the Government of BC and the City of Kamloops, with the understanding that these guidelines will change with the phases of Covid-19 and adaptations may need to occur
- Illness policy is in place and all athletes must submit the wellness questionnaire before coming to training.
- Attendance will be recorded.
- Hand sanitizer and disinfectant will always be available on site. Athletes must sanitize their hands before joining the group, before and after touching the mats, before and after touching the pucks and before and after touching anything else that is not their own personal item.
- Mat removal from the cupboard will be done by two parents at each end and rolled onto the ice from their end. Mat volunteers must wear masks and sanitize their hands before and after touching the mats. On ice placement of mats will be done by older skaters or parents, depending on the group.

- No equipment will be loaned by the club with the exception of skates, which are rented for the entire season and taken home by the skaters.
- Athletes must maintain a distance of 2 metres between each other and 4 metres between coaches and spectators when resting or when moving from the change area to the ice and in and out of the arena.
- Form-fitting multi-layer masks must be worn at all times by skaters and coaches, except when drinking and if they need to be replaced. Parents must wear masks when they are not in the designated seating area in the stands.
- The head coach will be equipped with a portable speaker and mic to communicate in a large area, as needed.
- Gloves, medical masks, glasses or eye shields and first aid kit will be on site and easily accessed by the coaches and/or parents.

-- First Level Protection (elimination): Limit the number of people and ensure physical distance

- Training groups will be based on size of the field of play and will never exceed 20 on ice. Field training will be approximately 25 athletes plus coaches. Inline will be less than 20.
- Parents who are not assistant coaches will not be allowed on the actual field of play.
- Siblings will not be allowed to join the athletes on the field of play.
- Younger athletes will need physical markers to help them maintain distancing while resting and listening on ice.
- Training will be designed to minimize physical contact and close proximity.
- Athletes will come dressed and ready to train. Each athlete will be expected to bring their own small plastic bin to bring on ice to place their water bottle, spare masks, hand sanitizer, tissues, skate guards and necessary items. This will be where they will make any adjustments to their equipment and have their drinks. This is their space only. Each of these spaces will have 2 metre spacing between the next.

-- Second Level Protection (engineering): Barriers and Partitions

- n/a

-- Third Level Protection (administrative): Rules and Guidelines

- Illness policy is in place
- Athletes must submit the wellness questionnaire before coming to training.
- Attendance will be recorded.
- ViaSport Appendix E - Member Communication template used to communicate our Covid-19 policies and procedures with all club members.
- Non compliance consequences will be clearly communicated with all members and will be strictly enforced.

#### -- Fourth Level Protection: Using Masks

- All skaters and coaches must wear masks when in the arena.
- Outdoor training where 2 meter distancing is easily maintained - no masks required.
- Coaches will wear masks if they cannot maintain 4 meter distancing from the athletes.
- If there is a need for the athlete and coach to be in closer proximity for technical coaching etc, both will wear masks.
- If athletes need to be in closer proximity to perform a certain drill or activity, they will be required to wear masks.
- If First Aid assistance is needed, the coach or first aid attendant will wear gloves, eye protection and a mask and will sanitize their hands before and after attending to the skater.
- Athletes, parents and coaches will receive training on the correct use of masks and safety procedures and expectations.

#### -- Reduce the Risk of Surface Transmission through Effective Cleaning and Hygiene Practices

- Hand sanitizer and disinfectant spray and/or wipes will be on site at all times.
- Everyone must sanitize their hands before stepping onto the field of play and as they step off.
- Minimal equipment will be used, but anything being used will be sanitized before use, between users and after use. Whenever possible, siblings will share equipment.
- Rental skates are kept by the athlete for the entire season so there is no contact back and forth.
- Athletes will sit on the designated chairs to put on and take off skates. They will keep their backpack by their designated chair and bring their basket onto the ice.
- Athletes have access to a toilet in the officials dressing room - one person at a time. Parents have access to the washrooms in the lobby.

#### **Develop Policies**

- ViaSport Appendix C - Illness Policy - Adapted and implemented
- ViaSport Appendix D - Participant Agreement -
- Wellness Check in - virtually
- Attendance record
- ViaSport Appendix E - Member Communication - Adapted and implemented
- City of Kamloops Arena User Guidelines and Expectations
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#### **Monitor and Update as Necessary**

- Return to Ice Committee will be responsible for staying apprised of changes and making adaptations. The 5 member committee has people experienced in policy and risk management and includes a medical doctor and the club's head coach.
- The committee reports to the Board of Directors who need to approve their actions.
- The committee will involve designated health and safety representatives if needed.
- Individuals concerned with health or safety can contact any member of the committee or the Board of Directors.

### **Assess and Address Risks from Resuming Operations**

- We are now moving from outdoor and virtual dryland training to indoor skating in the arena. The skaters who have participated in the summer program are familiar with the outdoor procedures so now just need to adjust to the new regulations. Skaters who have not been with us over the summer will need to be closely supervised to ensure they are following all necessary safety precautions.
- Coaches will be informed of all new procedures and practices.
- Gradual return to training to avoid injury. Ease into intensity to allow skaters to adjust to skating with their masks.
- Need to assess the challenges that will come when we return to ice training and what impact Covid-19 will have on our membership and the financial health of our club.

### **References and Resources**

- ViaSport Return to Sport Guidelines for B.C.  
<https://www.viasport.ca/sites/default/files/Phase3ReturntoSportGuidelineswebV2.pdf>
- BC Speed Skating Return to Skating Guidelines
- [https://www.bcspeedskating.ca/wp-content/uploads/2020/08/BCSSA-Return-to-Skating-Guidelines\\_-\\_Progressively-Loosen\\_August31.pdf](https://www.bcspeedskating.ca/wp-content/uploads/2020/08/BCSSA-Return-to-Skating-Guidelines_-_Progressively-Loosen_August31.pdf)
- City of Kamloops User Guidelines and Expectations
- <https://vvsc.ca/wp-content/uploads/2020/07/COK-Arena-User-Guidelines.pdf>

## **Kamloops Long Blades - ILLNESS POLICY**

In this policy, “Team member” includes an employee, volunteer, participant or parent/spectator.

**1. Inform an individual in a position of authority (coach, team manager, program coordinator) 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**

- a. Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
- b. Managers/coaches will visually monitor team members 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.
- c. If Team Members are unsure please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self assessment tool.

### **3. If a Team Member is feeling sick with COVID-19 symptoms**

- a. They should remain at home and contact Health Link BC at 8-1-1.
- b. If they feel sick and /or are showing symptoms while at work, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
- c. No Team Member may participate in a practice/activity if they are symptomatic.

### **4. If a Team Member tests positive for COVID-19**

- a. The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
- b. Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
- c. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.

### **5. If a Team Member has been tested and is waiting for the results of a COVID-19 Test**

- a. As with the confirmed case, the Team Member must be removed from the workplace/practice/facility.
- b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
- c. Other Team Members 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.
- d. 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 Team Member has come in to contact with someone who is confirmed to have COVID-19**

- a. Team Members must advise their employer/coach if they reasonably believe they have been exposed to COVID-19.
- b. Once the contact is confirmed, the Team Member will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the workplace for at least 14 days.
- c. 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:**

- a. Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self isolate.
- b. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- c. Any Team Member 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 Team Member 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.

## Kamloops Long Blades - PARTICIPANT AGREEMENT

Application - all athletes, coaches, members, volunteers, participants and family members of participants while in attendance at club activities (“Participants”)

All Participants of **The Kamloops Long Blades Speed Skating Club** agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and RTP Protocol:

- I agree to symptom screening checks, and will let my club know if I have experienced any of the symptoms in the last 14 days.
- I agree to submitting the online wellness check at least 2 hours before practice begins.
- I agree to wear a mask the entire time I’m in the arena. (Parents may remove masks when watching in the stands)
- I understand that only one parent or guardian per skater is allowed in the arena and no siblings.
- I agree to stay home if feeling sick, and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
- I agree to sanitize my hands before and after touching any equipment at practice. I will bring my personal hand sanitizer and keep it accessible.
- I agree to continue to follow social distancing protocols of staying at least 2m away from others.
- I agree to not share any personal equipment during practice times.
- I agree to abide by all of my Clubs COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the club for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my club membership temporarily.
- I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.
- I understand that there will be ongoing changes as the COVID-19 pandemic evolves and requirements and rules will be adapted as necessary.

Name:

Date:

Signature: