



April 26, 2021

**Subject: Return to Sport Plan**

Dear Skaters, Parents, Coaches and Volunteers:

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, the BC Speed Skating Association has been working with viaSport and the Province of British Columbia to understand the recommendations of our Chief Provincial Health Officer and how they best apply within sport.

The attached *Return to Sport Plan* has been developed for our club in order to ensure:

- health and safety of all individuals is a priority;
- activities are in alignment with provincial health recommendations;
- modifications to activities are in place in order to reduce the risks to each sport organization and its participant, and
- our sport is united and aligned on a plan to reopen throughout the province.

While we do hope things will return to normal in the not too distant future, currently this *Return to Sport Plan* will be the new normal until we are advised otherwise by public health authorities. This is a two-tiered plan that addresses our indoor and outdoor training environments. The first *Return to Dryland Safety Plan* addresses our outdoor Covid-19 training protocols. The second *Return to ICE Safety Plan* for outdoor dryland and inline training. This is followed by the *Illness Policy* and *Participant Agreement*. Please make sure to read all documents to ensure the safety of all club members.

**If you choose to participate, you must follow these rules:**

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have traveled outside of Canada, you are not permitted at the facility until you have self isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID19, please stay home.
- Wash your hands before participating
- Bring your own equipment, water bottle and hand sanitizer
- Comply with physical distancing measures at all time
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Leave the field of play as quickly as possible after you finish

Our Return to Sport Plan is based on current public health guidance. While we are all doing our best to minimize the risk of exposure to COVID-19, while the virus circulates in our communities it is impossible to completely eliminate the risk. Each participant must make their own decision as to whether it is in their best interest to resume participation at this time. You must take into account your own circumstances and make the decision that is right for you. Should you choose to join us, we require your full cooperation with our Return to Sport Plan.

Sincerely,  
The Board of Directors, Kamloops Long Blades SSC

## A Note from the Coach

We will be starting in person dryland and inline sessions next week. We will begin with just the older skaters and those who have already been participating in our virtual training sessions and gradually invite others as we test and perfect our operational procedures. We must maintain strict compliance with our **Return to Dryland Safety Plan** with no exceptions.

**Please read all of the attached documentation and save it for future reference.**

- The **Participant Agreement** must be read and signed by all who attend club activities. Please sign, scan and forward to [kamloopslongblades@gmail.com](mailto:kamloopslongblades@gmail.com)
- The online **Wellness Survey** must be completed before each and every training session, preferably 2 hours prior. Follow this link: <https://forms.gle/FziqPBoaB3BnQe466>
- Each skater must bring a blanket or towel to lay on the ground to mark their space and give them a clean place to place their water bottle, backpack etc and to put on their inline skates or training shoes. This is each person's personal space, not to be touched by anyone else.
- Masks must be worn while coming onto and leaving the field, while not moving around and whenever 3 meters of distance is not possible.
- Failure to comply with any of the requirements as stated in the **Return to Dryland Safety Plan, Participant Agreement or Illness Policy** will not be allowed to participate.
- Parents are not permitted on the Field of Play unless they are invited to assist the coach.
- Siblings are not allowed on the field of play.

I know it sounds very strict...and it is. It's for everyone's safety and well-being and as a club, we must follow the legislated protocol or risk reprimand.

If anyone would like further information regarding the province's Return to Sport Guidelines, please refer to the ViaSport website <https://www.viasport.ca/return-sport> or BC Speed Skating <https://www.bcspeedskating.ca/news/bcssa-return-to-practice-guidelines/>

Yours in skating,

Sandi

Kamloops Long Blades Speed Skating Club

**COVID-19 Dryland Safety Plan**

April 26, 2021

\*Subject to change in accordance with public health regulations

We are an active and progressive club of approximately 31 skaters and 48 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 dryland and inline only.

**Assessment of Risks** - Summer Dryland on Fields and Inline on Parking lots - Outdoor only

- Parents will drop their athletes off in the parking lot or beside the field, and pick them up from the same location.
- Athletes will join the coaches on the field or parking lot and will maintain a minimum of 2 metre distancing between others.
- Fields and lots are public and may have passers by.
- Some training equipment may be shared between athletes.
- Public washrooms may or may not be available.
- Athletes will mainly be in contact with the grass, asphalt and potentially benches or cement curbs.
- There is a potential risk of athletes becoming injured during training.

**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;
- Any equipment will be sanitized before use, during use between athletes, and immediately after use. Whenever possible, siblings will share equipment;
- Athletes must maintain a distance of 3 metres between each other and 6 metres between coaches and spectators;
- The head coach will be equipped with a portable speaker and mic to communicate in a large area, as needed.;
- Gloves, masks 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. Field training will be approximately 15 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.
- All in person activities will be outdoors
- Our older athletes can be trusted to maintain their distance while training and socializing. These will be the primary participants in the summer training. If we do any sessions with the younger athletes, visual markings will be used such as pylons.
- Training will be designed to accommodate physical distancing, using drills, skills and technical activities.
- Athletes will come dressed and ready to train. Each athlete will be expected to bring their own towel or blanket to mark their space and place their water bottle and items. This will be where they will tie up their inlines or make any adjustments to their equipment. This is their space only. Each of these spaces will have 3 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

- Masks will be worn when athletes are stationary, entering and leaving the field of play and whenever 3 meter social distancing is not possible.
- Outdoor training where 3 meter distancing is easily maintained - masks can be removed while exercising.

- Coaches will wear masks if they cannot maintain 4 meter distancing from the athletes.
- If First Aid assistance is needed, the coach or first aid attendant will wear gloves, eye protection and a mask.
- 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 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.
- Inline skates are kept by the athlete for the entire summer so there is no contact back and forth.
- Athletes will be sitting on their own clean towel or blanket to avoid contact with the field surfaces. They will keep their backpacks, water bottles etc on these designated spaces.
- If public washrooms are available on site, athletes will be directed to sanitize the toilet before use and sanitize their hands after use.

#### **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
- Non compliance consequences - developed

#### **Monitor and Update as Necessary**

- Return to Practice Committee has been formed and 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**

- At this time we are only returning to outdoor training activities with little equipment. We will not share any kind of equipment which would be touched, that cannot be sanitized at the field of play.
- Coaches will be informed of all new procedures and practices.
- Gradual return to training to avoid injury.
- 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.

- 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://vpsc.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 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 the equipment I use throughout my practice with approved cleaning products provided by the club (shared and personal equipment).
- I agree to continue to follow social distancing protocols of staying at least 2m away from others.
- I agree to not share any 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.

Date:

Signature:

Please date, sign, scan and forward to [kamloopslongblades@gmail.com](mailto:kamloopslongblades@gmail.com)