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## *RETURN TO SKATING PROTOCOLS – PHASE 2*

We at the Innisfail Skating Club are committed to staying informed and following the guidelines set by all federal, provincial and municipal regulations to limit the spread of COVID-19. We will be working with our governing body, Skate Canada: Alberta-NWT/Nunavut and following their safety guidelines. With restrictions in place and certain safety standards, our sessions will look different this season. The good news is that we get to skate.

At this time, the Town of Innisfail, has put a limit as to how many skaters/coaches can be on the ice. We are only allowed to have a maximum of 25 skaters on the ice (not including coaches).

The Innisfail Skating Club will communicate to our families any changes to these protocols. We are looking forward to this year’s season, even though it comes with many changes.

Let’s all work together to stay safe.

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| Item | Protocol |
| Compliance with Regulations | All individuals must comply with the most current version of the Return to Play protocols established by the Innisfail Skating Club and Skate Canada: Alberta-NWT/Nunavut and must adhere to all federal, provincial, and municipal regulations. Non-compliance may result in removal from our programs without a refund. |
| Compliance with Waiver | The Assumption of Risk and Waiver form must be completed by each participant (including staff, skaters, coaches, and volunteers) prior to participation in any activities. This waiver needs to be completed online and only once. See Appendix B for *Assumption of Risk and Waiver* |
| Education | All parents and skaters will receive detailed information via email regarding new safety and hygiene protocols that are in effect this season. Prior to program start date, every parent will receive a phone call from an ISC board member, at which time the details of these new protocols will be discussed, and any parental or skater concerns can be addressed. Board member will record date of phone conversation with parent/skater to confirm information has been accurately relayed and received. |
| Self-Screening Measures | Individuals must NOT attend any classes or club activities if they: • Exhibit any COVID-19 symptoms identified by health experts  [Alberta Health COVID-19 Symptoms](#_RETURN_TO_SKATING) • Have returned from travel outside of Canada (must quarantine for 14 days at home) • Have been in contact with some with COVID-19 in the past 14 days   Those who are considered a vulnerable or at-risk individual are advised of the increased risk of participation and take additional precautions and use of PPE where possible. |
| Screening of individuals | Each participant (skaters, coaches, volunteers) must complete an on-site verbal screening on a daily basis before participating in any club activities. Attendance will be logged for contact tracing purposes. Children and youth under the age of 12 may need a parent to assist them during the screening process. See Appendix A for *Health Screening Questionnaire* |

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| Item | Protocol |
| Personal Hygiene | • Wash or sanitize hands upon entry to facility and immediately after each class • Skaters should not touch door handles, gates, benches, or other common surfaces • Personal hygiene etiquette must be practiced at all times (cough / sneeze into arm or tissue, immediately place used tissues into the facility garbage bins) • All skating clothes, gloves, water bottles, and skates must be kept clean. Make sure all items of clothing are immediately washed and skates / guards sanitized, prior to re-entering the facility • All personal items (guards, water bottles etc.) must be clearly labelled. STARSkater can store these items in their personal baskets and keep them at board side or on the players bench. The Facility is allowing skaters to take a small bag to that area as well • Absolutely no sharing of water bottles or food |
| Cleaning / Disinfecting | The arena staff will implement a cleaning schedule to ensure disinfecting at regular intervals in accordance with Public Health guideline. A disinfectant spray will be used on all high touch areas, doors, equipment, chairs, etc.  Hand sanitizer stations are located throughout the facility including near the ice surface. |
| Personal Protective Equipment (PPE) | Coaches and Program Assistants are required to wear a non-medical face masks while coaching  For Skaters, wearing a face mask while skating is optional.  Any individual attending to a non-family member for medial emergency must wear appropriate PPE including a medical face mask and disposable gloves. |
| Physical Distancing | Skaters are required to maintain a physical distance of 2 metres with skaters and coaches at all times on the ice and within the facility.  There will be a supervisor who makes sure that social distancing guidelines and traffic flow are being followed |
| Dressing Rooms | Dressing rooms will not be used for group programming at this time. Skaters may use the "Staging Area" in the arena lobby to put their skates on. We encourage skaters to enter the building wearing their skates and guards to protect their blades.  Skaters may put a small personal bag in the players bench. Skaters can only bring one small bag. |
| Entry / Exit to Facility | Participant may enter the facility no more than 10 minutes prior to activity and must leave immediately following the completion of their class.  Individuals must use the designated entry and exit door, along with following the one-way flow patterns established by the facility. |
| Parents / Spectators | Parents and spectators are NOT allowed to watch their skater at this time. Parents are kindly asked to leave after assisting their skater with their skates. |
| Coaching | All coaching will be done using verbal cues. There should be no physical contact with the skater unless medical attention is required.  A minimum of 2 metres must be maintained between the skater(s) and the other coaches at all times. |
| Travel | Transportation to and from the facility should be arranged so that only individuals from the same household or cohort members share rides  Skaters that skate outside of the Central Zone will not be permitted on the ice at this time. |

## **APPRENDIX A**

## **HEALTH SCREENING QUESTIONNAIRE**

This questionnaire must be completed **verbally** by each individual prior to participation in each skating class.

**If an individual answers YES to any of the questions, they must not be allowed to participate in the skating program**. Children and youth may need a parent to assist them to complete this screening tool.

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| 1. | Do you/your child have any new onset (or worsening) of any of the following symptoms? | **CIRCLE ONE** | |
| Fever | YES | NO |
| Cough | YES | NO |
| Shortness of breath / Difficulty breathing | YES | NO |
| Sore throat | YES | NO |
| Chills | YES | NO |
| Painful swallowing | YES | NO |
| Runny nose / Nasal congestion | YES | NO |
| Feeling unwell / Fatigued | YES | NO |
| Nausea / Vomiting / Diarrhea | YES | NO |
| Unexplained loss of appetite | YES | NO |
| Loss of sense of taste or smell | YES | NO |
| Muscle / joint aches (unrelated to training) | YES | NO |
| Headache | YES | NO |
| Conjunctivitis (commonly know as pink eye) | YES | NO |
| 2. | Has the person attending the activity / facility travelled outside of Canada in the last 14 days? | YES | NO |
| 3. | Have you/your child had close, unprotected\* contact (face to face contact within 2 metre/6 feet) with someone who has travelled outside of Canada in the last 14 days and who is ill\*\*? | YES | NO |
| 4. | Have you/your child attending the program or activity had close, unprotected\* contact (face to face contact within 2 metre/6 feet) in the last 14 days and who is ill\*\*? | YES | NO |
| 5. | Have you/your child or anyone in your household been in close, unprotected\* contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19? | YES | NO |

\* “unprotected” means close contact without appropriate personal protective equipment.

\*\* “ill” means someone with COVID-19 symptoms on the list above.

If you have answered YES to any of the above questions do not participate. Proceed home and use the AHS Online Health Assessment Tool to determine if testing is recommended.

## **aPPENDIX B**

## **SKATE CANADA ASSUMPTION OF RISK AND WAIVER**

**PLEASE READ CAREFULLY:**

**1. ACKNOWLEDGMENT OF INHERENT RISK**

I understand that participation in skating, figure skating, and any other sporting activities listed in the enclosed appendix (hereinafter the “Sports Activity”) is voluntary, and involves inherent risk during participation, including the risk of possible accidents, physical injury, or exposure to the COVID-19 virus or other infections or infectious diseases as a result of attending training, club events or competitive events. I freely accept and fully assume all such risks, dangers and hazards, including but not limited to personal injury, disease transmission, death, property damage or loss, resulting from my participation. I have carefully considered the risks involved, and I have full confidence that reasonable precautions will be taken to ensure the safety and well-being of myself (or my son/daughter/ward).

**2. WAIVER**

I do for myself (or my child), and our respective heirs, executors, administrators, successors and assigns, hereby waive, release, and forever discharge Skate Canada and/or Skate Canada: Alberta-Northwest Territories/Nunavut Association (Skate Canada: Alberta-NWT/Nunavut Section), all Regions of Skate Canada: Alberta-NWT/Nunavut Section, Innisfail Skating Club, their officers, partners, agents, employees, servants, representatives, volunteers, coaches, officials, successors and assigns (the “Representatives”) of and from any actions, causes of action, complaints, demands and claims or any recourse whatsoever (“Claims”) that I have or may have in the future in any way connected with my (or my child’s) participation in the Sports Activity contemplated herein, whether in law or in equity, in respect of personal injury, illness or disease transmission, loss of life, or property damage of any kind or nature, and I do hereby discharge the Representatives from any such liability. This includes negligence, breach of contract or breach of any statutory or other duty of care.

**3. INDEMNIFICATION**

I further agree to fully indemnify and defend Skate Canada and/or Skate Canada: Alberta-NWT/Nunavut Section, all Regions of Skate Canada: Alberta-NWT/Nunavut Section, Innisfail Skating Club and any of their Representatives from and against any and all Claims brought against Skate Canada and/or Skate Canada: Alberta-NWT/Nunavut Section, all Regions of Skate Canada: Alberta-NWT/Nunavut Section, Innisfail Skating Club and any of their Representatives, including all related costs and expenses, and against any loss, costs, damages, or expenses which Skate Canada and/or Skate Canada: Alberta-NWT/Nunavut Section, all Regions of Skate Canada: Alberta-NWT/Nunavut Section, Innisfail Skating Club and any of their Representatives may sustain, suffer, incur, or be liable for resulting from, arising from, or in any way related to my (or my son/daughter/ward’s) participation in the Sports Activity. I also agree and undertake not to make any claim or take any proceedings against the Representatives set out above, or any other person or corporation which might claim contribution or indemnity under the provisions of any statute or otherwise from the Representatives set out above.

**4. SEVERABILITY**

The provisions of this Assumption of Risk and Waiver shall be deemed severable and if any provision or portion thereof is held invalid, illegal or unenforceable for any reason, the remainder shall not thereby be invalidated, but shall remain in full force and effect.

**Acknowledgement:** I am aware of the nature and effect of this Assumption of Risk and Waiver and I fully understand all of the terms and conditions above. I understand that I have given up substantial rights by signing this Assumption of Risk and Waiver and I am signing it freely and voluntarily without inducement.

**Parent/Guardian**: I certify that I am the parent or legal guardian of the participant named below and that I am entitled to his or her custody and control. I understand the aforesaid inherent risks that could arise from these activities, I grant permission for my son/daughter/ward to participate in the Sports Activity and other activities incidental thereto and I execute this Assumption of Risk and Waiver on behalf of myself and my son/daughter/ward.

**Participant’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth (D/M/Y): \_\_\_\_ /\_\_\_\_ /\_\_\_\_**

Participant’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Name(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ / \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ / \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date (D/M/Y): \_\_\_\_ /\_\_\_\_ /\_\_\_\_

## **APPENDIX C**

## **ILLNESS POLICY**

A “participant” includes a skater, coach, choreographer, volunteer, official, skater or parent / spectator.

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 verbal screening for symptoms upon arrival at the facility
   2. Supervisors/coaches will visually monitor participants to assess any early warning signs as to the status
   3. If Participants are unsure, they will be instructed to 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 the facility, they will be sent home immediately and have them contact 811 or a doctor for further guidance
   3. No Participant may participate in a session if they are symptomatic
4. **If a Participant tests positive for COVID-19**
   1. 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
   2. Any Participants who practice closely with the infected participant will also be removed from the facility for at least 14 days to ensure the infection does not spread further
   3. If any participant tests positive, the club/skating school must inform the Alberta-NWT/Nunavut Section Office of the positive case
5. **If a Participant has been tested and is waiting for the results of a COVID-19 Test** 
   1. As with the confirmed case, the Participant must be removed from the 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 activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities
6. **If a Participant has come in to contact with someone who is confirmed to have COVID-19**
   1. Participants must advise their coach and/or the Innisfail Skating Club 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
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
   4. 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

## **appendix d**

## **SKATER CHECKLIST**

**Before you leave home**

* DO NOT leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose)
* Eat before you come, if you take food please ensure it is self-contained, do not share
* Thoroughly wash your hands with soap and warm water
* Thoroughly wash water bottles with soap and warm water
* Thoroughly wash training clothes and accessories including gloves, hard guards, blade rag etc.
* Use the washroom

**At the Arena**

* Arrive at facility no more than 10 minutes prior to scheduled ice session
* Warm up outside if possible, maintaining physical distance of 2m
* Place your skates / gloves on outside, in your vehicle, if possible. You may bring a small bag with your items a place it in the players box
* Enter through established entrances and follow signs
* Wash your hands with soap & water or sanitize using hand sanitizer
* Respect social distancing guidelines at all times
* Register with the Innisfail Skating Club Volunteer for Contact Tracing Attendance
* DO NOT share water bottles or personal items
* Follow all guideline and procedures established by the facility and by the Innisfail Skating Club

**After Skating is complete**

* Wash your hands with soap & water or sanitize using hand sanitizer immediately after getting off the ice
* Leave the facility immediately following your session
* Exit through established exits
* Thoroughly wash/disinfect all training clothes and accessories including water bottle, phones, gloves, skates, guards, blade rag etc.