



Skate Canada Nova Scotia COVID-19 Response Plan

Overview

The following protocols are Skate Canada Nova Scotia's (SCNS) rules and policies intended to enable a safe return to the sport. These protocols are based on current Nova Scotia statutes and regulations, current public health requirements and directives, and SCNS'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 on the website, skatecanada.ns.ca.

All protocols are subject to all federal, provincial, municipal, and facility regulations as they may exist.

Meetings

All meetings will be conducted virtually or in accordance with social distancing guidelines until further notice.

Program Registration

No registrations or payments will be accepted in person.

Skating/Rink Protocols

These protocols are designed to provide coaches, skaters, parents, and volunteers basic requirements on how to stay safe while at the rink. The protocols are to be reviewed regularly. All coaches, skaters, parents, and volunteers must acknowledge their understanding of the COVID-19 protocols. Facility requirements must be obtained by the club for submission to the Section in your Return to Ice Request.

Key points for managing COVID-19 while at the rink:

- Maintain physical distancing of 2 meters from other individuals.
- Dressing rooms are to be closed and not to be used by anyone.
- Skaters are to arrive ice ready to the arena.
- Increase sanitization on frequently touched surfaces such as door handles, boards, benches, music equipment, etc.
- One person (coach) designated for music playing per session
- No harness usage, due to social distancing and safety
- Limit the number of coaches/skaters on the ice to a maximum of 10 persons per session.

- Spectators are a regulation of the facility
- Compliance with Skate Canada rules, policies, and procedures
- Compliance with SCNS rules, policies, and procedures
- Compliance with all Safe Sport policies and procedures
- Applicable occupational health and safety requirements
- No skaters, coaches, volunteers, or parents will participate in club activities/skating sessions if they or a member(s) or their household has travelled outside of Nova Scotia in the last 14 days.
- No skaters, coaches, volunteers, or parents will participate in club activities/skating sessions if they or a member(s) or their household is unwell, feeling sick or showing symptoms of illness.
- Coaches and skaters are to have face masks or coverings with them in the event a skater is injured and must be donned by both the coach and skaters in the event the skater needs assistance.
- Skating sessions to be scheduled to minimize overlap and contact with others.
- Warm ups to be done outside (weather permitting) or inside while adhering to physical distancing guidelines.
- Any group sessions on or off the ice must adhere to social distancing guidelines
- Only the skaters that have preregistered for a session can be on that session
- Personal items such as gloves, water bottles, face masks or coverings and tissues are not to be shared and kept separately. When tissues are used, they are to be discarded immediately and skaters or coaches are to wash hands with soap and water or use hand sanitizer.
- Non compliance may result in the suspension of sanctioned activities, programming or participation of sanctioned activities and could jeopardize insurance coverage.

Communication

SCNS will do its best to provide accurate and timely communication in advance of any skating activity to help ensure all participants are aware of expectations.

Tracking all skaters/coaches/choreographer participating in skating activities both on and off the ice must be done on a daily basis. This must be recorded and kept to assist with contact tracing in the event of any positive COVID-19 cases within ice sessions. These records must be submitted to SCNS skatecanadans@sportnovascotia.ca at the end of each week.

Coaches are responsible for circulating the SCNS COVID – 19 Response Plan and the regulations of the facility to parents with confirmation of having been read and explained to their child.

Summary

Skate Canada Nova Scotia remains committed to the health and well being of all individuals they are directly and indirectly involved with and as outlined above multiple provisions have been put in place. As the situation evolves, strong commitment by everyone will ensure the virus spread is contained. New information is continuously being reviewed and analyzed to ensure proper measures are in place and all skating community, coaches, volunteers, and parents are educated on their use. All skating community, coaches, volunteers, and parents must please be vigilant and truthful to ensure the safety of all.

COVID-19 Transmission

The COVID-19 virus is spread through respiratory droplets that are produced through coughing, sneezing, or normal breathing and speaking. These respiratory droplets may transmit the virus from an infected individual to a non-infected individual if they are close to one another. Some people might contract the virus and remain asymptomatic (do not show any signs or symptoms of the virus), which is why public health guidelines state that everyone should stay 2 meters away from other individuals.

In some situations, the respiratory droplets land on surfaces, which can result in people catching the virus by touching those surfaces and then touching their eyes, nose, or mouth.

Your Health and Protecting Others

Skaters, coaches, volunteers, and parents are advised to stay home if they or any member of their household are feeling ill and have cold or flu like symptoms such as fever, sore throat, runny or stuffy nose, headaches, or coughing. Specifically, instructions are:

- Do not come to the rink
- Advise your coach/skater's coach that you or a member of your household is exhibiting symptoms;
- Contact your health care provider or visit Nova Scotia's government online COVID-19 Assessment Tool at <https://811.novascotia.ca/>, if you do not have internet access, call 811; and
- Do not return to skating club events or functions until you are symptom free and advised to do so.

If there is a confirmed case of COVID-19 at SCNS, our procedure includes:

- Stop skating sessions and advise the rink so they can disinfect areas as needed;
- Send skaters, coaches, and volunteers home who came in close contact with the individual; remind them to self-monitor (or self-isolate if they have a high-risk household resident), and inform them a SCNS representative will be in touch with further information
- Contact 811, proceed as directed, and communicate with coaches as appropriate.

Personal Hygiene

Strict personal hygiene is critical to limit contracting and transmitting the virus. All skaters, coaches, and volunteers are instructed to abide by the following guidelines:

- Avoid touching your face, i.e. eyes, nose and mouth.
- Cough or sneeze into your elbow or a tissue (properly dispose of tissue and wash hands).
- Do not share personal items
- Refrain from shaking hands or making any contact with others.
- Wash your hand often with soap and water or use hand sanitizer with at least 60% alcohol for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing
- Carry a face covering or mask with you in the event of injury or illness which requires a coach and skater to come within 2 meters of each other.

COVID-19 RETURN TO SKATING

I have read the SCNS COVID Response plan and will adhere to the protocols and stipulations:

Signature of Club: _____

Signature of Facility: _____

Signature of Coach(es): _____

Date: _____