



PO Box 24, Lakefield, ON K0L 2H0

# Return to Play/Safety Plan

September 23, 2021

The information found within this document is the Lakefield Skating Club’s Return to Play protocols/rules/guidelines that are intended to enable a safe return to our sport. The following is based on Skate Ontario’s current Return to Play and COVID-19 Guidelines, current Ontario Provincial statutes and regulations, current Peterborough Public Health requirements, and the Club’s desire to ensure our sport is safe for all when returning to the ice. This document may be updated at any time. The Return to Play protocol will be posted on our website at [www.Lakefieldskating.com](http://www.Lakefieldskating.com). These are subject to all federal, provincial and municipal laws, regulations, by-laws and orders as currently exist. We will communicate in subsequent Versions any updates as they become available.

With regards to the Return to Play Guide, the Lakefield Skating Club is following Skate Ontario’s Return to Play and all information surrounding Skate Ontario’s COVID 19 information can be found at <https://skateontario.org/covid-19-info-centre/>. Some of the Information found within this document is taken from the Skate Ontario Return to Play documentation.

<b><u>Skating Club Operations</u></b>	
<b><u>ITEM</u></b>	<b><u>PROTOCOL \ GUIDELINE \ RULE</u></b>
Compliance with Regulations \ Protocols \ Rules	<p>The Lakefield Skating Club will adhere to all federal, provincial, municipal laws, regulations, by-laws, health regulations as they may exist. Includes but is not limited to:</p> <ul style="list-style-type: none"> <li>• Physical distancing measures</li> <li>• Health and safety regulations</li> <li>• Size of gatherings</li> <li>• Skate Canada rules, policies and procedures</li> <li>• Skate Ontario rules, policies and procedures</li> <li>• Lakefield Skating Club rules, policies and procedures</li> <li>• All safe sport policies and procedures</li> <li>• Concussion protocols</li> <li>• Applicable health and safety regulations</li> </ul> <p>The Lakefield Skating Club and its coaches will implement and follow the current protocols provided by Skate Ontario and must implement and follow any changes made to them.</p>

Skate Ontario Waiver	<p>The Waiver (Acknowledgement, Release, Indemnity and Assumptions of Risk regarding COVID-19) form provided by Skate Ontario must be completed by each participant in the Lakefield Skating Club activities. This includes board members, coaches, skaters, choreographers and volunteers. This must be completed prior to the start of participation in Lakefield Skating Club activities. This form is only required to be completed one time by each participant and must be kept on-file.</p> <p>Any non-implementation or non-compliance may have consequences to our club and could jeopardize insurance coverage.</p>
Registrations \ Scheduling	<p>The Lakefield Skating Club has an online registration system for all participants to register for each individual session. The online system also provides information on the schedule of sessions. There is a limited number of participants allowed per session. If a participant is not registered for a particular session, they will not be allowed on the ice for that session.</p> <p>Each registration has policies \ procedures that must be accepted prior to registrations being accepted.</p> <ul style="list-style-type: none"> <li>• COVID 19 Policy (Waiver)</li> <li>• Concussion Policy – Rowan’s Law</li> <li>• Skate Canada Code of Ethics</li> <li>• Policies and Procedures</li> <li>• Fees Policy</li> <li>• Vaccine Verification</li> </ul> <p>Photography Waiver (on the registration form)</p>
Self-screening Measures	<p>All participants, spectators, board members, volunteers, coaches, program assistants of the Lakefield Skating Club activities must self-screen before each attendance. Individuals must not attend any sessions\activities if they do not pass the Provincial Self-Assessment Screening.</p> <p><a href="https://covid-19.ontario.ca/self-assessment/">https://covid-19.ontario.ca/self-assessment/</a></p>
Health Screening Measures Prior to Sessions	<p>All individuals taking part in any club activity must complete a Health Screening to our Coaches\Board members before they are allowed to proceed to the ice. This health screening will need to be completed by all participants entering the arena for our sessions (coaches, skaters, and volunteers). If it is not submitted then they will not be allowed to enter the arena\ice pad to participate. This must be completed every day that they participate in club activities. No exceptions will be made to this requirement.</p> <p>Spectators must also screen and sign-in for contact tracing purposes at facility each day that they enter the facility.</p> <p>If skating is taking place in a non Lakefield Skating Club rented ice setting then the coach is responsible for ensuring this screening is completed.</p>

Tracking of participants	<p>As each of our sessions are limited to the registered participants, we will have the list at the facility prior to each session. The sheet will track if the participant\coach\PA\spectator is present or not. This list will be maintained in a location accessible to all board members in case of contact tracing requirements or required to be provided to the facility.</p> <p>If skating is taking place in a non Lakefield Skating Club rented ice setting then the coach is responsible for ensuring this screening is completed.</p>
Facility Coordination	<p>Start times and staggering of sessions information will be provided to Lakefield-Smith Community Centre to ensure facilities have up to date information. Any changes will be communicated and approved prior to implementing.</p> <p>Documented procedures \ guidelines to be provided by the Lakefield-Smith Community Centre:</p> <p>Protocols to be covered\complied with cover at a minimum:</p> <ul style="list-style-type: none"> <li>• Number of people allowed within the facility</li> <li>• Measures to manage flow of traffic in and out of the facility</li> <li>• Ensuring that physical distancing measures as by law (at least 2m) are followed between non family (same household or social circle) members who are using the facility.</li> <li>• Scheduling and implementing cleaning between each session on ice or use of any other facility (as needed)</li> <li>• Wiping down / sanitizing high touch areas such as entry / exit doors to the ice, music area (as needed)</li> <li>• Facilitating compliance by the facility operator with the advice, recommendations and instructions of Peterborough Public Health officials, including any advice, recommendations or instructions on physical distancing, cleaning or disinfecting.</li> </ul>
Education	<p>The Lakefield Skating Club will provide to board members, coaches, skaters, parents and volunteers information on safety and hygiene protocols within the club as well as government approved information on ways to limit the spread of COVID-19.</p> <ul style="list-style-type: none"> <li>• Respiratory etiquette</li> <li>• Hand hygiene</li> <li>• Physical distancing</li> <li>• Use of personal protective equipment (e.g. face masks)</li> </ul> <p>Refer to Appendix A for COVID-19 Education Resources.</p>

COVID-19 Response Plan	<p>A Response Plan has been developed and includes the following: Refer to Appendix B for the full Plan.</p> <ul style="list-style-type: none"> <li>• Designated group to oversee the implementation of health and safety guidelines</li> <li>• Address situations where individuals become unwell or show signs of COVID-19 symptoms during club activities</li> <li>• Protocol for individuals to report to club members and external stakeholders (Skate Ontario, facility management) if they have developed, or been exposed to someone with COVID-19 symptoms</li> <li>• Protocol for the club to inform board members, coaches, skaters, parents, members and volunteers if there has been an exposure to COVID-19 within the club.</li> <li>• Procedures to modify, restrict, postpone or cancel sessions or other activities based on the evolving COVID-19 pandemic</li> <li>• Communication plan to keep board members, coaches, skaters, parents, members and volunteers informed during the Return to Play stages</li> <li>• Protocol for board members, coaches, skaters, parents, members and volunteers after a COVID-19 diagnosis.</li> </ul>
Multiple facilities	<p>Coaching and skating at multiple facilities are strongly discouraged. Skaters, coaches, choreographers must inform the club if they are attending sessions in multiple locations.</p> <p>Individuals should consider the following:</p> <ul style="list-style-type: none"> <li>• Use new face mask and gloves at each location</li> <li>• Manage schedules to avoid entering different facilities on the same day</li> </ul>

<b><u>Skating Club Programming</u></b>	
Programming Limitations	<p>The Lakefield Skating Club is adhering to the number of participants on our sessions based on SkateOntario's return to play.</p> <p>For our <b>StarSkate</b> programs we are adhering to 30 participants on the ice (skaters and coaches). There is a requirement of at least one coach on the ice at all times.</p> <p>As it relates to our <b>CanSkate program</b>, we are adhering to the 45 skaters and maximum of 55 individuals on the ice which includes Coaches and Program Assistants. Pre-CanSkate participants will be limited a maximum number of 10 skaters.</p> <p>As per Skate Ontario - All programming must follow Skate Ontario's program guidelines.</p> <p>Consideration of size of ice surface, level of skaters and facility access will also be considered for the above limitations.</p>

Assessment Days	<p>Lakefield Skating Club may proceed with assessment days only with the approval of Skate Ontario. The following guidelines must be followed:</p> <ul style="list-style-type: none"> <li>• Evaluators must be scheduled by Skate Ontario</li> <li>• Evaluators must be screened prior to their participation in an assessment day and must also conduct daily health screening when the evaluator arrives on site</li> <li>• Physical distancing measures between the evaluator and skaters, coaches and volunteers must be maintained at all times</li> <li>• Must follow all guidelines with respect to group sizes</li> <li>• Attention to ensure that the area where the evaluator will be located has been sanitized prior to their arrival</li> </ul>
<b><u>Off-Ice Activities</u></b>	
Facility Access and Traffic Flow	Individuals will follow facility guidelines by using the designated entry and exit doors in the facility and also any guidelines to manage the flow of people within the facility
Spectators	The total number of spectators permitted to be at the facility must meet facility guidelines. Individuals from the same household or social circle are not required to follow physical distancing requirements. The Lakefield Skating Club will follow the facility guidelines with respect to spectators.
Personal Hygiene	Individuals should wash / sanitize hands upon entering a facility
Warm-up / Cool down	May be conducted inside (if facility approved) and outside of the facility following physical distancing guidelines. Individuals from the same household or social circle are not required to follow physical distancing requirements.
Personal Protective Equipment	<p>Individuals must follow Peterborough Public Health guidelines with respect to wearing face masks within facilities.</p> <p>Off-ice – all participants (coaches, skaters, PA's, spectators, volunteers) must wear a non-medical face mask.</p>
Dressing Rooms	<p>Skaters must arrive at the arena in their skating clothes.</p> <p>Dressing Rooms <b>will not be used for Can-Skate</b> – the stands will be used to put skates on/off.</p> <p>Dressing rooms <b>will be used for the Advanced CanSkate and Star Skate programs only</b>. If provided then facilities are required to ensure that any of these areas that are open to the public are cleaned and disinfected as frequently as is necessary to maintain a sanitary condition.</p>
Skates On \ Off	Skaters need to follow facility guidelines with respect to putting and taking off their skates. If outside of the facility, then social distancing guidelines must be respected (2m apart). Skaters can also use designated areas of the arena that are approved by the facility while still following physical distancing guidelines of 2m apart.

Personal Items	Personal items such as skating bags should be left in the individuals' vehicle (safe and secure location) or may remain in designated area within arena. Skaters and coaches may carry their own water bottle, tissue box, wipes, etc... into the arena.
Entry \ Exit from ice	Skaters must follow the facility approved entry and exit protocols to the ice. Skaters must also follow physical distancing protocols and remain 2m apart from any individual while waiting to enter and exit the ice. Individuals from the same household or social circle are not required to follow physical distancing requirements.
Off-ice Classes	Classes may be conducted inside (if approved by the facility) and outside of the facility following facility and social distancing guidelines. Individuals from the same household or social circle are not required to follow physical distancing requirements.
<b><u>On-Ice Activities</u></b>	
Personal Protective Equipment	Individuals must follow Peterborough Public Health guidelines with respect to wearing face masks within facilities: Coaches: <ul style="list-style-type: none"> <li>• Non-medical face mask while coaching is optional when 2 m distance can be maintained. If 2 m distance cannot be maintained the coach must wear a medical mask and face shield/eye protection.</li> <li>• Any winter gloves that are worn should be washed daily</li> </ul> Skaters: <ul style="list-style-type: none"> <li>• Non-medical face mask while skating is optional</li> <li>• Any winter gloves that are worn should be washed daily</li> </ul>
Physical Distancing	Individuals are required to maintain physical distancing of at least 2m from any other person during the session when not actively skating. Individuals from the same household or social circle are not required to follow physical distancing requirements.
Personal Items	Skaters must use individual water bottles, tissue boxes, etc... during their session.
	No sharing of these items is permitted. Skaters must have their own closed containers (Ziploc bag) for disposing of used personal items such as tissues. These must be disposed of at home or in a lidded garbage container in the facility.
Playing Music	The coaches will be the only members of the Lakefield Skating Club to use the music equipment. They will follow the process identified by the facility we will be skating in. Sanitizing wipes and other cleaning supplies will be supplied to the coaches to be used between the use of the equipment
On-Ice Coaching	Coaches, choreographers and skaters, when actively skating are not required to remain at least 2m apart from each other during the session.

CanSkate Equipment	All equipment used during the CanSkate session will be divided by stations. The coaches responsible at those stations will be responsible for maintaining it clean and sanitized. If our flags for the different groups are used then there will be one designated Program Assistant\Coach responsible for it during the entire session.
--------------------	--



# APPENDIX A: COVID-19 Education Resources

The following are links to Government approved safety and hygiene links.

Ontario Public Health Public Resources: <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>

Peterborough Public Health: <https://www.peterboroughpublichealth.ca/novel-coronavirus-covid-19/covid-19-guidance-for-everyone/>

Ministry of Health – Ontario: COVID-19 Reference Document for Symptoms: [http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019\\_reference\\_doc\\_symptoms.pdf](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf)

Ontario COVID-19 Online Self-assessment Tool: <https://covid-19.ontario.ca/self-assessment/>

<b>TOPIC</b>	<b>TOOL</b>
Hand Hygiene	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en</a>
Physical Distancing	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en</a>
How to Self-Monitor	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en</a>
When and How to Wear a Mask	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en</a>
How to Self-Isolate	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en</a>
You were tested for COVID-19: What you should know	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/2020/06/factsheet-covid-19-test-what-you-should-know.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/2020/06/factsheet-covid-19-test-what-you-should-know.pdf?la=en</a>

# APPENDIX B: COVID-19 CLUB RESPONSE PLAN

## Contact List For Covid-19 Oversight Group

In order to contact the group, the following email is to be used: [Lakefieldskating@gmail.com](mailto:Lakefieldskating@gmail.com). Designated board members will have access to this email and will review and respond accordingly.

Should you have any questions about any of aspects of the Return to Play protocols or other policies and procedures related to COVID-19, please email [Lakefieldskating@gmail.com](mailto:Lakefieldskating@gmail.com).

If information or updates to club related COVID-19 issues or concerns is required to be sent, they will be sent from our club communication email ( [Lakefieldskating@gmail.com](mailto:Lakefieldskating@gmail.com) ). Our website and Facebook accounts will also be updated with any and all information.

## Club Covid-19 Protocols

The following are a set of protocols to follow to deal with situations related to the COVID-19 pandemic that might occur.

### 1) Completion of Skate Ontario COVID-19 Waiver

All individuals participating in the Lakefield Skating Club must complete the Skate Ontario Acknowledgement, Release, Indemnity and Assumptions of Risk regarding COVID-19 (Covid-19 Waiver). Failure to do so means that the individual can not participate in OSC activities.

#### Individuals as follows:

- Skaters
- Coaches
- Board Members
- Volunteers
- Officials (kept on file with Skate Ontario)

### 2) An Individual becomes unwell with symptoms of COVID-19

- If an individual becomes unwell with symptoms of COVID-19, or if someone is aware of an individual that becomes unwell with symptoms of COVID-19, that individual must immediately stop participation in club activities.
- The individual should be isolated from all others in a well-ventilated area, or outside and provided with a non-medical face mask if one is available
- The individual shall be sent home and instructed to follow Peterborough Public Health guidelines regarding self-isolation and testing
- The facility will be informed in order to determine if any areas need to be closed off and/or require additional cleaning/disinfecting
- A member of the COVID-19 Oversight Group will be informed of the situation and will

contact the individual or their parent/guardian to determine if next steps are being taken regarding testing

### **3) An Individual is tested for COVID-19**

- Any individual that is part of the club that has been tested for COVID-19 must not participate in club activities while waiting for the results of the test
- The club will work with Peterborough Public Health (PPH) to consult the Session Participation tracking sheets to inform other club members who might have been in close contact with the individual. Close contact is defined as per PPH guidelines.
- Any club members who were in close contact with the individual should not participate in club activities and should follow Peterborough Public Health guidelines until the diagnosis of COVID-19 is ruled out by health professionals

### **4) An individual test positive for COVID-19**

- If an individual tests positive for COVID-19, they need to inform a member of the clubs COVID-19 Oversight Group
- The COVID-19 Oversight Group will work where requested with the facility and Peterborough Public Health officials to assist in contact tracing. The Session Participation tracking sheets may be used to assist Peterborough Public Health officials in informing other club members who may have been in close contact with the individual
- Any club members who were in close contact with the individual should not participate in club activities for 14 days and should follow Peterborough Public Health guidelines regarding self-isolation and testing
- All club members will be informed of a positive COVID-19 result within the club setting
- The club will inform and work with the facility in the case of a positive COVID-19 result and determine if any additional cleaning/disinfecting should be performed as per the facility's guidelines
- The club will inform Skate Ontario of a positive COVID-19 diagnosis by emailing [clubsupportservices@skateontario.org](mailto:clubsupportservices@skateontario.org)

### **5) Return to club activities following illness**

- If no test was performed, or the COVID-19 test was negative, the individual may only return to club activities once they no longer have any symptoms of COVID-19 for at least 24 hours

### **6) Return to club activities following COVID-19**

- Following a positive COVID-19 test, an individual must follow all Peterborough Public Health guidelines regarding return to activities.

### **7) Modifications / restrictions/ postponing or canceling of club activities**

- Based on the evolving COVID-19 pandemic, the club will follow Peterborough Public Health, municipal/provincial government and sport recommendations regarding modifying/restricting/postponing or canceling activities
- Clubs members will be informed as soon as possible of any modifications/restrictions or cancelations

- The Lakefield Skating Club will keep any modifications and restrictions in place until advised that it is safe to resume activities by Peterborough Public Health, government or sport officials.
- For the club's cancellation policy, please refer to the club's website [www.Lakefieldskating.com](http://www.Lakefieldskating.com)

## 8) Public Health Guidelines

- Club members should follow all Peterborough Public Health guidelines regarding COVID-19. These may include:
  - Any club members who themselves have travelled outside of Canada, or has someone in their household who has travelled outside Canada must self-isolate and not participate in club activities for 14 days, unless the individual has a Government of Canada Travel Exemption
  - Any individual who has been exposed to someone with a confirmed case of COVID-19 should self-isolate and is not permitted to participate in club activities for 14 days, unless they engaged in consistent and appropriate use of PPE (i.e. healthcare workers)
  - Any individual with symptoms of COVID-19 is not permitted to take part in club activities
  - Any individual who has someone in their household showing symptoms of COVID-19, should not participate in club activities

### The Club is Responsible for **Vaccination Verification**

- Relevant skaters, coaches, parents, patrons, volunteers must provide vaccine verification. If the vaccine verification cannot be met, entrance to the arena will not be permitted.
- Vaccine Verification is defined as:
  - 2 full doses of Health Canada approved vaccines (***\*note other combinations below***);
  - Both vaccine doses must be 14 days prior to date of participation; or
  - MD or Nurse Practitioner Extended Class approved exemption (in writing and signed)
  - **and** proof of ID
- Vaccination Verification **is not** required for skaters actively participating under 18 years. (Children under 12 – No proof of vaccination)
- Vaccination Verification **is** required for casual skaters (fun skate), coaches, program assistants, board members and spectators (parents) 12 years and over (Health Unit Requirement).

#### *\*Other combinations:*

- *One or two doses of a COVID-19 vaccine not authorized by Health Canada, followed by one dose of a COVID-19 mRNA vaccine authorized by Health Canada, or*
- *Three doses of a COVID-19 vaccine not authorized by Health Canada.*

*The COVID-19 vaccines currently authorized by Health Canada are Pfizer-BioNtech, Moderna, AstraZeneca/COVISHIELD and Janssen/Johnson & Johnson)*