



Williams Lake Skating Club

2020 / 2021 Season

Guidelines for Return to Play for

Figure Skating

Contents

- RETURN TO PLAY GUIDELINES FOR WILLIAMS LAKE SKATING CLUB 3**
- BEFORE YOU SKATE 3**
- PREPARING TO SKATE..... 5**
- WHILE SKATING..... 7**
- AFTER SKATING 7**
- OUTBREAK PLAN 8**
- Appendix - A Assumption of Risk and Waiver - WLSC 10**
- Appendix B: WLSC Pandemic Health Screening Questionnaire 12**
- Appendix C: Skate Canada Member Club/Skating School Session Record..... 13**
- Appendix D: Williams Lake Skating Club Covid-19 ILLNESS POLICY 155**

Versions:

- July 31, 2020
- August 10, 2020
 - Change to Parent Participation Viewing
 - Change to Tissues
 - Change to Water Bottle Labeling
- September 22, 2020
 - Addition of Winter Skate
 - Addition of Can Skate, Junior Skate, Intermediate Skate, and Senior Skate Considerations

RETURN TO PLAY GUIDELINES FOR WILLIAMS LAKE SKATING CLUB

September 28th, 2020 to March 10th, 2021

If you wish to skate, make sure that you follow the guidelines below:

BEFORE YOU SKATE

1. The Return to Play Plan will be communicated to all skaters, coaches, volunteers and parents before skating begins. The Return to Play Plans will be posted on club website and at the facility.
2. All session registration and payments will be online; no bookings or payments in person at the arena facility. Drop in/buy on participation is not allowed.
3. Programming is limited to only STARSkate (recreational competitive stream) CanSkate and Junior Academy type programming.
4. Lessons are limited to private lessons or lessons with small groups. If lessons with small groups occur, physical distancing measures must be followed.
5. Skaters complete the WLSC Assumption of Risk and Waiver form only once (Appendix A).
 - This form shows acknowledgement of the inherent risk of skating during a pandemic.
6. Skaters complete the WLSC Pandemic health screening questionnaire (Appendix B) at the arrival of each skating session.
 - This questionnaire must be completed by each individual daily prior to participation in each club activity. A parent volunteer will be there to verbally complete the form with each skater. The answer to all questions must be “No” in order to participate in each club activity.
7. Skating Sessions will be limited to the following:
 - No more than 20 people, including coaches, allowed on or near the ice at any one time for Junior, Intermediate and Senior Skating Sessions.
 - In accordance with Skate BC regulations, there MUST be 1 Skate Canada certified coach or choreographer included in the group of 20. As well, please keep in mind that all physical distancing restrictions apply to all skaters.
 - In accordance with Skate BC regulations, during CanSkate there will be maximum of 30 people on the ice including skaters, coaches, program assistants, or choreographers. As well, please keep in mind that all

physical distancing restrictions apply to all skaters.

- Days and times of CanSkate are from 4:00 pm to 4:45 pm Mondays and Wednesdays from September 28th, 2020 to March 10th, 2021.
8. All appropriate physical distancing signage, cleaning and sanitizing measures are the responsibility of the facility. It is the responsibility of the WLSC members to follow the signage in place.

PREPARING TO SKATE

1. *Do not come to the arena if you exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts, or if you or someone in your household has been in contact with someone with COVID-19 in the last 14 days, or you or someone in your household has travelled outside of Canada in the last 14 days.*
2. It is suggested that all parents and skaters utilize a mask while in the arena (the exclusion zone is only while on the ice itself).
3. Arrive no earlier than 15 minutes before your scheduled ice time and follow facility entry/exit guidelines as posted.
4. Volunteer parent or senior skater will complete the verbal health screen (Appendix B) and the daily skater record form (Appendix C) to track all skaters and coaches on each session so that they can be contacted if needed, for example, if an infected person should use the facility.
5. There will be 1 skater in the Williams Lake Skating Club to retrieve skates at any one time. No parents will be allowed in the office while the coaches are in the office. The Williams Lake Skating Executive is only allowed in the office for Executive business. The maximum occupancy limit for the skating office is 4.
6. Skaters and coaches should be prepared to come dressed to skate with only the skates to be put on. When using Rink 2 of the Cariboo Memorial Complex, Senior skaters will have access to the Change Room located in Rink 2.
7. Skaters are to use the benches or chairs provided to put on their skates (physically distanced). The skaters are to use the provided markings on the ground which will show where skaters and coaches can sit so that they are spaced 2 metres apart. Appropriate markings and signage will be the responsibility of the facility. All skaters' belongings must stay within their marked space. (i.e. hand sanitizer, Kleenex, skate bags, clothing, water bottles).
8. All skaters enter and leave the ice surface by using the entry/exit guidelines as posted (access the ice surface closest to the music machine and exit using the doors closest to the music machine).
9. Special CanSkate considerations:
 - a. *Skaters to keep Name Tags.*
 - b. *Only one Parent is to be in the vicinity of the skater assisting them with their skates and clothing (i.e. gloves and helmet).*
 - c. *Only one Parent is to be in the vicinity of the skater assisting them with their skates and clothing (i.e. gloves and helmet) after the skating session.*

- d. Skaters assemble when ready to skate forming a physically distanced line inside the arena starting at the music machine. Places to stand will be marked, and the Coaches and Program Assistants will direct skaters to their marked location.
- e. Parents are allowed to view the participants skating. Parents must be physically distanced in the bleachers following the advice of the Cariboo Memorial Complex.
- f. Skaters are expected to get up on their own from the ice without the assistance of the Coach(es) or PA (Program Assistant).
- g. Coaches and PA (Program Assistant) will be wearing a mask or face shield and gloves at all times (on and off the ice).

10. To protect yourself and others against infections:

- Wash your hands with disinfectant soap and hot water for at least 20 seconds before going on the ice for each session (consider washing hands before coming to the recreation center to avoid unnecessary bathroom use).
- Bring hand sanitizer. Each participant must bring their own hand sanitizer.
- Clean your equipment, including your skates, clothing and water bottles regularly.
- Do not share any equipment (water bottles, clothing, gloves, facial tissue, towels) with other skaters or coaches.
- Bring your own facial tissue. Used Facial Tissues must be put into the garbage immediately after use and are not to be put on the boards or anywhere else. Skaters should use hand sanitizer immediately after blowing their nose.
- Wear clean clothes and gloves for each day of skating.
- Make sure clothing and gloves are washed immediately when you return home from skating.
- Bring your own Water Bottle and label it with your Name. Make sure you have enough water before leaving the house to avoid having to touch a tap or water fountain handle.
- Avoid touching door handles, gates, benches and all other objects where the virus could survive. If you touch something, make sure to use hand sanitizer immediately after.
- While waiting to go on the ice, stand at the designated physical distancing markers and stay 2 metres away from others. Avoid putting equipment on the boards while waiting to go on the ice.

WHILE SKATING

1. Parents are allowed to view the participants skating. Parents must be physically distanced in the bleachers following the advice of the Cariboo Memorial Complex.
2. Access the ice surface closest to the music machine and exit using the doors closest to the music machine.
3. Avoid all physical contact. For example, shaking hands, high fiving, and hugging with other skaters and coaches.
4. Avoid touching your face during your skating session. Should you need to touch your face you must use hand sanitizer immediately after touching your face.
5. Make spatial awareness a priority. Try to keep a 2 metres distance from other skaters and coaches while on the ice at all times. This will be monitored by the coaches and volunteer parent of the session.
6. Do not touch any equipment, including music playing equipment. Only coaches will operate all equipment for all skaters, and they must use hand sanitizer after touching the equipment.
7. In the event that first aid is required to be administered during a practice, all persons attending to the injured individual must first put on a mask and gloves. A first aid kit, along with extra gloves and masks, will be kept by the ice during all on ice club activity.

AFTER SKATING

1. Wash your hands carefully with hot water and disinfectant soap or with hand sanitizer.
2. Remember to take home your clothing and gloves to wash.
3. There should only be 1 skater at a time, in the skating office to return skates.
4. Leave the arena immediately (within approximately 15 minutes) after you finish skating by exiting the building by following the directions posted by the facility.
5. In the event of a suspected case or outbreak of influenza-like-illness, the Head Coach or designate will immediately report the suspected outbreak to the facility, BC/YK Section Office and the local health authority.

OUTBREAK PLAN

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

1. Only the Head Coach or designate assigned by the Head Coach has the authority to modify, restrict, postpone or cancel activities related to an outbreak.
2. If staff (including volunteers) or a participant reports that they are suspected or confirmed to have COVID-19 and have been at the facility, Head Coach or designate assigned by the Head Coach will notify the facility immediately.
3. Head Coach or designate assigned by the Head Coach will advise individuals to:
 - a. Self-isolate.
 - b. Monitor their symptoms daily, report respiratory illness and not to return to activity for at least 14 days following the onset of 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.
 - c. The Participant will not be permitted to return to the facility until they are free of the COVID19 virus as verified by a medical professional.
 - d. Use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
 - e. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - f. Individuals can learn more about how to manage their illness at the BC Center for Disease Control: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>

In the event of a suspected case or outbreak of influenza-like-illness, Head Coach or designate assigned by the Head Coach will immediately report and discuss the suspected outbreak with the Medical Health Officer of IHA. The Williams Lake Skating Club will implement the Covid-19 Illness Policy (Appendix D).

The Williams Lake Skating Club will support the medical health officer in the course of contact tracing and cooperate with local health authorities.

Thank you for taking the necessary precautions and doing your part to limit the spread of COVID-19. This document is based on the return to play documents provided by Skate Canada and Skate BC/YK. Please stay up to date on the ever-changing situation by often checking and referring the following sources of information:

- [Skate Canada COVID-19 Response Page](https://skatecanada.ca/covid-19-response/) - <https://skatecanada.ca/covid-19-response/> Skate Canada BC/YK COVID-19 Page- <https://www.skatinginbc.com/news/skate-canada-bcyk-covid-19-information>
 - [Government of BC COVID-19 Page](https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support) - <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>
 - [BC COVID-19 Screen Tool for Self-Assessment](https://bc.thrive.health/covid19/en) - <https://bc.thrive.health/covid19/en>
 - <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>
 - http://www.bccdc.ca/HealthInfoSite/Documents/CleaningDisinfecting_PublicSettings.pdf
 - <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-caresystem/partners/health-authorities/regional-health-authorities>
 - <https://bc.thrive.health/covid19/en>
-

Appendix - A Assumption of Risk and Waiver- WLSC

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 BC/YK Section], [all Regions of Skate Canada BC/YK Section], **Williams Lake 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 BC/YK Section], [all Regions of Skate Canada BC/YK Section], **Williams Lake Skating Club** and any of their Representatives from and against any and all Claims brought against Skate Canada and/or [Skate Canada BC/YK Section], [all Regions of Skate Canada BC/YK Section], **Williams Lake 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 BC/YK Section], [all Regions of Skate Canada BC/YK Section], **Williams Lake 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: _____

All participants must sign this form regardless of age of the participant

Parent/Guardian Name(s): _____ / _____

Parent/Guardian Signature(s): _____ / _____

Date (D/M/Y): ____ / ____ / ____

Parent/Guardian must also sign if participant is under the age of 19

Appendix: Definition of Sports Activity

Sports Activity is defined as a sanctioned Skate Canada On Ice Activities for Star Skate and Competitive Skating

Appendix B: WLSC Pandemic Health Screening Questionnaire

This questionnaire must be completed by everyone daily prior to participation in each club activity. This questionnaire may be completed verbally.

The answer to all questions must be “No” in order to participate in each club activity.

Participant Name: _____

Date: _____

1. Do you have a fever? (a temperature of 37.8C or higher)

Yes

No

2. Do you have any of the following symptoms?

• Cough

Yes

No

• Shortness of breath

Yes

No

• Runny nose, sneezing or nasal congestion (not related to other known causes such as seasonal allergies etc.)

Yes

No

• Sore throat

Yes

No

• Difficulty swallowing

Yes

No

• Lost sense of taste or smell

Yes

No

3. Have you or someone in your household travelled outside of Canada or had close contact with anyone that has travelled outside of Canada in the past 14 days?

Yes

No

4. Have you had close contact in the past 14 days with anyone with a new cough, fever or difficulty breathing or a confirmed case of COVID-19?

Yes

No

If an individual answer “Yes” to any of these questions, they are not permitted to participate in any club activities.

Appendix C: Skate Canada Member Club/Skating School Session Record

Date: _____ Facility Name: _____

Start time of Session: _____

End time of Session: _____

Name of Volunteer/Coach collecting information: _____

FIRST NAME	LAST NAME	RESIDENCE (City/Town)	PHONE NO.	ACTIVITY AT FACILITY	LOCATION IN FACILITY	WAIVER SIGNED & SUBMITTED	DAILY VERBAL SCREENING COMPLETED
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
11.							
12.							
13.							
14.							
15.							
16.							
17.							
18.							
19.							
20.							
21.							
22.							

23.							
24.							
25.							
26.							
27.							
28.							
29.							
30.							

APPENDIX D: Williams Lake Skating Club Covid-19 ILLNESS POLICY

In this policy, “Participant” includes an employee, coach, volunteer, 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

- Participants must have a daily verbal screening for symptoms upon arrival at the entrance of the facility.
- Administrators/coaches will visually monitor participants 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.
- If Participants 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 Participant is feeling sick with COVID-19 symptoms:

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

4. If a Participant tests positive for COVID-19:

- The Participant will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus as verified by a medical professional.
- Any Participants who work/practice closely with the infected participant will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
- Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.
- If any participant tests positive, the club/skating school must inform the BC/YK Section Office of the test positive case by emailing bcyksection@skatinginbc.com

5. If a Participant has been tested and is waiting for the results of a COVID-19 Test:

- As with the confirmed case, the Participant must be removed from the

- workplace/practice/facility.
- 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.
 - Other Participants 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.
 - 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 Participant has come in to contact with someone who is confirmed to have COVID-19:
- Participants must advise their coach/club administrator if they reasonably believe they have been exposed to COVID-19.
 - Once the contact is confirmed, the Participant will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Participants who may have come into close contact with the Participant will also be removed from the workplace/practice/activity for at least 14 days.
 - 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:
- Any Participant or someone from your household who has travelled outside of Canada within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - Any Participant who has a member of their household that has travelled outside of Canada within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - Any Participant with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - Any Participant from a household with someone showing symptoms of COVID-19 will call 811 and follow the directions of the Provincial Health authority (which may entail not entering the arena facility and self-isolation).
 - 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.