

2020

Cochrane Skating Club Return to Play Protocols



Phase One

Updated July 3, 2020



**ONLY THE BEST
can bring out their best**

With the Government of Alberta allowing ice rinks to reopen, Cochrane Skating Club has taken a thoughtful approach to a phased reopening that prioritizes the health and safety of our members. We are committed to ensuring our programs adhere to all federal, provincial, municipal, and facility regulations.

Phase 1 will consist of summer programs for our Junior, Intermediate, and Senior STARSkaters.

Cochrane Skating Club will communicate updated information and subsequent versions of these protocols as they become available. We look forward to resuming training in a safe environment.

Item	Protocol
Education	All skaters, coaches, volunteers, and parents must attend an information session on new safety and hygiene protocols within the club as well as information on ways to prevent the spread of COVID-19. This session is scheduled for July 9th at 7 pm and must be attended virtually prior to the program start date.
Self-screening measures	<p>Individuals must not attend any training sessions or club activities if they:</p> <ul style="list-style-type: none"> • Exhibit any COVID-19 symptoms, such as fever, cough, difficulty breathing, or other symptoms identified by Alberta Health Services. • Are legally required to self-isolate. For mandatory isolation requirements, please refer to alberta.ca/isolation.aspx <p>Those who are considered a vulnerable or high-risk individual are advised of the increased risk of participation and encouraged to take additional precautions and use PPE, where possible.</p>
Screening of individuals	Each participant must complete an on-site verbal health screening on a daily basis before participating in any club activities. Attendance will be logged for contact tracing purposes. Skaters under the age of 12 will require an adult to assist with this process.
Tracking of participants	Participant attendance and health screening logs will be completed onsite by a trained volunteer. Information will be stored securely and disposed of after four weeks. Sanitizing wipes will be provided and the tracing log clipboard and pen must be immediately cleaned after each use.

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Signage	SLSFSC will post COVID-19 signage at the facility entrance. In addition, Cochrane Skating Club will post Skate Canada COVID-19 signage at the ice entrance.
Personal hygiene	<ul style="list-style-type: none"> ● Skaters, volunteers and coaches, must wash or sanitize hands immediately upon entry to the facility and immediately after each session. ● Skaters, volunteers and coaches should not touch door handles, gates, benches, or other surfaces. ● Personal hygiene etiquette must be followed at all times (cough/sneeze into arm or tissue, immediately place tissues into facility garbage bin) ● There shall be no spitting. ● Participants are asked to refrain from using heavily scented products. ● All training clothes, gloves, water bottles, guards must be kept clean. Ensure all items of clothing are immediately washed and skates/guards sanitized prior to re-entering the facility. Clothing items which cannot be washed, such as down coats, must not be worn again for 48 hours.
Cleaning/disinfecting	<p>SLSFSC staff will implement a regular cleaning schedule as outlined in the Facility Cleaning Plan template. SLSFSC staff will also sanitize high-touch board areas during the 15 minute break between ice times.</p> <p>Hand sanitizer stations will be provided by SLSFSC.</p>
PPE	<p>Coaches are required to wear a face covering or face shield while coaching.</p> <p>Skaters are encouraged to wear a non-medical face mask whenever they are not on the ice. Wearing a face mask during training is optional, however, Public Health recommends that masks not be worn during intense physical activities.</p> <p>PPE (gloves and a medical mask) will be provided to coaches for first-aid use. Emergency PPE will be stored in the coaches' room and must be taken rink-side by a coach during each ice booking.</p>
Washrooms	Skaters must only use the washroom in the designated dressing room. SLSFSC will clean washrooms after each ice booking.

Item	Protocol
Physical distancing	All participants (skaters, coaches, volunteers) are required to maintain a distance of 2 meters at all times.
Entry / Exit to facility	Skaters, coaches, parents, and volunteers must use the designated entry and exit door as instructed by SLSFSC. Participants may enter the facility no more than 10 minutes prior to their scheduled training session and must leave immediately following the training session. Be sure to allow time to check in with the health and safety volunteer.
Skates on / off	Skaters must put on / remove skates outside the facility, respecting physical distancing protocols and remaining 2 meters apart. Skaters must not use or lean against any supporting item, such as planters.
Scheduling	SLSFSC will provide a 15 minute window between user groups, as well as a 15 minute window between ice bookings to allow for proper sanitization and to avoid overlapping in common areas.
Parents / Spectators	At this time, parents/spectators are not permitted in the arena except for the purposes of first aid.
Warm up / Cool down	Skaters must warm up at home or outside the arena, ensuring physical distancing of 2 meters at all times.
Dressing rooms	Dressing rooms are not to be used at this time, except in the case of washrooms as noted above.
Personal items	Skaters must enter the facility wearing skates and carrying only their water bottle and personal tissues, if required. Items are to be placed on the boards as designated by SLSFSC. Personal items like skating bags are not to be brought into the arena.
Size of training groups	For summer STARSkate programs, on-ice training groups will be limited to 15 skaters. The total number of participants, including skaters, coaches, and volunteers, must not exceed 25.
Coaching	It is recommended that coaches coach from one spot on the ice or at the edge of the ice. If required to move, a minimum distance of 2 meters must be maintained between the coach and skater. There will be no physical contact with the skater unless medical attention is required.

Item	Protocol
Music / Technology	<p>Skaters and coaches are not permitted to use the music player. A trained volunteer will be responsible for playing music.</p> <p>Sanitizing wipes will be provided and music equipment must be cleaned after each use.</p>
Multiple facilities / registration	<p>Skating at multiple facilities is not permitted during CSC programming.</p> <p>Summer program registration is limited to current Cochrane Skating Club members.</p>
Sporting Cohorts	<p>Alberta Health recommends participants limit the number of cohorts to which they belong. As such, Cochrane Skating Club requests participants refrain from additional sport cohorts during skating programming.</p>
Transportation	<p>Transportation to and from the arena should be arranged so that only individuals from the same household or cohort members share rides.</p> <p>Individuals who take COLT or other public transit to the facility must immediately wash their hands with soap and water upon entrance to the arena.</p> <p>Participants should not seek sport, physical activities, and recreation opportunities in other regions or provinces.</p>
Compliance with regulations / Waiver	<p>All individuals must comply with the most current version of the Return to Play protocols established by Cochrane Skating Club and Skate Canada: Alberta - NWT/Nunavut and must adhere to all federal, provincial, municipal, and facility regulations. Non-compliance may result in removal from training sessions without a credit or refund.</p> <p>The Assumption of Risk and Waiver form must be completed and submitted by each participant (skater, coach, volunteer) prior to participation in any program.</p>
Reporting procedure	<p>If a participant is suspected or confirmed to have COVID-19, or was in close contact with a confirmed case of COVID-19, immediately contact the Health and Safety Coordinator at: safety@cochranskatingclub.ca</p>

Item	Protocol
Volunteer expectations	Each hour of ice requires a minimum of two volunteers. All families with skaters registered for summer programs are expected to commit to volunteering. A sign up link will be emailed upon registration. These volunteer hours are specific to COVID and do not count towards regular volunteer commitments.

References:

[Fee, Refunds, and Commitments Policy](#)

[Skate Canada Waiver](#)

[Health Screening Questionnaire](#)

[Skater Checklist](#)

[Music Volunteer Checklist](#)

[Health Screening Volunteer Checklist](#)