



Return to Skating Protocols for Ridge Meadows Racers Facility: Planet Ice Rink 2 August 2020

1. Definitions

- 1.1. **“Member”** includes an employee, volunteer, participant or parent/spectator.
- 1.2. **“Safety Ambassador”** is a member designated to fulfill the roles outlined in this document
- 1.3. A **“club gathering”** is any club activity that involves people from more than one family ‘bubble’ gathering in a single location. Examples of club gatherings include practice, fundraisers and meetings, among others.
- 1.4. A **“case”** is defined as a single case of COVID-19.
- 1.5. An **“outbreak”** is defined as two or more cases. All cases must be addressed quickly to avoid outbreaks.

2. Legalities:

- 2.1. Our insurance provider does not cover us for any claims related to COVID-19.
- 2.2. The Province has stated that they will back clubs for COVID-19 related claims however, this will expire when the province lifts the state of emergency.
- 2.3. Members (and interclub members) must sign an agreement to adhere to all club rules and regulations and plans for return to skate. Failure to comply may result in removal from activities.
- 2.4. All members and interclub members will be required to sign a waiver stating that they understand all the risks related to COVID-19 when they choose to participate in organized sport.



3. Rink Specific Numbers:

3.1 Maple Ridge - Planet Ice

- 3.1.1. 25 skaters on ice including coaches,
- 3.1.2. Two "event staff" are permitted
- 3.1.3. No spectators are allowed
- 3.1.4. There are no in-out privileges for any participants.
- 3.1.5. No adult skaters are permitted. (19 years of age and older)

4. Disinfectant Products

- 4.1. Disinfectant Spray - unscented spray used for large or uneven surfaces i.e: skates, jigs
- 4.2. Disinfectant wipes - unscented wipes used for small, plastic or even surfaces
- 4.3. Hand Sanitizer - gel in a pump or a larger spray bottle

5. Parent/Guardian Protocols:

- 5.1. Parents/guardians must complete the attendance registration for their skater/s in advance of each practice and complete the health-check form no more than 24 hours before each practice.
- 5.2. Parents/guardians will not be permitted to enter the facility unless assisting skaters 9 years of age and younger. 1 parent/guardian per skater may assist with equipment before and after the session. The adult must vacate once the session starts and can re-enter 1 minute before the session ends.
- 5.3. The Safety Ambassador will greet skaters and families with hand sanitizer, attendance and to collect health check forms.
- 5.4. Parents must wash/sanitize hands upon entering and exiting the facility. Hand sanitizer is available throughout the building.
- 5.5. All adults must apply a mask/face covering before entering the building and continue to wear it covering the mouth and nose until they exit the building.



5.6. Group 1 parents are responsible for putting out a minimum one layer of mats at high crash zones, beginning at 3:45pm on Tuesdays.

5.7. Parents/guardians must leave a number where they can be reached in case of emergency with the Safety Ambassador. If they leave the Planet Ice parking lot during practice they must specify another responsible adult on the facility grounds to act as guardian in case their skater needs immediate assistance on the ice.

5.8. Parents of skaters skating at the end of the session are responsible for ensuring that mats and equipment are off the ice by 6:30pm.

5.9. Parents must exit the facility within 10 minutes of practice ending.

3. Skater Protocols:

3.1. All skaters must meet the Safety Ambassador at the front of the building for attendance before entering and present completed health check forms. They will wait to be escorted into the building by the Safety Ambassador.

3.2. All skaters must apply appropriate 3 ply mask/face covering (no vented masks) before entering the building and continue to wear it covering the mouth and nose until they exit the building.

3.3. Skaters must wash/sanitize hands upon entering the facility using the liquid provided.

3.4. While waiting for practice to begin, skaters should line up along glass windows inside rink 2, with 2 metre spacing between skaters or family groups.

3.5. Do not mix between groups or socialize.

3.6. Only enter ice when the coach gives the okay. Give skaters in front space and time to remove guards.

3.7. Skates **MUST** have guards and no running or stomping in skates is permitted (this can break the blades). Please take care on stairs or consider using the wheelchair ramp.

3.8. Guards are only to be touched by their owner.

3.9. Team benches are not to be used unless in an emergency.

3.10. Water bottles must be clearly labeled with skater names and be



prefilled as skaters will not be able to access water at the rink.

3.11. Only 25 skaters will be permitted on the ice at a time (including coaches).

3.12. Maintain social distancing while on the ice and especially when getting on and off the ice.

3.13. Skaters must exit the facility within 10 minutes of practice ending.

4. Safe Hygiene Practices:

4.1. Stay home if you are unwell in any way. There are a variety of symptoms associated with COVID-19 and they can differ from person to person.

4.2. Cough or sneeze into a bent elbow.

4.3. Do not share equipment.

4.4. Handshakes, hugs, high-fives or any other body contact is not permitted.

4.5. Maintain social distancing of 2 metres or 6 feet apart.

4.6. Avoid touching your face and/or surrounding surfaces.

4.7. Spitting will not be tolerated. Skaters found to be spitting or intentionally engaging in behaviour which could shed respiratory droplets will be asked to leave. Everyone must practice good respiratory etiquette.

4.8. Coaches will use an electronic whistle.

5. Member Communication:

5.1. All information will be shared with members via email.

5.2. All members, parents and skaters must read the protocols and sign off that they have been read.

5.3. All members should remain up-to-date with emails and correspondence.

5.4. Attendance and health check forms will be kept. We are required to share this information with public health should any COVID-19 cases occur (please see outbreak protocol).

5.5. Rules and protocols will be explained to skaters at their level of understanding (e.g. smaller children may need designated spots on the ice to help them maintain physical distancing rules).



5.6. Members must advise the club asap if they believe they may have been exposed to COVID-19.

5.7. Should the club receive word that a known member or family member of a skater has COVID-19 all members will be immediately informed in alignment with public health and privacy rules. (refer to section 6 for further information)

6. Visiting Skaters & Competitions

6.1. Sister-club practices:

6.1.1. Team protocols have been developed in conjunction with each other in an attempt to align procedures and processes for coaches, skaters and parents.

6.1.2. Skaters and parents attending sister club practices must familiarize themselves with any differences in protocol between the two rinks and ensure they are adhering to them.

6.1.3. Skaters practicing in more than one club will be welcome to do so if the on-ice numbers allow.

6.1.4. Skaters hoping to attend a sister club practice must register ahead of time as normal and complete the health check form.

6.2. Competition:

6.2.1. Currently, speed skating clubs will not be hosting or participating in any interclub skating competitions.

6.2.2. Skaters should consider joining **BCSSA STRAVA** Club for regular sport challenges.

6.2.3. We will look into virtual/on ice socially distanced competitions with our sister club, Langley, and other clubs.

7. Protocols should an outbreak occur:

This outbreak response policy applies to all members of the Ridge Meadows Racers as well as their families and describes the responsibilities of each member in the case of illness.



7.1. If there is an outbreak at the rink which does not involve a team Member:

7.1.1. If there is an outbreak anywhere in the complex practices may be cancelled based on guidance from the rink and Fraser Health.

7.1.2. If the risk to members is deemed high, practice will be postponed until all required rink and Fraser Health protocols have been met.

7.2. If a Member has been tested and is waiting for the results of a COVID-19 Test

7.2.1. The **Member** must be removed from **club gatherings** for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.

7.2.2. 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.

7.2.3. Other **Members** who may have been exposed will be informed and removed from **club gatherings** for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.

7.2.4. Any club equipment used or potentially touched by the **member** will be immediately removed from use until it is cleaned and disinfected.

7.3. If a Member has come into contact with someone who is confirmed to have COVID-19

7.3.1. **Members** must advise the club if they reasonably believe they have been exposed to COVID-19.

7.3.2. Once the contact is confirmed the **Member** will be removed from **club gatherings** for at least 14 days or as otherwise directed by public health authorities.



7.3.3. **Members** who may have come into close contact with the **Member** will also be removed from the club gatherings for at least 14 days or as otherwise directed by public health authorities.

7.3.4. Any club equipment used or potentially touched by the **member** will be immediately removed from use until it is cleaned and disinfected.

7.4. **Quarantine or Self-Isolate if:**

7.4.1. Any **Member** who has travelled outside of Canada within the last 14 days is not permitted to enter any part of the facilities where **club gatherings** take place and must quarantine and self-isolate.

7.4.2. Any **Member** with any symptoms of COVID-19 is not permitted to enter any part of the facilities where **club gatherings** take place and must quarantine and self-isolate.

7.4.3. Any **Member** from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facilities where **club gatherings** take place and must quarantine and self-isolate.

7.4.4. Any **Member** 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 facilities where **club gatherings** take place.

8. **Equipment Management & Sanitation**

8.1. **Mat Setup and Take down** The safety mats used to protect the skaters from the boards during a fall need to be set up before and taken down after each practice. The size and quantity of these mats makes it impractical to sanitize the mats after each use. To manage the risk of spreading the corona virus during mat set up and take down, the following procedures apply:

8.1.1. All members helping with mat set up or take down will wear face coverings over their nose and mouth

8.1.2. Skaters will be asked to avoid unnecessary contact with the



mats except for junior coaches who will be trained on mat safety protocols etc.

8.1.3. If a skater comes into contact with a mat the mat will be immediately sanitized with a disinfectant provided by the club.

8.1.4. Hand hygiene will be used in preference to spraying/wiping mats.

8.1.5. Adults must maintain social distancing (2 meters) when on the ice and as always, wear cleats to prevent slipping and helmets to protect heads.

8.2. On-ice Equipment

Through the course of a speed skating practice the use of certain pieces of equipment are essential. Examples of these include track markers, water buckets and squeegees. To minimize the risk of spreading the corona virus the following procedures apply:

8.2.1. The coach will designate a member for each type of equipment for each practice, only the designated person may touch that piece of equipment in a given practice (e.g. one skater or assistant coach will be designated to place, move, and pick up track markers).

8.2.2. At the end of the practice the equipment will be sanitized by the Safety Ambassador

8.2.3. If the designated person cannot complete the practice, the equipment will be sanitized before a new member is designated to handle that equipment.

8.2.4. The coach will designate skaters (or junior coaches) to place ice markers. The designated skaters will be in charge of markers for that session and will be the only ones to touch the markers.

8.2.5. Markers will be sprayed between practices by the Safety Ambassador.



8.3. Off-ice Equipment

As required by BC Speed Skating a first aid kit is required to be readily available to the members during ice times. To manage the risk of spreading the corona virus during mat set up and take down, the following procedures apply:

8.3.1. The **Safety Ambassador will** sanitize and deliver the first aid kit to a location easily accessible to the members on the ice and remove it to storage after the practice.

8.3.2. If the first aid kit is used during a practice, the **Safety Ambassador** will re- sanitize the kit.

8.3.3. Additional items (face coverings and protective eyewear) will be added to the kit.

8.3.4. All other off-ice equipment will remain unused and in storage (e.g. club signs)

8.4. Club Rental & Loaner Equipment

8.4.1. At the beginning of the season there will be a sign-up for skate trying/borrowing to limit the number of people trying on equipment to one family at a time.

8.4.2. Only one executive member in the equipment room at a time.

8.4.3. The executive member assisting skaters with loaner gear will work with the Safety Ambassador to ensure max arena numbers aren't exceeded.

8.4.4. The executive member assisting with equipment loans will wash/sanitize hands between skaters.

8.4.5. Arrangements will be made by the equipment manager and executive members to exchange loaner gear outside of the Planet Ice facility.

8.4.6. The WHO says that the likelihood of COVID-19 being spread through shoe-trying is very minimal. Exterior of boots and blades will be sprayed with disinfectant.



8.4.7. Members are encouraged to purchase their own helmets, gloves, neck guards, knee pads, etc. If borrowing any club equipment please keep for the entire season and wash before returning to the club.

8.4.8. Wear gloves while using loaner jigs

8.4.9. Loaner jigs must be sprayed with disinfectant after use.

9. Health and Safety Officer Checklist

Before Practice

- Review attendance
- Confirm health Checks.
- Welcome skaters.
- Monitor face coverings & appropriate placement (masks for sale).
- Provide hand sanitizer & monitor use
- Monitor set up of mats.
- Ensure first aid kit is sanitized and placed within reach of coaches.

During Practice

- Monitor all members and parents.
- Be prepared to sanitize equipment when needed.
- Be prepared to spot sanitize mats when needed.
- Ensure max # of skaters and people in the rink is not exceeded including equipment trials.

After Practice

- Monitor mat removal.
- Spray and sanitize all equipment (except mats).
- Ensure speedy exit of entire team

The Ridge Meadows Speed Skating Association Board Members have



approved the above Return to Practice Document 2020-2021 Season.

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