



Contact List for Club Covid-19 Oversight Group

Dear Club Member

We would like to inform you of the individual who will be acting as the COVID-19 Oversight Group as transition back to skating activities. The following people will comprise this group:

Joanne Hillis	Coach	519-212-4768	njhillis@rogers.com
Kim Yzerman	Coach	519-568-3713	kimyzerman@gmail.com
Brittany Deschamps	Coach	519-277-2696	brittdebeus@gmail.com
Stephanie Hutt-Taylor	Coach	647-971-5525	stephaniehutttaylor@gmail.com
Kyla Hillis	Board Member	519-212-8672	kyla1893@hotmail.com

Should you have any questions about any aspects of the Return to Play protocols or other policies and procedures related to COVID-19, please contact one of these individuals above or at our club email info@hespelerskatingclub.com

Thank you

HSC



Hespeler Skating Club COVID-19 Protocols

Completion of Skate Ontario COVID-19 Waiver:

All individuals participating in a skating club must complete the Skate Ontario Acknowledgement Release, Indemnity and Assumption of Risk regarding COVID-19 ("COVID-19 Waiver"). Failure to do so means the individual cannot participate in club activities.

This includes

- Coaches
- Skaters
- Staff
- Board Members
- Volunteers
- Spectators

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 must be isolated from all others in a well ventilated area or outside and provided with a non medical face mask if available.
- The individual shall be sent home and instructed to follow public health guidelines regarding self isolation and testing
- The facility should 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 should be informed of the situation and should contact the individual or their parent/guardian to determine if the next steps are being taken regarding testing

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 awaiting the results of the test.
- The club will work with public health 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 being within 2m for a period lasting more than 15 minutes with appropriate or consistent use of PPE.
- Any club members who were in close contact with the individual should not participate in club activities and should follow public health guidelines until the diagnosis of COVID-19 is ruled out by a health professional.
- It is recommended to also inform all club members of a positive COVID-19 result within the club setting.
- The club should 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.

Return to club/skating activities following illness:

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

Return to club activities following COVID-19:

- Following a positive COVID-19 test, an individual must follow all public health guidelines regarding return to activities

Modification/restrictions/postponing or canceling club activities:

- Based on the evolving COVID-19 pandemic, the club is prepared to follow public health, municipal/provincial government and sport recommendations regarding modifying/restricting/postponing or canceling activities.
- Members will be informed of above as soon as we are aware of any changes
- These modifications will be kept in place until the club is advised it is safe to resume activities by the above.

Public Health Guidelines:

The club and members should follow all public health guidelines regarding COVID-19. These may include

- Any club member who themselves have travelled outside Canada or has someone in their household who has travelled outside Canada must self-isolate and participate in club activities for 14 days unless the individual has a Government of Canada Travel Exemption.
- Anyone 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

Club Covid-19 Communication Plan:

- Communication will be made with members through phone calls where necessary, email, Facebook or Instagram
- There is a Covid-19 button with information/documents on hespelerskatingclub.com
- Session participation forms will be kept by the club as well a copy will be left at the arena with staff
- The club will work with public health to inform all member who may have come in contact with an individual with that has tested positive for COVID-19

Self Screening:

All individuals taking part in club activities must self screen in accordance with the current public health guidelines before each session. Individuals must not attend any sessions or club activities if they

- Exhibit any COVID-19 symptoms such as a fever, cough, difficulty breathing or other symptoms identified by health experts
- Have been in contact with someone with an active case of COVID-19 in the past 14 days
- Have returned from travel outside Canada and do not have a Travel Exemption as the Government of Canada
- Individuals who are considered vulnerable or at-risk (over 70 years, weakened immune system, lung disease, cancer etc) should strongly consider participation

Health Screening of Individuals:

The club will be conducting screening protocol on-site on a daily basis and after each changeover of session before participation in any club activities. This will be done verbally. A record will be kept on a master sheet and kept by the club as well as given to the facility to assist in contact tracing if needed.

Arena Protocols:

All protocols set out by the City of Cambridge regarding the use of the arena must be followed. These are found in a separate document

Dressing Rooms:

Skaters must come to the arena dressed and ready to go on the ice. If needed one parent/guardian will be allowed to assist with skates but then must proceed to the designated viewing area by following all signage. Dressing rooms will not be opened. One set of washrooms will be open for use.

Physical Distancing:

Individuals are required to maintain a physical distance of at 2m from any other person during the session. Individuals from the same household or social circle are not required to follow physical distancing requirements from each other.

Music Playing:

Coaches only will be allowed to play music, sanitizing after each use. No one other than coaches will be allowed in the penalty box where the music is kept.

Players/Penalty Boxes:

All doors will be kept closed and unless an injury occurs, skaters will not be able to sit in these boxes.

Other

- Sanitizing stations will be set up at the entrance to the ice for our programs
- Plastic bins will be given to each Star Skater to hold water bottles, tissue, guards, phones etc. An appropriate spot will be given to each skater to set their bin. Where possible please leave personal items in vehicles.