

# NIAGARA SPEED SKATING CLUB COVID-19 PROTOCOLS 2020/2021

There is and will be a risk of contraction COVID-19 when participating in any public activity for the foreseeable future.

All speed skating activities must adhere to all federal, provincial and municipal laws, regulations, by-laws and orders and local public health authorities, as they may exist from time to time. This includes but is not limited to compliance with:

- Physical distancing measures
- Health and safety regulations
- Size of permitted gatherings
- Speed Skating Canada rules, policies and procedures
- All safe Sport policies and procedures
- Applicable occupational health and safety requirements

The following must be adhered to:

- A. Screening: All skaters must complete a COVID-19 screening prior to each practice. Forms need to be maintained by the NSSC for a minimum of 21 days. <https://covid-19.ontario.ca/self-assessment/>. Once completed, save the document naming it with the skater's name and date. Send the document to niagaraspsk@gmail.com. Skaters can also print the form and hand it prior to practice. Skaters should come to practice and skate only if feeling healthy.
- B. Physical Distancing: Individuals are required to maintain physical distancing of at least 2m from any other individual during practice sessions including prior to entering the arena, while in the arena, entering and exiting the ice, while on ice, and putting the safety mats on and off the ice.
- C. Hygiene: Individuals should wash / sanitize hands upon entry to the site/facility or practice area and at the completion of practice. The same process follows for putting safety mats on and off the ice.
- D. Masks: All individuals must wear a mask inside the arena. Skaters can remove their mask once on ice. It is recommended that skaters have a plastic container or zip lock bag to store mask when not in use.
- E. Arrival: Skaters must arrive fully dressed with all required safety equipment needing to only put skates on. Dressing rooms are not available. There are chairs set up for skaters to put on skates. Bring in only essentials.
- F. Seymour Hannah Arena – skaters are to be lined up outside of the doors at 6:35 pm ensuring physical distancing. Skaters will be let into the building at 6:40 pm. Adults needing to assist their skater with skate tying are able to do so but then must exit the building.
- G. Safety Mats – are stored in a changeroom. We will need the assistance of 3-4 parents to help to put mats on and off the ice. Using our 20 minutes before and after practice to put mats on and off the ice would ensure best use of our ice time. Physical distancing, masks, and hand hygiene in effect.
- H. Spectators: no spectators at this time
- I. Water Bottle: Ensure it is labelled with skater's name
- J. Equipment: No sharing of personal equipment