



ROSSLAND FIGURE SKATING CLUB

COVID-19 SAFETY PLAN /
Communicable Disease Prevention Plan
Procedures and Guidelines
2021/2022 Season



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INTRODUCTION

The COVID-19 Procedures and Guidelines for the Rossland Figure Skating Club is a summary specific to skating and forms part of the RFSC COVID-19 Safety Plan/Communicable Disease Prevention Plan. Refer to the ViaSport website for the most recent version of the guidelines (updated Oct. 29, 2021). [Return to Sport Restart 2.0 January 25-22.pdf \(viasport.ca\)](#)

UPDATES AS OF JANUARY 2022

Please refer to the latest PHO information with these links below:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation/close-contacts>

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/if-you-have-covid-19>

COMMUNICATION & REGISTRATION

Communication

- This will be ongoing throughout the season with updates emailed to the membership and posted on the RFSC website.
- Information will include the RFSC COVID-19 Safety Plan/Communicable Disease Prevention Plan with guidelines and procedures.

Waiver Forms

- Skate Canada has developed a Return to Skating Waiver form. (See Appendix A).
 - This form will be part of the registration process and anyone involved with the RFSC (including skaters, volunteers, coaches and parents) will need to sign this form.

Signage/posters

- Signage/posters
 - The following information posters and signage will be displayed at all RFSC practices and activities:
 - Self-screening list of symptoms questionnaire (See Appendix B)
 - Hand washing information poster (See Appendix C)
 - Cover coughs and sneezes poster (Appendix D)

Registration Policies and Guidelines

- Limited number of skaters on the ice and in the arena at one time.
 - Skate Canada is following the ViaSport guidelines for indoor sport.

- Total number of people allowed in the arena (not including skaters, coaches, PA's, volunteers, parents) will not exceed 50 during the full duration of one ice booking.
- Numbers will be managed at the door by the Canskate Liason for the Canskate Program, and by the coaches and volunteers for the Starskate Programs.
- Parents will be directed to the seating area in the bleachers while watching the Canskate program.
- Physical distance recommendations in place.
- Masks required at all times by anyone in the building 5 years and older (except for when on the ice).
- Registration is online only.
 - Programming is currently limited to only STARSkate (recreational competitive stream), Competitive and Adult Level Skaters, and Canskate starting at the Stage 2 level. RFSC has decided that PreCanskate and Canskate Stage 1 is not recommended at this time.
 - Due to the nature of the Canskate Program, Coaches and Program Assistants will wear a mask and gloves at all times on the ice due to the challenge of maintaining physical distance.

Vaccination Requirements

A new provincial health order has been posted as of Oct. 25, 2021.

- All people not engaged in the physical activity (spectators) must now be vaccinated if they are 12 and older. **THIS APPLIES TO ANY ROSSLAND ARENA USER GROUP CURRENTLY ALLOWING SPECTATORS TO ATTEND THEIR BOOKINGS.**
- All adults (19 and older) assisting, supervising or leading programs (even youth programs) to be required to provide proof of full vaccination. This includes all helpers and volunteers associated with a child/youth-based activity.
- Those skaters 21 years and younger will not be required to show their proof of vaccination.
- Adults (22 years and older) who are participating in the sport are required to show their proof of vaccination.
- Vaccine verification and management of participants will be administered by the Canskate Liason, coaches and volunteers.
- If an event is planned (i.e. Year End Skating Show), then guidelines will be in place to verify proof of vaccination, enforce masks and have physical distance recommendations in place.

HEALTH SCREENING

Self-assessment guidelines are in place

- Refer to provided list of symptoms (See Appendix B).
- Skaters, coaches, parents and volunteers will do a daily Self-Assessment Health Questionnaire. This questionnaire is posted at the entrance of the facility. Skaters will go through a verbal screening for symptoms upon arrival with their coach.
 - If any of the symptoms are present, do not skate or come to the arena.
 - If you have been in contact with someone with COVID-19 in the last 14 days, or have travelled outside of Canada in the last 14 days, do not skate or come to the arena.
- If symptoms arrive during a skating session or while at the arena, the procedure is as follows:
 - That person needs to go home immediately, and will contact 8-1-1 or a doctor for further guidance.
 - No person may participate or be present if they are symptomatic.
 - All touch points and areas where that person was present will be cleaned.
- Refer to the online BC COVID-19 Self-Assessment Tool developed by BC Ministry of Health at <https://bc.thrive.health/covid19/en>.

BEFORE, DURING AND AFTER SKATING PROCEDURES

Before Skating Procedure

- Skaters will arrive 15 minutes prior to their scheduled session.
- Change rooms will be open.
 - Skaters and coaches will be prepared to come dressed to skate with only the skates to be put on.
 - StarSkate program will use the RFSC club room (top of stairs).
 - Canskate program will use the front lobby area.
- Skaters will practice good hygiene to avoid infections.
 - Wash hands prior to getting on the ice.
 - Bring and use their own hand sanitizer.
 - Will not share equipment (water bottles, clothing, gloves, towels, facial tissue).
 - Facial tissue discarded in garbage immediately after use. Use hand sanitizer immediately after using tissues.
 - Avoid touching door handles, gates, benches and other objects where the virus could survive. Use of hand sanitizer will be encouraged as much as possible.

- Skaters will bring enough water to avoid having to refill at a tap (and therefore avoid touch points).
- The RFSC Session/Attendance Record of all skaters, coaches, volunteers, PA's, parents/guardians will be completed at each session and filed in the attendance binder which is accessible at any time. (See Appendix E).
 - This is so that in case of an infected person in the facility, everyone can be contacted if needed.

During Skating Procedure

- Skaters will avoid all physical contact with other skaters and coaches.
- Skaters will avoid touching their face and other surfaces.
- Physical distance does not need to be maintained on or off the field of play. However, the skaters will be encouraged to practice physical distancing.
- Masks are mandatory at all times by anyone 5 years and older.
 - Masks are not recommended on the field of play, and therefore will not be required while on the ice.
 - Canskate coaches, volunteers and PA's will wear a mask and gloves while on the ice during the Canskate skate time.

After Skating Procedure

- Skaters will put on their masks when leaving the ice and will keep it on until the skater leaves the facility.
- Canskate coaches/volunteers/PA's will wear a mask at all times, on and off the ice, during the Canskate session.
- Skaters will leave the arena immediately after their skating session is over (within 15 minutes).

CLEANING PROCEDURES

Regular cleaning will be implemented

- It will be encouraged that all supplies will be cleaned before putting away at the end of each session (i.e. music player, clip boards, skate aids).
- All belongings will be brought home each day. Skaters will only bring what is required for their practice session on the ice.

FIRST AID

First aid procedure

- In the event that first is required, all persons attending to the injured individual will first put on all PPE such as mask and gloves.
 - Masks and gloves will be included in the provided first aid kit.
- The person getting first aid will put on a mask.
- Hand washing/sanitizing will occur after the first aid treatment is completed.

SICK PROCEDURE

Sick procedure

- Please refer to the Illness Policy provided by BC/YK Skate Canada (Appendix F).

UPDATES AS OF JANUARY 2022

Please refer to the latest PHO information with these links below:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation/close-contacts>

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/if-you-have-covid-19>

- All skaters, coaches, volunteers, program assistants, etc. will be trained that if they have any respiratory illness (such as cough, fever, sore throat, runny nose, difficulty breathing), they must stay home.
 - They must be excluded from any skating sessions until they have been assessed by a health care provider to exclude COVID-19 or other infectious diseases, and their symptoms have resolved.
- If skaters, coaches, volunteers, program assistants, etc. show symptoms of sickness during the skating session, the procedure is as follows:
 - That person will be separated from others immediately and will either leave the facility, or the parent/guardian will be called to come pick up their skater.
 - That person will put on a mask.
 - Once the sick person is gone, all items used or touched by that person will be cleaned and disinfected.
- If a person tests positive to Covid-19, all families and participants who have been in contact with that individual will be notified immediately.
- In case of an outbreak, skating sessions may be cancelled.

OUTBREAK PLAN

An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

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.

- If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19, enhanced cleaning measures to reduce the risk of transmission will be implemented. Facility operators will be notified right away.
- Refer to the ‘Sick Procedure’ and advise individuals to:
 - Self-isolate
 - Monitor their symptoms daily, report respiratory illness and not to return to skating for at least 14 days following the onset of fever, chills, cough, breathing difficulty, sore throat and painful swallowing, stuffy or runny nose.
 - The participant will not be permitted to return to skating until they are free of the COVID-19 virus as verified by a medical professional.
 - Use the self-assessment tool to help determine if further assessment or testing for COVID-19 is needed.
 - Individuals can contact 8-1-1 if further health advice is required.
- In the event of a suspected case or outbreak, the Sickness Procedure will be implemented. The case will be reported to a medical health officer.
- If contacted by a medical health officer in the course of contact tracing, there will be cooperation with the local health authorities.
- If staff, coaches, volunteers, participants have been in contact with anyone who has tested positive, they should self-isolate for 14 days or until they have been cleared by a health professional.
- An incident/medical report will be filled out to document all the procedures that took place once symptoms were detected. This will give a summary and confirmation that all required steps were followed through to prevent further contamination.

APPENDIX A: Skate Canada Assumption of Risk and Waiver

Assumption of Risk and Waiver

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], Rossland Figure 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], Rossland Figure 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], Rossland Figure 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], Rossland Figure 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 B: SELF-ASSESSMENT HEALTH SCREEN QUESTIONNAIRE

Health Screening Questionnaire

Completed by each individual daily prior to participation.

This questionnaire may be completed verbally.

1. Do you have any of the following symptoms?

- **Cough**

Yes No

- **Fever**

Yes No

- **Shortness of breath**

Yes No

- **Runny nose, sneezing, 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

2. 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

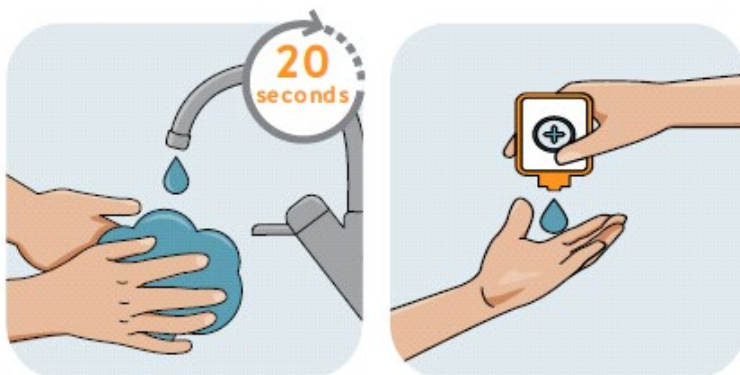
3. Have you had close contact in the past 14 days with anyone with a new cough, fever or difficulty breathing or a confirmed case of COVID-19?

Yes No

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

APPENDIX C: HAND WASHING

Help prevent the spread of COVID-19



Wash your hands often with soap and water for 20 seconds. If soap and water aren't available, use an alcohol-based hand sanitizer.

Wash your hands:

- When you arrive at work
- Before and after going on a break
- After using the washroom
- After handling cash or other materials that have come into contact with the public
- Before and after handling shared tools and equipment
- Before and after using masks or other personal protective equipment

[worksafebc.com](https://www.worksafebc.com)

WORK SAFE BC

APPENDIX D: COVER COUGHS AND SNEEZES

Help prevent the spread of COVID-19

Cover coughs and sneezes



Cough or sneeze into your sleeve, not your hands. Avoid touching your face with your hands.

Or

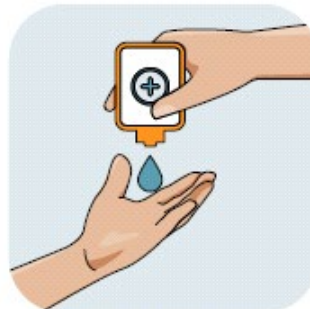


Cover your mouth and nose with a tissue and put your used tissue in a wastebasket.



Wash your hands with soap and water for at least 20 seconds.

Or



Clean hands with alcohol-based hand sanitizer.

APPENDIX E: RFSC SESSION RECORD

RFSC SESSION RECORD

Date: _____ Facility Name: Rossland Arena
Start time of Session: _____ End time of Session: _____
Name of Volunteer/Coach collecting information: _____

FIRST NAME	LAST NAME	RESIDENCE	PHONE #	ACTIVITY AT FACILITY	LOCATION IN FACILITY	WAIVER SIGNED & SUBMITTED	DAILY VERBAL SCREEN COMPLETED
Ian	Fast	Rossland	250-521-0742	skater	On-ice	Yes	Yes

APPENDIX F: RFSC ILLNESS POLICY

RFSC ILLNESS POLICY

UPDATES AS OF JANUARY 2022

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<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/if-you-have-covid-19>

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

- a. Participants must have a daily verbal screening for symptoms upon arrival at the entrance of the facility.
- b. 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.
- c. 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:

- a. They should remain at home and contact Health Link BC at 8-1-1.
- b. 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.
- c. No Participant may participate in a practice/activity if they are symptomatic.

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

- a. 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.
- b. 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.

- c. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.
 - d. 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**
- a. As with the confirmed case, the Participant must be removed from the workplace/practice/facility.
 - b. 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.
 - 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.
 - d. 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:**
- a. Participants must advise their coach/club administrator if they reasonably believe they have been exposed to COVID-19.
 - b. 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.
 - c. 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:**
- a. 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.
 - b. 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.
 - c. Any Participant with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - d. Any Participant from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - e. 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.