



Port Coquitlam Lightning Speed Skating Club

COVID-19 Return to Sport Plan

August 2020

Since the onset of the Covid-19 pandemic, the world has had to adapt to new routines and activities in order to prioritize the health and well-being of the population as a whole. The purpose of this document is to lay out the club's plan to minimize the risk involved in returning the club members to speed skating.

This Return to Sport Plan was developed through guidance outlined by the British Columbia Speed Skating Association (BCSSA), ViaSport, and Speed Skating Canada, and was approved by the PoCo Lightning Executive Board on August 25, 2020. This plan is in alignment with Return to Sport plans in place for the Planet Ice and City of Port Coquitlam skating facilities.

Because information known about the COVID-19 coronavirus and recommended health and safety measures can rapidly change, there may be occasions that require updates to this document. Club activities will be reviewed on a recurring basis and this document will be updated and distributed accordingly.

Signed Agreements and Waivers

The Sport BC insurance policies that cover BCSSA members and member clubs contain a contagion exclusion. In summary, these policies will not cover any claims related to COVID-19. Additionally, the Minister of Public Safety and Solicitor General released a Ministerial Order which protects non-profit amateur sports organizations from damages arising from COVID-19. Further, clubs have been asked that sport members sign an agreement stating that they will adhere to the organization's plans regarding COVID-19. A signed acknowledgement of risk (waiver) related to COVID-19 will also need to be signed by club members in order to participate in practice sessions.

Facility Access – Coaching Staff

- Before any training session start, coaching staff will have training and orientation on COVID-19 safe practices and guidelines.
- Coaches should cross-check each other by asking common questions to ensure that they do not have any COVID-19 symptoms.
- If a coach becomes ill, they should ensure compliance with PHO guidelines and WorkSafe BC requirements before returning.
- The Club will provide coaches with Personal Protective and Safety Equipment depending on their role and responsibilities. Sharing of this equipment should be avoided; if not possible, equipment must be disinfected between each usage.
- Coaches should keep their personal items and clothing (backpacks, bags, etc) brought to a minimum. When coaches must bring items in, they should be stored separately with adequate space between each member's items.
- Coaches should keep detailed attendance records and health checks for each practice session for contact tracing.

PLANET ICE Facility Access – Skaters

- Groups will utilize 2 dressing rooms per booking with a maximum of 7 athletes per dressing room.
- Each room has numbered sections for each player to sit at. There will also be corresponding numbers on the players' benches for rink-side equipment.
- Skaters are encouraged to use the bathroom before arriving at the facilities. The lobby bathrooms may be available but should only be used in an urgent situation.
- Skaters will be expected to wash and/or sanitize their hands and check in with their coach.
- Coaches will have parent contact information should they need to be reached.
- Skaters will enter and exit the rink facilities through separate points.
- Do not arrive more than fifteen minutes before the scheduled ice time. If you arrive more than fifteen minutes early, wait using the designated markers at the main entrance. There is no gathering or warm-up time in the lobby.
- Athletes and parents will exit the facility through the emergency exit no later than ten minutes after the scheduled ice time.
- There will be no spectators allowed at this time, other than the one parent/guardian that is accompanying each player (siblings, additional spectators, animals are not allowed).
- Parents/guardians who choose to stay and view the session are required to stand in the designated sections that are appropriately socially distanced from the next spectator.

PORT COQUITLAM RECREATION CENTRE Facility Access – Skaters

- No dressing rooms are available: skaters should arrive wearing their gear, and depart in their gear.
- Skaters are encouraged to use the bathroom before arriving at the facilities. The lobby bathrooms may be available but should only be used in an urgent situation.
- Skaters will be expected to wash and/or sanitize their hands and check in with their coach.
- Coaches will have parent contact information should they need to be reached.
- Skaters will enter and exit the rink facilities through separate points.
- Do not arrive more than fifteen minutes before the scheduled ice time. If you arrive more than fifteen minutes early, wait using the designated markers at the main entrance. There is no gathering or warm-up time in the lobby.
- Athletes and parents will exit the facility through the arena exit no later than fifteen minutes after the scheduled ice time.
- No gathering in lobby or other common areas will be permitted.
- There will be no spectators allowed at this time, other than the one parent/guardian that is accompanying each player (siblings, additional spectators, animals are not allowed).
- Parents/guardians who choose to stay and view the session are required to stand in the designated sections that are appropriately socially distanced from the next spectator.

Practices

Personal Hygiene

- All personal equipment and clothing brought by an athlete must be taken away by the athlete.

- All skaters are expected to sanitize their hands at the start of practice. Respiratory etiquette must be maintained (cough/sneeze into elbow or disposable tissue). No spitting will be permitted.
- Non-skaters (coaches and support staff) should wear non-medical masks (face coverings) during practice.
- Participants should bring their own labelled water bottle, filled at home.

Stay Home if You Are Sick

- Pre-practice wellness screening will be conducted using a questionnaire.
- There is a zero-tolerance policy in effect for club participation while sick. Skaters, coaches, volunteers and program staff may not participate if they:
 - Exhibit any COVID-19 symptoms, such as fever, cough, difficulty breathing or other symptoms identified by health experts.
 - If they or someone in their household has been in contact with someone with COVID-19 in the last 14 days.
 - If they or someone in their household has travelled outside of Canada in the last 14 days.

First Aid

- In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.
- A first aid kit, along with extra gloves and masks, should be kept by the ice during all on ice club activity.

Environmental Hygiene

- Personal skating equipment should not be shared. Equipment lent to skaters from the club must be disinfected after use.
- Safety mats are still required for practices. It is still expected that parents/guardians help out at practices by distributing safety mats at the beginning of practices, and collecting/stacking at the end of practices.
- Parents/guardians are responsible for bringing and using their own personal safety equipment while handling safety mats.
- Parents/guardians should maintain social distancing protocols while handling safety mats, keeping 2m from each other.
- Safety mats will be wiped down with alcohol-based disinfectant spray/wipes when coming off the ice.
- Areas used by members (bench area, rink boards) should be cleaned with disinfectant after practice.

Safe Social Interactions

- Members, including coaches and support staff, must attempt to maintain a physical distance of 2 meters from each other, whether on or off the ice (including warm-up/cool-down). Relay practice push-offs, and other drills requiring physical touching of skaters, should be avoided.
- Practice cohorts will be eighteen skaters or less plus two coaches.

Illness Policy

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

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

- They should remain at home and contact Health Link BC at 8-1-1.
- 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.
- No Participant may participate in a practice/activity if they are symptomatic.
- 4. If a Participant tests positive for COVID-19
- 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.
- 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.
- Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.

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

- As with the confirmed case, the Participant must be removed from the workplace/practice/facility.
- 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.
- 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.
- 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

- Participants must advise their coach/club administrator if they reasonably believe they have been exposed to COVID-19.
- 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.
- 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:

- 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.
- 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.
- Any Participant with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- 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.
- 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.

Disclaimer

This document has been approved by the Board of Directors of the PoCo Lightning Speed Skating Club and represents our plan to mitigate risk to the best of our ability. The plan is based on guidelines put forth by various agency documents noted below. As new information known about the COVID-19 coronavirus and recommended health and safety measures becomes available, this mitigation plan will be revised and approved as deemed necessary by the club's board of directors. If needed, this document will be revised to better mesh with the municipality mitigation plan for re-opening of pools when available. In the event of an ambiguity or conflict between the Workbook and the Public Health Act, regulations or orders there under, the Act, regulations and orders prevail. The information in the resource links below may be updated from time to time. Best efforts will be made to ensure our plan is up to date as we are made aware of any revisions to these resources.

Resources

[ViaSport Return to Sport Guidelines for BC](#)

[BC Speed Skating Return to Practice Guidelines](#)

[Planet Ice Reopening Plan](#)