

# The VSC Return to Skate Plan: Fall Update

## **CLUB PREPAREDNESS**

- 1)** The Vancouver Skating Club (VSC) will keep informed on the most up to date information, guidelines and restrictions around COVID-19 from our municipal, provincial and federal authorities, Skate Canada and our ice facilities. We will amend/update our policies and procedures as needed to maintain compliance with all regulations, to protect the safety of our members, coaches and families during the COVID-19 pandemic.
- 2)** The program sessions must always comply with the physical distancing, cleaning and sanitizing measures and recommendations issued by authorities, including the arrival, time spent on site and departure of skaters.
- 3)** Our Return to Skate Plan will be communicated to all skaters, coaches, volunteers and parents ahead of time and will include the physical distancing requirements and personal hygiene measures to be followed by All. The Return to Skate Plan will be posted on the VSC website and at all facilities.
- 4)** Signage will be posted throughout the facility to remind participants of the requirements for physical distancing and personal hygiene measures and to communicate advisories for vulnerable populations.
- 5)** All surfaces will be frequently cleaned, including counters, door handles, benches, toilets, etc. (at least once per day and twice per day for high traffic areas). Any area exposed to personal items will be disinfected.
- 6)** The VSC will provide facial masks and gloves for all coaches to be used when physical distancing cannot be maintained such as during the administration of first aid.
- 7)** Soap will be made available to all participants in various locations throughout the facility to accommodate frequent hand washing.
- 8)** The VSC will keep a record of all skaters and coaches on each session, so that they can be contacted if needed, for example, if an infected person should use our facility.
- 9)** The VSC will ensure that all participant waivers are completed, collected and stored appropriately.
- 10)** The VSC will ensure that the facilities' safety protocols (**Appendices C, D and E**) are communicated to all of its members and will monitor to ensure compliance with all health and safety protocols.
- 11)** The VSC will put into place measures to limit physical contact between all on ice participants during programming. Coaches will monitor to ensure physical distancing is respected on the ice.
- 12)** One coach will be designated who will be responsible for opening and closing the doors to the ice surface.
- 13)** The VSC has prepared an Outbreak Plan (**Appendix A**) to be implemented in the event of an outbreak of influenza-like illness among participants.
- 14)** The VSC Administrators, Coaches and facility staff have the authority to ask skaters to leave if they are not compliant with the rules and protocols provided.

## KNOW BEFORE YOU REGISTER

**1)** Participants or their legal guardians must carefully read and agree to the provided waiver prior to completing program registration.

**2)** All session registration and payments must be done online. No bookings or payments in person at the facility. Buy on sessions must be approved by the Director and prepaid online ahead of time.

**3)** The VSC will adhere to the capacity limitations designated by the facility and shall not exceed the number of participants (skaters, coaches, volunteers) permitted in the arena during its sessions.

**4) Refunds/Credits:** The VSC **does not offer refunds**. Credits may be granted in the case of absences due to medical circumstances or compliance with public health orders (including but not limited to self-isolation and travel restrictions). The skater must have missed a minimum of 14 consecutive days to qualify. Documentation (Doctor's certificate or public health directive) must accompany your written request for credit. The Board of Directors will consider credits on a case by case basis. If granted, the credit will be pro-rated after the 14 day wait period and receipt of documentation. Please note VSC refund policy applies to Pre BUY-ON rates as well.

**5)** Skaters, coaches, volunteers and program staff **may not participate** if they:

- Are sick or feeling unwell with any symptoms of illness; or.
- Have had close contact with a confirmed or probable COVID-19 case or outbreak in the last 14 days; or
- Have travelled outside of Canada in the last 14 days.

**6)** Skaters who experience seasonal or environment allergies, or other COVID-19 like symptoms that are related to an existing condition, can continue to attend programs when they are experiencing symptoms as normal. If you notice a change in the severity or type of symptoms you normally experience, please stay home and seek the advice of a health care provider.

**7)** Please read The Vancouver Skating Club Skate Illness policy provided in **Appendix B**

**8 )** If you have been sick with fever or any combination of the following symptoms: chills, cough or worsening of chronic cough, sore throat, shortness of breath, runny nose, diarrhea, loss of sense of smell or taste, nausea and vomiting, please seek a health assessment. You may only return to figure skating programming when your symptoms have resolved AND you have tested negative for COVID-19. If you are unable to test for COVID-19, you must self-isolate for fourteen (14) days from the onset of symptoms.

**9)** If you have any uncertainty about the cause of any symptom(s) you may be experiencing or whether it is safe for you to participate, please seek a health assessment and follow the guidance of your medical professional.

**10)** It is highly recommended that if you are a person who has been identified as vulnerable or at risk, as described below, you should consider not participating in figure skating related activities.

- Vulnerable or at-risk persons may include those who are immunosuppressed or individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma. Please consult your physician if you are unsure whether it is safe for you to resume skating.

**11)** Please read the Canlan Ice Sport Facility's COVID-19 Safety Protocol provided in **Appendix C** and the North Shore Recreation Council's Safety Protocol provided in **Appendix D** and the PNE Argodome's Safety Protocols provided in **Appendix E**. These policies are mandatory for all user groups.

## **WHILE SKATING: THE RULES**

**1) Anyone who enters the arena including skaters, coaches or volunteers must give written consent by signing and submitting a completed paper waiver prior to any participation. No waiver, no skating.**

**2)** Skaters, coaches, and volunteers must have a **DAILY health check** screening for symptoms before they can enter the facility. The health check questionnaire should be completed online ahead of your arrival to the arena, on the **same day** as your session. Links to the screening questionnaires can be found on our Club homepage.

**3)** All participants (skaters, coaches, volunteers and parents) **must wear a non-medical grade mask** when anywhere inside the arena. Skaters in the CanSkate and Jumpstart sessions must keep their masks on for the entire session on-ice. Skaters in Silver and up may remove their mask to skate once on the ice surface. **Please bring a clean mask with you to the arena every day.**

**4)** Skaters and coaches should come dressed to skate, with only their skates to be put on.

**5)** Please leave unnecessary personal items at home.

**6)** Skaters should bring a reusable water bottle and ensure they have enough water to last their session(s), as there are no water fountains and no filling of water bottles at the facility. We have received permission from the facility for food (light snacks only) to be brought into the Canlan facility, to be eaten in the dressing room between sessions. Please ensure you wash your hands before and after eating and dispose of all garbage in the bins provided. Food and drink must not be shared. Please only bring what you need.

**7) No spectators.** Parents should not be in the building and should drop off and pick up skaters at designated times. The viewing gallery will be closed and parents are not permitted at ice level. If your skater needs help with their skates, please assist them outside the arena.

**8)** Warm up and off ice classes must be done online or outside where skaters can keep a 2 metre distance from other skaters and coaches.

**9) Do not touch any equipment**, including music playing equipment. The harness shall be used by one designated coach only and will be disinfected between skaters.

**10)** At the end of their sessions, participants must leave the ice and bench area immediately.

**11)** Participants must exit the building within **15 minutes** of the end of their session. No lingering

**12) RESPECT PHYSICAL DISTANCING AT ALL TIMES:**

- Respect the marked and designated zones in the dressing rooms and lobby areas to keep 2 metres apart from other participants before and after your session.

- **Make special awareness a priority on the ice.** Coaches and skaters Keep a 2-metre distance from other skaters and coaches at all times.

- Avoid all physical contact, for example no shaking hands, high fiving or hugging, with other skaters and coaches.

**13) BE VIGILANT WITH YOUR PERSONAL HYGIENE AND SAFETY:**

- **Wash your hands** and adopt proper hygiene practices. Wash your hands with disinfectant soap and hot water for at least 20 seconds, before and after going on the ice for each session.

- **Wear your mask** in all areas of the arena (lobby, dressing room, hallway, washroom)

- Each participant must bring their own hand sanitizer and tissues.

- If you cough or sneeze, do so in a tissue or in your sleeve. If you use a tissue, immediately dispose of the tissue in a garbage can. Do not put used tissues on the boards, benches or anywhere else. You should use hand sanitizer immediately after coughing, sneezing or blowing your nose.

- Avoid touching your face during your skating session. Should you need to touch your face you must use hand sanitizer immediately after touching your face.

- Avoid touching door handles, gates, benches and all other objects where the virus could survive. If you touch something, make sure to use hand sanitizer immediately after.

- Do not share any equipment (water bottles, clothing, gloves, facial tissue, towels) with other skaters or coaches.

- Wear clean clothes and gloves for each day of training. Make sure used clothing and gloves are washed immediately when you return home from training.

Thank you for taking the necessary precautions and doing your part to limit the spread of COVID-19.

October 1, 2020

## **Appendix A: The Vancouver Skating Club COVID-19 Outbreak Plan**

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. An “outbreak” is defined as two or more confirmed cases, a “case” is defined as one confirmed COVID-19 positive individual.

**1)** If the VSC becomes aware of a confirmed outbreak of COVID-19 it shall undertake the following:

- a. The Director of Programs shall immediately notify the facility and provide the contact information of our participants.
- b. The Club President shall immediately report the outbreak to the Provincial Medical Health Officer and the Vancouver Coastal Health Authority.
- c. The Club President shall notify the Skate Canada BC/YK Section office.
- d. The VSC Administrator shall notify the parents of all program participants and coaches.
- e. The VSC Board of Directors in shall, consultation with Public Health Authorities and the facility operator, determine whether programming is to be modified, restricted or postponed.

**2)** If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the facility, the VSC shall ensure that enhanced cleaning measures have been implemented at the facility to reduce the risk of further transmission.

**3)** Any coach, volunteer or participant who reports COVID-19 like symptoms MUST adhere to the VSC Illness Policy (**Appendix B**):

- Self-isolate
- Monitor their symptoms daily, report respiratory illness and not to return to activity for at least 14 days following the onset of 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.
- The Participant will not be permitted to return to the facility until they are free of the COVID19 virus as verified by a medical professional.
- Use the COVID-19 self-assessment tool at BC COVID-19 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 and 9-1-1 if it is an emergency.

**4)** In the event of a suspected case or outbreak of influenza-like-illness, the VSC shall immediately report and discuss the suspected outbreak with the Medical Health Officer at Vancouver Coastal Health and will implement the illness Policy (**Appendix B**) and enhanced cleaning measures.

**5)** If the VSC is contacted by a medical health officer in the course of contact tracing, it shall cooperate with local health authorities.

## **Appendix B: The Vancouver Skating Club 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**

a. Participants must have a daily 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 possible 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 new 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.

d. Participants who experience seasonal or environment allergies, or other COVID-19 like symptoms that are related to an existing condition, can continue to attend programs when they are experiencing symptoms as normal. If the participant notices a change in the severity or type of symptoms they normally experience, the participant must stay home and seek the advice of a medical professional.

### **4) If a Participant tests positive for COVID-19**

- a. The Participant will not be permitted to return to the workplace/practice/facility until their symptoms have resolved and 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. The work/practice/facility area and any surfaces that and infected individual could have potentially touched must be closed off, cleaned and disinfected Immediately.
- d. If any participant tests positive, the VSC will inform the BC/YK Section Office of the test positive case by emailing [bcyksection@skatinginbc.com](mailto: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 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 with a household member 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.

- c. Any Participant with any new 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 who is sick with 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.

## **Appendix C: Canlan Ice Sports North Shore Safety Protocol**

1. Ensure everyone in your group completes the **daily pre-screening questions** on the **same day** as the booking: <https://www.icesports.com/questions/>. The more accurate this is completed; the more efficient your check in will be. Attached is photo of the questionnaire and tips on how to complete it for maximized efficiency.
2. Upon your arrival, you will be greeted by a Canlan Zone Control Attendant. Please follow their instructions. They will also verify your completed pre-screening questionnaire in our Contact Tracing Database.
3. You will be asked to use the hand sanitizer at the Zone Control Attendant station prior to entering the building.
4. We will let participants in 20 minutes to and 15 minutes to the ice time. Make sure late comers (anyone after the 15 minutes prior) know that we will escort at our next available moment so they could be late for their ice time.
5. Wait in the dressing room until the Health & Safety Ambassador tells you can get on the ice. And head straight to the dressing room after exiting the ice.
6. Exit the ice promptly through the exit gate at the end of the ice time. No lingering to stretch or collect pucks while the ice resurfer is trying to work – this should be done during the ice time.
7. All persons entering our building must abide at all times to the 2 meters of physical distancing.
8. You must be wearing a face mask in all public areas including dressing rooms. Not required while on the ice or walking to the ice.
9. Bring your own personal pre-filled water bottle. There are no filling stations at the facility.
10. There is NO access to showers. They are considered unnecessary shared equipment and are prohibited by the PHO. Washrooms are available in your assigned dressing room. No public washrooms.
11. No Spectators or parents allowed in the facility to help with equipment or skates. We would encourage skaters to arrive dressed to access the ice. We recommend investing in hard plastic skate guards such as these: <https://www.canadiantire.ca/en/pdp/supergard-skateguard-0836995p.html#srp>
12. Valuables should be left at home.

13. There is absolutely NO access to skate, helmet, and/or stick rentals. Make sure you have your bag packed accordingly for your ice time.
14. Please do not loiter in parking lot, dressing rooms, or lobby areas before or after your ice time.
15. Alcohol is NOT permitted on the property. NO tailgating.
16. Please do not block fire lanes, through-ways, or other areas of the parking lot for drop off and pick up that would impede the flow of vehicle traffic and/or endanger pedestrians

## **Appendix D: NVRC Karen Magnussen Arena Safety Protocol**

Your health and safety is our top priority. Please remember the following:

1. Participants should arrive, skate ready, no earlier than 10 minutes before their scheduled time and wait at the check in area at the designated entrance.
2. Change rooms are not available so participants must arrive ready to play.
3. At the designated entrance to the arena, club representatives will greet participants, ask COVID screening questions, and complete an attendance sheet for contact tracing.
4. Hand hygiene, sanitizer, must be used before entry and exit to the facility.
5. Coaches/club volunteers will accompany skaters from the designated entry to the arena and back at the end of the session.
6. Follow directional signage and arrows to enter and exit the facility and arena.
7. Spectators are not allowed in the facility at this time.
8. Arena/Ice occupancy level is 24 maximum. Player benches are included in the field of play.
9. Leave promptly after your ice time so the facility is safe and ready for the next group, players will have 5 minutes to exit the arena.
10. Safe physical distancing requirements, 2 meters, must be followed at all times.
11. Club volunteers will disinfect player benches, lobby benches and any other high touch surfaces between each group.
12. The water fountains remain closed so please come with a full water bottle.
13. No lockers are available at this time so please leave your valuables at home.
14. Please keep your belongings in the designated areas, and bring as little as possible with you to the arena other than what you need on the ice.
15. Parents and guardians will not be permitted to accompany skaters into the facility.
16. No public equipment is available for use at this time.
17. Please speak to a staff member if you have any questions or concerns.
- 18. Other key messages:**
19. Harry Jerome Arena will open September 8, Karen Magnussen Arena will open September 21.
20. Facility operating hours are reduced.

**Appendix E: PNE Agrodome Safety Protocol**



**Before you arrive**

- A drop off and pick up zone will be set up on the north side of the arena, we ask drivers remain in their vehicles at all times and do not congregate in the space provided.
- Athletes and coaches are to arrive no more than 15 minutes prior to their ice times and enter through the designated door only
- Dressing areas will be pre-assigned based on your time slot and will be identified for each user
- Athletes and Coaches are expected to come as fully dressed as possible, and remain in the area until their ice time
- No Spectators will be permitted in the venue
- **Maximum capacity of the venue is 48 guests, those guests who are not participating on ice will be required to wear a volunteer badge provided by the PNE (volunteers include time/score keepers, parent helpers)**

**When getting ready:**

- There will be a designated seating spots with in your dressing area
- Access to showers and traditional changes rooms will not be available, washrooms at ice level will be made available
- A Drop Off Zone will be set up on the north side of the arena, we ask that drivers remain in their cars when dropping off and picking up, and that guests do not congregate in this area while waiting for athletes/coaches to come out (special consideration will be given to younger skaters who need assistance putting their skates on and off).

**On the ice**

- A maximum of 18 skaters is permitted on the ice (Figure Skating) and a maximum of **24** skaters on the ice (Hockey), these numbers include coaches & referees/linesmen.  
\* Guidelines will align with Provincial Sport Organization's Return to Sport guidelines. Changes can be made as PSO's update their guidelines \*
- **Player's benches may be used. Cleaning supplies will be provided for groups to clean surfaces and door handles.**
- **If you require music, please use the scorekeeper's box and bring your own auxiliary cord.**
- **A Rink Attendant will move the nets after your session.**

**When exiting the building**

- At the end of the session, Athletes and Coaches will have 10 mins to exit, follow the exit signs to avoid crossing paths with others entering the facility and exit through the marked door (north side of the building)

**Other items:**

- **Minor Sport Group offices will not be accessible at this time. Please arrange for 1 time access to offices to get any items you will need.**
- Access to concession stands will not be permitted
- Stay home if you are sick
- Stay home if you have travelled outside Canada in the last 14 days
- Please maintain a physical distance of 2 metres from others
- Parents/guardians may enter the building if their child is injured
- No off ice activities, such as dry land training, stretching etc. can be done inside the building

**There will be no access to:**

- Dressing Rooms / showers
- Arena Seating
- Water Fountains (bring your own labelled water bottles)

**The following areas will be sanitized by staff between ice time blocks:**

- **Dressing Areas**
- **Players benches**
- **Door handles**
- **Nets**
- **Scorekeeper box**
- **Other high touch points**
- **Washrooms periodically throughout the day**

All groups are to adhere to the ViaSport Return to Sport Guideline for BC, Provincial Sport Organizations Guidelines as well as any regulations set forth by the Province, Vancouver Coastal Health Authority, City of Vancouver or the Pacific National Exhibition.