

Langley Skating Club COVID-19 Return to Play Plan

The Langley Skating Club is excited to announce a return to skating! The B.C. Section of Skate Canada has posted Return to Play Figure Skating Guidelines to their website. Every Skate Canada club in B.C. must follow this document when planning to start skating again. We are currently in phase 3 of Return to Play which has many restrictions so there are a lot of changes that will affect our club and skaters. These changes are mandatory and this physical distancing policy is based on the guidelines supplied by the B.C. Section of Skate Canada, Langley Sportsplex & George Preston Rec Centre. We have outlined below what you need to know before returning to the ice.

All skaters, coaches, spectators and volunteers must give written consent by signing and submitting a completed paper waiver prior to the first day of skating.

The club has sent out the waivers for you to fill out and submit prior to starting your first session. Registration is not complete until this is signed. No waiver in place means no skating. No exceptions. All spectators, Coaches and Volunteers must complete a Waiver prior to participating in any LSC activity.

Do not skate if you:

- Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts
- If you or someone in your household has been in contact with someone with COVID-19 in the last 14 days
- If you or someone in your household has travelled outside of Canada in the last 14 days.

Before you skate:

1. You will need to complete a health questionnaire every day that you skate, coach, volunteer or spectate. This may be completed verbally at the entry to the facility with a coach or parent volunteer or via a self assessment in the dressing room (Senior skaters only) Do not come to the rink if feeling ill or having any Covid symptoms.
2. Arrive ready to skate. Skates on. This is especially important for younger skaters who need assistance with trying up their skates and getting ready. There is no access to the lobby prior to entry to the ice level.
3. Arrive no earlier than your scheduled time to enter the building. Arrival time will be approximately 10 minutes before your scheduled session
4. Every time a skater arrives to skate, they will be greeted by a volunteer, who will either collect or complete the daily health check. If there are any health concerns noted in this questionnaire the skater will not be permitted to skate that day. .
5. For the Sportsplex facility, skaters will be directed to the appropriate dressing room. The skater shall stay sit at a numbered spot in the dressing room until called to the rink.

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6. Volunteer will collect the skaters and all of their belongings and lead them to the appropriate rink entrance. Skaters will be instructed to place their guards on their bags, and put their water along the boards in designated areas as organized by the coaches. 2 metre distancing is required at all times when accessing the boards for water or stretching.
7. While waiting to go on the ice, skaters will stand at the designated physical distancing markers and stay away from others. Avoid putting equipment on the boards while waiting to go on the ice.
8. There will be a limited number of parent spectators permitted in the buildings. For George Preston Arena, once approved by the Township of Langley a max of 11 spectators are permitted in the building. 1 per skater, & no siblings. For Sportsplex, 20 spectators are permitted into the facility. No spectators permitted in the upper viewing area at the Sportsplex.
All those who enter the facility must sign a liability waiver and participate in a daily health check.

While skating:

1. Avoid all physical contact, for example shaking hands, high fiving, or hugging, with other skaters and coaches
2. 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.
3. Make spatial awareness a priority. Try to keep a 2 metres distance from other skaters and coaches while on the ice at all times.
4. Do not touch any equipment, including music playing equipment. One designated person will operate all equipment for all skaters.
5. Do not touch the boards anywhere other than at your designated spot.

After skating:

1. Use hand sanitizer. If you do not have your own, there are many hand sanitizer stations at the arena entrance and exit.
2. Leave the arena immediately after you finish skating.
3. Do not go back to the dressing room. It has been cleaned and disinfected for the next group while you were skating. Head to the exit with skates on and parents may collect at the door. If parent is not there, skaters can line up while distanced and wait by side of building, or under cover at front.
4. There is a separate marked off exit from the building. Do not exit through the lobby.
5. At the Sportsplex we skate in rink 2, so you will exit thru the double doors on the south wall of rink 1. No exit thru the lobby. It is an entrance only. This includes skaters, coaches, and volunteers.
6. At the George Preston Facility, Skaters will be directed towards the facility entry and exit plans.

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Coaches/Volunteers

1. Will wipe down all boards, music player, harness equipment between users.
2. Will inform facility when skaters are out of the dressing room in order to allow for cleaning protocols.

General guidelines:

- Warm ups are restricted to outside. There is no indoor designated area so try and warm up before coming if possible. Outdoors is limited at Sportsplex and with car traffic can be hazardous. During summer skating we have been given permission to have an area designated under cover in the parking lot for our dryland classes.
- Skaters and coaches should be prepared to come dressed to skate with only the skates to be put on. **Younger skaters that require assistance need to arrive with their skates on.**
- To protect yourself against infections:
 - Wash your hands with disinfectant soap and hot water for at least 20 seconds or use hand sanitizer before going on the ice for each session.
 - Bring hand sanitizer. Each participant must use hand sanitizer.
 - Clean your equipment, including your skates, clothing and water bottles regularly.
 - Do not share any equipment (water bottles, clothing, gloves, facial tissue, and towels) with other skaters or coaches.
 - Used Facial Tissues must be put into the garbage can immediately after use. Do not put on the boards or anywhere else. You should use hand sanitizer immediately after blowing your nose.
- 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.
- Make sure you have enough water before leaving the house to avoid having to touch a tap or water fountain handle.
- Other than reusable water bottles, no other food or drink should be brought into the facility
- Consider wearing a mask and/or gloves while skating.
- 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. You should use hand sanitizer immediately after coughing or sneezing.
- 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.

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First Aid Plan

- 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 wear gloves.
- A first aid kit, along with extra gloves and masks, will be kept by the ice during all on ice club activity.

Outbreak Plan

Skate Canada has laid out strict protocols for illness, appendix D, page 15 -16. and an Outbreak plan, Appendix F, page 18 of their RTP Figure Skating Guidelines.

- Skate Canada determines that an outbreak is two or more cases.
- In the event of a suspected outbreak of influenza-like-illness, report and discuss the suspect outbreak with Fraser Health Authority. Implement the Skate Canada Illness policy.
- If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the facility, implement enhanced cleaning measures to reduce risk of transmission. Notify the facility right away.
- Co-operate with your medical health officer in the course of contact tracing.

We, the Langley Skating Club do report that a Liability Waiver Form has been and will be collected prior to any coach, skater, or parent entering the facility. As well we will do a daily health check on each coach, skater, or parent and keep daily records of this information on each of the session attendance/sign in sheets. This information will be kept on file for the purpose of contact tracing.

This plan is approved by the Langley Skating Club Executive.

Date: September 1, 2020

Signature: *Karen Nash*

Print Name: Karen Nash

Role: Langley Skating Club Board Member- Vice President