

To the members of the Norwich & District Skating Club,

We are excited to announce that we will be able to return to skating in the fall! The township has informed us that the ice will be put in no earlier than September 21st. This means that our STARSkate programs will be starting one week later than our original date and CANSkate will start as scheduled. The Norwich & District Skating Club is a sanctioned SKATE CANADA club under SKATE ONTARIO. We are grateful that Skate Ontario has been well organized and communicating clearly with us the Policies & Procedures that they have created in accordance with the government's regulations for COVID-19. We hope this letter along with the Club's Policies & Procedures for COVID-19 is helpful and brings comfort in knowing that we will be taking all the necessary precautions to keeping our skaters and families safe and healthy.

Summary of Skate Ontario COVID-19 Protocols

Below is a summary of the Skate Ontario COVID-19 Protocols from the Return to Play 3.1 document. If you wish to read the entire document you can find it at <https://skateontario.org/wp-content/uploads/2020/07/Return-to-Play-Protocols-Skate-Ontario-3.1-Final-1.pdf>

Entering the facility

For skaters under the age of 18 there will only be one parent/guardian permitted into the arena with their child, no other spectators are permitted at this time. When entering the Nor-Del Arena everyone over the age of 2 must wear a mask, this includes skaters. Please be sure to follow all directional signs and maintain 6ft apart at all times. Skaters should be in their skating clothes and only be bringing in their skates and any necessary items such as guards, towel to wipe blades, water bottles (for STARSkate) and helmets (for CANSkate). As of right now skaters are not to bring in a bag. It is recommended that skates are put on before entering the building, however there will be an open designated area for skaters to put on skates inside the building if needed. Skaters will be able to remove their mask when entering the ice surface. We hope to prepare a video tutorial for all our members prior to our return. At this time the dressing rooms will only be accessible for the use of the washrooms. **Update as of August 24, 2020: STARSkate skaters will be permitted to use change rooms for putting on their skates. The facility has a max of 7 people per dressing room, therefore skaters will be assigned a dressing room to ensure we stay within these numbers.**

Skate Ontario COVID-19 Waiver, Health Screening & Tracking

Skate Ontario has created a COVID-19 Waiver that will be given out to all members. A signed copy will be collected for each skater, coach, board member and volunteer and will be kept on record. This waiver is mandatory before taking part in any club activities. Upon entering the building skaters and parent/guardian will be required to complete a verbal health screening by the Norwich & District Skating Club. If one screens positive then they will be unable to skate that evening. It is required by Skate Ontario to keep a tracking sheet for each individual session.

Limitations on Size of Training Groups

STARSkate: Maximum number of individuals is 20 including skaters, coaches and choreographers. Those off-ice such as officials and music player are not counted within the 20.

CANSkate: Maximum 36 skaters. Maximum number of individuals is 45 on ice including coaches and Program Assistants. Skate Ontario has enforced that CANSkate can only be run for skaters in Stages 2 and up with some exception of Stage 1 for skaters that have been assessed and able to skate independently as well as get up on their own. This rule is in place because coaches and Program Assistants are required to physically distant themselves from the skaters. This means there will be no PRECANSkate at this time. With smaller group sizes, our coaches and PAs will be able to ensure skaters physically distant themselves from others. Skate Ontario has developed new circuits to maximize space

(1/3 of the ice for each station). The club is also putting together more visuals for the skaters to follow and will ensure that all teaching aids will be sanitized after each session. **Update as of August 17, 2020: CANSkate Parent & Tot session is permitted. There is a cap of 42 participants (skaters & parents). However, due to ice availability this program will run during our CANSkate Stage 1 & 2 Group on Mondays. Therefore, spots will be limited. Skaters must skate with the same parent (or older sibling with approval of the board) as Skate Canada Fee will be applied for insurance purpose.**

Schedule

Due to maximum participation numbers and groups not being able to overlap, we have had to make changes to our schedule for the 2020-2021 season. We apologize for any inconvenience that this may cause.

CANSkate Group A: STAGE 1&2 (STAGE 1 based on previous season assessment) Monday 5:30-6:00

CANSkate Group B: STAGE 3-6 Monday 4:30-5:15 & Wednesday 4:30-5:15

Session 1: Monday 6:15-7:30 & Wednesday 5:30-6:45

Session 2: Wednesday 7:00-8:45 & Friday 6:00-7:50

Session 3: Monday 7:45-9:30 & Friday 4:00-5:50

Due to Skate Ontario COVID-19 guidelines, the board reserves the right to reassign skaters to a different session to keep within the cap of skaters allowed on the ice. Should skater limits be increased or removed the board may re-align the affected skaters to their appropriate session. Parents/guardians will be contacted as soon as we know our registration numbers if their skater will be reassigned a session.

Volunteer Bond

Due to the unpredictability of the skating season, the board of directors have decided to waive volunteer bonds for the 2020-2021 season. We will have fundraising events available which we encourage our members to participate in to help with costs for the extra ice time that is required to run the programs due to the limitation of group sizes. We hope that you are able to help reach our fundraising goal!

Registration

Please help us prepare for the upcoming season by registering your skater(s) as soon as possible through our website at <http://norwichskatingclub.ca/registration/> We hope to have space for all that are interested however we cannot promise this due to limitation on group sizes.

Communication

We will continue to keep our members up to date with the policies and procedures given to us by Skate Ontario. We will continue to share information through emails, our Facebook group and our website. The following document below includes COVID-19 Education Resources by Ontario Public Health as well as our Skating Club's Response Plan for COVID-19. If you have any questions regarding Return to Play Protocols or our Club Response Plan we hope you are able to join us for our Zoom Q&A Meeting on Monday, August 24th @ 7:00PM. If you are unable to attend and have any questions please email them to info@norwichskatingclub.ca

Sincerely,

Norwich & District Skating Club Board of Directors

Norwich & District Skating Club Policies & Procedures for COVID-19

COVID-19 Education Resources

To all members of the Norwich & District Skating Club, the following links are Government-approved information on ways to limit the spread of COVID-19. We ask that all members are familiar with up to date information.

Ontario Public Health Public Resources: <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>

The following resources are also available on the Ontario Public Health website.

Topic	Tool
Hand Hygiene	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en
Physical Distancing	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en
How to self-monitor	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en
When and How to Wear a Mask	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en
How to Self-Isolate	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en

Ministry of Health – Ontario: COVID-19 Reference Document for Symptoms:

http://www.health.gov.on.ca/en/programs/publichealth/coronavirus/doc/2019_reference_doc_symptoms.pdf

Ontario COVID-19 Online Self-assessment Tool

<https://covid-19.ontario.ca/self-assessment/>

COVID-19 Skating Club Response Plan

1. Contact list for COVID-19 Club Oversight Group

Name	Phone	E-mail
Alicia Nobbs	(519) 532-9084	lei_2001_sweetie@hotmail.com
Karen Dropko	(519) 761 - 2416	karendropko@hotmail.com
Sarah Godelie	(519) 494-5485	sarahprovo7@gmail.com
Teresa VanWyk	(519) 533-2221	teresavanwyk6@hotmail.ca

Should you have any questions about any aspects of the Return to Play protocols or other policies and procedures related to COVID-19, please contact one of the individuals above.

2. Club COVID-19 Protocols

Completion of Skate Ontario COVID-19 Waiver

All individuals participating in Norwich & District Skating Club must complete the Skate Ontario Acknowledgement, Release, Indemnity and Assumption of Risk regarding COVID-19 (**COVID-19 Waiver**). Failure to do so means that individual must not participate in club activities.

Any individual participating in club activities is required to complete a COVID-19 Waiver, or have a signed COVID-19 Waiver on-file with Skate Ontario:

- Skaters
- Coaches
- Staff
- Board Members
- Volunteers
- Officials (*note: this will be kept on file with Skate Ontario*)

An individual becomes unwell with symptoms of COVID-19

- If an individual becomes unwell with symptoms of COVID-19, or if someone is aware of an individual that becomes unwell with symptoms of COVID-19, that individual must immediately stop participation in club activities
- The individual should be isolated from all others in a well-ventilated area, or outside and provided with a non-medical face mask
- The individual shall be sent home and instructed to follow public health guidelines regarding self-isolation and testing
- The facility should be informed in order to determine if any areas need to be closed off and/or require additional cleaning/disinfecting
- A member of the COVID-19 Oversight Group should be informed of the situation and should contact the individual or their parent/guardian to determine if next steps are being taken regarding testing

An individual is tested for COVID-19

- Any individual that is part of the club that has been tested for COVID-19 must not participate in club activities while waiting for the results of the test
- The club will consult the Session Participation tracking sheets to inform other club members who might have been in close contact with the individual
- Any club members who were in close contact with the individual should not participate in club activities and should follow public health guidelines until the diagnosis of COVID-19 is ruled out by health professionals

An individual tests positive for COVID-19

- If an individual tests positive for COVID-19, they should inform a member of the club's COVID-19 Oversight Group
- The COVID-19 Oversight Group will work where requested with the facility and public health officials to assist in contact tracing. The Session Participation tracking sheets may be used to assist public health officials in informing other club members who may have been in close contact with the individual
- Any club members who were in close contact with the individual should not participate in club activities for 14 days and should follow public health guidelines regarding self-isolation and testing
- The club will inform all club members of a positive COVID-19 result within the club setting
- The club will inform and work with the facility in the case of a positive COVID-19 result and determine if any additional cleaning/disinfecting should be performed as per the facility's guidelines
- The club will inform Skate Ontario of a positive COVID-19 diagnosis by e-mailing clubsupportservices@skateontario.org

Return to club/skating activities following illness

- If no test was performed, or the COVID-19 test was negative, the individual may only return to club activities once they no longer have any symptoms of COVID-19

Return to club activities following COVID-19

- Following a positive COVID-19 test, an individual must follow all public health guidelines regarding return to activities.

Modification/restriction/postponing or canceling of club activities

- Based on the evolving COVID-19 pandemic, the club must be prepared to follow public health, municipal/provincial government and sport recommendations regarding modifying/restricting/postponing or canceling activities
- If skating is cancelled for COVID 19 related reasons through orders from Norwich Township, the Province of Ontario, Southwestern Public Health, or Skate Ontario a refund will be given to members based on the weeks of skating missed. The calculation will be made based on the session fees that are set for a 25 week (12 week for half season) program.
- Club members will be informed as soon as possible of any modifications/restrictions or cancellations
- The club must keep any modifications and restrictions in place until advised that it is safe to resume activities by public health, government or sport officials

Public Health Guidelines

Club and skating school members should follow all public health guidelines regarding COVID-19. These may include:

- Any club members who themselves have travelled outside of Canada, or has someone in their household who has travelled outside Canada must self-isolate and not participate in club activities for 14 days
- Any individual who has been exposed to someone with a confirmed case of COVID-19 should self-isolate and is not permitted to participate in club activities for 14 days
- Any individual with symptoms of COVID-19 is not permitted to take part in club activities

- Any individual who has someone in their household showing symptoms of COVID-19, should not participate in club activities