

To the members of the Norwich & District Skating Club,

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 8.0 document. If you wish to read the entire document you can find it at <https://skateontario.org/return-to-play/>

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 09, 2020: ALL CANSkaters & STARSkate skaters will be permitted to use change rooms for putting on their skates. Skaters will be assigned a dressing room to ensure physical distancing.**

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. **Update as of November 26, 2020: All session and spectator tracking sheets will be photocopied and be given to the Nor-Del Arena (Norwich Community Centre) for their tracking purposes. Meaning, they will be provided with your name and contact information if or when needed. All tracking sheets will be kept on file for 30 days as per Public Health regulations.**

Limitations on Size of Training Groups

Update as of July 16, 2021: Facility is being run at a 50% capacity. The NDSC has the right to limit number of skaters on the ice due to safety precautions. We are happy to announce that we will be able to run our PreCANSkate program this year as physical distancing is not required during physical activity.

Schedule

PreCANSkate: MONDAY 4:40-5:10 & WEDNESDAY 4:30-5:00
CANSkate Stages 1-6: MONDAY 4:30-5:15 & Wednesday 4:50-5:35
Session 1: MONDAY 5:15-6:30 & WEDNESDAY 5:35-6:50
Session 2: MONDAY 6:00-7:55 & FRIDAY 5:20-7:20
Session 3: Monday 7:25-9:20 & 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

The Volunteer Bond has been re-instated for the 2021-2022 season. Please review the expectations found on the Registration document.

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 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	
Alicia Nobbs	
Karen Dropko	
Sarah Godelie	
Teresa VanWyk	

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
- **Update October 2021: Any individual who has someone in their household who is being required to quarantine due to (possible) contact of a confirmed case should contact Public Health and follow their direction regarding self-isolation protocols.**