



Speed Skate Nova Scotia COVID-19 Return to Sport Guidelines Phase 2 – Indoor Training

These guidelines are meant to support Speed Skate Nova Scotia (SSNS) clubs in their return to indoor training activities in rinks and/or community centres. In addition to these guidelines clubs must also adhere to any measures implemented by the rinks and/or community centres in which they operate.

Cornerstone Guidelines

- Meet or exceed current public health regulations.
- Know the training facility's operating guidelines, as guidelines will differ from building to building.
- Practice physical distancing by keeping a minimum of two (2) meters between individuals.
- Wearing a mask is mandatory at all times while in indoor public facilities.
- Individuals should sanitize their hands frequently and avoid touching their face.
- Individuals should self-monitor for symptoms of COVID-19 on a daily basis, and prior to arriving at practice.

Environment

- Follow the Provincial mandated rules and facility specific guidelines regarding the maximum number of individuals allowed in the practice environment.
 - Up to 50 individuals may participate in one program where physical distancing measures can be followed. In this scenario, incidental contact, where participants come into infrequent and brief close contact less than two meters, may occur. Per Sport Nova Scotia, July 24, 2020.
 - Clubs should plan to divide individuals into smaller groups of 10 without physical distancing. Contact can be allowed within groups of 10. It is encouraged that groups of 10 remain consistent through the duration of a program. Per Sport Nova Scotia, June 22, 2020.
- Coaches or volunteers should arrive prior to the start of practice to prepare the practice environment, marking space for physical distancing between individuals and /or groups.
- Coaches are encouraged to stay with a single training group for the duration of a practice.
- Individuals will not loiter inside or outside the facility before or after practice.

Equipment

- Athletes should arrive ready to practice, wearing and/or possessing their own equipment.
- Personal equipment (water bottles, towels) will not be shared.
- Individuals within a group remaining physically distant will not share equipment (balls, corner cables, etc.) and will not engage in contact activities (relays, high fives).
- Individuals within a group of 10 without physical distancing may share equipment and can engage in contact activities.
- As a general practice, one coach should handle placement and retrieval of any equipment (pylons, ladders, hurdles), especially for groups remaining physically distant.

Personal Protective Precautions

- Participants are to be screened for potential risk of exposure prior to attending practice.
- A participant identified as a potential exposure risk during screening should refrain from attending practice, self isolate, and seek appropriate medical attention.
- Physical distancing beyond two (2) meters should be introduced as levels of exercise exertion increase.
- Wearing a mask is better than not wearing a mask. While the mandatory mask requirement in indoor public facilities allows for sport participants to be exempt, if it is determined that a mask can't be worn, participants should wear a mask as much as possible during activity.
- Individuals should have their own hand sanitizer on hand for use in the practice environment.
- Individuals should wash and/or sanitize clothing and equipment after being in the practice environment.

Communication

- Assign a club representative to liaise with the practice facility management regarding operating guidelines and possible compliance complaints.
- In addition to these COVID-19 Return to Sport Guidelines, a club should outline and share plans, specific to their practice facility and training groups, with participating individuals and their parent/guardians.
- Clubs should update their waivers and assumption of risk forms before permitting individuals to participate.
- Have all individuals confirm that they will adhere to the Return to Sport Guidelines.
- Have all individuals confirm that they have reviewed government information regarding the symptoms of COVID-19.
- An individual should consent to being included in a group of 10 without physical distancing.
- Screen participants prior to each practice and maintain a record of attendance.

APPENDIX

Confirmation

- I, or with my child, do acknowledge that the Speed Skate Nova Scotia COVID-19 Return to Sport Guidelines will be adhered to.
- I, or with my child, have reviewed the symptoms of COVID-19 on the Government of Nova Scotia's and/or the Government of Canada's Coronavirus information.

Consent

- I, or with my child, do consent to participate in a group without social distancing.
- or
- I, or with my child, do not consent to participate in a group without social distancing.

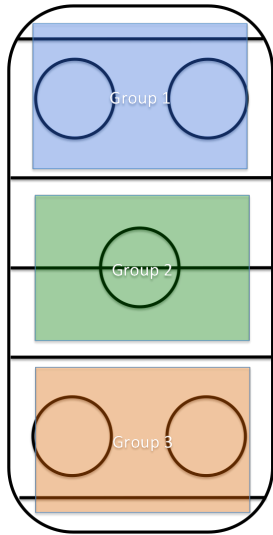
Screening

- Does the individual currently have any one of the following symptoms:
 - A. Fever (i.e. chills, sweats)
 - B. Cough or worsening of a previous cough
 - C. Sore throat
 - D. Headache
 - E. Shortness of breath
 - F. Muscle aches
 - G. Sneezing
 - H. Nasal Congestion/runny nose
 - I. Hoarse voice
 - J. Diarrhea
 - K. Unusual fatigue
 - L. Loss of sense of smell or taste
 - M. Red, purple or bluish lesions, on the feet, toes or fingers without clear cause
- In the past 14 days has the individual:
 - A. had close contact, without appropriate personal protective equipment, with a symptomatic person known or suspected to have COVID-19?
 - B. travelled outside of the Atlantic region?
 - C. or, had close contact with a person who has travelled outside the Atlantic region and the current provincial self-isolation exemptions and eased requirements provided to for essential and rotational workers do not apply?
- If the answer is **yes** to one or more of these questions, the individual should **call 811 for further assessment by a nurse**.
- The individual will then not be allowed to participate in activities unless an 811 assessment clears the individual to do so and they are symptom-free for 24 hours afterwards.

Resources and References

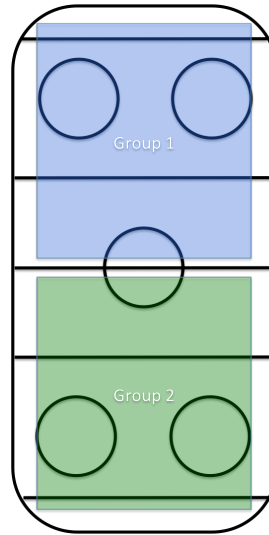
- Government of Nova Scotia Coronavirus information – <https://novascotia.ca/coronavirus/>
- Government of Canada Coronavirus information – <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
- Nova Scotia Sport Guidelines – <http://www.sportnovascotia.ca/portals/0/docs/NSSportGuidelinesupd.pdf>
- COVID-19 Risk Assessment for Sport – <https://www.ownthepodium.org/OwnthePodium/media/COVID-19-Resource-Documents/COVID-19-Risk-Assessment-for-Sport-Appendix-A.xlsm>
- Club Risk Assessment and Mitigation Tool – <https://www.ownthepodium.org/OwnthePodium/media/COVID-19-Resource-Documents/Club-Risk-Assessment-and-Mitigation-Checklist-Tool-Appendix-B.xlsx>
- Hockey Nova Scotia's Rebound Plan – <http://www.hockeynovascotia.ca/user/File/Hockey%20Nova%20Scotia%20-%20Rebound%20Plan%20-%20July%208.pdf>
- Ringette Canada's National Direction For Return to Ringette – https://www.ringette.ca/wp-content/uploads/2020/07/Return_to_Ringette_2020.pdf
- Sport and Law Strategy Group - <https://sportlaw.ca/returning-to-participation-under-covid-19-updating-your-waivers-and-forms/>

Suggested Practice Set-up



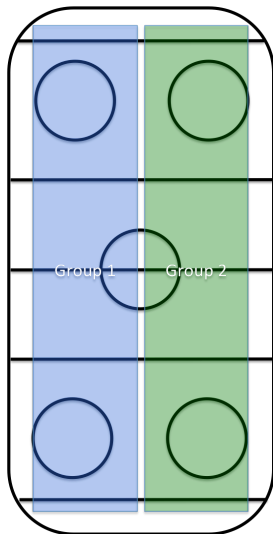
Zones

- Three groups remain physically distant from one another.
- In a group larger than ten (10) the individuals must remain physically distant.
- In a group of ten (10) or fewer the individuals may participate without physical distancing.
- A group of ten (10) may or may not include the coach or coaches.
- A coach may move between groups as long as they maintain physical distance.



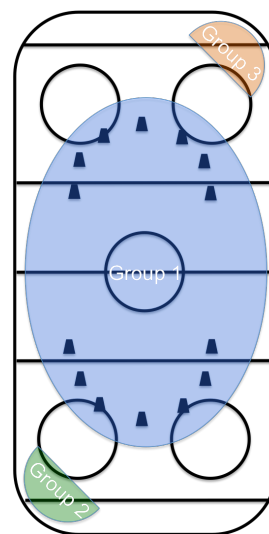
Ends

- Two groups remain physically distant from one another.
- In a group larger than ten (10) the individuals must remain physically distant.
- In a group of ten (10) or fewer the individuals may participate without physical distancing.
- A group of ten (10) may or may not include the coach or coaches.
- A coach may move between groups as long as they maintain physical distance.



Lengths

- Groups remain physically distant from one another.
- In a groups larger than ten (10) the individuals must remain physically distant,
- In a group of ten (10) or fewer the individuals may participate without physical distancing.
- A group of ten (10) may or may not include the coach or coaches.
- A coach may move between groups as long as they maintain physical distance.



Track

- Two or three groups remain physically distant from one another.
- Each group of up to ten (10) individuals participate without physical distancing.
- While one group uses the track the other two groups rest in the low crash risk corners.
- A group of ten (10) may or may not include the coach or coaches.
- A coach may move between groups as long as they maintain physical distance.