



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

These guidelines are meant to support Speed Skate Nova Scotia (SSNS) clubs in their return to indoor sport 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 within which they operate.

### Cornerstone Guidelines

- Meet or exceed current provincial public health regulations for sport.
- Know the sport 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 the sport environment.

### Environment

- Follow the current provincial regulations for the number of sport participants allowed without physical distancing.
- Follow the facility specific guidelines regarding the maximum number of individuals allowed in the sport environment.
- For groups remaining physically distant, coaches or volunteers should arrive prior to the start of the activity to prepare the sport environment, marking space for physical distancing between individuals and /or groups.
- For groups remaining physically distant coaches are encouraged to stay with a single 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.
- Groups remaining physically distant will not share equipment (balls, corner cables, buckets, etc.) and will not engage in contact activities (relays, high fives, etc.)
- Groups without physical distancing can share equipment (balls, corner cables, buckets, etc.) and can engage in contact activities (relays, high fives, etc.)
- As a general practice, especially for groups remaining physically distant, one coach should handle placement and retrieval of any equipment (track markers, pylons, ladders, hurdles, etc.)

### 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.
- 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, participants should wear a mask as much as possible during activity.
- Physical distancing should continue to be practiced between bouts of 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.

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## **Communication**

- Assign a club representative to liaise with the sport 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 without physical distancing.
- Screen participants prior to each practice and maintain a record of attendance.

## APPENDIX

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### 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.

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### Screening

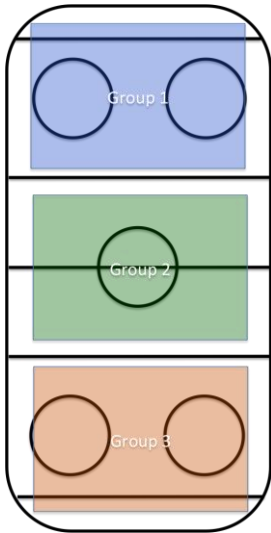
- Does the individual currently have any one of the following symptoms:
  - A. Fever (i.e. chills, sweats)
  - B. Cough or worsening of a previous cough
  - C. Sore throat
  - D. Headache
  - E. Shortness of breath
  - F. Muscle aches
  - G. Sneezing
  - H. Nasal Congestion/runny nose
  - I. Hoarse voice
  - 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.

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### Resources and References

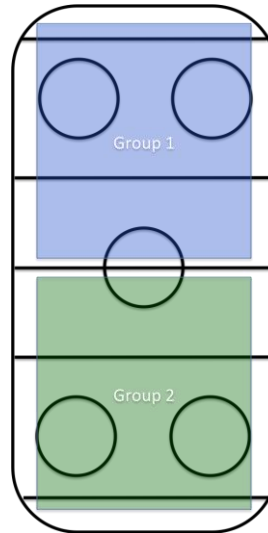
- Government of Nova Scotia Coronavirus information – <https://novascotia.ca/coronavirus/>
- Government of Canada Coronavirus information – <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
- Nova Scotia Sport Guidelines – <http://www.sportnovascotia.ca/portals/0/docs/NSSportGuidelinesupd.pdf>
- 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%2008.pdf>
- Ringette Canada's National Direction For Return to Ringette – [https://www.ringette.ca/wp-content/uploads/2020/07/Return\\_to\\_Ringette\\_2020.pdf](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



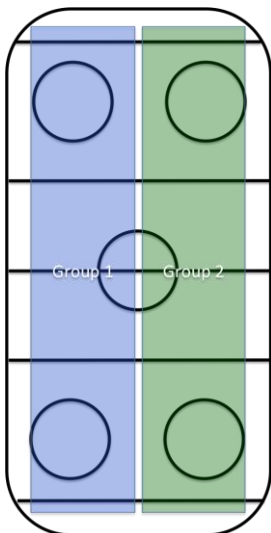
### Zones

- 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.



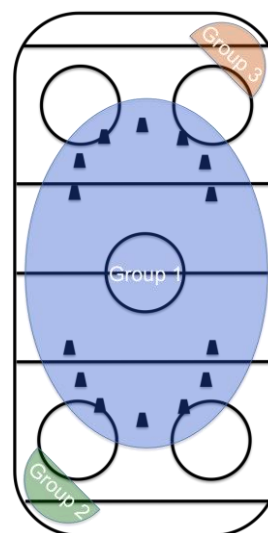
### Ends

- 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.