



Speed Skate Nova Scotia COVID-19 Return to Sport Guidelines Phase 1 – Outdoor Group Training

These guidelines are meant to support Speed Skate Nova Scotia (SSNS) clubs in their return to outdoor group training activities. SSNS recommends that clubs prepare to meet or exceed current Public Health regulations through adhering to the following procedures:

Cornerstone Guidelines

- Practice physical distancing by staying a minimum of two (2) meters away from other individuals.
- Wearing a mask when not physical distancing is better than not wearing a mask.
- 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 practice environment.
- Personal equipment (water bottles, towels) will not be shared.

Environment

- Follow the Provincial mandated rules regarding the number of individuals allowed in the practice environment at one time. Per [Sport Nova Scotia](#) June 22, 2020:
 - Clubs may run programs with 50 individuals with physical distance, and
 - Clubs may 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 as much as possible.
- Coaches will arrive prior to the start of practice to prepare the practice environment for athletes and groups, marking space for physical distancing.
- Coaches are encouraged to stay with a single training group for the duration of a practice.
- Individuals will not loiter before or after practice.

Equipment

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

Personal Protective Precautions

- An individual showing COVID-19 symptoms should self-isolate, refrain from the practice environment, and seek appropriate medical attention.
- An individual who has been exposed to someone diagnosed with COVID-19, has travelled outside of the Atlantic region, or has been exposed to someone who has traveled outside the Atlantic

region, should self-isolate and refrain from the practice environment for at least 14 days and seek appropriate medical attention.

- Physical distancing beyond two (2) meters should be introduced as levels of exercise exertion increase.
- All individuals should wear a mask to and from the practice environment.
- All individuals should supply their own hand sanitizer for use in the practice environment.
- All individuals should wash and/or sanitize clothing and equipment after being in the practice environment.

Communication

- In addition to these COVID-19 Return to Sport Guidelines, the Head Coach should outline and share plans specific for their training group and practice environment with participating individuals and their parent/guardians.
- All individuals will confirm that they will adhere to the Return to Sport Guidelines.
- All individuals will confirm that they have reviewed government information regarding the symptoms of COVID-19.
- An individual must consent to being included in a group of 10 without physical distancing.
- The Head Coach must maintain a record of attendance for each practice session.

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.

Coach:

Athlete:

Parent/Guardian:

Signature:

Signature:

Signature:

Date:

Date:

Date:

E-mail:

Email:

Email:

Resources for Participants

- 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>

Resources for Coaches and Administrators

- 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>