



We ask that all families and skaters strictly adhere to all the guidelines and protocols that are set out by the Newmarket SC, Town, Facilities, and our governing bodies. For the safety of all members, there will be a zero-tolerance policy in effect for the remainder of the season.

## I. Return To Skating Protocol – COVID19

This document contains links to protocols and guidance from governing bodies and health officials that may change from time to time. The latest information is presented in this document as of the date on this document and the links to this information have been provided to assist you in finding the most up-to-date information. Please check information for the most up to date information frequently.

Requirements & Rules for facilities within each phase

- Doc 1 – Provincial Health / Local Health Unit –  
<https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus>  
and for York Region-[https://www.york.ca/wps/portal/yorkhome/health/yr/covid-19!/ut/p/z1/jY\\_fCoIwFMafxQeQna2l83JYuc1kgWS2mxiFNiiVEc96-iS86SLr3H3w-\\_4cZFCJTGMHV9vetY29jfpogpPkiRQiBaUpi4GD5oqEDNYRRoc3AF-OAzL -GcAMx-vfhWMH5BHFmc1Mp3tr75rqhaV53ZwFx9HY7\\_5TEhyRkEWKuQF1kDIYgIloYHAM\\_SgQmoHchLvligkMKZmAmZHdfV8-t1Uua897ARb19OA!/dz/d5/L2dBISEvZ0FBIS9nQSEh/#.XwXQI21KjIV](https://www.york.ca/wps/portal/yorkhome/health/yr/covid-19!/ut/p/z1/jY_fCoIwFMafxQeQna2l83JYuc1kgWS2mxiFNiiVEc96-iS86SLr3H3w-_4cZFCJTGMHV9vetY29jfpogpPkiRQiBaUpi4GD5oqEDNYRRoc3AF-OAzL -GcAMx-vfhWMH5BHFmc1Mp3tr75rqhaV53ZwFx9HY7_5TEhyRkEWKuQF1kDIYgIloYHAM_SgQmoHchLvligkMKZmAmZHdfV8-t1Uua897ARb19OA!/dz/d5/L2dBISEvZ0FBIS9nQSEh/#.XwXQI21KjIV)
- Doc 2 – Town Facilities-

Requirements for clubs within each phase

- Doc 1 – Provincial Health / Local Health Unit
- <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus>  
and  
<https://covid-19.ontario.ca/>  
and  
<https://www.ontario.ca/laws/regulation/r20263>  
and Skate Ontario
- Doc 2 – Town Facilities -
- Doc 4 – Sport Governing Body- <https://skateontario.org/return-to-play/>

Requirements for participants

- Attendance Taken
- Waiver: Skate Ontario Form
- Health Assessment – Prior to skating
  - NSC electronic(Google Forms)
- Code of Conduct / Ice Etiquette– up to date signed copy- this is signed during registration  
Coach, Board Member, Member, Parent

## II. Return To Skating Plan

Newmarket Skating Club Pandemic Response Plan

- NSC Club Oversight Group Executive NSC, Office Administrator, Program Director,
- Club Communication Plan



The pandemic has had a devastating effect on the world and in Canada. Now that we are able to resume sporting activities, it is important to ensure the safety of our club members, coaches and skaters. Please note that due to the ever-changing dynamics of the situation, some information contained here may be adjusted and will be communicated accordingly. NSC has ensured that all of its guidelines are aligned with the Skate Ontario Return to Play guidelines and the Provincial Government guidelines. All skating activities must comply with the social distancing measures and recommendations, along with the gathering size restrictions issued by the Provincial Government health authorities.

- All coaches are to use SO parameters/guidance to facilitate the safe return of skaters to the ice.
- When entering and leaving the facility skaters must follow physical distancing protocols and remain at least 2m apart from any other individual and face masks will be on to enter and exit the facility.
- All participants must be screened by the coach/attendant of the session before entering the facility. If this screening has not been completed, you will not be granted access to the facility.
- Skaters will put on their skates, rink side/outside, on designated seats and bring belongings to the rink in which the skater will skate.
- Skaters will have hands sanitized when entering the facility.
- Skaters will bring their own water bottles, tissue box, and gloves. There will be no sharing of these items. All garbage is to be thrown out immediately.
- Skaters will sanitize hands upon entering and exiting the facility.
- At this time, skaters will not have access to dressing rooms. All skaters must come to the arena fully dressed.
- Washrooms are for emergency use ONLY. They are not to be used as change rooms. They will be limited to one person at a time and will be disinfected regularly. Users must sanitize their hands outside the washroom before entering and shall wash their hands thoroughly after using the washroom.
- At this time, parents/guardians are allowed to enter. The parent/guardians must indicate on their skater's form that they will remain as a spectator and complete the health screening in the Google form. When in the rink parents must wear their masks and stay separated in the stands. When exiting the rink, spectators must follow rink protocol and exit from the same door as the skaters and leave immediately after the session.

Any employee/player/parent/coach who is exhibiting symptoms of illness should stay home.

Recognize and Assess - this can cause a range of symptoms including sore throat, cough, fever and shortness of breath.

If you, or someone you have been in contact exhibit any of these symptoms, it is imperative to inform your coach and club representative immediately.

In addition, you should:

- o Self-isolate
- o Complete the online self-assessment; Ontario COVID-19 Self-Assessment App
- o Contact Telehealth Ontario 1-866-797-0000
- o Contact your primary health care provider

It is imperative that if your child is unwell, they cannot come to the rink for training. A credit will be added to your account for the missed sessions.



## Incident Report & Protocol

- **Child arrives to the rink sick:** The skater will be sent home and instructed to follow public health guidelines regarding self-isolation and testing.
- **Child becomes sick while in the facility:** If a skater 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 skater will be isolated from all others in a well-ventilated area, or outside and provided with a non-medical face mask. The parent/guardian will be contacted. The skater will be sent home and instructed to follow public health guidelines regarding self-isolation and testing. The facility will 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 will be informed of the situation and contact the individual or their parent/guardian to determine if next steps are being taken regarding testing. If the signs and symptoms are COVID related, all skaters will be asked to put on face masks, brought outside, hands sanitized and parents contacted.
- **Parent/Guardian becomes sick:** Any individual who has someone in their household showing symptoms of COVID-19 or has tested positive, should not participate in club activities for 14 days, or until a negative result has been confirmed.
- **Child is hurt on the ice:** Coach will put on face mask and approach skater and determine if skater requires assistance/first aid/911. Parents will be contacted and notified of incident.
- **Child is hurt off the ice:** Coach will put on face mask and approach skater and determine if skater requires assistance/first aid/911. Parents will be contacted and notified of incident.
- **Communication plan – immediate communications:** Office Manager will send out a memo to Membership through Uplifter/email as well as update our NSC Website within 24 hour period.
- **Communication plan – membership (ex. Closed facilities):** Office Manager will send out a memo to Membership through Uplifter/email as well as update our NSC Website within a 24 hour period. Credits to accounts will be based on situation.
- **Incident reports to Skate Ontario/Canada:** The club/skating school will inform Skate Ontario of a positive COVID-19 diagnosis by emailing [clubsupportservices@skateontario.org](mailto:clubsupportservices@skateontario.org)
- **Return from Isolation / quarantine procedures:** If no test was performed, or the COVID-19 test was negative, the individual may only return to club/skating school activities once they no longer have any symptoms of COVID-19. Following a positive COVID-19 test, an individual must follow all public health guidelines regarding return to activities and must submit a doctor's note confirming the skater's ability to return to the ice.
- **Session isolation / Session quarantine –** Due to skater sickness, session will be suspended until a negative test result has been received. If there is a positive COVID result, the session will be suspended for the full 14 days.



## **Return to the Rink – Check In / Out protocol & Health Assessment**

- **Checking in and out**
  - Skaters must follow physical distancing protocols and remain at least 2m apart from any other individual while waiting to enter and exit the ice. All participants must have attendance recorded, waiver submission confirmed, and screened by the coach/staff of the session before entering the facility. Skaters will have hands sanitized when entering the facility.
  - If this screening has not been completed, you will not be granted access to the facility. Please refer to the health assessment form of what the skater will be asked.
  
- **Coaches Cleaning Procedures for Electronics (Tablets, iPads)**
  - Encouraged not to share electronics.
  - Follow the manufacturer's instructions for all cleaning and disinfection products.
  - When possible, consider the use of wipe able covers for electronics.
  - If no manufacturer guidance is available and when possible, consider the use of alcohol-based wipes or sprays containing at least 70% alcohol to disinfect touch screens. All persons handling iPads must wipe down the apparatus before and after use/use hand sanitizer before and after use.
  - Dry surfaces thoroughly to avoid pooling of liquids.