**ROCKY MOUNTAIN HOUSE SPEED SKATING CLUB**

**COVID-19 PANDEMIC OPERATIONAL PLAN**

**September 2020**

The Rocky Mountain House Speed Skating Club (RMHSSC) will abide by regulations from the Christensen Sport Centre Facility Guidelines, Town of Rocky Mountain House, Alberta Amateur Speed Skating Association (AASSA), Alberta Health Services (AHS) and the Alberta Chief Medical Officer of Health (MOH). Regulations and orders from the MOH prevail. This document may be revised depending on changes to guidelines or regulations.

COMMUNICATION

1. All club members are encouraged to stay up to date with the latest recommendations of the Alberta MOH by visiting the websites [www.alberta.ca](http://www.alberta.ca) or [www.ahs.ca](http://www.ahs.ca). Members are expected to specifically be aware of the most current isolation requirements set out by the MOH.
2. All club members will be informed of the steps taken by the RMHSSC to prevent the risk of transmission to others, and the importance of their roles in these measures.
3. Signs will be posted by the Facility regarding expectations for physical distancing, hand hygiene and symptom recognition.
4. For contact tracing, the RMHSSC will maintain an up to date contact list for all members.
5. The RSSC will designate a COVID-19 Liaison. This individual will be identified to the membership and be accessible for communication.

SCREENING

1. Facility Guidelines will be followed:
   1. Entry to the facility will be at the main doors at Guest Services only.
   2. Exit from Bunch arena will be from the doors adjacent to the Bunch arena.
   3. Each person entering the facility will stop at the health check point and complete a screening questionnaire.
   4. For contact tracing, screening questionnaires will be kept in a secure location in the skate room for 14 days, then destroyed.
   5. Access to the facility is available 10-15 minutes prior to ice time.
2. Any skater or spectator exhibiting symptoms of COVID-19 will be sent home immediately. For an up-to-date symptom list, please check [www.ahs.ca](http://www.ahs.ca).

COHORTS

1. A “Covid-19 Cohort” is a small group whose members – always the same people – do not always keep 2 meters apart.
2. If coaches can keep physical distancing, multiple skater cohort groups can be created within the organization.
3. RMHSSC skater cohorts will be assigned based on skating group.
4. Alberta Health guidelines allow for cohorts up to 50-persons for sports teams. RMHSSC will maintain cohorts less than 16.

DRESSING ROOMS

1. To reduce time in the facility, skaters should arrive at the arena dressed in as much gear as possible.
2. Dressing rooms can be used if physical distancing is possible or by cohort groups.
3. Two dressing rooms are available for the club. Only one cohort group will use a dressing room at each time (ie. No overlap of skaters getting skates on with skaters getting skates off). The next cohort group will use the alternate, clean dressing room only.
4. Minimize time in dressing room.
5. Areas with physical distancing are set up to put skates on when dressing room capacity is limited. Chairs will be set up in the hallways.
6. Skaters are encouraged to wear a mask when not on-ice AND if physical distancing cannot be maintained.
7. Parents who need to assist with lacing up speed skates will wear a mask if unable to maintain physical distancing from other skaters. Otherwise, parents are not permitted in the dressing room. Siblings are not permitted in the dressing room.
8. Enhanced cleaning of the dressing room will be done after each cohort group has completed their use of the room.

MAT SET UP and TAKE DOWN

1. Four to five people will be required for mat set up and take down. Adequate time needs to be allotted.
2. Individuals will wear a mask and will perform hand hygiene before and after handling the mats.

PRACTICE SESSION PROCEDURE

1. Ice Access:
   1. Entry - middle entrance by the skate room.
   2. Exit – through the mats on the east side (where kids usually enter during meets).
   3. Skater entry/exit should be staggered. Members of the same family may enter/exit together. If required, smaller skaters can have an accompanying parent to assist with skate guards.
2. Skate bags will be left in the dressing room or brought into the arena for monitoring to prevent theft.
3. Water Bottles:
   1. Each skater should have a well labelled water bottle (filled prior to arrival at the arena).
   2. During practice sessions, water bottles will be staggered along the boards, and accessible during rest breaks.
   3. All water bottles need to be removed from the arena after practice. Water bottles will not be stored in the skate room if forgotten.
4. The skaters’ gear or personal training equipment cannot be shared.
5. Skaters, even if within a cohort, should minimize intentional physical contact on and off ice. Relays, mass start and/or activities with physical contact are NOT permitted during the initial phase.
6. Coaches will wear masks
7. Track markers, water buckets and squeegees will ONLY be touched by the coach. If more than one coach is on the ice, responsibility for each item will be determined prior to the start of the practice session. These items will be sanitized by the coach before and after each session.

SPECTATORS

1. When possible, limit the number of spectators in the stands.
2. No unattended children are allowed in the observation stands. Children need to be supervised 100% of the time.
3. Parents/spectators are encouraged to wear masks while in the facility.
4. Hand sanitizer will be available at stations in the facility.
5. Individuals must maintain 2 meters social distancing unless they are from the same household or cohort.
6. No common food or common touch items are permitted.
7. Enhanced cleaning of the spectator stands will be completed by individuals after use.

DRYLAND TRAINING

1. Individuals skaters are encouraged to do independent dryland training prior to the start of skating. RMHSSC will not facilitate dryland training for the 2020-21 season.

SKATE ROOM

1. Skaters are not permitted in the skate room
2. Disinfecting wipes and hand sanitizer will be kept in the skate room. Inventory should be updated weekly.
3. The First Aid kit will be kept in the skate room. Any individual rendering first aid is required to wear a mask prior to approaching a skater.

MEETS

1. In the initial phase of speed skating relaunch, there will not be any sanctioned meets. Updates will be provided, as necessary.

ENHANCED CLEANING

1. Locations
   1. Dressing Room – by parent volunteer after each cohort group.
   2. Hallway Chairs – by parent volunteer after each use
   3. Spectator stands – individuals should clean their space after each use
   4. On ice equipment (pucks, etc.) – by coaches after each group
2. Supplies
   1. Cleaning solution – the Arena will supply sanitizing spray (just spray the area, and it evaporates and does not require wiping down afterwards).
   2. Disinfecting wipes
   3. Hand sanitizer

VOLUNTEERS

1. Screener (1 parent per session)
   1. This person is present at the entry point of the arena.
   2. Administers the daily health check point and screening questionnaire. Record date and time of entry on questionnaire. Arrive 15 minutes before skate time.
   3. Complete contact tracing log
2. Checklist/Cleaning (1 parent per group)
   1. Complete Group Training Checklist (attached) at start of each training session.
   2. Supervise cleaning of chairs/dressing room after skaters get skates on and off.
   3. Ensure cleaning supplies returned to skate room and arena staff, as needed.
3. Mat Set Up/Take Down
   1. 4 parents from Group 1 for mat set up
   2. 2 parents from Group 2 for mat take down
4. An on-line sign-up document will be created to ensure availability of parent volunteers. Volunteers unable to fulfill their shifts will designate another parent.

CONTACTS

1. RSSC President – Larrissa Kalyn (larrissalarson@gmail.com) 403-844-0442
2. RSSC COVID-19 Liaison – Kim Ponto ([kimrogersrmh@yahoo.ca](mailto:kimrogersrmh@yahoo.ca)) 403-844-7053

Attachments:

Daily Screening Questionnaire

Contact Tracing Log

Group Training Checklist