



Return to Play – Summerland Skating Club **Guidelines**

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RETURN TO PLAY GUIDELINES & RECOMMENDATIONS FOR FIGURE SKATERS

If you wish to skate, make sure that you follow the below recommendations:

BEFORE YOU SKATE

- Make sure that your city or region and Provincial Sport Organization allows skating based on the government health authorities' criteria for the progressive lifting of confinement measures and that your municipality permits the use of a skating rink and/or the approved operation of a private facility.
- Do not skate if you:
 - Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts.
 - If you or someone in your household has been in contact with someone with
 - If you or someone in your household has travelled outside of Canada in the last 14 days.
- It is highly recommended that if you are a person who has been identified as vulnerable or at risk, as described below, you should consider not participating in Skate Canada Programs or figure skating related activities. It may be defined that a vulnerable or at-risk person is:
 - A vulnerable or at-risk person (especially elderly individuals), who are immunosuppressed, individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma.
- Skaters, coaches, and volunteers will have a daily verbal screening for symptoms upon arrival at the entrance of the facility. The daily screening will be executed by the club.
- **Parents and/or other bystanders are not accepted in the rink or stands at this time.** Please enter to the lobby, through appropriate doors, lace up child's skates in the lobby area only, and exit until the end of the session. Children are meant to be entering the rink dressed and mainly ready to go.
- **Please note: If facility staff decide it is safer to lock front doors during sessions to avoid spectators, they have the full ability to do so.**
- Make sure there is availability on your desired session. Numbers will be limited to the following:
 - Numbers during phase one will be limiting to the following: no more than 30 people, including coaches, allowed on or near the ice at any one time.
 - In accordance with Skate Canada regulations, there MUST be 1 Skate Canada certified coach or choreographer included in your group of 30. As well, please keep in mind that all physical distancing restrictions apply to Pairs, Dance and Synchronized skaters.
- All session registration and payments must be online. No bookings or payments in person at the facility. Drop in/buy on participation is not allowed.
- **Masks are required in all areas of the facility excluding on the ice during sessions.**

PREPARING TO SKATE

- **Arrive no earlier than your scheduled time to enter the building. Arrival time will be 15 minutes before your scheduled session.** You may be asked to wait outdoors if this allocated time is not respected
- **Masks are required in the facility at all times.** Masks may be removed once skaters and coaches have entered the ice surface to begin practice. All coaches and PA's are to wear face masks when working with the younger skaters.
- Dressing rooms and lobby require 2-meter distancing, follow marked X's or separated chairs. Skaters and coaches should be prepared to come dressed to skate with only the skates to be put on.
- To protect yourself against infections:
 - Wash your hands with disinfectant soap and hot water for at least 20 seconds before going on the ice for each session.
 - Bring hand sanitizer. Each participant must bring their own hand sanitizer.
 - Clean your equipment, including your skates, clothing and water bottles regularly.
 - Do not share any equipment (water bottles, clothing, gloves, facial tissue, towels) with other skaters or coaches.
 - Used Facial Tissues must put into the garbage can immediately after use. Do not put on the boards or anywhere else. You should use hand sanitizer immediately after blowing your nose.
- Wear clean clothes and gloves for each day of training. Make sure used clothing and gloves are washed immediately when you return home from training.
- Make sure you have enough water before leaving the house to avoid having to touch a tap or water fountain handle.
- Other than reusable water bottles, no other food or drink should be brought into a facility.
- Consider wearing a mask and/or gloves while skating. Masks are not mandatory on the ice surface at this time.
- If you cough or sneeze, do so in a tissue or in your sleeve. If you use a tissue immediately dispose of the tissue in a garbage can. You should use hand sanitizer immediately after coughing or sneezing.
- Avoid touching door handles, gates, benches and all other objects where the virus could survive. If you touch something, make sure to use hand sanitizer immediately after.
- While waiting to go on the ice, stand at the designated physical distancing markers and stay away from others. Avoid putting equipment on the boards while waiting to go on the ice.

WHILE SKATING

- Avoid all physical contact, for example shaking hands, high fiving or hugging, with other skaters and coaches.
- Avoid touching your face during your skating session. Should you need to touch your face you must use hand sanitizer immediately after touching your face.
- Make spatial awareness a priority. Try to keep a 2 metres distance from other skaters and coaches while on the ice at all times.
- Do not touch any equipment, including music playing equipment. One designated person will operate all equipment for all skaters.

AFTER SKATING

- Wash your hands carefully with hot water and disinfectant soap or with hand sanitizer.
- Masks are meant to be worn as soon as skaters exit ice surface until the moment, they exit the facility. This includes in dressing rooms.
- Leave the arena immediately (within approximately 15 minutes) after you finish skating

RETURN TO PLAY GUIDELINES AND RECOMMENDATIONS FOR CLUB ADMINISTRATORS, COACHES AND FACILITIES ORGANIZING FIGURE SKATING ACTIVITIES

In light of a gradual return to skating across the Province, Skate Canada BC/YK Section is issuing its recommendations for club administrators, coaches and facilities organizing/participating in Skate Canada programs and figure skating related activities.

With a situation that evolves each day and differs in various cities, regions and municipalities, Skate Canada BC/YK believes that it is the responsibility of the people organizing or hosting figure skating-related activities to ensure a safe environment for skaters.

Thank you for taking the necessary precautions and doing your part to limit the spread of COVID-19. Please stay up to date on the ever-changing situation by often checking and referring the following sources of information:

[Skate Canada COVID-19 Response Page - https://skatecanada.ca/covid-19-response/](https://skatecanada.ca/covid-19-response/)
[Skate Canada BC/YK COVID-19 Page- https://www.skatinginbc.com/news/skate-canada-bcyk-covid-19-information](https://www.skatinginbc.com/news/skate-canada-bcyk-covid-19-information)

[Government of BC COVID-19 Page - https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-recovery/covid-19-provincial-support](https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-recovery/covid-19-provincial-support)

[BC COVID-19 Screen Tool for Self-Assessment - https://bc.thrive.health/covid19/en](https://bc.thrive.health/covid19/en)

There are necessary protocols that **SHOULD** be followed before organizing a Skate Canada programming/figure skating activity. Please note that the protocols described are the ones being followed and/or coordinated by the Summerland Skating Club. All clubs or skating schools **SHOULD** follow the highest restriction standard that has been set.

ORGANIZING FIGURE SKATING IN YOUR FACILITY

- The activity must always comply with the physical distancing, cleaning and sanitizing measures and recommendations issued by federal, provincial and municipal government authorities, including the arrival, time spent on site and departure of skaters.
- For provincial and interprovincial travel:
 - Please check with your destination for any/all restrictions such as self-isolation or quarantine required upon arrival
 - Please check with your home jurisdiction for any/all restrictions such as self-isolation or quarantine upon returning
 - At this time, the Summerland Skating Club will not be taking part in any provincial or interprovincial traveling.

- Programs are currently limited to STARSkate, Competitive, Adult Level Skaters, Jr. Academy, and upper levels of CanSkate. Pre-CanSkate and early stages of CanSkate type programming are not taking place at this time.
- Session numbers will be limited to the following:
 - No more than 30 people, including coaches, allowed on or near the ice at any one time.
 - In accordance with Skate Canada regulations, there MUST be 1 Skate Canada certified coach or choreographer included in your group of 30.
- Limit your activities to practice and private lessons or lessons with small groups. If lesson with small groups occur, physical distancing measures must be followed.
- Skaters, coaches, volunteers and program staff may not participate if they:
 - Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts.
 - If they or someone in their household has been in contact with someone with COVID – 19 symptoms
 - If they or someone in their household has travelled outside of Canada in the last 14 days.
- It is highly recommended that if you are a person who has been identified as vulnerable or at risk, as described below, you should consider not participating in Skate Canada Programs or figure skating related activities. It may be defined that a vulnerable or at-risk person is:
 - A vulnerable or at-risk person (especially elderly individuals), who are immunosuppressed, individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma.
- Skaters, coaches, volunteers and program staff must have a daily verbal screening for symptoms upon arrival at the entrance of the facility. The daily screening will be executed by the club. **Please see Appendix E for a health screening template.**
- We recommend to have an adult supervisor off the ice making sure that physical distancing guidelines and traffic flow are being followed. If volunteers are available, they will be placed at appropriate area.
- Skaters and coaches put on their skates in dressing rooms with proper physical distancing spacing marked on the floor or benches.

If dressing rooms are used, the doors to the dressing rooms must be propped open.

- All session registration and payments must be online. No bookings or payments in person at the facility. Drop in/buy on participation is not allowed.
- Scheduling is to include on ice sessions, time (15 minutes before) each session group can enter the building and time (15 minutes after) each session group is to leave the building.
- Communicate all hygiene measures in advance to all your clients.
- Return to Play Plans should be communicated to all skaters, coaches, volunteers and parents ahead of time. The Return to Play Plans should be posted on club websites and at the facility.
- Keep a record of all skaters and coaches on each session, so that you can contact them if needed, for example, if an infected person should use your facility. **Please see Appendix C for the record sheet template to complete every day for each session.**
- All skaters, coaches, and volunteers must give written consent by signing and submitting a completed paper waiver prior to any participation. It is the responsibility of the club/skating school to ensure these waivers are completed, collected and stored appropriately. Failing to do so may increase possible liability. **Please see Appendix B for the waiver that each participant must complete.**
- Clear markings for skaters are scattered throughout the arena in the following areas.
 1. Where they put their skates on.
 2. Where they stand prior to going on the ice.
 3. Hallways
- Signage posted throughout the facility
- Examples:
 - [Physical distancing policy](#)
 - [Do Not Enter If You Are Sick](#)
 - [Cover coughs and sneezes](#)
 - [COVID-19 Protection poster](#)
 - [Handwashing poster](#)
 - [Health Canada's poster on Vulnerable Populations](#)

PROVIDE A CLEAN AND SAFE ENVIRONMENT

Clubs and sporting facilities must have operational security procedures in place during the crisis related to COVID-19. These procedures must also be well displayed and communicated to all users.

- Use markings on the ground to indicate proper distancing from employees, for example at the reception.

- Separate entrance and exit into/out of building.
- Coordinate with your facility who is responsible for cleaning specific areas.
- Frequently clean all surfaces, including counters, door handles, benches, toilets, etc.
- All surfaces must be cleaned at least once per day and twice per day for high traffic areas. This is to be discussed with your facility.
- Any area exposed to personal items must be disinfected. Encourage skaters, coaches and volunteers to leave unnecessary personal items at home.
- All chairs and tables in communal areas should be inaccessible or removed to avoid all gatherings.
- All doors accessible to the public should remain open to avoid contact with door handles.
- Doors to ice surface must be closed during skating sessions. Designate one coach who will be responsible for opening and closing the doors to the ice surface.
- Personal protective equipment for on ice coaches and skaters (such as masks) should be optional as long as it does not obstruct or inhibit skating ability.
- Have only 1 person operating the music system. Keep sanitizing wipes next to the music player and affiliated equipment. Also, if an off-ice volunteer is operating the music system they do not count towards the maximum of 30 people allowed on or near the ice.
- Soap or hand sanitizer is available to all clients in various locations throughout the facility. It is strongly encouraged that skaters and coaches bring their own hand sanitizer.
- Regularly remind and encourage clients to wash their hands and adopt proper hygiene practices. Skaters and coaches must wash hands prior to going on the ice for each session.
- All participants are encouraged to bring their own water. No other food or drinks should not be brought in facilities.
- Used facial tissue must go directly into the garbage can after use. No used tissues allowed on the rink boards.

ENCOURAGE PHYSICAL DISTANCING

- Encourage skaters to respect physical distancing of 2 metres, recommended by government authorities.
- Skaters are to try to remain 2 metres from all other skaters and coaches on the ice.
- When helping with younger skaters no hands on is to be used. Unless, an emergency arises, alert a nearby coach.
- Parents should not be in the building and should drop off and pick up skaters at designated times.

FIRST AID

- In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.
- A first aid kit, along with extra gloves and masks, are kept by the ice during all on ice club activity.
- Coaches to practice physical distancing from skaters, volunteers, parents and other coaches on and off the ice.
- Any equipment used on the ice are disinfected before and immediately after each session.
- Only designated persons may set up equipment. Only 1 person should be operating equipment.
- Harnesses:
 - In order to use the harness skater must be able to, without help, get in, tighten, and get out of harness
 - Harness operator must wear a mask and gloves
 - Skater must disinfect equipment they have touched
 - Keep harness portion of lesson under 15 minutes
- Coaches and skaters are separated into “training groups,” if needed during ice time.
 - Coaches have a designated area along the boards where they can stand to teach private lessons, if needed.
 - Limit coach/skater contact; coaches should not physically help students up unless the student is unable to get up. Coaches should use verbal cues when instructing students rather than physical contact.

PLAN AHEAD

- Develop flexible refund policies should stay-at-home orders be restored or if rink is forced to close.
- Create an emergency plan with rink management for a possible outbreak. **Please see Appendix F for a sample Outbreak Plan.**
 - Have a communication strategy to alert all who may have been exposed. (phone calls/emails will be distributed)
 - Consult local health authorities should an outbreak happen in your facility.
 - A contact person is appointed to receive reports from skaters/families/staff of new illness.
 - **Refer to the Illness Policy, in Appendix D, for more information.**
- Emergency Action Plan (EAP) has been set in place and have available board/rink side or with your designated onsite emergency person.

COMMUNICATE EARLY & OFTEN

- Club administrators and coaches have the authority to ask skaters, members, volunteers, parents, coaches, etc. to leave if they are not following the above outlined protocols, and those of your local facilities.
- Email skaters and their families with your facility/club/skating school's new policies and procedures.
- Coaches should provide their preferred method of communicating with parents (email, text, lesson plan notes, etc.)
- Appoint a COVID-19 point person to communicate with rink management and monitor local, provincial and national developments. Will be head coach, Louise Evans or a volunteer at the time.

APPENDIXES

Appendix A- Figure Skating Sport Activity Chart

	Strictest Controls Phase 1 Complete	Transition Measures Phase 2 As of June 1, 2020	Progressively Loosen Phase 3 TBD	New Normal Phase 4 TBD
Restrictions in Place	<ul style="list-style-type: none"> Maintain Physical Distance(2m) No non-essential travel 	<ul style="list-style-type: none"> Maintain Physical Distance(2m) No non-essential travel No group gatherings over 50 people 	<ul style="list-style-type: none"> Refer to PHO and local health authorities 	<ul style="list-style-type: none"> Refer to PHO and local health authorities
Enhanced Protocols	<ul style="list-style-type: none"> Increased hand hygiene 	<ul style="list-style-type: none"> Increased hand hygiene Symptom Screening in place 	<ul style="list-style-type: none"> Increased hand hygiene 	<ul style="list-style-type: none"> Increased hand hygiene
Number of Participants	<ul style="list-style-type: none"> Individual Activities 	<ul style="list-style-type: none"> Small Groups No or limited spectators 	<ul style="list-style-type: none"> Group sizes may increase Limited spectators 	<ul style="list-style-type: none"> Large Groups allowed No restrictions on spectators
Competition	<ul style="list-style-type: none"> Should not occur 	<ul style="list-style-type: none"> Simulations or highly regulated club and/or virtual competitions 	<ul style="list-style-type: none"> Regional Competitions 	<ul style="list-style-type: none"> Provincial competitions and larger scale events
<i>*The above chart is subject to change at any time.</i>				may return

Appendix B-Waiver

Assumption of Risk and Waiver

PLEASE READ CAREFULLY:

1. ACKNOWLEDGMENT OF INHERENT RISK

I understand that participation in skating, figure skating, and any other sporting activities listed in the enclosed appendix (hereinafter the "Sports Activity") is voluntary, and involves inherent risk during participation, including the risk of possible accidents, physical injury, or exposure to the COVID-19 virus or other infections or infectious diseases as a result of attending training, club events or competitive events. I freely accept and fully assume all such risks, dangers and hazards, including but not limited to personal injury, disease transmission, death, property damage or loss, resulting from my participation. I have carefully considered the risks involved, and I have full confidence that reasonable precautions will be taken to ensure the safety and well-being of myself (or my son/daughter/ward).

2. WAIVER

I do for myself (or my child), and our respective heirs, executors, administrators, successors and assigns, hereby waive, release, and forever discharge Skate Canada and/or Skate Canada BC/YK Okanagan Region, all Regions of Skate Canada BC/YK Section, Summerland Skating Club, their officers, partners, agents, employees, servants, representatives, volunteers, coaches, officials, successors and assigns (the "Representatives") of and from any actions, causes of action, complaints, demands and claims or any recourse whatsoever ("Claims") that I have or may have in the future in any way connected with my (or my child's) participation in the Sports Activity contemplated herein, whether in law or in equity, in respect of personal injury, illness or disease transmission, loss of life, or property damage of any kind or nature, and I do hereby discharge the Representatives from any such liability. This includes negligence, breach of contract or breach of any statutory or other duty of care.

3. INDEMNIFICATION

I further agree to fully indemnify and defend Skate Canada and/or Skate Canada BC/YK Okanagan Region, all Regions of Skate Canada BC/YK Section, Summerland Skating Club and any of their Representatives from and against any and all Claims brought against Skate Canada and/or Skate Canada BC/YK Okanagan Region, all Regions of Skate Canada BC/YK Section, Summerland Skating Club and any of their Representatives, including all related costs and expenses, and against any loss, costs, damages, or expenses which Skate Canada and/or Skate Canada BC/YK Okanagan Region, all Regions of Skate Canada BC/YK Section, Summerland Skating Club and any of their Representatives may sustain, suffer, incur, or be liable for resulting from, arising from, or in any way related to my (or my son/daughter/ward's) participation in the Sports Activity. I also agree and undertake not to make any claim or take any proceedings against the Representatives set out above, or any other person or corporation which might claim contribution or indemnity under the provisions of any statute or otherwise from the Representatives set out above.

4. SEVERABILITY

The provisions of this Assumption of Risk and Waiver shall be deemed severable and if any provision or portion thereof is held invalid, illegal or unenforceable for any reason, the remainder shall not thereby be invalidated, but shall remain in full force and effect.

Acknowledgement: I am aware of the nature and effect of this Assumption of Risk and Waiver and I fully understand all of the terms and conditions above. I understand that I have given up substantial rights by signing this Assumption of Risk and Waiver and I am signing it freely and voluntarily without inducement.

Parent/Guardian: I certify that I am the parent or legal guardian of the participant named below and that I am entitled to his or her custody and control. I understand the aforesaid inherent risks that could arise from these activities, I grant permission for my son/daughter/ward to participate in the Sports Activity and other activities incidental thereto and I execute this Assumption of Risk and Waiver on behalf of myself and my son/daughter/ward.

Participant's Name: _____ **Date of Birth (D/M/Y):** ____ / ____ / ____

Participant's Signature: _____

All participants must sign this form regardless of age of the participant

Parent/Guardian Name(s): _____ / _____

Parent/Guardian Signature(s): _____ / _____

Date (D/M/Y): ____ / ____ / ____

Parent/Guardian must also sign if participant is under the age of 19

APPENDIX C: SKATE CANADA MEMBER CLUB/SKATING SCHOOL SESSION RECORD

Date: _____ Facility Name: _____

Start time of Session: _____ End time of Session: _____

Name of Volunteer/Coach collecting information: _____

FIRST NAME	LAST NAME	RESIDENCE (City/Town)	PHONE NO.	ACTIVITY AT FACILITY	LOCATION IN FACILITY	WAIVER SIGNED & SUBMITTED	DAILY VERBAL SCREENING COMPLETED
Ex. Andy	Axel	Vancouver	604-555- 1234	Coach	On-ice		
Suzy	Sit-Spin	Vancouver	604-555- 1234	Skater	On-ice		

Appendix D – Illness Policy

In this policy, “Participant” includes an employee, coach, volunteer, skater or parent/spectator.

1. Inform an individual in a position of authority (coach, club administrator) immediately if, you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

2. Assessment

- a. Participants must have a daily verbal screening for symptoms upon arrival at the entrance of the facility.
- b. Administrators/coaches will visually monitor participants to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.
- c. If Participants are unsure please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool.

3. If a Participant is feeling sick with COVID-19 symptoms

- a. They should remain at home and contact Health Link BC at 8-1-1.
- b. If they feel sick and /or are showing symptoms while at work/practice/activity, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
- c. No Participant may participate in a practice/activity if they are symptomatic.

4. If a Participant tests positive for COVID-19

- a. The Participant will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus as verified by a medical professional.
- b. Any Participants who work/practice closely with the infected participant will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
- c. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.
- d. If any participant tests positive, the club/skating school must inform the BC/YK Section Office of the test positive case by emailing bcyksection@skatinginbc.com

5. If a Participant has been tested and is waiting for the results of a COVID-19 Test

- a. As with the confirmed case, the Participant must be removed from the workplace/practice/facility.
- b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.

c. Other Participants who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.

d. The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

6. If a Participant has come in to contact with someone who is confirmed to have COVID-19

a. Participants must advise their coach/club administrator if they reasonably believe they have been exposed to COVID-19.

b. Once the contact is confirmed, the Participant will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Participants who may have come into close contact with the Participant will also be removed from the workplace/practice/activity for at least 14 days.

c. The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

7. Quarantine or Self-Isolate if:

a. Any Participant or someone from your household who has travelled outside of Canada within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.

b. Any Participant who has a member of their household that has travelled outside of Canada within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.

c. Any Participant with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.

d. Any Participant from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate. e.

Any Participant who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.

Appendix F-Outbreak Plan Template

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak.

An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

1. Identify the roles and responsibilities of club and facility staff or volunteers if a case or outbreak is reported. Determine who within the organization and facility has the authority to modify, restrict, postpone or cancel activities.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the facility, implement enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility right away.
3. **Refer to the illness policy (Appendix D)** and advise individuals to:
 - Self-isolate
 - Monitor their symptoms daily, report respiratory illness and not to return to activity for at least 14 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
 - The Participant will not be permitted to return to the facility until they are free of the COVID-19 virus as verified by a medical professional.
 - Use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
 - o Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - o Individuals can learn more about how to manage their illness here:
<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>
4. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your Illness Policy (**Appendix D**) and your enhanced measures.
5. If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.

For more information on cleaning and disinfecting: http://www.bccdc.ca/Health-InfoSite/Documents/CleaningDisinfecting_PublicSettings.pdf

Regional Health Authorities: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-caresystem/partners/health-authorities/regional-health-authorities>

Appendix F-Outbreak Plan

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak.

An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

1. If a case is reported the facility staff will inform coach Louise Evans who will then reach designated Covid-19 protocol volunteer. Said volunteer, is responsible for contacting individuals who had signed in through phone or email (if needed). Head coach has the authority to cancel program sessions if seen to be needed. The facility upper staff also have the authority to modify, restrict, postpone or cancel activities, when needed.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the facility, implement enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility right away.
3. **Refer to the illness policy (Appendix D)** and advise individuals to:
 - Self-isolate
 - Monitor their symptoms daily, report respiratory illness and not to return to activity for at least 14 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
 - The Participant will not be permitted to return to the facility until they are free of the COVID-19 virus as verified by a medical professional.
 - Use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
 - o Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - o Individuals can learn more about how to manage their illness here:
<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>
4. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your Illness Policy (**Appendix D**) and your enhanced measures.
5. If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.

For more information on cleaning and disinfecting: http://www.bccdc.ca/Health-InfoSite/Documents/CleaningDisinfecting_PublicSettings.pdf

Regional Health Authorities: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-caresystem/partners/health-authorities/regional-health-authorities>