

Return to Sport Protocol

Indoor Skating/Training

Saskatchewan Amateur Speed Skating Association (SASSA)



These protocols are SASSA rules and policies intended to enable a safe return to sport. These protocols are based on current Saskatchewan public health requirements and directives. These protocols may be updated at any time. Please be sure that you are referring to the most recent version which will be posted on the SASSA website. Additionally, please be sure that you are referring to the most recent version of the Re-Open Saskatchewan plan located at the Government of Saskatchewan Website.

Operations

	Item	Protocol
1.1	Compliance with regulations	All speed skating activities must adhere to all federal, provincial and municipal laws, regulations, by-laws and orders. This includes but is not limited to compliance with: <ul style="list-style-type: none">• Physical distancing measures• Health and safety regulations• Size of permitted gatherings• Speed Skating Canada rules, policies and procedures• SASSA rules
1.2	Compliance with protocols	Each Club conducting training must implement and comply with the current and any updated version of these protocols. The SASSA Return to Sport Acknowledgement Form must be completed and returned to sassa@sasktel.net before any speed skating ice activity commences. See Appendix SASSA Return to Sport Protocols Acknowledgement Form (appendix A).
1.3	Return to skating athlete and parent waiver	All athletes wishing to return to sport will need to fill in “return to sport waiver” (appendix B). Athletes under the age of 18 will need to have a parent or guardian sign.
1.4	Administrative activities	All administrative activities should take place virtually wherever possible.
1.5	Facilities	Facilities are responsible for ensuring they meet government and public health guidelines. Clubs should satisfy themselves that the facility is operating in compliance with the advice, recommendations and instructions of public health officials. This includes at a minimum: <ul style="list-style-type: none">• Implementing effective measures to manage the flow of traffic in and

		<p>out of the facility.</p> <ul style="list-style-type: none"> • Ensuring that any person who enters or uses the facility maintains a physical distance of at least 2m from any other person who is using the facility. • Scheduling and implementing cleaning between each training group on the ice or the use of any other facility. • Wiping down / sanitizing high touch areas such as entry / exit doors to the ice, etc. • Ensuring closure of dressing rooms, locker rooms, change rooms, showers and clubhouses in the facility, except to the extent they provide access to a washroom or a portion of the facility that is used to provide first aid. • Ensuring that team sports or other sports or games that are likely to result in individuals coming within 2m of each other are not practiced or played within the facility. • Ensuring the facility maintains their own insurance on their facility.
1.6	Self-Assessment Screening	<p>All individuals taking part in club activities must self-screen in accordance with current public health guidelines before their arrival at each training session. Individuals must not attend any training sessions or club activities if they:</p> <ul style="list-style-type: none"> • Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts. • Have been in contact with someone with COVID-19 in the past 14 days. • Have returned from travel outside of Canada (must quarantine for 14 days at home). • Are considered a vulnerable or at-risk individual (individuals over 70 years, weakened immune system or medical conditions such as heart disease, lung disease, cancer etc.).
1.7	Tracking & Contact Tracing	<p>Each club is responsible to track all athletes and parents attending skating training. This is necessary to track contacts if someone contracts the virus.</p>

Training

2.0	Limitations to training group size	<p>Phase 3- 15 people, including parents. Phase 4- 30 people, including parents.</p>
2.1	Physical distancing	<p>Standing, 2 meters apart Skating, 3 meters apart.</p>
2.2	Personal hygiene	<p>Individuals must follow the appropriate personal hygiene guidelines as recommended by Sask health.</p> <ul style="list-style-type: none"> • Wash / sanitize hands upon entry to site/facility or training area and at the completion of training • Keep hands off your face • Disinfectant wipes or hand sanitizer must be available at the training facility.
2.3	Pre-registration	<p>All skaters must let the club coach know if they will be attending the</p>

		practice.
2.4	Personal items	Personal items such as water bottles, skate rags, etc. will not be shared.
2.5	Indoor skating/training	<p>Skaters must be able to maintain physical distancing at all times.</p> <p>Avoid: pack-skating, racing or relays.</p> <p>Indoor practices should include: individual technical drills, individual lap skating, pursuit races and Olympic-style skating.</p> <p>Training groups should be consistent. Keeping the same group week after week can help to mitigate transmission. Outdoor venues have more space to physically distance and better ventilation. Clubs should consider alternate training opportunities that can be done outdoors. Focus on skill development and low risk activities to minimize the requirement for medical care.</p>
2.6	Shared equipment, cleaning	<p>Shared equipment should be sanitized after every practice if possible. In the case of protective padding, this may not be plausible.</p> <ul style="list-style-type: none"> • Mats: the minimum number of people should help with mats (4-6). Each must wash their hands or sanitize prior to setting up and wear a mask while putting mats on. Wash hands after done set-up. Same procedure for take-down. • Pucks- One coach only handles the pucks. Sanitizer should be used after handling pucks during or after the practice. Everyone on the ice must sanitize or wash hands prior to practice. • Straps, etc.: until we reach stage five, no straps will be used on the ice. • If a skater contacts the mat, it will be sanitized after the impact.
2.7	Coaching	All coaches must maintain 2 m distancing.
2.8	Change rooms	Skaters are encouraged to come to practices already dressed in their skating attire. Use of dressing rooms will be dependent on the regulations from the Saskatchewan Health Authority.
2.9	Warm-up/cool downs	All distancing rules apply for warm up and cool downs. Conducting them outside is recommended.
3.0	Exit and entry from/to ice	Distancing rules apply
3.1	Spectators	No spectators are permitted at the facility, other than up to one accompanying parent, guardian, or other adult for each athlete under the age of 18. Anyone accompanying such an athlete is expected to follow facility guidelines with respect to physical distancing, must remain at least 2m apart, and may choose to wear a face mask.
3.2	First aid	Clubs need to ensure that personal protective equipment (PPE) is available in the event of an emergency. 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.