

## COVID – 19 Policy and Preventative Measures

This COVID-19 safety plan was created to inform participants of the Kimberley Skating Club of the new policies and procedures created to prevent the transmission of COVID-19 and to maintain a safe and healthy environment for all participants.

Following are the current protocols in place for Kimberley Skating Club programs. Please note these are subject to change.

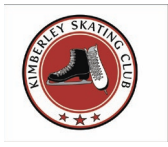
### Reducing the risk

The BC Centre for Disease Control recommends that to reduce the risk of exposure to novel coronavirus, employ the same measures that are taken in relation to colds and flu:

- Wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food. Use alcohol-based hand sanitizer if soap and water are not available. Each participant must bring their own hand sanitizer.
- Cough or sneeze into a tissue or the bend of your arm, not your hand. Dispose of any tissues you have used as soon as possible in a lined waste basket and wash or sanitize your hands afterwards. DO NOT put any used tissues on the boards or anywhere else other than in a waste basket.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Clean your equipment, including your skates, clothing and water bottle regularly.
- Avoid physical contact and getting too close to others, including shaking hands and hugging.

### Protective measures

- As per Skate Canada regulations (see link below), from September 1, 2020, maximum of 18 individuals (Starskate) and 30 individuals (CanSkate) are permitted on the ice. This includes coaches.
- Skaters must pre-register for all sessions for tracking purposes. Drop-ins will not be available.
- As per the City of Kimberley guidelines, skaters will be able to enter the building no earlier than 15 minutes before their scheduled session time.
- Designated *drop off* area will be located on the Mark Creek side (West) of the Civic Centre. The designated *pick up* area will be located on the Rotary side of the Civic Centre (as per City of Kimberley). Late arrivals WILL NOT be permitted in the building as the door will be locked.
- Prior to each session, attendance and verbal health screening will take place by the **communications officer** for each person entering the arena.
- Please arrive ready to skate. Dressing rooms WILL NOT be available for skaters to change in or put skates on.
- Personal belongings should be left in your vehicle, only named water bottles are accepted.
- Do not share any items such as water bottles, clothing, gloves, facial tissues, towels, phones etc. with other skaters or coaches.
- Do not touch any equipment, including music playing equipment. One designated person will operate all equipment for all skaters.



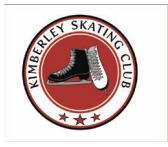
## Return to Play 2020

---

- At the conclusion of your ice time, you must go to the designated area, remove your skates, gather personal belongings and immediately leave the arena. DO NOT UNDRESS AT THE ARENA. Skaters are required to leave the arena as quickly as possible after their session. No longer than 15 minutes.
- Skaters, spectators and coaches will not be permitted to congregate after the conclusion of the ice session and must leave immediately.
- Skaters should maintain a 3-metre distance from other skaters and coaches.
- Masks must be worn off the ice at all times and on the ice when the 3-metre distance cannot be maintained.
- All Coaches and communications officer must be educated regarding illness prevention measures and Covid-19 protocols.
- The Multi-Purpose room located on the lower level of the Civic Centre will be used as a designated isolation room.
- If you feel ill or have symptoms of illness, please do not attend your session. Notify the club by emailing: [president@kimberleyskatingclub.com](mailto:president@kimberleyskatingclub.com)

These procedures will continue to be updated as we learn more about COVID-19 and the spread of the virus. These are intended to protect all members, coaches and staff.

<https://www.skatinginbc.com/sites/default/files/news/resources/skate-canada-bc/yk-covid-19-information/covid-canskatebcykdeliverystandardsandrequirements072920.pdf>



## Illness Policy

In this policy, “Team member” includes an employee, volunteer, participant or parent/spectator.

1. **Inform an on ice coach or the communications officer 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:**

Team members must review the self-assessment information located in the Kimberley Skating Club COVID - 19 binder prior to each ice session to attest that they are not feeling any of the COVID 19 symptoms.

Coaches/communications officer will visually monitor team members 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 ice session.

If Team Members are unsure they must use the self-assessment tool located at <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool.

3. **If a Team Member is feeling sick with COVID-19 symptoms:**

They should remain at home and contact Health Link BC at 8-1-1.

If they feel sick and /or are showing symptoms during an ice session, they should be sent to the Multi-Purpose room located on the lower level of the Civic Centre which is designated as the isolation room and make arrangements to head home immediately and contact 8-1-1 or a doctor for further guidance.

No Team Member may participate in a ice session if they are symptomatic.

4. **If a Team Member tests positive for COVID-19:**

The Team Member will not be permitted to return to the arena until they are free of the COVID-19 virus.

Any Team Members who work/play closely with the infected Team Member will also be removed from the arena for at least 14 days to ensure the infection does not spread further.

The City of Kimberley must be notified immediately to allow them to close off, clean and disinfect the arena immediately and any surfaces that could have potentially been infected/touched.

5. **If a Team Member has been tested and is waiting for the results of a COVID-19 Test:**

As with the confirmed case, the Team Member must be removed from the arena.

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.



Other Team Members who may have been exposed will be informed and removed from the arena for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.

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

**6. If a Team Member has come in to contact with someone who is confirmed to have COVID-19:**

The Team Member must advise their Coach and Club President if they reasonably believe they have been exposed to COVID-19.

Once the contact is confirmed, the Team Member will be removed from the arena for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the workplace for at least 14 days.

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

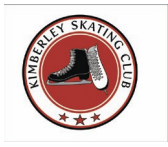
**7. Quarantine or Self-Isolate if:**

Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.

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

Any Team Member 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.

Any Team Member 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.



**This questionnaire MUST be completed for each Team Member entering the arena.  
It may be completed verbally.**

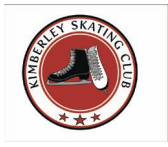
The answer to all questions must be “No” in order to participate in each club activity.

**Participant Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

1. Do you have a fever? (a temperature of 37.8C or higher) Yes / No
  
2. Do you have any of the following symptoms?
  - Cough Yes / No
  - Shortness of breath Yes / No
  - Runny nose sneezing or nasal congestion (not related to other known causes such as seasonal allergies etc.) Yes / No
  - Sore throat Yes / No
  - Difficulty swallowing Yes / No
  - Lost sense of taste or smell Yes / No
  
3. Have you or someone in your household travelled outside of Canada or had close contact with anyone that has travelled outside of Canada in the past 14 days? Yes / No
  
4. Have you had close contact in the past 14 days with anyone with a new cough, fever or difficulty breathing or a confirmed case of COVID-19? Yes / No

***If an individual answers “Yes” to any of these questions, they are not permitted to enter the arena.***





**Assumption of Risk and Waiver for completion by ALL TEAM MEMBERS  
(not limited to Coaches, Skaters, Parents & Volunteers)**

**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 Section], [all Regions of Skate Canada BC/YK Section], Kimberley 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 Section], [all Regions of Skate Canada BC/YK Section], Kimberley Skating Club and any of their Representatives from and against any and all Claims brought against Skate Canada and/or [Skate Canada BC/YK Section], [all Regions of Skate Canada BC/YK Section], Kimberley 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 Section], [all Regions of Skate Canada BC/YK Section], Kimberley 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\***