



RICHMOND ROCKETS SPEED SKATING CLUB 2020-2021 RETURN TO SPORT PLAN

1.0 Introduction

This safety plan will outline the steps taken by the Richmond Rockets Speed Skating club to ensure that they meet the recommendations of the Province of British Columbia, the Provincial Health Officer (PHO), WorkSafe BC, the Richmond Olympic Oval, BC Speed Skating Association (BCSSA) and ViaSport to return to sport in the Richmond Olympic Oval facility to minimize the risk of transmission of COVID-19 virus.

2.0 Participant Wellness

Avoid Transmission of COVID-19 Virus

Avoiding transmission of the COVID-19 virus is critical to BC's Restart Plan. Transmission can occur via person-to-person contact or surface contact. There are risks of both forms of transmission that are inherent in sport, and measures must be put in place to mitigate the risk. The 'Five Principles for Every Situation' below are included in BC's Restart Plan. Each principle is discussed in detail in relation to the application and implementation for the Richmond Rockets Speed Skating Club "participants" (skaters, coaches, officials) and "support personnel" (parents/guardians, club equipment managers, club registrar, volunteers etc).

Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none"> • Frequent handwashing • Cough into your sleeve • Wear a non-medical mask • No handshaking 	<ul style="list-style-type: none"> • Routine daily screening • Anyone with any symptoms must stay away from others • Returning travellers must self-isolate 	<ul style="list-style-type: none"> • More frequent cleaning • Enhance surface sanitation in high touch areas • Touch-less technology 	<ul style="list-style-type: none"> • Meet with small numbers of people • Maintain distance between you and people • Size of room: the bigger the better • Outdoor over indoor 	<ul style="list-style-type: none"> • Spacing within rooms or in transit • Room design • Plexiglass barriers • Movement of people within spaces



Personal Hygiene

- Signage will be posted on hand hygiene and respiratory etiquette at every practice.
- No spitting policy will be enforced.
- **All participants and support personnel must wear non-medical masks (also known as face coverings) at all times.**
- Education will be provided on what constitutes a non-medical mask and the proper use of non-medical masks.
- Participants and support personnel will be required to bring and wear their own masks. **Entry to the facility will be denied if no masks are worn.**
- Coaches should consider options such as electronic whistles to avoid blowing into a standard whistle. Coaches will wear masks while coaching on the ice.
- Hand sanitizer will be provided for members to use before, during & after practice.
- Wipes will be made available for use if in the event a skater crashes into the mats during the practice. Coaches will be responsible for wiping the mats if needed. A trash bin (preferably with a closed lid) for disposing of tissues/wipes and other PPE.
- **Skaters getting ready at the rink are responsible to bring a plastic bin with a lid (~20L)** to store their own equipment such as their own filled water bottle, cloth to wipe skate blades, an extra mask, skate guards and any other personal items to practice & labelled with their name.
- Skaters will be reminded and educated to avoid touching their eyes, nose and mouth and cough into your sleeve.

Stay Home if You Are Sick

- **All** skaters, coaches, associates, volunteers and guardians will each be required to conduct daily symptom screening using a wellness questionnaire or self-assessment on the **RRSSC TeamSnap** app before coming to each practice.
- There will be a zero-tolerance policy for any club participation while sick.

Environmental Hygiene

- Mats set up and take down will done by OVAL staff and Coach only. Non-medical masks must be worn during mat set up and take down.



- Sanitizing equipment between Groups 1 and 2 will be done by OVAL staff with help from designated associate from RRSSC. All personnel will hand wash and/or sanitize prior to performing this duty.
- On ice equipment will not be shared.
 - Black Pucks / track markers will be only touched by the coaches. Disinfected at the end of practice.
 - Other equipment such as pylons, cones, noodles will be kept in a Rubbermaid bin. Only touched by designated coaches.
- Coaches will have their own personal supply of sanitizer spray, wipes, bingo dabbers, whistle etc to use on the ice
- Equipment bin and water cart will be only touched by coaches and disinfected at the end of each practice. Skaters not adhering to this rule will be warned and if they do not desist, they will be asked to leave the rink.
- There will be no water bottles on the cart.

Safe Social Interactions and Physical Modifications.

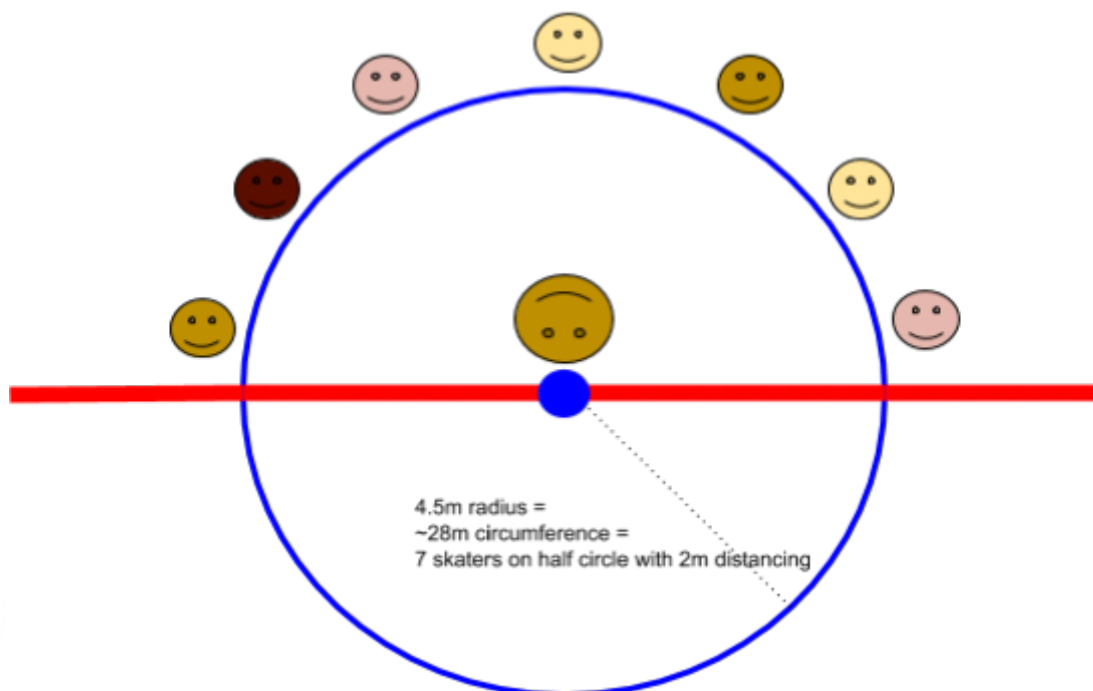
- ***Training groups will have a maximum of 16 on the ice, including coach and assistant coach.***
- ***Support associates will be kept to a maximum of 2 per ice session.***
- Benches, bleachers, viewing areas and locker rooms will be closed. Parents are asked to leave their children at practice and wait in their vehicles for the duration of practice.
- ***Skaters must be dressed for skating and have their skates on before leaving their car.*** Coaches can help with tightening skates but be aware that this will shorten the amount of practice time on the ice.
- ***RRSSC will provide two volunteers to help direct the flow of skaters coming and leaving the ice.*** One volunteer will screen incoming skater at the entrance while the other will direct.
- There will be 2 staging areas, one for the group arriving for practice and one for the group leaving practice.
- There will be designated one-way paths to and from the ice rink.
- Support personnel must maintain physical distance from anyone outside their family bubble at all times.
- Participants must maintain physical distance with the exception of active skating activities (ie. Must maintain physical distance during warm-up, dryland training, during coach instruction on the ice and during rest periods).
- Dots will be put on the ice to help the younger skaters maintain physical distancing during the ice session.



- Participants are allowed occasional proximity during active skating activities. This allows for pack or train skating. No activities involving intentional contact (ie. Relays, playing tag, partner drills requiring contact etc.) should occur. Occasional close proximity should be the exception for active skating activities vs. the rule. Continue to use physically distanced skating activities when feasible. These may include individual technical drills, individual lap skating, pursuit races, Olympic-style skating and long track-style relay races.
- Sport must remain community-focused. ***Richmond Rockets will be training exclusively with their own club.***
- Participants must remain within an assigned cohort for all skating activities (training camps and unsanctioned/informal racing).
- The Provincial Health Officer has banned gatherings of more than 50 people. Therefore all traditional competitions exceeding this number of people are not allowed.
- BCSSA and ViaSport define speed skating a “cohort” as having a maximum of 100 participants (excludes support personnel). Note: Not all 100 participants within a cohort can participate in the same activity at the same time due to the gathering ban of 50 people.
- Richmond Rockets Speed Skating Club is in 2 Cohorts (NOTE: This is subject to change). One Cohort are skaters in L2T and younger and the second cohort are T2T and older skaters. These two cohorts consists of the following clubs (Subject to change): RRSSC, Vancouver Velocity, Port Coquitlam Lightning, Langley Blades and Burnaby.

Member Communication and Training

- RRSSC will communicate with its members via email or TeamSnap
- A summary message from the club to their members should be issued as changes occur.
- Ensure communication is adjusted to the level of the audience. Young participants will require simple and clear instructions when on-site (e.g. “make sure you have enough room between you and your neighbour for ‘airplane arms’”). Young participants may require visual cues to help maintain physical distance, e.g. bingo dabber dots drawn on the ice to mark their ‘home base’.



- *Sample of physical distancing on-ice using faceoff circle. Note that this layout is easy for coaches to replicate as there are 7 skaters per half circle, which mimics the layout of the 7 corner blocks (per corner). The 'home base' for each skater may be drawn on the ice using bingo dabbers. Venue regulations may dictate that this arrangement exceeds the maximum number of on-ice participants; this diagram is provided for reference only.*

3.0 Practice: On Ice Specifics

1. Participants:

- a. **All** skaters, coaches, associates, volunteers and guardians will each be required to conduct daily symptom screening using a wellness questionnaire and self-assessment on the **RRSSC TeamSnap** app before coming to each practice.
- b. RRSSC volunteers will take attendance and keep record of all participants using RRSSC TeamSnap in case of an outbreak.
- c. RRSSC will provide one User Group Coordinator that will liaise with Oval supervisor on directing flow of skaters.
- d. Arrival to OVAL will happen 10 min prior to ice session



- e. Arrival will be at one of two entrances and Departure will be a door leading to the parking lot.
 - f. Skaters will be required to arrive at practice fully dressed (skin suit or practice outfit) with safety gear on and have their skates with guards on before leaving their car.
 - g. Coaches (or designated associate) can help with tightening skates but be aware that this will shorten the amount of practice time on the ice.
 - h. Water bottle can be brought to the ice level.
 - i. Dressing/Locker rooms will be closed.
 - j. Despite restrictions on group sizes, ensure the [Rule of Two](#) is followed virtually and in-person at all times. This includes the 2 associate designates in the locker room.
2. Equipment
- a. Mats set up and take down will done by OVAL staff and Coach only. Masks must be worn during mat set up and take down.
 - b. On ice equipment will not be shared.
 - c. Black Pucks will be only touched by the coaches and disinfected at the end of practice.
 - d. Other equipment such as pylons, cones, noodles will be kept in a Rubbermaid bin. Only touched by designated coaches.
 - e. Touch points will be reduced on equipment with only the coaches and designated associates allowed. Hand washing & masks to be worn.
 - f. Each skater is to bring a bin that can hold their personal items ie. shoes, helmets, gloves, water bottle, cloth, medication. No one else touches the bin.
 - g. Guards & water bottles – placement on the ice
3. Practice Plans
- a. Practice plans will be prepared in advance to allow effective planning of skater movement & activities that can be done on the ice to maintain physical distancing
 - b. Skaters will focus on skill development rather than racing, games & other activities that cannot maintain physical distancing.
4. First Aid: In the event that first aid is required to be administered during an activity, all persons attending to the injured must first put on a mask and gloves.



4.0 Registration

- Where feasible online registration should be done including collection of payment; limited in person registration.
- Any in person registration or equipment rentals will require an appointment. Hand washing and face coverings (ie non-medical masks) to be worn.
- Included in registration for 2020-21 season
 - A signed agreement stating that each participant will adhere to the Richmond Rockets Speed Skating Club safe sport plan. It will be explained to all members that if they do not comply, it may result in the skater's removal from activities.
 - A signed acknowledgement of risk related to COVID-19 when participating in organized sport.

5.0 Skate Rentals

- Only 2 skaters and one parent per skater will be allowed for trying on skates.
- Equipment managers & designated associates will be the only ones assisting with skate trying on.
- Hand washing/sanitizer is required prior to entering skate trying area.
- Masks are required to be worn by all
- Disinfectant spray will be used for skates tried on and not kept by the skater.

Competitions

- Phase 3 allows for gradual introduction of formal competition within regional cohorts. However, at this time, BCSSA will not be issuing sanctions for competitions. This decision will be revisited within the coming months.
- Competitions are optional.



Mitigate Financial Loss Through Solid Governance

- The Sport BC insurance policies that cover BCSSA members and member clubs contain a contagion exclusion. In summary, the Sport BC policies will not cover any claims related to COVID-19 . The Province’s Order in Council No. 459 protects those providing “community recreation or leisure activities” from liability in the event of damages resulting from COVID-19, provided that all applicable guidelines were being followed. Clubs are strongly encouraged to read the Order in Council in full and seek independent legal advice where required. Clubs are also reminded to follow through on requirements to maintain their standing as a Society, including requirements on holding an AGM .
- Clubs should be aware that the BCSSA Agreements and COVID-19 Return to Sport Acknowledgement have been updated. All members are required to sign these documents when registering via IceReg. Existing members should sign the updated document(s) in addition to the registration forms they have previously completed. It is strongly recommended that each club seek independent legal advice.
- Review all contracts into which the club has entered (including venue rental, coach/personnel compensation, registration fees). Ensure any cancellation deadlines or other clauses are noted and addressed as required.
- Develop a WorkSafe BC COVID-19 Safety Plan to protect the club’s ‘workers’. Best practice would be to include all those who do ‘work’ on behalf of the club, including those who work on a volunteer basis. It is mandatory, by order of the Provincial Health Officer, for all employers in BC to have a COVID-19 Safety Plan . viaSport has created a ‘sportified’ version of the WorkSafe BC COVID-19 Safety Plan template (p37) for clubs to use. Clubs who use multiple venues for training should have a COVID-19 Safety Plan for each venue. COVID-19 Safety Plans should be clearly communicated to club ‘workers’ and training on any required skills should be provided.
- Despite restrictions on group sizes, ensure the Rule of Two is followed virtually and in-person at all times.