



RICHMOND ROCKETS SPEED SKATING CLUB 2021-2022 COMMUNICABLE DISEASE RESPONSE PLAN

August 8, 2021

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 Communicable Diseases such as the COVID-19 virus.

2.0 Participant Wellness

Avoid Transmission of Communicable Diseases such as the COVID-19 Virus


Avoiding transmission of the Communicable Diseases such as 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, support personnel and spectators must wear non-medical masks (also known as face coverings) when not on the ice.***
- ***Masks are optional when on the ice.***
- 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.
- 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.
- Disposable gloves (PPE) will be provided for take-down of the mats as required.
- 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 **an online wellness questionnaire** or self-assessment on the **RRSSC Website** before coming to each practice.
- There will be a zero-tolerance policy for any club participation while sick.

Environmental Hygiene

- Mats set up will done by OVAL staff. Non-medical masks must be worn during mat set up and take down.
- RRSSC skaters and coaches will assist in the take down of the mats as required. PPE (disposable gloves) will be supplied.
- Sanitizing equipment between Groups 1 and 2 will be done by OVAL staff with help from designated associated from RRSSC. All personnel will hand wash and/or sanitize prior to performing this duty.
- On ice equipment will not be shared.



- Black Pucks 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, electronic 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. Water bottles can be placed apart on the sill of the north coaches box. Volunteers will sanitize the area after each practice.

Safe Social Interactions and Physical Modifications.

- **Training groups will have a maximum of 18 on the ice, including coach and assistant coach.**
- Benches, bleachers, viewing areas and locker rooms will be closed.
- Parents are permitted at practice to assist their child with their equipment provided they maintain a minimum of 2 meters distance between themselves and others.
- **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.
- Participants must maintain physical distance with the exception of active skating activities on ice (ie. Must maintain physical distance during warm-up, dryland training, during coach instruction on the ice and during rest periods).
- Sport must remain community-focused as per BCSSA guidelines.
- Participants must remain within an assigned cohort for all skating activities (training camps and unsanctioned/informal racing).
- Seated events: Up to 50 or 50% of capacity, whichever is greater (i.e. if your space holds 75 people the capacity is now 50. If your space holds 500 people the capacity is now 250).
- Group Size: There is no maximum group size for participants, coaches, volunteers, staff and officials (ViaSport Return to Sport Restart 2.0).
- 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 consist 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 or other social media platforms (ie Wechat, Whatsapp, instagram)
- A summary message from the club to their members should be issued as changes occur.

3.0 Practice: On Ice Specifics

1. Participants:

- a. **All** skaters, coaches, associates, volunteers and guardians/Spectators will each be required to conduct daily symptom screening using an online wellness questionnaire or self-assessment on the **RRSSC Website** 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 15 min prior to ice session
- e. Arrival/Departure will be at the main entrance of the facility.
- f. Skaters will be required to arrive at practice fully dressed (skin suit or practice outfit) with safety gear on.
- 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.

2. Equipment

- a. Mats set up by OVAL staff
- b. RRSSC skaters and coaches will assist in the take down of the mats as required. PPE (disposable gloves) will be supplied.



- 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.
- f. There will be no water bottles on the cart. Water bottles can be placed apart on the sill of the north coach's box. Volunteers will sanitize the area after each practice.

3. Practice Plans

- a. Practice plans will be prepared in advance to allow effective planning of skater movement & activities. While physical distancing is no longer required on the field of play (ie. Ice), practice plans will be made that allow for distance and space between participants when feasible and appropriate.

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

- Online registration will be done including collection of payment; limited in person registration.
- Equipment rentals will have allotted times to decrease density of skaters/parents. Hand washing and face coverings (ie non-medical masks) to be worn by volunteers, skaters and parents/guardians.
- Included in registration for 2021-22 season
 - A signed agreement stating that each participant will adhere to the Richmond Rockets Speed Skating Club Communicable Disease Response 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.

6.0 Travel:

- Verify local public health restrictions before travelling out of province
- Verify Canadian federal and local restrictions before travelling out of country
- Check with local public health before hosting out-of-region skaters for camps and competitions
- Communicate local public health guidance to out-of-region skaters in the event announcement and registration package