



SKATECANADA
NEWFOUNDLAND & LABRADOR

Return to Sport Plan

The following document contains practice, event, and competition plans throughout the Alert Level 2 Phases.

With a situation that evolves each day and differs in various cities, regions and municipalities, Skate Canada Newfoundland and Labrador has a strong commitment to stay up to date with the current public health restrictions and Sport guidance documents.

Skate Canada COVID-19 Response Page <https://skatecanada.ca/covid-19-response/>

Government of NL COVID-19 <https://www.gov.nl.ca/covid-19/>

Government of NL COVID-19 Updates <https://www.gov.nl.ca/releases/covid-19-news/>

COVID-19 Screen Tool for Self-Assessment <https://www.811healthline.ca/covid-19-self-assessment/>

All current Public Health Restrictions and guidelines MUST be followed before organizing any Skate Canada programming activity. Please note that your municipality and/or arena/facility may have guidelines that exceed or are looser than those set out below. All clubs MUST follow the highest standard that has been set.

Alert Level 2:

Phase 1 (April 2021-May 2021) *Individual and Intra Squad ONLY

- Individual Athlete Skill Development – Maximum number of individuals at ice level is 50
- Team Practice Sessions – Maximum number of individuals at ice level is 50
 - these sessions must be regularly scheduled with same group of athletes.
 - Skaters are not permitted to “guest” skate at other clubs during the phase.
 - Number of spectators permitted during this phase must align with current sport guidance and arena policies.
 - [All relevant Guidance](#), including [Sport Guidance](#) will be followed.

Phase 2 (May 2021-July 2021) *Inter Squad activities to be introduced

- Inter Squad Activities within RHA's.
 - This may include individual skaters from various clubs participating in shared sessions.
 - Sessions must be 50 individuals or less on ice surface and will maintain all current health guidelines (masks, physical distancing etc.).
 - It is important to note that during our “off season”, many arenas no longer have ice making it necessary for skaters from various clubs to share the limited available facilities.
 - All current PH and sport guidance will be followed.

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- Assessment Days within RHA's
 - These standardized assessments involve one skater, one coach, and one evaluator (physical distance can be easily maintained).
 - These assessments allow skaters to advance to next level.
 - Assessment days have small number of individuals on ice (max of 10 skaters) and the coaches and evaluators are seated in the penalty box for the duration of assessment (approximately 10 min per skater). Physical distance will be maintained at all times.
 - The maximum number of skaters on ice will be 10 with a maximum of 5 coaches and 5 evaluators.
 - There will be cleaning breaks scheduled every 3 hours during the day.
 - All current [PH and sport guidance](#) will be followed.

Phase 3 (July 2021-September 2021) *Regional/Provincial Training Camps and Competition Reintroduced

- Individual Athlete Skill Development and Team Practice Sessions
 - To include athletes from different RHAs. Once enrolled in the camp, athletes will stay with the same group of skaters (typically between 15-25 individuals) for the duration of the program.
 - During the summer months, 4 skating programs are offered throughout the province
 - St John's – 7 weeks (July and August)
 - Corner Brook – 4 weeks (July and August)
 - Grand Falls – 3 weeks (August)
 - Clarenville – 2 weeks (August)
 - Maximum number of individuals on ice level is 50, however normal grouping size is 15-25.
 - Maintaining physical distance and non-medical use guidelines still apply at this phase.

- Return to Provincial Camp (fall 2021 - date tbd)
 - **WHO** - Skaters in our Canada Games/High Performance pathway. These athletes would have participated in one of our 4 summer programs noted above and will be invited to attend.
 - A total of 60 skaters will be invited.
 - Guest coach (if Atlantic bubble is opened)
 - **WHAT** - To include small group sessions.
 - These sessions will have maximum of 20 individual skaters on ice and will stay consistent for the duration of the 2-3 day camp. Each group of individual skaters will have a 3 hour training day and will exit the building prior to next group arriving.
 - **WHERE/WHEN** - Camp will take place in St. John's metro area
 - **WHY** – It has now been over one year since our individual athletes have had the opportunity to train with their peers from outside their clubs. It is important for development of the athletes to learn and challenge themselves.
 - **TRAVEL CONSIDERATIONS**
 - Athletes will all travel individually with their parents/guardians.
 - Athletes and their family members are responsible for their own accommodation and food service arrangements. Athletes will be responsible for bringing water (clearly labelled water bottle) and snacks to the arena as needed.

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- Coaches, team chaperones and/or parents are responsible for ensuring athletes do not gather as a group in hotel room and will ensure all individuals wear non-medical masks when not in their hotel rooms.
 - All athletes, coaches and parents/guardians should complete the COVID-19 self-assessment prior to travel.
 - If hotel accommodations are required, coordinate arrival/departure protocols if necessary. Where possible, individuals from separate households should arrive at different times to avoid larger groups arriving for check-in.
 - Where more than one individual from a separate household have shared hotel accommodations, ensure a maximum of 2 individuals to a room, in 2 beds, (instead of the traditional 4). Beds should be at least 6' apart, with head to toe orientation if possible, particularly if travelling with people not in an individual's 'Steady 20'. Where such accommodations are required, parents/guardians should be informed of and agree to those arrangements.
 - It is important to note that sharing a meal in a hotel or restaurant does not equal permission to sit together. While eating, physical distance should be maintained between all individuals, unless individuals are part of each other's 'steady 20'.
 - All current PH and sport guidance will be followed.
- Return to Competition (Summer Skate 2021 – August 2021)
- **WHO** - This annual competition will bring together our more advanced skaters who participated in the summer camp held in one of the four locations.
 - **WHAT** – This annual event brings together skaters at the end of the summer season from our 4 summer training camps.
 - This competition typically has a total of 125 competitors who will perform their individual routines (one skater on ice at a time).
 - The duration of the event will be 8 hours and skaters will be divided into groups entering the arena so that not more than 25 athletes will be in the arena at any given time.
 - Once the group of 25 skaters have finished their performance, they will exit and cleaning will take place prior to next group of 25 skaters.
 - Results will be posted online following the event and awards will be mailed to the individuals, rather than having a medal ceremony which typically involves a larger group.
 - **Where/When** – Paradise Double Ice Complex August 21 (8am-6pm)
 - **WHY** – It has now been over one year since our individual athletes have had the opportunity to compete. It is important for development of the athletes to learn and challenge themselves.

TRAVEL CONSIDERATIONS

- Athletes will all travel individually with their parents/guardians.
- If accommodations are required, these arrangements will be made by individuals. Food arrangements are all made by individuals. They will bring small snacks/water to the rink.
- Coaches, team chaperones and/or parents are responsible for ensuring athletes do not gather as a group in hotel room.
- Ensure all individuals wear non-medical masks when not in their hotel rooms.

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- All athletes, coaches and parents/guardians should complete the COVID-19 self-assessment prior to travel.
- If hotel accommodations are required, coordinate arrival/departure protocols if necessary. Where possible, individuals from separate households should arrive at different times to avoid larger groups arriving for check-in.
- Where more than one individual from a separate household have shared hotel accommodations, ensure a maximum of 2 individuals to a room, in 2 beds, (instead of the traditional 4). Beds should be at least 6' apart, with head to toe orientation if possible, particularly if travelling with people not in an individual's 'Steady 20'. Where such accommodations are required, parents/guardians should be informed of and agree to those arrangements.
- It is important to note that sharing a meal in a hotel or restaurant does not equal permission to sit together. While eating, physical distance should be maintained between all individuals, unless individuals are part of each other's 'steady 20'.
- Onsite food service – n/a as athletes and parents will be in the arena for one hour or less. Food for officials will be eaten off site if necessary
- [All relevant Guidance](#) and [Sport Guidance](#) will be followed.

Phase 4 (September 2021 onwards) *Return to Provincial Competition and Return to Synchronized Skating

- Currently under development. Plan to be submitted for approval at later date.

OVERVIEW OF GUIDELINES WHEN ORGANIZING SKATE CANADA PROGRAMS

- It is important that all clubs and skating schools **communicate with venue partners** in advance of returning to the ice to find out what restrictions will be in place (i.e. number of individuals permitted on the ice, number of individuals permitted in dressing rooms etc.)
 - Determine what the arena cleaning strategy is and how your club/skating school can help implement and contribute to a clean environment.
 - Check with arena/facility to determine if the following shared spaces will be permitted to open: Coaches' room, office area, dressing rooms etc., If these spaces are open for use, ensure adequate cleaning is scheduled.
 - While clubs/skating schools & third-party buildings, such as municipal or private facilities will have extra safety measures in place, it is up to everyone to protect their own health. It's an individual responsibility to follow public health advisories.
 - Discuss designated pick up and drop off times to avoid any congestion in consultation with your facility.
 - Consult with your facility regarding Public Health Restrictions for arenas and the signage to be posted.
 - Please check with your facility regarding availability of Sanitizing stations and Personal Protective Equipment.
 - Clubs and skating schools will only host individual training sessions within the Club at this time.
- All Skate Canada programs/activities must always comply with the physical distancing, cleaning, sanitizing measures and recommendations issued by federal, provincial and municipal government authorities, including the arrival, time spent on site and departure of skaters.

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- Limit your activities to practice and private lessons or lessons with small groups. If lesson with small groups occur (not permitted in Alert Level 3), physical distancing measures must be followed. Stay up to date on alerts. <https://www.gov.nl.ca/covid-19/alert-system/>
- We recommend having a monitor(s) (16 years or older) off the ice making sure that physical distancing guidelines and traffic flow are being followed.
- It is recommended that skaters arrive at the rink dressed and ready to participate in skating activities.
- Ask skaters, coaches, officials, and program assistants, those under the age of 19 for a written consent from a parent/guardian, authorizing them to participate in their skating session/activity that they have read and agreed to the terms of your club's Return to Skating guidelines. **Please keep in mind that a waiver mitigates risk – it does not eliminate it. It is a best practice and accordingly we are recommending you have these signed by all participants. See Appendix B.**
- Maintain a record of all skaters attending each session, as records may be required for contact tracing purposes. **See Appendix D**

Our complete Return to Skating document provided to clubs/skating schools can be found here: [Click Here](#)