



NUNAVUT SPEED SKATING ASSOCIATION RETURN AT PLAY

These guidelines are NSSA guidelines for the safe return to speed skating activities given the COVID-19 restrictions in place in Nunavut. These guidelines may be updated at any time to ensure they are aligned with the Chief Public Health Officer (CPHO) health and safety requirements as facilities open. The Return at Play document of the NSSA is aligned with the current guidelines of Speed Skating Canada.

Each club must be in compliance with orders and guidelines issued by the CPHO and must be available to the public. Clubs must coordinate with their community facility to ensure adherence to the facility's COVID-19 response plan.

Operations

	Item	Protocol
1.1	Compliance with regulations	All speed skating activities must adhere to all federal, territorial 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 • NSSA rules
1.2	Compliance with guidelines	Training must implement and comply with the current and any updated version of these guidelines. The NSSA Return at Play Acknowledgement Form must be completed and returned to SpeedSkatingNU@gmail.com before any speed skating ice activity commences. See Appendix NSSA Return at Play Guidelines Acknowledgement Form (appendix A).
1.3	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 out of the facility. • 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, and showers in the facility, except to the extent they provide access to a

		<p>washroom or a portion of the facility that is used to provide first aid.</p> <ul style="list-style-type: none"> • Ensuring the facility maintains their own insurance on their facility. • Consider making it mandatory that athletes provide their own protective equipment. If skates and/or protective equipment are lent by the club, they must be disinfected before and after each use. • Trash bin with lid for disposing of tissues and other PPE must be available. • No loitering in facility or parking lot before or after training, Clubs should consider arrival and departure plans that allow for staggering of training groups. • Work with facility to establish flow of athletes, coaches and volunteers through the building. Where possible, consider using larger areas, such as lobby vs change room for putting on equipment. • The City of Iqaluit will provide cleaning supplies for high touch surfaces and facilities employees will do a cleaning of the high touch surfaces every few hours.
1.4	Self-Assessment Screening	<ul style="list-style-type: none"> • All individuals taking part in club activities must conduct symptom screening using the Health Screening Questionnaire (Appendix B) in accordance with current public health guidelines before each training session. Individuals must not attend any training sessions or club activities if they answer “yes” to any of the questions. A copy of the completed questionnaire should be kept by one person. The information will be required in the event of any COVID-19 cases and athletes, coaches and volunteers should be aware in advance that it will be shared with public health should a case occur. • Implement and enforce a zero-tolerance policy for any participation while sick. • The NSSA will be responsible for tracking individual participation through a timed and dated roster. Such a roster will need to be made available should it be requested by the City of Iqaluit or the CPHO.
1.5	Tracking & Contact Tracing	Each club is responsible to track all athletes and parents attending skating training (Appendix C). This is necessary to track contacts if someone contracts the virus.

Training

2.0	Limitations to training group size	<ul style="list-style-type: none"> • 50 people, including coaches, participants, volunteers and officials on the ice Or as per the guidelines of the CPHO and City of Iqaluit. • Athletes over 12 will be assigned to a training bubble of 3 athletes for every practice. Drafting and tactics will be allowed within each bubble. At rest or during technical drills, athletes will be physically distances to 2 meters. There will be no relays. • Ensure that maximum numbers follow the indoor facility’s plan, which may specify how many athletes and coaches may be on the ice surface at one time.
2.1	Physical distancing	<ul style="list-style-type: none"> • Skating 2 meters apart • All persons shall maintain a distance of at least two (2) metres apart from any other person while in public, excepting members of their immediate household.

2.2	Personal hygiene	<p>Individuals must follow the appropriate personal hygiene guidelines as recommended by the CPHO.</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. • No high-fives or handshakes • Hand Sanitizer will be available and provided by the user group/renter.
2.3	Pre-registration	All skaters must let the club coach know if they will be attending the practice.
2.4	Personal items	<ul style="list-style-type: none"> • Personal items such as water bottles, skate rags, etc. will not be shared. • Personal items must be clearly labelled. • Skin suits and other washable gear should be laundered following every practice. Non washable gear should be disinfected after each use.
2.5	Indoor skating/training	<ul style="list-style-type: none"> • Skaters must be able to maintain physical distancing at all times. • Indoor practices should include: individual technical drills, individual lap skating, pursuit races and Olympic-style skating. • Training groups should be consistent. Keeping the same group week after week can help to mitigate transmission. Focus on skill development and low risk activities to minimize the requirement for medical care. • Masks are encouraged but not required by skaters and coaches on the ice.
2.6	Shared equipment, cleaning	<ul style="list-style-type: none"> • Shared equipment should be sanitized after every practice if possible. In the case of protective padding, this may not be plausible. • 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 no restrictions, no straps will be used on the ice. • If a skater contacts the mat, it will be sanitized after the impact.
2.7	Coaching	<ul style="list-style-type: none"> • All coaches must maintain 2 m distancing. • Coaches should consider using a voice-enhancing device (megaphone) to ensure that athletes do not congregate too closely during explanations.
2.8	Change rooms	<p>Changerooms will be opened and available to a capacity of 12 people per room.</p> <p>Any other restrictions enforced by the City of Iqaluit will be followed.</p>
2.9	Warm-up/cool downs	All distancing rules apply for warm up and cool downs.
2.10	Spectators	<ul style="list-style-type: none"> • The total number of Max 50 (fifty) persons on the ice at a time. • Parents must stay in the stands and must wear a mask.

		<ul style="list-style-type: none"> • Spectators will be limited to the indoor gathering limits provided by CPHO; as per Public Health Order, players and spectators shall be counted as two distinct groups. • Anyone accompanying an athlete is expected to follow facility guidelines with respect to physical distancing, must remain at least 2m apart, and will be required to wear a face mask. • Parents will be required to be in the stands. • Management of spectators will be the responsibility of the rental group.
2.11	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.

Disclaimer

The Nunavut Speed Skating Association's (NSSA) Return at Play guidelines is intended to be used for the purposes set in this document. It is important to note that the NSSA's Return at Play guidelines is not a legal document and is to be used as a guide only.

In the event of an ambiguity or conflict between the NSSA's Return at Play guidelines and the Nunavut Chief Public Health Officer regulations, occupancy limits or orders thereunder, the CPHO regulations, and order will prevail. Failure to adhere to rules will require user group/renter to forfeit their rental.

The NSSA will be required to agree under signature to enhanced rental terms including an agreement that non-household related individuals will maintain appropriate distancing or wear masks as required.

Appendix A

NSSA Return at Play Guidelines Acknowledgement Form

Athlete/Coach Name: _____

Parent/Guardian Name: _____

Contact Email: _____

Please read the **Nunavut Speed Skating Association's Return at Play Guidelines** carefully to ensure that you understand before signing this document.

Acknowledgement: I have read and been informed about the content, requirements, and expectations of the Guidelines.

I hereby agree to abide by the Guidelines as a condition of organizing speed skating related activities in the Nunavut Territory.

I understand that these Guidelines may be updated at any time and that our club is responsible to read the updates. Additionally, I hereby commit to abide by all future versions of the Guidelines in the applicable timeframes.

I understand that if I have questions, at any time, regarding the Guidelines, I will contact the NSSA (SpeedSkatingNU@gmail.com) for clarification.

Athlete/Coach Signature: _____

Parent/Guardian Signature: _____

Date: _____

Appendix B

Sample Health Screening Questionnaire

Individuals must complete this questionnaire prior to their participation in a Club activity. This questionnaire may be completed verbally but should be completed each time the individual participates.

The answer to all questions must be “NO” in order to participate in each Club Activity.

1. Do you have a fever? (feeling hot to touch, 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 Yes _____ No _____

(not related to other known causes such as seasonal allergies, etc)

Sore Throat Yes _____ No _____

Difficulty Swallowing Yes _____ No _____

Lost sense of taste or smell Yes _____ No _____

3. Have you travelled outside of Nunavut or Canada or had close contact with anyone that has travelled outside of Nunavut or 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 participate in any Club activities.

Appendix C
Sample Session Participant Tracking Form

All athletes and coaches are expected to be screened prior to their participation in Club speed skating activities. The expectation is that a tracking sheet must exist for each group training session (dryland and on ice) to facilitate contact tracing in the event of COVID-19 exposure.

Club Name: _____

Session Location: _____

Rink Name: _____

Date: _____

Time: _____

	Athlete/Coach/Volunteer Name (all individuals included in the session must be listed) *add at the back, if more space needed*	Phone Number	Health Screening Passed (Yes/No)
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