

Ontario

Speed Skating



Return to Sport Protocols

Version 4.0 updated December 21, 2021

Legal Disclaimer

The information included in this protocol is current for the time of publishing and is aligned with the current recommendations from provincial, national and international bodies including Public Health Ontario. However, recommendations may change; local Public Health Units should be consulted for up-to-date information.

These Protocols and the Appendices are meant to provide general guidelines and educational awareness training and are not an all-encompassing return to sport plan for all organizations. Each organization should consider these Protocols and the Appendices in light of its specific situation, local laws, regulations, by-laws and ordinances as well as local health authority orders, directives, guidelines and recommendations. Each organization should consult with local health authorities (such as medical officer(s) of health or board(s) of health for relevant health unit(s)), person(s) responsible for facilities used by the organization, and other sources and experts, in order to customize their own plans. No legal or medical advice is being provided in these Protocols and the Appendices. The purpose of these Protocols and the Appendices is to reduce the risk of liability. These Protocols and the Appendices are not a safety program and do not guarantee the safety of staff, participants, parents/guardians, spectators, household members or other third parties.

Individuals, in consultation with a medical professional, should also assess and evaluate their own personal risks when deciding to take part in speed skating activities during the pandemic.

Ontario Speed Skating Return to Sport Protocols

These Return to Sport Protocols (Protocols) are Ontario Speed Skating's (OSSA) rules and guidelines intended to enable a safe return to sport. These Protocols are based on current Ontario statutes and regulations, current public health requirements and directives, and Ontario Speed Skating's desire to make our sport safe for all.

These Protocols may be updated at any time; please be sure that you are referring to the most recent Version which will be posted on the Ontario Speed Skating's website at www.ontariospeedskating.ca

The Ontario government, in consultation with the Chief Medical Officer of Health, has released A Plan to Safely Reopen Ontario and Manage COVID-19 for the Long-Term.

The province's plan to safely reopen the province, will gradually lift public health measures based on the ongoing progress of province -wide vaccination rates and improvements of key public health and health care indicators.

The A Plan to Safely Reopen Ontario and Manage COVID-19 for the Long-Term can be found at: <https://www.ontario.ca/page/reopening-ontario>

Clubs must comply with the requirements set out in the following <https://www.ontario.ca/laws/regulation/200364>

All clubs must operate in compliance with the advice, recommendations, and instructions of local public health officials. Municipalities may also enact by-laws to target specific transmission risks in the community.

Clubs are also required to follow the requirements set by their local facility where they train. Both the local public health and facility requirements may be more restrictive than these protocols and the Government of Ontario regulations. Clubs are expected to adhere to all rules that are in place within their municipality.

RETURN TO SPEED SKATING STAGES

The return of speed skating will adapt as restrictions and policies change. The following is a likely progression of allowable activities. Mitigation strategies will need to be practiced throughout all stages.



This staged approach does not have a specific time frame, but will evolve with guidance from public health authorities, the provincial government, and our governing body, Speed Skating Canada. At any point during the progression, we may need to pause or return to a previous stage in order to protect and support our members and our communities.

Ontario Speed Skating will continue to communicate in subsequent versions of these Protocols updated information as it becomes available.

Supporting Ontario's Recovery Act, 2020

In November 2020, the Government of Ontario announced that the Supporting Ontario's Recovery Act, 2020, passed a third reading in the Legislature and has now received Royal Assent. This Act will provide liability protection for workers, volunteers and organizations that make an honest effort to follow public health guidelines and laws relating to exposure to COVID-19. At the same time, it will maintain the right of Ontarians to take legal action against those who willfully, or with gross negligence, endanger others.

The Supporting Ontario's Recovery Act, 2020 will provide targeted protection for those who are making an honest effort to follow public health guidelines and laws, including:

- Healthcare workers and institutions
- Frontline workers who serve the public everywhere from grocery stores to restaurants and retail stores
- Businesses and their employees.
- Charities, non-profit organizations; and
- Coaches, volunteers, and minor sports associations

To ensure your organization is protected under the legislation, your Club must make certain that you have safety protocols in place and shared with your members; you are following the Ontario Speed Skating's Return to Sport (RTS) Protocols, have created your Clubs own RTS and all members are properly documented for contact tracing and registered with the OSSA. This means registering all participants in IceReg.

OPERATIONS

Compliance with Regulations

All speed skating activities must adhere to all federal, provincial and municipal laws, regulations, by-laws and orders and local public health authorities, as they may exist from time to time. This includes but is not limited to compliance with:

- Physical distancing measures
- Health and safety regulations
- Size of permitted gatherings
- Proof of vaccination requirements
- Speed Skating Canada rules, policies and procedures
- Ontario Speed Skating rules, policies and procedures
- All Safe Sport policies and procedures
- Applicable occupational health and safety requirements

Compliance with these Protocols

Each Club conducting training must implement and comply with the current and any updated Version of these Protocols. The OSSA Return to Sport Acknowledgement Form must be completed at the start of each season and returned to executivedirector@ontariospeedskating.ca before any speed skating activity commences.

See Appendix A OSSA Return to Sport Protocols Acknowledgement Form

Acknowledgement, Release, Indemnity and Assumption of Risk regarding COVID-19

There is and will be a risk of contracting COVID-19 when participating in any public activity for the foreseeable future.

OSSA does not carry insurance that covers pandemic diseases or contagions including COVID -19. Participants are asked to review the *Acknowledgement, Release, Indemnity, and Assumption of Risk regarding COVID-19* form provided as part of these Protocols thoroughly and complete it.

This form must be completed by each participant in club activities (including skaters, coaches, board members, and volunteers) prior to the start of participation in club or training activities and at the start of each season. This form is signed by the individual member when registering with the Ontario Speed Skating Association through the IceReg membership registration system.

See Appendix B Acknowledgement, Release, Indemnity and Assumption of Risk regarding COVID-19

COVID-19 Education

Each club must ensure that coaches, skaters, parents, members and volunteers receive education on safety and hygiene protocols within the club as well as Government-approved information on ways to limit the spread of COVID-19 including:

- Respiratory etiquette
- Hand hygiene
- Physical distancing
- Use of Personal Protective Equipment (e.g., facial coverings)

Please see Appendix C Samples of Education Resources

Club Risk Assessment and Club Mitigation Checklist

Each Club conducting training should complete the Club Risk Assessment and Mitigation Tool.

The Club Risk Assessment and Club Mitigation Checklist tool is intended as a useful resource in helping your club identify risks and strategies to mitigate those risks when creating your club's protocols.

The Club Risk Assessment and Mitigation Tool can be found on the OSSA website. It has been completed by OSSA to give clubs an idea of what kind of strategies to mitigate risks may be implemented.

COVID-19 Club Protocols

In addition to Ontario Speed Skating's "protocols", clubs should create and follow a set of protocols to deal with situations related to the COVID-19 pandemic.

These protocols should be communicated to members before skating activities resume, at the start of each season and available on your website. Clubs should also consult with their facility to ensure alignment between facility and club protocols.

The following information should be considered by clubs in creating their protocols:

- Designate a group of individuals or individual to oversee the implementation of health and safety guidelines including vaccine requirements, these protocols and the club's protocol.
- Determine who will communicate with local Public Health Unit, to ask for direction or next steps for any COVID-19 situation within the club.
- Confirm everyone participating or assisting (skaters, coaches, volunteers) is properly registered with the club and Ontario Speed Skating through IceReg and has signed a waiver
- Ensure up to date contact information for all club members is on-file
- Establish a communication plan to keep coaches, skaters, parents, members, and volunteers informed during Return to Sport stages.
- Establish an illness protocol that:
 - a) addresses situations where individuals become unwell or show signs of COVID-19 symptoms during speed skating activities,
 - b) includes procedures to inform OSSA, the facility, coaches, skaters, parents, members and volunteers if there has been an exposure to COVID-19 within the club or training group or if a club member is diagnosed with COVID-19 and
 - c) includes procedures to modify, restrict, postpone or cancel training sessions or other activities based on the evolving COVID-19 pandemic

See Appendix C Sample Illness Policy

- Monitor government and public health guidelines and update your plans as necessary

Club Offices

All club administrative activities should be conducted on-line and virtually whenever possible.

Facilities

A facility for sports and recreational fitness activities may be open if it complies with:

1. The advice, recommendations and instructions of Public Health officials including advice, recommendations or instructions on capacity limits, physical distancing, cleaning, or disinfecting
2. Any advice, recommendations and instructions issued by the Office of the Chief Medical Officer of Health requiring the facility to establish, implement and ensure compliance with a COVID-19 Vaccination policy.
3. Any person who enters or uses the facility must maintain a physical distance of at least 2m (while not actively involved in training) from any other person who is using the facility except from their caregiver or from members of the person's household.
4. Any washrooms, locker rooms, change rooms, showers or similar amenities made available to the public are cleaned and disinfected as frequently as is necessary to maintain a sanitary condition.
5. The person responsible for the facility/the permit holder must:
 - a. record the name and contact information of every member of the public who enters the facility,
 - b. maintain the records for a period of at least one month, and
 - c. only disclose the records to a medical officer of health or an inspector under the Health Protection and Promotion Act on request for a purpose specified in section 2 of that Act or as otherwise required by law.
 - d. post a sign in a conspicuous location visible to the public that states the capacity limits under which the facility is permitted to operate.
6. The facility must actively screen individuals in accordance with the advice, recommendations, and instructions of the Office of the Chief Medical Officer of Health before they enter the facility.
7. Prior to permitting any players in an organized sport to practise or play the sport in the facility, the facility must ensure that the club has prepared a safety plan.

Facilities are responsible for ensuring they meet government and public health guidelines however, clubs should satisfy themselves that the facility is operating in compliance with all applicable laws (which may differ depending on where the facility is located) the advice, recommendations, and instructions of local public health officials, including any advice, recommendations or instructions on physical distancing, cleaning or disinfecting.

Club Safety Plan

Section 3.3 (3) of Schedule 1 Regulation 364/20

Clubs are required to prepare and make available a safety plan in accordance with this section.

The safety plan shall describe the measures and procedures, which have been implemented or will be implemented to reduce the transmission risk of COVID-19.

The safety plan shall describe how the requirements of this Order will be implemented in the location including screening, physical distancing, masks or face coverings, cleaning and disinfecting of surfaces and objects, the wearing of personal protective equipment and preventing and controlling crowding.

The safety plan shall be in writing and shall be made available to any person for review on request.

Pre-Registration

All participants should pre-register with their club prior to their participation in an activity. Clubs need to ensure waivers have been signed and that all participants have been screened prior to the activity.

Self-Screening Measures

All individuals taking part in club activities must self screen in accordance with current public health guidelines **prior to their participation in any club activities.**

School aged children may be screened using the Ontario COVID-19 school and child-care screening tool:

<https://covid-19.ontario.ca/school-screening/>

All other individuals may use the Ontario COVID-19 screening tool:

<https://covid-19.ontario.ca/self-assessment/>

These questions may be completed verbally and parents may complete the screening on behalf of a child.

Health screenings are only valid for the day they are completed.

All individuals must successfully pass the health screening in order to participate in Club and OSSA Activities.

Health Screening of Individuals

As part of the club's Safety Plan, clubs are also required to actively screen individuals on-site in accordance with the advice, recommendations and instructions of the office of the Chief Medical Officer of Health before they participate in any club activities or events.

School aged children may be screened using the Ontario COVID-19 school and child-care screening tool:

https://covid-19.ontario.ca/covid19-cms-assets/2021-08/COVID_screening_Student_Child%20Care_AODA.pdf

All other individuals may be screened using the Ontario COVID-19 screening tool:

https://covid-19.ontario.ca/covid19-cms-assets/2021-08/EN_Patron_Screening_v8-21-08-27%20FINAL.pdf

These questionnaires may be completed verbally, and parents may complete the screening on behalf of a child.

If clubs have established other mechanisms of completing Health Screening for their members including the health screening protocols set up by your local facility, they may continue using these mechanisms if the content is consistent with the Ontario Ministry tools linked above.

Health screenings are only valid for the day they are completed.

All individuals must successfully pass the health screening in order to participate in club or OSSA activities.

Tracking of participants in club and training activities

Clubs are required to track all skater, coach, and volunteer participation. Participant tracking information must be recorded and kept to assist with contact tracing in the event of a positive COVID-19 case within the club or training group.

Clubs are required to maintain the records for a period of at least one month, and only disclose the records to a medical officer of health or an inspector under the Health Protection and Promotion Act on request for a purpose specified in section 2 of that Act or as otherwise required by law.

See Appendix E Sample Session Participant Tracking Form

Vaccines

Effective December 20, 2021, the Ontario government requires all individuals 12 years of age and older to show proof of identity and of proof of being fully vaccinated against COVID-19 at the point of entry to an indoor sport and recreational facility unless they are exempt from the requirement.

The Proof of Vaccine Guidance sets out baseline requirements that specified businesses and organizations must comply with in accordance with section 2.1 of Schedule 1 of O Reg. 364/20 and can be found using the following link:

[Proof of Vaccination Guidance for Businesses and Organizations under the Reopening Ontario Act \(gov.on.ca\)](https://www.ontario.ca/page/proof-vaccination-guidance-businesses-and-organizations-under-reopening-ontario-act)

As of October 26, 2021, Ontario Speed Skating now requires all members 12 years of age and older to be fully vaccinated by November 30, 2021.

Ontario Speed Skating's Vaccine Policy can be found on our website.

[Download your enhanced vaccine certificate](#)

[How to book a COVID-19 vaccine appointment](#)

Training (On and Off Ice)

Limitations on size of training groups

All club activities and training sessions must follow the current provincial, local public health, OSSA, and facility guidelines with respect to the size of gatherings. Please confirm your capacity limit with your venue/ facility.

Gathering sizes are subject to facility guidelines. Facilities may also have their own guidelines that are more restrictive than these protocols and government regulations. Clubs are expected to adhere to any rules that are in place for their municipality and at their facility.

Physical Distancing

Every person in an indoor and outdoor area of a facility must maintain a physical distance of at least two metres from every other person except from their caregiver or from members of the person's household or if you are actively participating in training or competition.

Facial Coverings / Masks

All individuals are required to wear a non-medical facial covering in a manner that covers their mouth, nose and chin during any period in which they are in an indoor area unless they are entitled to any of the exceptions set out in subsection 2 (4) of Schedule 1:

(Subsection 2 (4) of Schedule 1)

- a) is a child who is younger than two years of age;
- g) has a medical condition that inhibits their ability to wear a mask or face covering;
- h) is unable to put on or remove their mask or face covering without the assistance of another person;
- i) **needs to temporarily remove their mask or face covering while in the indoor area to engage in an athletic or fitness activity, to consume food or drink, or as may be necessary for the purposes of health and safety;**
- j) is being accommodated in accordance with the *Accessibility for Ontarians with Disabilities Act, 2005*;
- k) is being reasonably accommodated in accordance with the *Human Rights Code*; or

Please remember - no proof is required for the exemptions.

Coaches are expected to wear facial coverings at all times.

Coaches and athletes are encouraged to bring multiple masks with them to training, as it recommended not using damp masks.

Further information about facial coverings and additional exemptions can be found at the following link:

<https://www.ontario.ca/page/face-coverings-and-face-masks#section-2>

Programming

Consider consistent training groups. Keeping the same group week after week can help to mitigate transmission.

Clubs should consider offering safe training times for high-risk individuals identified in the Risk Assessment and Mitigation Checklist.

Training and Coaching at Multiple Clubs

Skaters and Coaches training at multiple facilities should:

- a) Use a new face mask at each location.
- b) Manage schedules to avoid different facilities/clubs on the same day.
- c) Ensure Session Participation Tracking, and Daily Health Screening Questionnaire is completed for each facility visited in the same day.

Activity Sanctioning

All training activities must be sanctioned by the Ontario Speed Skating Association. The form can be found at the following link: <https://forms.gle/qyM4MdRtA722Rqs56>

Virtual Training

Clubs offering virtual training experiences need to ensure they meet the following requirements set out by OSSA's insurance provider:

- Clubs have submitted a sanction request for the activity.
- The online session is led by an OSSA member coach.
- There should be a student login so it is limited to members of the insured.
- Required Disclaimer should be prominently displayed at the start of the video, if possible.

"All actions and movements shown in this presentation follow a skills and progression based model of learning, subject to the Speed Skating Canada LTAD and sanctioned by the Ontario Speed Skating Association. The material found within is general in basis and does not take into account individual needs or limitations. This workout is intended for OSSA members only. Anyone who applies this program on their own does so at their own risk."

- Participants should be advised on safety at home – e.g. clear the area of debris, get a mat, etc.

Premises liability would not be covered – member slips on water on their own floor that is not covered. If the association negligently instructed participants to do a certain exercise resulting in an injury (unrelated to condition of the premises), the liability policy would respond.

- Participants need to have signed the OSSA waivers

Clubs may utilize the services of a trainer as long as the trainer is certified by a recognized fitness governing body, works in conjunction with one of the club coaches in the video, and they join the OSSA as a member.

Shared Speed Skating Equipment and Equipment Cleaning Guidelines

*These guidelines apply to club equipment and not facility surfaces.

Clubs are required to develop cleaning and disinfection protocols for sport specific equipment. Clubs should consult their local public health and facility in creating their cleaning and disinfecting protocols. Equipment must be cleaned and disinfected at the end of play such as at the completion of a practice.

Schedule time between practices to ensure proper cleaning and disinfecting on all shared surfaces and equipment.

Where a club loans equipment to an individual it should consider loaning the equipment to the individual for the duration of public health measures.

If the club lends equipment, it must be disinfected after each use or when it is returned.

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-environmental-cleaning.pdf?la=en>

Personal Hygiene

Individuals must follow the appropriate personal hygiene guidelines as recommended by public health agencies.

Please see Appendix D Sample Education Resources

Individuals should wash their hands or use an alcohol based hand sanitizer upon entry to the site/facility or training area and at the completion of training.

All skaters and coaches should carry alcohol based hand sanitizer in their equipment bags.

Personal Equipment and Items

No sharing of personal equipment or items is permitted.

Individuals should bring everything they need to participate in the training activity.

Individuals are responsible for the care and disinfection of their own equipment.

Spectators

Spectators are also subject to local public health and facility guidelines. Facilities may also have their own guidelines regarding whether spectators are permitted in the facility. Please confirm the number of spectators permitted with your venue/facility.

Every indoor spectator must wear a mask or face covering in a manner that covers their mouth, nose and chin unless exempted.

Every outdoor spectator must wear a mask or face covering in a manner that covers their mouth, nose and chin, unless they are exempted or are seated with members of their own household only, and every member of the household is seated at least two metres from every person outside their household.

Individuals attending the training or event are permitted to remove their mask or facial covering temporarily to consume food or drink, or as may be necessary for the purpose of health and safety and if two metres physical distance from anyone else is maintained.

Rule of Two

Ensure the Rule of Two is followed virtually and at all training activities.

Clubs need to ensure even when they are trying to maximize the number of participants, they still respect the Rule of Two.

Safe Sport

Clubs are reminded they are required to follow OSSA's Safe Sport Policy in all training environments.

Administering First Aid

Clubs need to ensure that personal protective equipment (PPE) is available in the event of an emergency. Nonmedical facial coverings, gloves, face shields or goggles should be available as part of the rink side first aid kit.

Appendix A Ontario Speed Skating Return to Sport Protocols Acknowledgement Form



Return to Sport Protocols Acknowledgement Form

Club Name: _____

Club Contact Name: _____

Club Contact Email: _____

Please read the ***Ontario Speed Skating Return to Sport Protocols (“Protocols”)*** carefully to ensure that you understand the Protocols before signing this document.

Acknowledgement:

I have read and been informed about the content, requirements, and expectations of the Protocols.

I hereby agree to abide by the Protocols as a condition of organizing speed skating related activities in the Province of Ontario.

I understand that these Protocols may be updated at any time and that I have reviewed the most recent version at <http://ontariospeedskating.ca/covid-19-updates/>.

I agree to share these Protocols with activity participants via my organization’s website and/or other method.

I understand that if I have questions, at any time, regarding the Protocols, I will contact the Ontario Speed Skating Association (executivedirector@ontariospeedskating.ca) for clarification.

I have the authority to sign on behalf of the club

Club Signature: _____

Club Printed Name: _____

Date: _____

Appendix B Acknowledgement, Release, Indemnity and Assumption of Risk regarding COVID -19

ONTARIO SPEED SKATING ASSOCIATION ACKNOWLEDGEMENT, RELEASE, INDEMNITY and ASSUMPTION of RISK regarding COVID-19 (FOR ADULTS & FOR THOSE UNDER THE AGE OF MAJORITY i.e. under 18)

WARNING! By signing this document, you will waive certain legal rights. Please read carefully

Participant's Name: _____

Date: _____

1. This ACKNOWLEDGEMENT, RELEASE, INDEMNITY and ASSUMPTION of RISK regarding COVID-19 is to be signed regarding each Participant in the sport of speed skating and/or the practices, training, races, events, programs and/or activities ("**Activities**") organized, operated, conducted or sanctioned by the Ontario Speed Skating Association ("**OSSA**") alone or with another organization, including with a member club of OSSA (each an "**Organizer**").
2. The undersigned, being the Participant and, if the Participant is under the age of 18, the Parent/Guardian of the Participant (each a "**Party**" and collectively the "**Parties**"), acknowledge(s) and agree(s) that:
 - (a) the World Health Organization has classified the Coronavirus Disease ("**COVID-19**") outbreak as a global pandemic and are aware of the risks of COVID-19;
 - (b) they are aware of the risks to personal health, including by the failure to follow physical distancing, flowing from COVID-19;
 - (c) they are assuming all health risks and adverse health related consequences to the Parties caused by or arising from engaging in any Activities (the "**Assumed Risks**");
 - (d) the Organizers are implementing OSSA's Return to Sport Protocols (the "**RTS Protocols**") the most recent version of which will be posted from time to time on OSSA's website;
 - (e) they are aware of the RTS Protocols, that they will abide by the RTS Protocols, and that the RTS Protocols are subject to all federal, provincial and municipal laws, regulations, by-laws and orders as they may exist from time to time;
 - (f) each of the Parties hereby releases the Organizers, their respective directors, officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, sponsors, and representatives, (collectively the "**Releasees**") from all liability, recourse, proceedings, claims, and causes of action of any kind whatsoever, in respect of all damages, personal injuries, death, or property losses which either or both of the Parties may suffer arising out of or connected with the Assumed Risks, the content or implementation of the RTS Protocols (including without limitation the conduct of any screening of any individual), and the preparation for, or participation in, the Activities, notwithstanding that any such losses were caused solely or partly by the negligence of any of the Releasees;
 - (g) if the Participant is under the age of 18, the Parent/Guardian of the Participant hereby indemnifies and holds harmless the Releasees from any and all damages or losses of any kind as a result of any and all claims, demands, causes of action of any kind whatsoever including those involving negligence on the part of any of the Releasees that may be made or initiated arising out of or connected with the Assumed Risks as they relate to either or both of the Parties preparing for and/or participating in any of the Activities or the content or implementation of the RTS Policy as it relates to either or both of the Parties;
 - (h) each Party understands that none of the Releases assumes any responsibility whatsoever for the safety of either or both of the Parties during the course of any preparation for or participation in the Activities;
 - (i) each Party will comply with the RTS Protocols and their implementation and that any failure on the part of either or both of the Parties to comply with the RTS Protocols may have consequences (including without limitation a withdrawal of permission to participate in an Activity or Activities) and could jeopardize relevant insurance coverage;

- (j) each Party understands that the implementation of the RTS Protocols may involve the collection, use and disclosure of personal information about of either or both of the Parties and each of the Parties consents to same;
- (k) each Party has carefully read this ACKNOWLEDGEMENT, RELEASE, INDEMNITY and ASSUMPTION of RISK regarding COVID19, and that each Party fully understands, and is freely and voluntarily executing, same;
- (l) each Party has been given the opportunity, and that each Party is encouraged, to seek independent legal advice prior to signing this document;
- (m) each Party understands that the Organizers would not permit either or both of the Parties to participate in any Activities unless the Parties have signed this ACKNOWLEDGEMENT, RELEASE, INDEMNITY and ASSUMPTION of RISK regarding COVID19, which applies to all Activities whether occurring in the near or distant future, and that the terms of this document need not be brought to the attention of either of the Parties each time either or both of the Parties participate in an Activity in order for it to be effective;
- (n) the term "Activities" as used herein includes, without limiting the generality of that term, training sessions, clinics, and events that are in any way authorized, sanctioned, organized or operated by any of the Organizers on its own or together with another, or to which OSSA has issued a permit;
- (o) this ACKNOWLEDGEMENT, RELEASE, INDEMNITY and ASSUMPTION of RISK regarding COVID19 is in addition to, and not a replacement for, any separate release, waiver, consent, or indemnity agreement which the undersigned has signed or to which the undersigned has otherwise agreed in relation to OSSA or any Activity; and
- (p) this ACKNOWLEDGEMENT, RELEASE, INDEMNITY and ASSUMPTION of RISK regarding COVID19 agreement is binding on each of the Parties, and their respective heirs, executors, administrators, personal representatives and assigns.

By signing below, you agree to be bound this ACKNOWLEDGEMENT, RELEASE, INDEMNITY and ASSUMPTION of RISK regarding COVID19.

Name of Participant (Please Print)

Signature of Participant

Date

Name of Participant **under 18** (Please Print)

Date of Birth if under 18

Name of Parent/Guardian (Please Print)

Signature of Parent/Guardian

Date

Appendix C Sample Illness Policy

Illness Policy

The purpose of this Policy is to:

- Establish a protocol if an individual becomes unwell with COVID-19 symptoms
- Designate an individual to follow up with any individuals who become unwell with symptoms of COVID-19 during club activities
- Establish a protocol for the club to inform OSSA, the facility, coaches, skaters, parents, members and volunteers if there has been an exposure to COVID-19 within the club or training group or if a club member is diagnosed with COVID-19.
- Establish procedures to modify, restrict, postpone or cancel training sessions or other activities based on the evolving COVID-19 pandemic.

An individual becomes unwell with COVID-19 symptoms

- If an individual becomes unwell with symptoms of COVID-19, or if someone is aware of an individual that becomes unwell with symptoms of COVID-19, that individual must immediately stop participation in club activities.
- If the individual becomes unwell during a training activity should be isolated from all others in a well-ventilated area, or outdoors and provided with a non-medical face mask if one is available.
- The individual shall be sent home and instructed to contact public health authorities for further guidance.
- The facility should be informed to determine if any areas need to be closed off and/or require additional cleaning/disinfecting.
- The designated group or individual should be informed of the situation and should contact the individual or their parent/guardian to determine if next steps are being taken regarding testing.

An individual is tested for COVID-19

- Any individual that is part of a club who has been tested for COVID-19 as a result of showing COVID-19 symptoms must not participate in club activities while waiting for the results of the test.
- The club will consult the Session Participation tracking sheets to inform other club members who might have been in close contact with the individual.
- Any club members who were in close contact with the individual should not participate in club activities and should follow public health guidelines until the diagnosis of COVID-19 is ruled out by health professionals

An individual tests positive for COVID-19

- If an individual tests positive for COVID-19, they should inform the club.
- The club through the designated individual should contact the facility and public health officials. The Session Participation tracking sheets may be used to assist public health officials in contact tracing.
- Any club members who were in close contact with the individual should not participate in club activities for 14 days and should follow public health guidelines regarding self-isolation and testing
- The club will inform Ontario Speed Skating of a positive COVID-19 diagnosis by e-mailing executivedirector@ontarisppeedskating.ca

Return to club activities following illness

- If no test was performed, or the COVID-19 test was negative, the individual may only return to club activities once they no longer have any symptoms of COVID-19.

Return to club activities following COVID-19

- Following a positive COVID-19 test, an individual must follow all public health guidelines and advice regarding return to activities.

Modification/restriction/postponing or cancelling of club/skating activities

- Based on the evolving COVID-19 pandemic, the club must be prepared to follow public health, municipal/provincial government and sport recommendations regarding modifying/restricting/postponing or cancelling activities
- Clubs should establish a program cancellation policy if one does not exist already
- Clubs members should be informed as soon as possible of any modifications/restrictions or cancellations
- Clubs must keep any modifications and restrictions in place until advised that it is safe to resume activities by public health, government or sport officials

Appendix D COVID-19 Samples of Education Resources

Clubs must ensure that coaches, skaters, parents, members and volunteers receive education on new safety and hygiene protocols within the club. Members should be sent Government- approved information on ways to limit the spread of COVID-19.

The following links can be sent by clubs to their members:

Ontario Public Health Public Resources: <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>

The following resources are also available on the Ontario Public Health website. Please ensure you are using the most up-to-date version of these tools by consulting the address above.

Topic	Tool
Hand Hygiene	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en
Physical Distancing	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en
How to self-monitor	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en
When and How to Wear a Mask	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en
How to Self-Isolate	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en

Ministry of Health – Ontario: COVID-19 Reference Document for Symptoms:

http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf

Appendix E Sample Session Participant Tracking Form

Session Participation and Health Screening Tracking

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, cycling, running) or on-ice session to facilitate contact tracing in the event of COVID-19 exposure.

Organizer/Club Name: _____

Session Location	Rink Name/Number	Date	Time

	Name of each individual included in this session. Please list all coaches, athletes and volunteers.	Participant's Phone Number	Health Screening Passed. (Yes/No)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			