



# OSSA COVID-19 SAFETY PLAN

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<b>Date completed:</b> January 28, 2022	<b>Others consulted:</b> Government regulations, local public health, and OSSA Protocols
<b>Date distributed:</b> January 28, 2022	
<b>Revision date:</b> New	
<b>Purpose:</b> The purpose of this document is to outline our plans to safeguard our members from exposure to COVID-19.	

## A. Keeping safe from exposure to COVID-19

1. OSSA will track all skater, coach and volunteer participation. Participant tracking information must be recorded and kept in order to assist with contact tracing in the event of a positive COVID-19 case within the club or training group.
2. All members must be properly registered with the OSSA. This means registering all participants in IceReg.
3. OSSA will check Ontario.ca for any updates.
4. OSSA is responsible for understanding all COVID-19 regulations and local by-law requirements, and reviewing any new information.
5. OSSA's Safety Plan will be shared with all volunteers and participants (athletes, parents or guardians, coaches, volunteers, spectators) and easily accessible. Our Safety Plan will also be posted on our website.
6. OSSA will designate a group of individuals or individual to oversee the implementation of this safety plan.
7. OSSA will determine who will communicate with local Public Health Unit, to ask for direction or next steps for any COVID-19 situation within the club.

## B. Screening: COVID-19

### Self-Screening Measures

8. All individuals taking part in OSSA activities must self screen in accordance with current public health guidelines **prior to their participation in any OSSA activities.**
9. Individuals must not attend any training session or OSSA activity if they:
  - Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts

- In the last 10 days, has someone you live with been sick with symptoms associated with COVID-19 and/or tested positive for COVID-19 on a rapid antigen test or PR test?
- In the last 10 days, have you tested positive on a rapid antigen test or home based self testing kit?
- In the last 10 days, have received a COVID alert exposure notification on your cell phone?
- In the last 10 days, have you been identified as a “close contact” of someone who currently has COVID-19 (confirmed by a PCR or rapid antigen test)?
- In the last 14 days, have you travelled outside of Canada?

10. OSSA will monitor any updates or changes to Ontario COVID-19 Screening Tool and update their self-screening questionnaire when needed.

### **Health Screening of Individuals**

11. As part of OSSA’s Safety Plan, we will also actively screen individuals on-site who participate in team sports, or fitness or exercise classes in accordance with advice, recommendations and instructions of the office of the Chief Medical Officer of Health before they participate in any OSSA activities.
12. Screening may be conducted verbally upon arrival at the facility or individuals may complete an online self-assessment such as the self-assessment available on the Ontario Government website.

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

For Adults: <https://covid-19.ontario.ca/screening/customer/>

13. Completed online self-assessments can be saved by participants and shared with OSSA to avoid having to line up or gather to be screened prior to participating in an activity.
14. Completed screening questionnaires must be kept by OSSA for a minimum of one month.
15. Parents may complete the screening on behalf of a child.
16. 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.
17. Any participants who do not meet the screening requirements will not be permitted to participate in any club activities.

## **3. Control Transmission Risk**

19. OSSA will 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 of Ontario Speed Skating’s Return to Sport Protocols*

### **Physical Distancing**

20. Every person at the facility must maintain a physical distance of at least two (2) metres from every other person.

### **Limitations on size of training groups**

21. All OSSA activities and training sessions will follow the current provincial, local public health, OSSA and facility guidelines with respect to the size of gatherings.

**\*Gathering sizes are also subject to facility guidelines. Facilities may also have their own guidelines that are more restrictive than these protocols and government regulations. OSSA will adhere to any rules that are in place in the municipality.**

### **Spectators**

22. The number of spectators at the facility at any one time must not exceed 50 per cent of the usual seating capacity.
23. 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.
24. Anyone accompanying an athlete is expected to follow facility guidelines with respect to physical distancing and is required to wear a facial covering.

### **Facial Coverings**

25. All individuals are required to wear a non-medical facial covering in a manner that covers their mouth, nose and chin while inside a facility except if you are engaged in an athletic or fitness activity and unless the person in the indoor area:
  - a) Has a medical condition that inhibits their ability to wear a face covering.
  - b) Is unable to put on or remove their face covering without help from someone else.
  - c) Receives accommodations according to the Accessibility for Ontarians with Disabilities Act, 2005 or is being reasonably accommodated in accordance with the Human Rights Code.
26. Coaches are expected to wear facial coverings at all times.
27. 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>

### **Personal Hygiene**

30. Individuals must follow the appropriate personal hygiene guidelines as recommended by public health agencies.
31. 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.
32. All skaters and coaches should carry alcohol based hand sanitizer in their equipment bags.

### **Equipment Cleaning Protocols**

33. OSSA will develop cleaning and disinfection protocols for sport specific equipment and specify who is responsible for cleaning, the cleaning schedule, and what the cleaning protocols will include (e.g., which surfaces, tools, equipment, etc.)
34. Where training includes the use of bands it is preferred that skaters use their own band but where OSSA loans a band to an individual it should consider loaning the band to the individual for the duration of public health measures.
35. If equipment is lent by OSSA, it will be disinfected after each use.

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

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/cleaning-disinfecting-public-spaces.html>

### **Personal Equipment and Items**

37. No sharing of personal equipment or items is permitted.
38. Individuals should bring everything they need to participate in the training activity.
39. Individuals are responsible for the care and disinfection of their own equipment.

## 4. If there is a potential case or suspected exposure to COVID-19

40. OSSA has established the following 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 to inform the facility, coaches, skaters, parents, members and volunteers if there has been an exposure to COVID-19 within the training group or if a 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 OSSA 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 who has been tested for COVID-19 as a result of showing COVID-19 symptoms must not participate in any OSSA sanctioned activities while waiting for the results of the test.
- OSSA will consult the Session Participation tracking sheets to inform other members who might have been in close contact with the individual.
- Any members who were in close contact with the individual should not participate in and OSSA sanctioned 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 OSSA.
- 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 members who were in close contact with the individual should not participate in any OSSA sanctioned activities for 10 days and should follow public health guidelines regarding self-isolation and testing

### **Return to club activities following illness**

- If no test was performed, or the COVID-19 test was negative, the individual may only return to 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, OSSA is prepared to follow public health, municipal/provincial government and sport recommendations regarding modifying/restricting/postponing or cancelling activities
- OSSA will establish a program cancellation policy if one does not exist already
- Members should be informed as soon as possible of any modifications/restrictions or cancellations
- OSSA must keep any modifications and restrictions in place until advised that it is safe to resume activities by public health, government or sport officials

## **5. Managing new risks**

40. OSSA will monitor and update our plans as necessary