



Speed Skate PEI - Return to Play

Purpose: To outline Speed Skate PEI's return to play plan.

Protocols that will be taken are:

- SSPEI will follow the protocols of the facility they are using in terms of number of allowed participants, coaches and guardians. If they are not at a facility, they will follow Public Health's protocols for number of allowed people, and physical distancing, sharing equipment etc.
- For placing mats before practice and taking them off after practice, parents are asked to wash/sanitize their hands prior to participating as well as wearing a mask while participating. (SSPEI will have hand sanitizer on hand);
- One parent is asked to attend facility based on total numbers, they are expected to practice physical distancing and are recommended to wear masks;
- Athletes, guardians and coaches will be required to sign the attached expectations form;
- Each group will have their own dressing room, ie. High Performance will be separate from Advanced and separate from Advanced Junior etc, where possible. If not possible physical distancing will be maintained in the dressing rooms;
- Parents are not allowed in the dressing room. For skaters in the Advanced Junior group or lower, they may be allowed in to tie skates if they sanitize their hands prior to entering and wear a mask while in the dressing room, they must limit their time in the dressing room. For ~~Learn to~~ Intermediate, Intermediate Junior, Learn to Speed Skate and Learn to Skate, skaters are expected to come fully dressed except for their skates;
- An attendance application on a smart phone will be used and parents will be asked to confirm attendance within 24 hours of practice, and the coach will send out the program prior to practice. Parents and skaters are asked to go over the program prior to as this will limit the explanation by the coaches;
- Skater's in the Learn to Skate Group are required to wear masks, if a skater in Learn to Skate is unable to skate or get up by themselves, parents are asked to accompany them on the ice, as physical distancing will be practiced by the coach;
- Skater's in all the other groups are encouraged to wear masks but they must be the type that has at least one strap securely tied around the neck (rather than just the ear straps), so they can't fall off into the path of skates;
- Athletes, coaches or guardians who are required to self-isolate for any reason that is in accordance with Public Health directives will not be allowed at practice;
- Coaches, supported by the Technical Director and the Board of Directors, will ask any participants exhibiting symptoms of COVID-19 to leave the training session immediately.
- Any third party provided ie. STRIDE, has their own protocols in place that athletes, guardians and coaches will have to follow.
- Athletes or parents in the case of a minor will be required to read and sign Speed Skate PEI Best Practices During Covid-19.
- Water will only be available for HP/Advanced group and the parent/guardian filling up the water will be asked to wear PPE, which will be provided by SSPEI;

- Starting off, jigs will not be available to sign out from the club, skaters who need their skates sharpened can pay for another skater to sharpen their skates or purchase their own sharpening equipment;

Note: SSPEI will adhere to the Public Health protocols in place and this document will be open to modifying as the season progresses.

Illness/Exclusion Policy

- All athletes must self-monitor for symptoms and report to their Coach if they have concerns. All participants, including coaches and guardians, must understand and adhere to Government of PEI COVID-19 directives. Information can be found at the following websites:
 - <https://www.princeedwardisland.ca/en/topic/covid-19>
 - <https://www.princeedwardisland.ca/en/information/organized-recreational-activities-and-team-sports-guidance>

SSPEI will adhere to the Public Health protocols in place and based on our understanding if a skater/coach in a group tests positive for COVID-19, anyone deemed to be in close contact with that skater/coach will be required to self-isolate for 14 days. As such we are attempting to practice physical distancing and wearing masks where required to hopefully aid in not being deemed in close contact if someone in the group tests positive for COVID 19.



Speed Skate PEI Best Practices During Covid-19

Return to Play Policy and Athlete, Guardian and Coach Expectations

AE-001	Athlete Expectation	Practice physical distancing by staying a minimum of two (2) meters away from other people at all times.
AE-002	Athlete Expectation	Do not shake hands or high five or spit etc.;
AE-003	Athlete Expectation	Do not loiter in the parking lot before or after training
AE-004	Athlete Expectation	Athletes will not share water bottles or any equipment for that matter, including turn cables, etc.
AE-005	Athlete Expectation	Water bottles for each participant will not come in contact with each other and must stay at a minimum of two (2) meters away from each other;
AE-006	Athlete Expectation	If an athlete displays or is experiencing any signs of COVID-19 related symptoms (coughing, sneezing, runny nose, tiredness, diarrhea, sore throat, fever, shortness of breath, and/or muscle soreness not related to overexertion of exercise) they will be asked to leave the training session immediately. They will be asked to head directly home and contact 8-1-1 (PEI Telehealth)
AE-007	Athlete Expectation	Athletes and parents of minors, will be required to read and agree to this policy. If the athletes are not abiding by the policy, they will be suspended from live training for a minimum of one week. A meeting will take place between the athlete (and parents in the case of a minor), coaches and Technical Director to determine when the athlete can return to live training.
TE-001	Training Expectation	All training sessions will follow the protocols of the facility;
TE-002	Training Expectation	Physical Distancing measures will be applied at all times.
TE-003	Training Expectation	The coach will try to coordinate, cone replacement, ice repair and water use in a fashion that reduces multiple people touching. Family units can be considered.
TE-004	Training Expectation	Coaches and athletes will be required to sanitize their gloves prior to entering the ice surface.
TE-005	Training Environment	When training at arenas and indoor facilities on ice, athletes will practice physical distancing and each group will have their own change room. Athletes are required to wear masks in the change room, and they will have 10 minutes prior to practice to get ready and 10 minutes after practice to leave the dressing room;
TE-006	Training Environment	No more than 50 athletes will be allowed at an on-ice training session at any time.
TE-007	Training	Skaters will warm up for practice outside of the facility, where applicable

	Environment	and if not applicable warm up will be conducted on the ice;
TE-008	Training Environment	Person(s) whether on or off the ice will wear a face mask while placing the mats on the ice before practice or taking them off after practice;
CE-001	Coach Expectation	If a coach displays or is experiencing any signs of COVID-19 related symptoms (coughing, sneezing, runny nose, tiredness, diarrhea, sore throat, fever, shortness of breath, and/or muscle soreness not related to overexertion of exercise) they will be asked to communicate with the Technical Director who will find appropriate cover for their training session. The coach will be asked to head directly home and contact 8-1-1 (PEI Telehealth)
CE-002	Coach Expectation	Attendance will be taken at every practice so that we have the information available for contract tracing;
CE-003	Coach Expectation	Athletes who have not signed this expectation form will not be permitted to the training session;
CE-004	Coach Expectation	Coaches will coach from the bench when warranted, and they will wear a mask when warranted.
CE-005	Coach Expectation	Coaches will send out the practice plan to participants with 12 hours of the practice, after attendance is confirmed.
CME-01	Competition Expectation	Athletes, coaches and guardians will adhere to the competition protocols that are in place when they attend competitions.

Athlete/Coach Signature: _____

Parent/Guardian Signature (if athlete is a minor): _____

Date: _____