



LAMBETH SKATING PROGRAM

COVID-19 – 2020/2021 Season

Group Size/Coaching / On Ice Activities

Sessions will be limited to a maximum of 25 individuals (including coaches) – per Phase 2 (08/27/20)

- Learn to Skate 2 and up will be offered at this time
- All participants must be able to move independently
- Skating skills will be developed while maintaining physical distancing
- Majority of classes will be 5:1 ratio
- Ice will be split into designated group areas to maximize social distancing
- Physical distancing must be maintained by participants on the ice at all times, those who cannot adhere may be removed from the session.
- Coaches will maintain hands off coaching methods at all times

COVID 19 Protocols

Completion of Lambeth Skating Program COVID-19 Waiver

All individuals participating in club/skating school must complete the Lambeth Skating Program, Release, Indemnity and Assumption of Risk regarding COVID-19 (“COVID-19 Waiver”). Failure to do so means that individual must not be permitted to participate in program activities

COVID-19 Waiver, will be completed and on file by all

- Skaters
- Coaches
- Staff
- Volunteers

Health Screening

All Participants must complete a Weekly Health Screening and bring to the weekly session

Should a participant answer “Yes” to any question, they will not be permitted to attend their weekly session.

Participants will be informed of what colour group that they will be in prior to the session starting.

They will meet their instructor and submit health screen at the front of the arena, in designated staging area.

Paper copies of all Health Screening surveys will be retained if contact tracing is required



Entrance / Exit the Arena

- Each group will be identified by colour and meet by the designated coloured sign at the front of the arena 15 minutes before each session.
- Participants arrive at the arena dressed except for skates, helmets and gloves. These may be carried in, in a small bag.
- While meeting at designated group area, all parties must maintain a minimum of 2m physical distancing
- All parties entering must sanitize hands at the entrance to the facility
- 1 parent or guardian per family will be permitted to accompany skater into the arena to tie participant's skates.
Siblings or other family members not participating in the session will NOT be permitted in the arena.
Please make alternative arrangements.
- A maximum of 9 skaters will be designated per dressing room
- Parents will be required to leave the facility once skates have been tied
- Coaches will lead classes on the ice one at a time to control flow of traffic and ensure physical distancing
- The facility will designate separate Entrance and Exit of the arena
- Participants must exit the arena 15 minutes after the conclusion of their session
- Participants must sanitize at time of leaving facility

Dressing Rooms

- A maximum of 9 skaters will be designated per dressing room
- Additional chairs will be available outside of dressing rooms to accommodate families with children in multiple classes in the same session
- Social Distancing must be maintained within dressing rooms
- Only skates, gloves and helmets should be removed in the dressing rooms
- Participants must exit dressing rooms within 5 minutes after session is completed
- Dressing room washrooms will not be accessible

Masks (PPE)

- Masks are mandatory for all entering the facility
- Instructors will wear masks for the duration of skating session (including on ice)
- Participants may remove their mask prior to entering the ice surface but must put on immediately after
 - Participants masks stay on until their designated coaches instructs them that it is time to enter the ice. At that time parents may remove and place helmet on.
 - Immediately after the session when skaters are returned to the dressing room, helmets should be the first piece of equipment removed and mask put on



Spectators

- There will be no spectators at this time
- Parents must leave the facility after tying skates
- A representative will meet parents at the front door at the end of the session and escort them to the participants dressing room to remove skates (approx. 5 min. before the end of the session)
- Parents must adhere to physical distancing guidelines (2m) while in the facility and parking lot

Washrooms

- ***Please be sure to visit washrooms at home prior to the start of the session***
- Main washrooms will be available but it is strongly recommended that this is taken care of prior to arrival to the arena
- Coaches will not be responsible for accompanying children to the washroom
- Should an emergency washroom trip be required, a parent will be contacted via text message

Teaching Aids

- Only hard surface teaching aids that can be sanitized will be utilized
- All teaching aids will not be shared between skaters during a session, these will be thoroughly sanitized between each session
- Each coach will have their own set of cones, gliders (where needed) and teaching aids
- The program owns 38 gliders to ensure that gliders will never be shared between sessions without sanitizing
- Individual gliders will be used to assist younger skaters on getting on and off the ice
- Gliders may be utilized, when needed, to assist in getting up and further strengthen skater's strides.

This is to further support social distancing.

Cleaning / Sanitizing

- All pylons and gliders will be thoroughly sanitized between each session
- Pylons and gliders will not be used for a minimum of 30 minutes after sanitization



An individual becomes unwell with symptoms of COVID-19

- 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 and be removed from the ice
- The individual should be isolated from all others in a well-ventilated area, or outside and provided with a medical face mask. A Stock of disposable Medical Masks will be held in inventory in Dressing Room 6 Storage Area
- The individual shall be sent home and instructed to follow public health guidelines regarding self-isolation and testing
- The facility will be informed in order to determine if any areas need to be closed off and/or require additional cleaning/disinfecting
- A member of the COVID-19 Oversight Group will be informed of the situation and should contact the individual or their parent/guardian to determine if next steps are being taken regarding testing. All contact information will be maintained in physical record (Health Assessment) and Amelia Online Registration platform.

An individual is tested for COVID-19

- Any individual that is part of LSP that has been tested for COVID-19 must not participate in program activities while waiting for the results of the test – The program should be notified via email at **COVID19LSP@GMAIL.COM**
- LSP will work with London Middlesex Health Unit to consult the Session Participation tracking sheets to inform other skating school members who might have been in close contact with the individual. Close contact is defined as being within 2m for a period lasting more than 15 minutes, without appropriate or consistent use of PPE
- Any LSP members who were in close contact with the individual should not participate in skating 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 a member of LSP COVID-19 Oversight Group
- The COVID-19 Oversight Group will work where requested with the facility and public health officials to assist in contact tracing. The Session Participation tracking sheets may be used to assist public health

officials in informing other Skating Program members who may have been in close contact with the individual.

- Any members who were in close contact with the individual should not participate in club/skating school activities for 14 days and should follow public health guidelines regarding self-isolation and testing
- It is recommended to also inform all skating program members of a positive COVID-19 result within the program setting
- The skating program will inform and work with the facility in the case of a positive COVID-19 result and determine if any additional cleaning/disinfecting should be performed as per the facility's guidelines

Return to club/skating activities following illness

- If no test was performed, or the COVID-19 test was negative, the individual may only return to club/skating school activities once they no longer have any symptoms of COVID-19 for at least 24 hours.

Return to club/skating activities following COVID-19

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

Public Health Guidelines

LSP members should follow all public health guidelines regarding COVID-19. These may include:

- Any individual members who themselves have travelled outside of Canada, or has someone in their household who has travelled outside Canada must self-isolate and not participate in club/skating school activities for 14 days
- Any individual who has been exposed to someone with a confirmed case of COVID-19 should self-isolate and is not permitted to participate in program activities for 14 days
- Any individual with symptoms of COVID-19 is not permitted to take part in program activities

Modification/restriction/postponing or canceling of Program Activities

- Members will be informed as soon as possible of any modifications/restrictions or cancellations via Website, Email and Facebook