

INDUS FIGURE SKATING CLUB PROTOCOLS

CLUB/SKATING SCHOOL OPERATIONS

<p>CSO-001: Compliance with regulations</p>	<p>The Indus Figure Skating Club will adhere to all federal, provincial and municipal laws, regulations, by-laws and orders as they may exist from time to time. All communications from Federal, Provincial, relevant Municipalities, Skate Canada, Skate Canada: Alberta-NWT/Nunavut, and Safe Sport will be reviewed and communicated to the club with the most up-to-date information. This includes but is not limited to compliance with physical distancing measures, health and safety regulations, size of permitted gatherings, applicable occupational health and safety requirements, Skate Canada policies and procedures, Skate Canada: Alberta-NWT/Nunavut policies and procedures, and all Safe Sport policies and procedures.</p> <p>Jody Jones is responsible to review and update the club with the most up-to-date communications from Federal, Provincial and relevant Municipalities.</p> <p>Jayde Stewart is responsible to review and update the club with the most up-to-date communications from Skate Canada, Skate Canada: Alberta-NWT/Nunavut, and Safe Sport.</p>
<p>CSO-002: Compliance with Skate Canada: Alberta-NWT/Nunavut guidelines and protocols</p>	<p>Indus Figure Skating Club will implement and apply the most current version of the Skate Canada: Alberta-NWT/Nunavut Return to Skating Protocols.</p> <p>The assumption of Risk and Waiver regarding COVID-19 form will be completed by each participant of the Indus Figure Skating Club. This includes all skaters, coaches, choreographers and volunteers. This form will be handed-in to the club-administrator prior to the participants first training session and will be kept on-file.</p>
<p>CSO-003: COVID-19 Education</p>	<p>Training will be provided to all coaches, skaters, parents, and volunteers for: respiratory etiquette, hand hygiene, physical distancing, use of PPE. All information will be sent to the members and will be posted on our website for continuous access.</p>
<p>CSO-004: COVID-19 Response Plan</p>	<p>Indus Figure Skating Club has developed a COVID-19 Response Plan. Refer to Response Plan document.</p>
<p>CSO-005: Facility Coordination</p>	<p>Lesley Stewart and Jayde Stewart will communicate and coordinate with the facility to ensure compliance with the Indus Figure Skating Club protocols and Bow Valley Agricultural Society protocols, in addition to any Provincial or Municipal Health Regulations. Refer to Facility Protocols document.</p>
<p>CSO-006: Club Offices/Storage Rooms safety procedures</p>	<p>All administration activities will be conducted online or virtually when possible. The Indus Figure Skating Club will ensure the Minor Sports Office and storage room are cleaned after every use.</p>

RETURN TO SKATING – PROTOCOLS FOR PHASE 2

CSO-007: First Aid/Emergencies	The club will ensure personal protective equipment is immediately available. This includes medical masks and disposable gloves.
	In the event that a participant requires first aid, the club would prefer having a family member attend to the injured. If this is not possible, the attending person must wear appropriate Personal Protective Equipment including a medical mask and disposable gloves.
CSO-008: Self-screening measures	All individuals taking part in Indus Figure Skating Club activities must self-screen at home and in accordance with Public Health Orders must not attend any training sessions if they: Exhibit any COVID-19 symptoms, such as fever, cough, difficulty breathing, or other symptoms identified by health experts. Have returned from travel outside of Canada. Have been in contact with someone with COVID-19 in the past 14 days.
	Those who are considered a vulnerable or at-risk individual (elderly persons, weakened immune system or medical conditions such as heart disease, lung disease, cancer etc) are advised of the increased risk of participation and will take additional precautions and use of PPE where possible.
CSO-009: Screening of individuals	Each participant will complete an on-site verbal screening as instructed by the Indus Figure Skating Club.
CSO-010: Tracking of participants in club activities	Contact tracing logs for all participants and coaches will be completed for every training activity. These logs will be completed and kept on-file by the club administrator.
CSO-011: Multiple facilities	Indus Figure Skating Club ask all skaters and coaches to inform the club-administrator if they are attending training sessions in multiple locations.
	If the individual will be entering multiple locations on the same day, they are required to change their clothing in between locations.
CSO-012: Travel	Transportation to and from the facility should align with Provincial Guidelines.
	To align with physical distancing requirements, we ask individuals to arrange travel so that only individuals from the same household or cohort members share rides.
	When exiting the facility, after training, individuals should minimize the time spent in parking lots and maintain physical distancing when returning to vehicles or homes.
CSO-013: Scheduling	All scheduling of on-ice and off-ice sessions will be done online and will be staggered to avoid overlapping of different user groups and to allow adequate time to clean and sanitize between user groups.
CSO-014: Session Registration	All registration will be completed online when possible through the Indus Figure Skating Club email. Skaters are required to register in advance of arriving at the Indus Rec Centre facility.
	The club will allow all forms of payment including e-transfer, cash, and cheque. Precautionary measures will be taken when handling

RETURN TO SKATING – PROTOCOLS FOR PHASE 2

	cash and cheque as per the guidelines provided by Alberta Health Services.
CSO-015: Participant compliance	Indus Figure Skating Club has acknowledged to adhere to the Skate Canada: Alberta-NWT/Nunavut Protocols and Guidelines, and adhere to Provincial and Municipal protocols.
CSO-016: Compliance Enforcement	If a participant or parent/guardian is aware of a club, skating school, coach or skater not following Provincial or Municipal public health orders submit a complaint to AHS public health inspectors online or leave a message at 1-833-415-9179. The Section office should be notified in writing of the Provincial or Public Health Concern.
	Non-compliance may result in the suspension of sanctioned activities, programming, or participation in sanctioned activity and could jeopardize insurance coverage.

CLUB/SKATING SCHOOL PROGRAMMING

CSP-001: Limitations on size of training groups	All training sessions will follow the provincial and local public health as well as facility and Skate Canada: Alberta-NWT/Nunavut protocols and guidelines with respect to the size of gatherings, while also ensuring proper physical distancing is maintained.
	In adherence to all protocols, training groups are limited to 50 persons which includes all skaters, coaches, and volunteers at ice level. At this time, Skate Canada: Alberta-NWT/Nunavut is limiting sessions to a maximum of 50 at any one time.
CSP-002: Programming	Indus Figure Skating Club has limited programming to STARSkate (recreational competitive stream), Competitive Skate, AdultSkate, Power Skating (Early/Moderate/Advanced Stages of Development), CanSkate ,and any Junior Academy-type
	Dance partnering is not permitted at this time.
	No events will be sanctioned at this time.
CSP-003: Pairs and Ice Dance	Only skaters who reside in the same household or are in the same core cohort family are permitted to be within 2m and may have physical contact on or off the ice at this time.
	Close face to face proximity presents increased risk of virus transmission and should be avoided if possible. It is recommended that non-medical masks be worn by both participants during prolonged face to face exposure but not recommended during intense physical activity.
CSP-004: Synchronized Skating	Indus Figure Skating Club does not offer any Synchronized Skating training.
	As freeskate is not considered a cohort group while training, it does not restrict the participant from skating in both freeskate and synchro.
CSP-005: CanSkate/CanPowerSkate	Indus Figure Skating Club will comply with Skate Canada's Program Requirements and Delivery Standards with COVID considerations as well as Alberta Health Provincial Guidelines, Skate Canada Return

RETURN TO SKATING – PROTOCOLS FOR PHASE 2

	to Skate Guidelines and Skate Canada: Alberta-NWT/Nunavut Protocols.
CSP-006: STAR 1-5 and Club or Skating School Customized Programs	Indus Figure Skating Club will comply with Skate Canada's Program Requirements and delivery Standards with COVID considerations as well as Alberta Health Provincial Guidelines, Skate Canada Return to Skate Guidelines and Skate Canada: Alberta-NWT/Nunavut Protocols.
CSP-007: Assessment Days	Assessment Days will not be scheduled at this time.
CSP-008: Competitions/gatherings	Competitions or other Skate Canada sanctioned events will not be taking place at this time.

SKATING & TRAINING ACTIVITIES

STA-001: Entry/Exit	Indus Rec Centre has designated the Main Entrance as the entrance into the building and the West Doors (Back arena door) as the exit. The South Doors (side Hall door) will be the exit for skaters attending dryland.
STA-002: Physical Distancing	Skaters are required to maintain a physical distance of 2m at all times with skaters and coaches within the training environment unless part of a skating sport cohort.
	There will be no physical contact with skaters unless medical attention is required. All coaching will be done using verbal cues.
	Indus Rec Centre facility has marked locations with 2m spacing for skaters to put on their equipment.
STA-003: Spectators/Parents	Spectators/Parents will not be allowed in the arena during this time.
STA-004: Personal Hygiene	Personal hygiene etiquette will be practiced at all times.
STA-005: PPE	PPE will be worn in accordance with current Provincial, Municipal and facility guidelines. Non-medical masks are mandatory for entry and exit into the facility and during washroom breaks.
	Skaters are not required to wear a face mask while training, Public Health recommends that masks should not be worn when conducting intense physical activities. The exception to this is Pairs/Ice Dance who should consider a non-medical face mask while repeatedly practicing face to face elements.
	Coaches and Program Assistants must wear non-medical face masks while coaching CanSkate and CanPowerSkate.
	Any individual attending to a non-family member for a medical emergency must wear appropriate PPE including a medical face mask and disposable gloves.
STA-006: Personal Items	Skaters will have designated areas for any personal items.
	Clean clothes and gloves are to be worn for each day of training.
STA-007: Dressing Rooms	Dressing Rooms are available but will only be used for additional seating space. Dressing rooms are marked with designated seating areas 2m apart. All persons will adhere to social distancing protocols while using dressing rooms.
STA-008: Restrooms/Washrooms	The washroom in the main lobby will available for all participants.

RETURN TO SKATING – PROTOCOLS FOR PHASE 2

STA-009: Warm-up/cool down	All warm-ups and cool downs will be conducted outside following physical distancing protocols by remaining 2m apart or at home.
STA-010: Skates On/Off	Skaters that are able to put on their own skates are permitted to do so in the arena at designated areas with proper social distancing. One parent per skater will be allowed to enter the facility to assist skaters that require assistance to put on skates. They will promptly exit the facility once assistance is complete.
STA-011: Entry/Exit to arena facility	Skaters will be met outside the Main Entrance and will enter the building as a group. Skaters are not to individually enter the building at this time.
STA-012: Entry/Exit from ice	Individuals must follow physical distancing protocols and remain 2m apart while waiting to enter and exit the ice. There will be marked areas for skaters to wait before entering the ice. When skaters exit the ice at the end of their session, they will follow the established flow patterns and exit the building immediately.
STA-013: Music/video devices	One individual per session will be designated to play music. Proper hygiene measures and physical distancing will be in place.
STA-014: On-ice coaching	Coaches/Choreographers will maintain a minimum of 2m between themselves and the skater(s).
STA-015 Harness	There will be no use of harnesses during training sessions until further notice.