



MORRISBURG & DISTRICT SKATING CLUB

COVID-19 RETURN TO SKATE - POLICIES, PROCEDURES & PROTOCOLS

STEP 3: Effective July 16, 2021

August 18, 2021 – Edition

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Dear Morrisburg & District Skating Club (MDSC) Skaters and Parents,

We have developed this document to assist and guide you with a safe return to skating at MDSC.

*MDSC would like to thank our parents/guardians for understanding that during these challenging times, we must commit to proper policies, procedures, and protocols to keep all our members safe and healthy. **Skaters, parents/guardians, coaches, volunteers, and board members are asked to review this document in its entirety.***

All figure skating activities must adhere to all federal, provincial, and municipal laws, regulations, by-laws, and orders as they may exist from time to time.

This includes but is not limited to compliance with:

- Physical distancing measures
- Health and safety regulations
- Facility capacity limits
- Skate Canada rules, policies, and procedures
- Skate Ontario rules, policies, and procedures
- All Safe Sport policies and procedures
- Applicable occupational health and safety requirements.

After reviewing this document and you still have questions, please reach out to our **MDSC COVID-19 Oversight Group**:

Name	Position	Phone	E-mail
Rebecca Kelly	President	613-330-9177	rebecca.kelly3@hotmail.com
Tracy Yalden	Fundraising Chair	613-340-1598	rob.tracy10@gmail.com
Allison Scott	Coaches Rep	613-362-4282	allison.n.scott@hotmail.com
Ali VanHoof	Coach	613-361-9713	ali.vanhoof13@hotmail.com
Julie VanHoof	Ice Consultant	613-360-6905	gjvanhoof@gmail.com

Our main form of communication to you will be through email, so please ensure we have the most up to date contact information for you and your skater. Please contact Rebecca Kelly at the above email to provide your latest contact information.

Any important/urgent information will be posted on our Facebook Page.

<https://www.facebook.com/Morrisburg-District-Skating-Club-1635356823363516>

Please continue to refer to the MDSC website for ongoing updates, policies, procedures, and protocols.

<https://www.skatemorrisburg.com>

Take care, be safe and we look forward to seeing you back on the ice in the fall.

Sincerely,

Morrisburg & District Skating Club

www.skatemorrisburg.com

info@skatemorrisburg.com

- ❖ There will be no guest skating for Non-MDSC members this season.
 - ❖ **Harassment Policy** – Any form of harassment, verbal abuse, foul language, or aggression towards any of our volunteers, coaches or skaters will not be tolerated and will result in an immediate loss of membership without refund.
-

PRIOR TO ARRIVAL AT THE RINK

Any participants – including skaters, coaches, volunteers, as well as parents/guardians/spectators – MUST perform a COVID-19 Self-Assessment (pg.5-8) PRIOR TO coming to the rink in accordance with current public health guidelines prior to each skating session.

Individuals who are considered a vulnerable or at-risk individual (individuals over 70 years, weakened or compromised immune system or any medical conditions, such as heart disease, lung disease, cancer, etc.) should strongly consider their participation in club/skating activities. However, the lobby will be available for accessibility viewing for those individuals.

ARRIVAL AT THE RINK

All skaters and coaches must arrive at the rink fully dressed

MDSC has made the decision to close the dressing rooms for our skating sessions, except for CanSkate sessions (to accommodate for overflow and wait time to enter the ice).

Access to washrooms will be in the lobby

- Verbal screening by our Health Screener **IS** necessary. We will not be providing hard copies of our self-assessments.
- Your full name, attendance, phone number and health screening results will be recorded for contact tracing purposes and submitted to the Municipality of South Dundas, as per their policy.
- **Skaters, Coaches, and PAs** must wear a clean face mask/covering upon entry/exit of the facility, to and from the ice but are not required to wear a mask while actively engaged in athletic activity. All on-ice participants are to wear clean mitts/gloves daily.
- **Volunteers, parents/guardians, and spectators** must wear a clean face mask/covering upon entry/exit **and** during their time in the facility.
- All individuals should refrain from touching their eyes, nose, mouth, and face while participating or while wearing mittens/gloves.
- All individuals must exhibit good respiratory etiquette (i.e., sneezing or coughing into the crook of the elbow or tissue, no spitting, no clearing of nasal passages).

Ministry of Health | Ministry of Education



COVID-19 school and child care screening

Version 5: May 31, 2021

Students and children must screen for COVID-19 every day before going to school or child care. Parents/guardians can fill this out on behalf of a child.

Date (mm-dd-yyyy) _____

Screening Questions

1. In the last 14 days, has the student/child travelled outside of Canada?
If exempt from federal quarantine requirements, select "No." ☐ Yes ☐ No

2. Has a doctor, health care provider, or public health unit told you that the student/child should currently be isolating (staying at home)?
This can be because of an outbreak or contact tracing. ☐ Yes ☐ No

3. In the last 14 days, has the student/child been identified as a "close contact" of someone who currently has COVID-19? ☐ Yes ☐ No

4. In the last 14 days, has the student/child received a COVID Alert exposure notification on their cell phone?
If they already went for a test and got a negative result, select "No." ☐ Yes ☐ No

5. Is the student/child currently experiencing any of these symptoms?
Choose any/all that are new, worsening, and not related to other known causes or conditions they already have.

Fever and/or chills ☐ Yes ☐ No
Temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher

Cough or barking cough (croup) ☐ Yes ☐ No
Continuous, more than usual, making a whistling noise when breathing (not related to asthma, post-infectious reactive airways, or other known causes or conditions they already have)

Shortness of breath ☐ Yes ☐ No
Out of breath, unable to breathe deeply (not related to asthma or other known causes or conditions they already have)

Decrease or loss of taste or smell ☐ Yes ☐ No
Not related to seasonal allergies, neurological disorders, or other known causes or conditions they already have

Sore throat or difficulty swallowing ☐ Yes ☐ No
Painful swallowing (not related to seasonal allergies, acid reflux, or other known causes or conditions they already have)

Runny or stuffy/congested nose ☐ Yes ☐ No
Not related to seasonal allergies, being outside in cold weather, or other known causes or conditions they already have

Headache Unusual, long-lasting (not related to tension-type headaches, chronic migraines, or other known causes or conditions they already have) If the student/child received a COVID-19 vaccination in the last 48 hours and is experiencing a mild headache that only began after vaccination, select "No."	<input type="checkbox"/> Yes <input type="checkbox"/> No
Nausea, vomiting and/or diarrhea Not related to irritable bowel syndrome, anxiety, menstrual cramps, or other known causes or conditions they already have	<input type="checkbox"/> Yes <input type="checkbox"/> No
Extreme tiredness or muscle aches Unusual, fatigue, lack of energy, poor feeding in infants (not related to depression, insomnia, thyroid dysfunction, sudden injury, or other known causes or conditions they already have) If the student/child received a COVID-19 vaccination in the last 48 hours and is experiencing mild fatigue and/or mild muscle aches/joint pain that only began after vaccination, select "No."	<input type="checkbox"/> Yes <input type="checkbox"/> No

6. Is someone that the student/child lives with currently experiencing any new COVID-19 symptoms and/or waiting for test results after experiencing symptoms?
☐ Yes ☐ No

If the individual experiencing symptoms received a COVID-19 vaccination in the last 48 hours and is experiencing mild headache, fatigue, muscle aches, and/or joint pain that only began after vaccination, select "No."

Results of screening questions

- !** If you answered "YES" to question 1 or 3 do not go to school or child care.
- The student/child must self-isolate (stay home) for 14 days and not leave except to get tested or for a medical emergency.
 - If you answered "YES" to question 1, follow the advice of public health. The student/child can return to school/child care after they are cleared by your local public health unit.
 - If you answered "YES" to question 3, talk with a doctor/health care provider to get advice or an assessment, including if they need a COVID-19 test. The student/child can return to school/child care only after 14 days, even if they get a negative test result.
 - If you live in certain areas of the province, like Toronto or Peel, siblings and other people in your household must stay at home for 14 days. This is because of local risk factors.
 - If you live in other areas of Ontario, siblings and other people in your household can go to school, child care or work, but must not leave the home for other non-essential reasons. Ask your school/child care for more information.
 - If they develop symptoms or test positive, contact your local public health unit or doctor/health care provider for more advice.
 - Contact your school/child care provider to let them know about this result.
- !** If you answered "YES" to question 2 do not go to school or child care.
- The student/child must self-isolate (stay home) and not leave except for a medical emergency.
 - Follow the advice of public health. The student/child can return to school/child care after they are cleared by your local public health unit.
 - If they develop symptoms, contact your local public health unit or doctor/health care provider for more advice.
 - If you live in certain areas of the province, like Toronto or Peel, siblings and other people in your household must stay at home. This is because of local risk factors.

- If you live in other areas of Ontario, siblings and other people in your household can go to school, child care or work, but must not leave the home for other non-essential reasons. Ask your school/child care for more information.
- Contact your school/child care provider to let them know about this result.



If you answered "YES" to question 4 do not go to school or child care.

- The student/child must self-isolate (stay home) and not leave except for a medical emergency.
- Visit an assessment centre to get them a COVID-19 test.
 - If they test negative (they do not have the virus), they can return to school/child care.
 - If they test positive (they have the virus), they can return only after they are cleared by your local public health unit.
- If they develop symptoms, contact your local public health unit or doctor/health care provider for more advice.
- Siblings or other people in your household can go to school, child care or work, but must not leave the home for other, non-essential reasons until the individual who got the COVID alert tests negative, or is cleared by your local public health unit.
- Contact your school/child care provider to let them know about this result



If you answered "YES" to any of the symptoms included under question 5 or question 6 do not go to school or child care.

- The student/child must isolate (stay home) and not leave except to get tested or for a medical emergency.
- If you answered "YES" to question 5, talk with a doctor/health care provider to get advice or an assessment, including if the student/child need a COVID-19 test.
- If you answered "YES" to question 6, the student/child can return to school or child care after the individual gets a negative COVID-19 test result, or is cleared by your local public health unit, or is diagnosed with another illness.
- Siblings or other people in your household must stay at home until the student/child showing symptoms or individual tests negative, or is cleared by your public health unit, or is diagnosed with another illness.
- Contact your school/child care provider to let them know about this result.



If you answered "NO" to all questions, your child may go to school/child care because they seem to be healthy and have not been exposed to COVID-19. Follow your school/child care provider's established process for letting staff know about this result (if applicable).

If the student/child received a COVID-19 vaccination in the last 48 hours and has mild headache, fatigue, muscle aches and/or joint pain that only began after immunization, and no other symptoms, they are to wear a properly fitted mask for their entire time at school/child care. Their mask may only be removed to consume food or drink and they must remain at least two metres away from others when their mask has been removed. If the symptoms worsen, continue past 48 hours, or if they develop other symptoms, they should leave school/child care immediately to self-isolate and seek COVID-19 testing. If the symptoms worsen, continue past 48 hours, or if they develop other symptoms, they should leave school/child care immediately to self-isolate and seek COVID-19 testing.

MDSC COVID-19 SELF-ASSESSMENT SCREENING TOOL

ADULTS (over 18 years of age)

Please circle YES or NO to each question.

1. Have you returned from travel outside of Canada in the past 14 days? YES / NO

2. Have you been in close contact* with someone who...

- | | |
|---|----------|
| • Recently travelled outside of Canada OR | YES / NO |
| • Is sick with new COVID-19 symptoms in the last 14 days OR | YES / NO |
| • Has symptoms and who is awaiting COVID-19 results OR | YES / NO |
| • Has a tested positive for COVID-19 in the last 14 days? | YES / NO |

**A close contact is someone who was closer than 2 meters or living in the same home.*

3. Do you have any of the following symptoms?

Please

✓ check the symptom(s) you are experiencing.

- ☐ Fever (feeling hot to the touch, a temperature of 37.8°C; 100.4°F or higher)
- ☐ New or worsening cough (dry or productive); barking cough, making a whistling noise when breathing
- ☐ Chills
- ☐ Shortness of breath (unable to breathe deeply or feeling unable to catch one's breath)
- ☐ Sore throat (not related to seasonal allergies or other known conditions), trouble swallowing
- ☐ Runny, stuffy, or congested nose (not related to seasonal allergies)
- ☐ Lost sense of taste or smell
- ☐ Pink eye (conjunctivitis, irritated, itchy, or painful eye that may have crusting or discharge)
- ☐ Unusual headache
- ☐ Nausea or vomiting (not related to other known causes or conditions)
- ☐ Diarrhea or stomach pain (not related to other known causes or conditions)
- ☐ Muscle aches
- ☐ Unexplained fatigue (lack of energy)
- ☐ Falling Down (for older people)

If you are experiencing any of the above symptom(s), is this due to an existing medical diagnosis (not COVID-19) that explains the symptom(s)?

YES / NO

(eg. seasonal allergies, migraines, etc. that are not self-diagnosed)

If you have answered YES to questions 1 or 2 or are experiencing symptoms not related to a medical diagnosis, you are not permitted access to the facility.

Please self-isolate and contact the Eastern Ontario Health Unit 1-800-267-7120 or visit www.eohu.ca to find a COVID-19 Assessment Center to get tested.

Spectators

- Spectators are permitted, but must follow facility capacity guidelines, policies, procedures, and protocols set forth by MDSC and the Municipality of South Dundas.
 - **All CanSkaters may have one (1) parent/guardian, per skating family permitted in the change room while waiting to enter the ice. Skaters must still come dressed and ready.**
 - **Parent/guardians/spectators must stay in the stands unless to use the washroom and only enter and exit the building when necessary.**
-

CanSkate

CanSkaters are required to arrive fully dressed, with their skates on and tied.
MDSC has made the decision to close the dressing rooms for our skating sessions, except for CanSkate sessions (to accommodate for overflow and wait time to enter the ice).

- Skaters will not be permitted in the stands.
 - Skaters will keep their name tag for the entire season and return it at the end of the season.
 - Skaters will follow all safety measures, policies, protocols, and procedures to the best of their ability. Coaches, PAs, and volunteers will help remind them when needed.
 - Skaters will continue to wear CSA approved hockey helmets. An additional face shield on the helmet is recommended but not mandatory. Skate guards are highly recommended.
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Late Arrivals

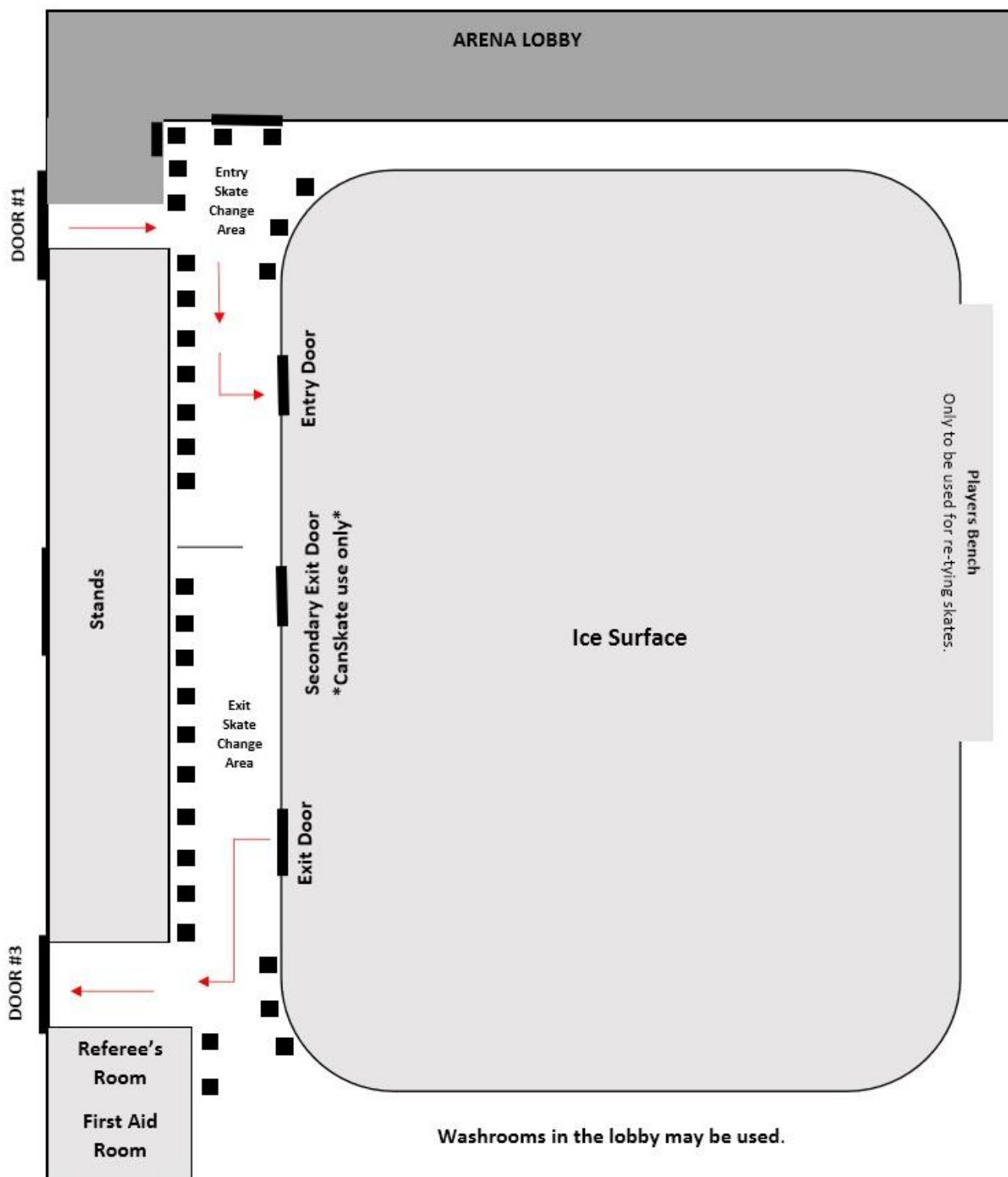
- If possible, Junior and STARskaters must notify their coach if they know they will be late.
- If you arrive late for your session, skaters will be given a 15-minute window of that session start time to enter the building following all "PRIOR TO ARRIVAL AT THE RINK" and "ARRIVAL AT THE RINK" protocols.
- Skaters arriving **beyond 15 minutes** of their session time will not be permitted to enter the building due to safety and cleaning protocols.

****Skaters will not be reimbursed for sessions they missed due to late arrival.****

DAILY ENTRY PROCEDURES

- **Arrival time must not be any more than 5-10 minutes before the scheduled ice time.**
- **Junior/STARSkaters may put their skates on / remove skates outside of the arena respecting physical distancing protocols and remaining at least 2m apart.**
 - ❖ Skaters are permitted into the facility to tie their skates in the Entry Skate Change Area while following physical distancing guidelines and remaining at least 2m apart.
- **Personal items like skating bags will be left in the relevant individual's vehicle (in a safe and secure location) and *not* be brought into the arena.**
 - ❖ Junior, STARSkaters, and coaches may use a small personal bag to carry their own water bottle, tissue box, hand sanitizer etc. into the arena. This will help keep items separate from others. No sharing of items is permitted. Keep your personal items to a strict minimum. Label equipment and personal items with your name so they can be easily identified.
 - ❖ Have cleaning supplies like sanitizing wipes and hand sanitizer in your activity bag to be able to wipe down personal equipment and disinfect hands. Clean and disinfect equipment and personal items before and after every skating session.
- **Skaters and parents/guardians will stand 2 meters apart from others while waiting to be greeted outside DOOR #1 by an MDSC Health Screener.**
 - ❖ The MDSC Health Screener will do an attendance check, record phone numbers, and conduct a verbal COVID-19 screening to individuals/a group of skaters. Once the individual/group has been cleared and the responses are recorded the individual/group will be allowed to enter the facility one at a time. Skaters must maintain their 2-meter distance while waiting to enter the building.
 - ❖ **Junior/STARSkate skaters** must then sanitize their hands and go directly to the Entry Skate Change Area. If they need to tie their skates, they may do so while following physical distancing guidelines and remaining at least 2m apart. Chairs will be set up 2m apart. Please do not move the chairs. Skaters must remain seated until they are given direction from a coach/MDSC Health Screener to take to the ice. Parent/guardian must go immediately to the stands (if not tying skates) to sit physically distanced from other parents/guardians until the end of the session.
 - ❖ **CanSkate parents** and skaters must sanitize their hands, then take their skater(s) directly to the ice door marked "ENTER", remove skate guards from skater(s) and assist skater(s) onto the ice all while maintaining physical distancing measures. Parents must then take skate guards and go sit in the stands until the session is over (no guards on the boards). The stands will be marked with designated sitting spots to ensure physical distancing.
 - ❖ **Spectators** must sanitize and go directly to the stands and stay with members of their family.
 - ❖ Skaters must follow physical distancing protocols and remain at least 2 meters apart from any other individual while waiting to enter, entering the ice and, during the skating session (unless actively engaged in activity or from the same household).
 - ❖ Skaters must use the door marked "ENTER" only.
 - ❖ No personal belongings are to be left in the Entry Skate Change Area. They must be taken to the Exit Skate Change Area.

Morrisburg Arena



**Chairs in the Entry and Exit Skate Change Area will be spaced 2 meters apart to allow for physical distancing. Map does not represent actual measurements of the Morrisburg Arena or placement of the chairs and is only used to ensure the proper flow of traffic is adhered to.*

DAILY EXIT PROCEDURES

- 1) Skaters and coaches must follow physical distancing protocols and remain at least 2 meters apart from any other individual while waiting to exit the ice unless they are from the same household. While waiting to exit, they must put on their mask.
 - 2) Skaters and coaches will exit the designated ice door marked 'EXIT' to the Exit Skate Change Area.
 - CanSkate parents will wait in the stands until their skater(s) has/have come off the ice then they may come down, put their skaters' skate guards on and exit through DOOR #3.
 - Junior and STARSkate parents will exit out DOOR #3 and wait outside for their skater.
 - 3) Junior, STARSkaters, and coaches must continue to distance 2 meters at this point, while sitting in the Exit Skate Change Area. Please do not move the chairs as they are spaced 2m apart.
 - 4) Once skates are removed, skaters can exit the building through exit DOOR #3.
 - 5) Individuals should then immediately leave the premises (no congregating in groups in the parking lot)
 - 6) Wash face masks, winter mitts/gloves and clothing with regular laundry detergent after each skating session.
 - 7) Clean and disinfect all equipment and personal items before and after every skating session.
-

Back to Back Sessions

- **Skaters participating in back to back sessions must wait in the Exit Skate Change Area while wearing a mask and maintaining physical distancing.**
 - ❖ When the flood is over, skaters must follow physical distancing protocols and remain at least 2 meters apart from any other individual while waiting to enter the ice. Skaters will be directed to the ice by a coach or MDSC Health Screener.
 - **Upon entering the ice surface, through the designated door marked "Enter" one at a time, skaters must maintain a minimum 2-meter distance for the duration of the skate from coaches and other participants, unless actively engaged in activity or from the same household.**
-

On-Ice Activities

When coaches and skaters are actively participating in skating, they are not required to maintain physical distancing of at least 2 meters from any other person during the session. When not actively participating in skating, individuals are required to maintain a physical distance of at least 2 meters from any other person during the session. Individuals from the same household are not required to follow the physical distancing requirements.

Injuries

If your skater is injured on the ice, the coaches are responsible for giving first aid. The skater must wear a face mask and the coach must wear a mask and gloves when first aid is given. If a skater cannot wear a mask due to their injury, the coach must wear a face mask, face shield and gloves.

If the skater needs to leave the facility (for any reason), one coach will call the parent/guardian and have the skater wait in the Exit Change Area until their parent arrives.

Music Playing/Office Use

- One person per session to play music in the skating office.
 - Office use is strictly limited to Music Players, Health Screeners, board members, and coaches who may need to use it for operational/administrative tasks. No other individuals are permitted in the office. Each user of the office is expected to sign in/out for contact tracing purposes.
 - The Music Player, Health Screener, board member or coach will be responsible for wiping down all areas he/she has touched prior to exiting the office. Sanitizing wipes will be provided.
 - When a session is over, all users of the office will exit the building by crossing the top of the stands, to the stairs and exit out DOOR #3. (all while maintaining physical distancing)
 - Music will be played by interested volunteers only. No "opt-out" music playing fee will be charged for this season due to COVID-19 considerations.
-

Facility Coordination

Our club will coordinate with the relevant facility to ensure compliance with these policies, procedures, and protocols. This includes at minimum:

- Implementing effective measures to manage the flow of traffic in and out of the facility.
- Ensuring that any person who enters or uses the facility maintains a physical distance of at least 2m from any other person who is using the facility.
- Scheduling and implementing cleaning between each training group on the ice.
- Wiping down / sanitizing high touch areas such as entry/exit doors to the ice and facility, stair railings, washrooms, skate change areas, etc.
- Facilitating compliance by the facility operator with the advice, recommendations, and instructions of public health officials, including any advice, recommendations or instructions on physical distancing, cleaning, or disinfecting as per directions from public health officials.
- Failure to comply to the capacity limits set forth by current municipality/local health unit limits or physical distancing requirements can result in immediate removal from the facility and a non-refundable cancellation of that ice time.

COVID-19 RESPONSE PLAN

Below are the individuals who will be acting as the **MDSC COVID-19 Oversight Group**. Should you have any questions about any aspects of the Return to Skate protocols or other policies and procedures related to COVID-19, please contact one of the individuals below.

Name	Position	Phone	E-mail
Rebecca Kelly	President	613-330-9177	rebecca.kelly3@hotmail.com
Tracy Yalden	Fundraising Chair	613-340-1598	rob.tracy10@gmail.com
Allison Scott	Coaches Rep	613-362-4282	allison.n.scott@hotmail.com
Ali VanHoof	Coach	613-361-9713	ali.vanhoof13@hotmail.com
Julie VanHoof	Ice Consultant	613-360-6905	givanhoof@gmail.com

If an individual becomes symptomatic during a session...

Not every symptom or situation requires testing and isolation, therefore MDSC will assess every situation and always refer to any guidance from public health and act on any public health recommendations.

- If an individual becomes unwell during a session, that individual must immediately stop participation in club activities. They must put on their face mask/covering and immediately inform their coach or the Health Screener that they are unwell.
- The individual should immediately be isolated from all others in a well-ventilated area (First Aid room), or outside.
- The individual's parent/guardian will be called to pick up the individual and should go home immediately to self-isolate, self-monitor for worsening symptoms, seek medical attention as required and visit a COVID-19 Assessment Centre to be tested. Anyone with symptoms, but who has not been tested for COVID-19, should not participate and should self-isolate for 14 days after the start of their symptoms and until they have been symptom-free for at least 24 hours (whichever is longer).
- They will be directed to contact their primary care provider, Telehealth Ontario ([1-866-797-0000](tel:1-866-797-0000)) or visit EOHU's website (www.EOHU.ca/coronavirus) for additional information on COVID-19.
- The facility shall be immediately informed by the Health Screener to determine if any areas need to be closed off and/or require additional cleaning/disinfecting and follow any facility recommendations.
- The Health Screener shall notify a member of the MDSC COVID-19 Oversight Group of the situation, who will then contact the individual's parent/guardian for a follow up as well as inform the Recreation Co-ordinator of the Municipality of South Dundas.
- The individuals on that session will be advised and encouraged to self-monitor for symptoms (and follow all public health protocols if symptoms do appear).
- The coaches and Health Screener present during that session will conduct a rapid-risk assessment to determine immediate actions that must be taken (such as cancelling the session, advising public health, etc); and as needed, will await guidance from public health and act on any public health recommendations.
- In the event of a confirmed positive case within the membership, the club may decide to cancel their sessions (although this may not be necessary) BUT will follow any guidance from public health and act on any public health recommendations.

What happens next?



Coronavirus Disease 2019 (COVID-19)

How to Self-Isolate

You must isolate yourself from others if you have COVID-19 symptoms or may have been exposed to COVID-19. If you start to feel worse, contact your health care provider or Telehealth (1-866-797-0000).

Stay home

- Do not go to work, school or other public places.
- Stay home unless you need to get tested or require emergency medical care.
- Do not use public transportation, taxis or rideshares.



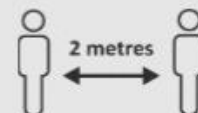
Avoid contact with others

- No visitors unless essential (e.g., care providers)
- Stay away from seniors and people with chronic medical conditions (e.g., diabetes, lung problems, immune deficiency).
- As much as possible, stay in a separate room away from other people in your home and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g., open windows).
- If these steps are not possible, keep a distance of at least 2 metres from others at all times.



Keep your distance

- If you are in a room with other people, keep a distance of at least 2 metres and wear a mask or face covering that covers your nose and mouth.
- People should wear a mask when they are in the same room as you.



Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with a paper towel or with cloth towel that no one else will share.
- Use an alcohol-based hand sanitizer if soap and water are not available.



Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket, and wash your hands.
- Lining the wastebasket with a plastic bag makes waste disposal safer.
- Clean your hands after emptying the wastebasket.



Wear a mask over your nose and mouth

- Wear a mask if you must leave your house to see a health care provider or to get tested for COVID-19.
- Wear a mask when you are within 2 metres of other people, or stay in a separate room.
- If you do not have a mask, maintain 2 metres distance from people and cover your cough and sneezes. See [physical distancing](#).



What should I do if I develop symptoms?

- Complete the [COVID-19 Self-Assessment](#).
- Contact Telehealth (1-866-797-0000) or your health care provider if you have questions.
- Anyone with whom you had close physical contact (e.g., in your household) in the two days before your symptoms started or after symptoms started should also self-isolate. If you have questions about this, follow the advice of your [local public health unit](#).
- Your local public health unit or testing provider will tell you how long you need to self-isolate based on your test results and situation.
- When you stop isolating, you should continue with physical distancing measures and wear a mask when unable to maintain 2 metres distance from people outside your household.
- If you are still unwell at the end of your self-isolation period, contact Telehealth or your health care provider.

Learn about the virus

To learn more and access up-to-date information on COVID-19, visit the Ontario Ministry of Health's website at ontario.ca/coronavirus.

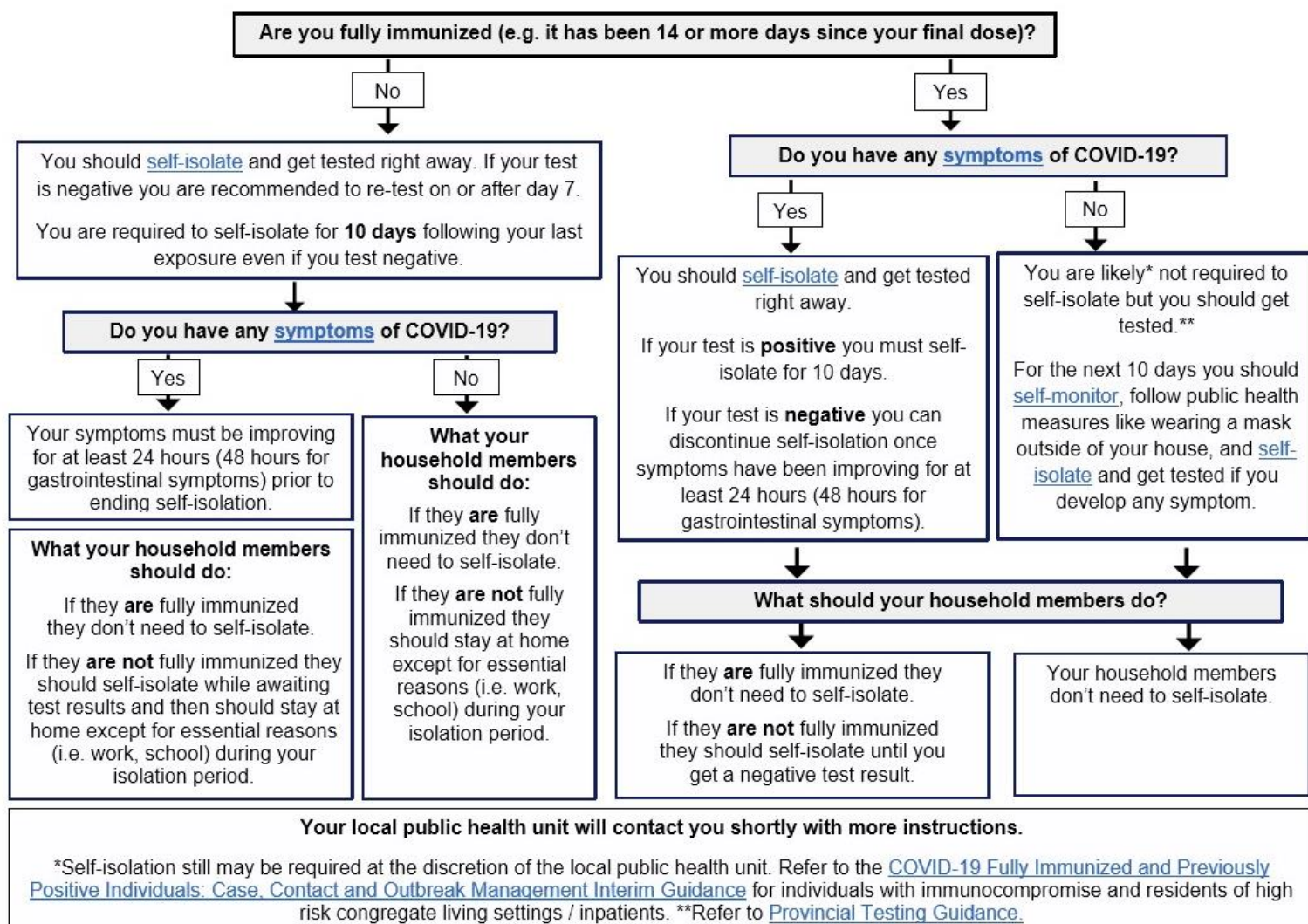
For more information, please contact: _____

The information in this document is current as of October 28, 2020

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You've been exposed to someone who has tested positive for COVID-19, now what?



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

- Based on the evolving COVID-19 pandemic, the club is prepared to follow public health, municipal/provincial government, and sport recommendations regarding modifying/restricting/postponing or canceling activities.
- We ask all skaters to notify their coach as soon as possible if they are unable to attend a session.
- Club members will be informed as soon as possible of any modifications/restrictions or cancelations.
- MDSC must keep any modifications and restrictions in place until advised that it is safe to resume activities by public health, government, or sport officials.

COVID-19 CLUB COMMUNICATION PLAN

1. Up to date contact information for all club members is on-file.
 2. Timely and ongoing communication with the members to maintain connection with club members during Return to Skate will be sent by email as required.
 3. COVID-19 communications/documents will be shared and stored on the website and social media site for future reference by club members.
 4. MDSC COVID-19 Oversight Group to follow up with any individuals who become unwell with symptoms of COVID-19 during club activities.
 5. Daily Session Participation Tracking sheets and Office Use Sign-In sheets will be stored on file to assist the health unit with contact tracing in the event of any positive COVID-19 case within the club.
 6. Consider where communications/documents can be stored on a website or social media site for future reference by club members.
 7. Designate member of COVID-19 Oversight Group to follow up with any individuals who become unwell with symptoms of COVID-19 during club/skating school activities.
 8. If it is determined that a club member has tested positive for COVID-19, work with Public Health who will perform contact tracing and will inform all club members that may have been in close contact with that individual.
 9. Ensure the facility and Skate Ontario are informed if a club member is diagnosed with COVID-19.
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REFUNDS

- ***There will be no refunds on raffle calendars, fundraising fees, club fees or Skate Canada fees. No exceptions.***
- ***Approved refunds will only be given at the end of the season.***
- ***Any request for a refund that falls outside of the following policies is subject to board approval.***

Refunds Due to Illness

The MDSC COVID-19 Oversight Group should be notified immediately by the parent/guardian if a skater, parent, or household member must self-isolate due to symptoms of COVID-19 or any other illness. This will enable MDSC to track the amount of ice time a skater misses for a pro-rated refund.

Refunds Due to Facility Closure

If the facility and/or health unit declares a closure of the facility due to COVID-19 and the facility reimburses MDSC for their ice time, a pro-rated refund will be granted for any cancellation and/or interruption of programs.

Non-Compliance of COVID-19 Policies, Procedures & Protocols

If MDSC, the facility or the health unit deems a skater and/or parent/guardian to not be following proper policies, procedures and protocols set forth by MDSC, the facility, Skate Canada, or the local health unit, that skater and/or parent/guardian shall be immediately removed from the facility and ***no refund will be given for that skater's membership.***

RESOURCES

MDSC COVID-19 updates

<https://www.skatemorrisburg.com>

Skate Ontario COVID-19 updates

<https://skateontario.org/covid-19-updates/>

Skate Canada COVID-19 updates

<https://skatecanada.ca/covid-19-response/>

Eastern Ontario Health Unit

<https://eohu.ca/en/covid-19-novel-coronavirus>

Government of Ontario

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

