

*RECOMMENDED
CLUB BEST
PRACTICES
DURING COVID-19*

Presented by the
Northwest Territories Amateur Speed Skating Association

August 2020

RECOMMENDED CLUB BEST PRACTICES DURING COVID-19

Presented by:

Northwest Territories Amateur Speed Skating Association

The Northwest Territories Amateur Speed Skating Association (NWTASSA) has developed its *Safe Return to Ice Guidelines*, which meet the requirements of the NWT's Chief Public Health Officer and the Emerging Wisely Response Plan (<https://www.gov.nt.ca/covid-19/en/emerging-wisely-%E2%80%93-continued-public-health-response-covid-19-nwt>). Additional actions will be addressed as mandated in future Phases. All guidelines and procedures will be followed as required by the facility operators.

The following recommended Best Practices are based on the NWTASSA's *Safe Return to Ice Guidelines* and are applicable to all NWT Clubs and their Performance and Development Programs.

All NWT Clubs are required to prepare the WSCC-required Exposure Control Plan and all NWT coaches will complete the WSCC-required Hazard Assessment.

| DEPARTMENT | PROCEDURE |
|----------------------|---|
| All Participants | Stay at home if feeling sick or if anyone in the household is under investigation for COVID-19. This includes athletes, coaches, coach helpers, parents, and club volunteers. There will be a zero-tolerance policy for any participation while sick. |
| Athlete Expectations | Practice physical distancing by staying a minimum of two (2) meters away from other people. |
| Athlete Expectations | Non-medical mask will be required off-ice before and after training. |
| Athlete Expectations | Do not shake hands or high five. |
| Athlete Expectations | Do not loiter in the lobby or parking lot before or after training. |
| Athlete Expectations | Athletes will arrive at the arena in all their safety gear. Skates will be put on in the lobby (dressing rooms are off-limits). |
| Athlete Expectations | Athletes will bring their own water bottles that are clearly marked, preferably filled at home. Water bottles will not be shared. |
| Athlete Expectations | Athletes will not share any equipment. |
| Athlete Expectations | Skin suits and other washable gear should be laundered following every practice. Non-washable gear should be disinfected after each use. |

| | |
|----------------------|---|
| Athlete Expectations | 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. There will be a zero-tolerance policy for any participation while sick. |
| Training Environment | Ensure communication with facility owners and maintainers to understand and comply with their Covid-19 protocols. |
| Training Environment | Coaches, coach helpers and parent volunteers will be required to wear a non-medical mask both on and off-ice. |
| Training Environment | Coaches will be provided with a megaphone or some type of voice enhancing device so that they will not require the athletes to congregate closely during explanations. |
| Training Environment | Coaches should avoid a standard whistle and consider other options. |
| Training Environment | Physical Distancing measures will apply for athletes over 12, coaches, coach helpers, and parent volunteers. Where possible, coaches and coach helpers should remain in the players box to allow more room for athletes to maintain distance on the ice. |
| Training Environment | No more than 20 athletes, coaches, and coach helpers will be allowed at an on-ice training session at any time. |
| Training Environment | No physical contact will be allowed during training sessions. |
| Training Environment | Athletes over 12 will be assigned to a training bubble of three (3) athletes for every practice and all track skating. The training bubble may practice drafting and tactics. |
| Training Environment | Physically distanced on-ice activities for coaches to consider include individual technical lane and serpentine drills, pursuit skating with physical distancing, and long track-style relay races. There will be no relays. |
| Training Environment | One coach or coach/athlete will be designated per end to touch the ice markers and water buckets. |
| Training Environment | Parents and spectators will not be permitted to stay and watch training sessions, except for four parent volunteers to assist with moving mats and helping with filling the water buckets. |
| Training Environment | If an athlete requires first aid, all first aid attendants must be wearing a mask, eye protection and gloves. PPE should be included in the Club first aid kit. |
| Competition Safety | During Phase 2, all local competitions are suspended. Competition safety will be reviewed in future phases, taking into consideration all future information and regulations. |