

Return to Speed Skating

Alberta Amateur Speed Skating Association



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Disclaimer

Alberta Amateur Speed Skating Association (AASSA) or hereafter referred to as “Alberta Speed Skating” has prepared this document based on the latest information available to date from third-party sources, including Speed Skating Canada and Alberta Health Services (AHS). The document will be updated periodically as the situation around the COVID-19 pandemic evolves and more information comes available.

It is important to note that the Alberta Speed Skating **Return to Speed Skating** document is not a legal document and is to be used as a guide only. Nothing in this document is intended to provide legal advice. It is not a substitute for actual legislation or orders of the Chief Medical Officer of Health (CMOH). In the event of an ambiguity or conflict between the **Return to Speed Skating** and CMOH Orders, regulations or orders thereunder, the CMOH Orders, regulations and orders prevail.

This document is meant to provide information and guidance as to best practices based on current information available as per the publication date. It also outlines requirements that speed skating clubs in Alberta or hereafter referred to as “member club” must adhere to in order to have events and activities sanctioned by Alberta Speed Skating.

Each member club is responsible for assessing the risks in their particular environment and establishing the appropriate safety procedures to minimize those risks, while following the advice and instructions of public health, government authorities, including facilities.

Additionally, it is an individual’s responsibility for assessing his or her personal risks in consultation with medical professionals and for the outcome of his or her decisions and actions.

As the COVID-19 pandemic is an evolving situation, government-imposed restrictions and guidance are subject to change, therefore all member clubs must adhere to the most restrictive requirements especially those requirements in the Orders from the province’s CMOH. While we aim to provide relevant and timely information, because information known about the COVID-19 coronavirus and recommended health and safety measures can rapidly change, no guarantee can be given as to the accuracy or completeness of any information provided in the Alberta Speed Skating **Return to Speed Skating** document.

This document contains links to third party web sites. Links are provided for convenience only and Alberta Speed Skating does not endorse the information contained in linked websites nor guarantee its accuracy, timeliness or fitness for a particular purpose. The information in those links may be updated from time to time. We do not monitor those sites and are not responsible for updates. You should check back regularly to ensure your plan is up to date. Anyone using the Alberta Speed Skating **Return to Speed Skating** document does so at his or her own risk. Alberta Speed Skating shall not be responsible for any loss or damage of any kind arising directly or indirectly from the use of the Alberta Speed Skating **Return to Speed Skating** document including, without limitation, reliance on the completeness or accuracy of the information provided.

Revisions

Introduction

As communities in Alberta and across Canada adapt to the "new reality" because of the COVID-19 pandemic, Alberta Speed Skating **is committed to a safe return to speed skating in Alberta.**

In this document, Alberta Speed Skating outlines its guidelines for a safe return to speed skating within the government-imposed restrictions. This document is intended to provide guidance for member clubs in Alberta as they prepare and plan for a safe return to speed skating and related activities.

As the COVID-19 pandemic is an evolving situation, government-imposed restrictions and guidance are subject to change, therefore all member clubs must adhere to the most restrictive requirements especially those requirements in the Orders from the province's CMOH. The information in this document is based on the best information available at the time of publication. Alberta Speed Skating will continue to monitor the situation very closely and will update this document accordingly.

Please don't hesitate to reach out to info@aassa.ca with any questions you may have or any guidance you may need.

Return to Speed Skating in Alberta

The **Return to Speed Skating** in Alberta will be a gradual and phased process. Alberta Speed Skating will follow the lead of AHS as it relates to permitted activities that member clubs can engage in for dryland

training, in arenas and speed skating ovals where on-ice training can resume, and eventually competitions. Member clubs need to also ensure they fully understand any additional local municipal regulations that may be in place.

The Government of Alberta has amended its relaunch strategy that are favorable to activities related to speed skating to resume in stage 2. Alberta Speed Skating continues to be engaged with representatives of the Sport, Physical Activity and Recreation (SPAR) sector of Alberta Culture, Multiculturalism and Status of Women or hereafter referred to as “SPAR”. Many factors remain unknown and beyond the control of Alberta Speed Skating. For further details on **Alberta’s Relaunch Strategy**, please check out the Government of Alberta’s [website](#).

Member clubs should work closely with their local facility/municipality to understand any different restrictions and limitations. Facilities may also open at different times across the province. Member clubs should not be developing any guidelines or protocols that are independent or misaligned with Alberta Speed Skating or AHS. Any additional restrictions or requirements of a club’s local facility/municipality should align with Alberta Speed Skating and AHS.

During Alberta’s relaunch, it is expected that operators will make modifications to their operations and settings to reduce the risk of transmission of COVID-19. To the extent possible, operators should follow the [General Relaunch Guidance](#).

Objectives

Since March 2020, Alberta Speed Skating and its Board of Directors has monitored the ever-evolving situation with the COVID-19 pandemic. The health and safety of everyone in our speed skating community is and continues to be important. As such, the **Return to Speed Skating in Alberta** document has been created with the following objectives in mind:

- **Guide Alberta Speed Skating for a safe return to speed skating in our province with measures that reduce the risk of transmissions of COVID-19 and comply with CMOH Orders**
- **The safety and well-being of our members, participants and partners**
- **Establish a common approach among member clubs for a safe return to speed skating in our province**
- **Inform and support member clubs, coaches and partners of Alberta Speed Skating on its approach to a safe return to speed skating in our province**

Considerations

In creating this document, the following considerations were taken:

- Although the Alberta Relaunch Strategy is currently in Stage 2, certain municipalities and/or facility operators may impose additional local restrictions and guidance
- No single measure or action is effective in every situation; use multiple actions whenever possible
- A limited competition schedule may be released for the 2020-21 season, with evolving restrictions and guidance put in place for organizers to adhere to
- That some member clubs may not hold competition(s) and/or fundraising activities
- That some member clubs may lose members and/or revenues
- The Return to Speed Skating in Alberta can be scaled up or down depending on the evolving situation with COVID-19

Five Phases: Return to Speed Skating

Alberta Speed Skating has outlined **five phases** to a safe **Return to Speed Skating** in our province. The **Return to Speed Skating** is outlined in a phased approach, taking into consideration Alberta's Relaunch Strategy and applicable restrictions and guidance. These five phases are:



- **Phase 1: Dryland training (individual)**
- **Phase 2: Dryland training (group)**
- **Phase 3: On-ice training with restrictions**
- **Phase 4: Competition with restrictions**
- **Phase 5: To be determined (TBD)**

In support of these phases, sport-specific requirements, recommendations and/or considerations are outlined in the **Return to Speed Skating** document. These sport-specific requirements, recommendation and considerations are categorized as follows throughout the document:

Mandatory to be applied during member club sanctioned activities

Recommended to be applied during member club sanctioned activities

Consideration to be applied during member club sanctioned activities

Additional requirements are stated in each phase of the **Return to Speed Skating**. These are outlined in the following sub-sections:

- General activity requirements (AHS)
- General requirements (Alberta Speed Skating)
- Health and safety requirements
- Club office guidance

Alberta Speed Skating will release further requirements, recommendations and/or considerations when the province moves into Stage 3 of Alberta’s Relaunch Strategy and/or if adjustments are made to Stage 2.

General Activity Requirements (AHS)

Member clubs must ensure that all activities comply with these basic safety requirements in addition to any guidelines and/or requirements as outlined by AHS or local municipality. Clubs should ensure that all members, coaches, staff and volunteers are aware of all requirements and guidelines and have these posted in an accessible location, such as your website or within your training facilities/areas.

Requirement	Description / Application	Link to Resource
Oversight	The activity must be overseen by a responsible person who must ensure public health guidelines are adhered to.	CMOH Order 05-2020

	Individuals exhibiting symptoms of COVID-19 must be sent home immediately as per CMOH Order 05-2020	
Physical Distancing	<p>The activity must comply with current Physical Distancing restrictions issued by AHS</p> <p>Individuals MUST maintain physical distancing of at least 2 metres from others or 3 metres for high intensity activity, unless they are from the same household or cohort.</p> <p>Consideration must be given to the arrival and departure of skaters, coach(es), staff and/or volunteers that supports physical distancing requirements; except for family members or persons residing in the same household.</p>	Practice Physical Distancing
Cohorts	<p>The activity must comply with cohort guidelines of AHS.</p> <p>Cohorts, mini-leagues and bubbles should remain together during Stage 2 of Relaunch and only play (train) within the same geographical region. Cohorts should be supervised by a responsible person who has oversight of the maintenance of the group and other public health guidance.</p> <p>Cohorts cannot exceed 50 and includes skaters, coaches and any support staff/volunteer.</p> <p>Once formed, a cohort must remain together for the duration of Stage 2. Members of a cohort should be kept separate from other cohorts during all speed skating related activities.</p>	Return to Sport, Physical Activity and Recreation – Stage 2 Guidance for Cohorts
Gatherings	<p>The activity must comply with current gathering restrictions issued by AHS.</p> <p>Ice use should be limited to organized activities. No more than 50 people can be on the ice/boxes at the same time. This includes skaters, coaches, staff and/or volunteers but does not include spectators.</p>	Restrictions on Gatherings
Daily Health Screening	<p>Individuals must answer the Alberta Health Daily Checklist prior to participating in any organized activity.</p> <p>If an individual answers yes to any of the questions, they must not be allowed to participate.</p>	Alberta Health Daily Checklist This is available in Appendix B
Activities	<p>Activities must follow specific sector guidance for all activities.</p> <p>Member clubs should work with their training facility to ensure the training session procedure meets the facility requirements.</p>	Return to Sport, Physical Activity and Recreation – Stage 2
Hygiene	<p>Activity organizers must communicate appropriate hygiene measures for the activity in advance to all participants.</p> <p>Activity organizers must ensure participant compliance with all hygiene measures.</p>	Infection Prevention and Control

Contact Tracing	Contact tracing logs for all skaters and coaches must be completed for every training activity and be available to be accessed quickly to ensure efficient contact tracing. Contact Tracing logs can be done online or completed onsite by a responsible adult and must be maintained for a minimum of 2 weeks.	See Appendix F
First Aid	Activity organizers must ensure personal protective equipment is immediately available IF first aid treatment is required.	Guidance for Wearing Non-Medical Face Mask

In addition, the Government of Alberta has guidance for all businesses, including member clubs to assist in the re-launch through [Alberta Biz Connect](#).

General Requirements (Alberta Speed Skating)

In addition to the general activity requirements (AHS) outlined by AHS, member clubs are also required to abide by the following general requirements (Alberta Speed Skating) when organizing a training activity.

Requirement	Description / Application
Registration	All skaters, coaches, staff and volunteers must be fully registered with the club, Alberta Speed Skating and Speed Skating Canada.
Daily Health Monitoring	Review the Alberta Health Daily Checklist in Appendix B Any skater, coaches, staff and/or volunteer that answers yes to any of the questions in the Alberta Health Daily Checklist must not be allowed to participate in the activity.
Safe Sport	All efforts should be made to ensure that Open and Observable environments are maintained at all times, to avoid situations where a coach, staff, volunteer or other representative might be alone with an athlete and/or vulnerable individual. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others. Open and Observable environments also apply to online communication. All forms of electronic communication (email, text, Zoom, Skype, etc.) should never be in the form of a one-on-one interaction and should always be done in a group setting. Training sessions should include a minimum of 3 people.

Participation	Skaters must be able to understand and adhere to personal hygiene measures, physical distancing measures and recommendations, cohort measures and screening protocols recommendations issued by AHS.
COVID-19 Liaison	Each member club should designate a COVID-19 Liaison; a role description is available in Appendix D .
Scheduling	Activities must be scheduled to allow a buffer between sessions to avoid an overlap of participants in the activity space as well as during pick-up / drop-off.
Transportation	Carpooling or transporting individuals outside the cohort is not permitted.
Spectators	At this time, no competitions or time trials are being sanctioned and spectators should be minimal. Spectators need to follow any requirements as outlined by the facility.
Parents	Parents must drop off and pick-up skaters at a designated location.
Equipment	Personal training equipment cannot be shared. Use of Equipment Guidelines as outlined by AHS should be followed.
Food & Water	Sharing of water bottles, communal water coolers is not permitted. Individual participants must bring their own water bottle filled at home prior to any training activity.
Personal Protective Equipment	Provide your coaches, staff and/or volunteers with any protective items required by the health authorities and ensure that coaches, staff and/or volunteers wash and/or sanitize their hands regularly in accordance with established guidelines or expectations.

Health & Safety Requirements

In addition to the general activity requirements (AHS) outlined by AHS and the general requirements (Alberta Speed Skating), member clubs are also required to abide by the following health and safety requirements when organizing a training activity.

Requirement	Description / Application
Club Declaration & Plan	<p>Each member club must submit a Club Declaration Form to Alberta Speed Skating. This is available in Appendix C.</p> <p>The member club must have a written plan available upon request of Alberta Speed Skating. This written plan should adhere to all requirements of AHS and Alberta Speed Skating.</p>

	Member clubs should ensure that all members, coaches, staff and volunteers are aware of all requirements and guidelines and have these posted in an accessible location, such as your website or within your training facilities/areas.
Training Session Procedure	A training session procedure should be documented for all skaters, coaches, staff and volunteers.
Dryland	Facilities may permit dryland training near or around the ice surface however the space should be marked for physical distancing.
Local Municipality and Facility Requirements	Each local municipality and facility may have additional requirements which must be adhered to as part of the Return to Speed Skating .
Travel	Speed skating (and related) activities should be restricted to regional facilities, and travel outside the region and province is not recommended.

Club Office Guidance

Member clubs must familiarize themselves with and abide by [Alberta's Workplace Guidance for Business Owners](#) as well as facility requirements. Where a member club has access to a club office/workspace, please review the below club office guidance requirements.

Requirement	Description / Application
Communication	<p>Notify coach, staff, volunteers and members of the steps being taken to prevent the risk of transmission of infection, and the importance of their roles in these measures.</p> <p>Post appropriate signs throughout the space, where possible, noting expectations around physical distancing, hand hygiene, cough/sneeze etiquette, sanitizing practices, no loitering, etc.</p>
Screening and Tracing	<p>Implement daily screening of staff and volunteers for symptoms of fever, sore throat, cough, runny nose or difficulty breathing. Health Monitoring Guidelines can be applied for staff and workplace, as well as training groups.</p> <p>Maintain contact tracing records for all staff and volunteers.</p>

<p>Guidelines for Prevention</p>	<p>Provide personal protective equipment to coach, staff and volunteers, and provide training on how to use properly.</p> <p>Limit all occasions for gatherings by making all communal or public areas in your club office/area inaccessible.</p> <p>All chairs and tables in communal areas must be inaccessible or removed to avoid all gatherings.</p> <p>Delimit closed areas or the ones where a maximum number of people is required.</p> <p>Use markings on the ground to indicate proper distancing from staff. Thoroughly clean and disinfectant all surfaces.</p> <p>Soap or hand sanitizer must be made available to all people in various locations throughout your office space/area.</p> <p>Regularly remind and encourage people to wash their hands and adopt proper hygiene practices.</p>
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Phase 1: Dryland Training (Individual)

Some physical activity such as in-line skating, running, cycling and other dryland exercise have been permitted prior to and since Stage 1 (May 14, 2020) of the **Alberta’s Relaunch Strategy**. These activities are permitted to be practiced alone, in public spaces, if physical distancing (2 meters/6 feet) can be maintained. The following guidelines should also be considered:

SPORT-SPECIFIC REQUIREMENTS

- **If physical distancing cannot be maintained, then the participant should consider introducing a physical barrier**
 - This does not apply to members of the same household

Phase 2: Dryland Training (Group)

The physical activities outlined in phase 1 (i.e. in-line skating, running, cycling and dryland exercise) are permitted to be practiced in public spaces and in groups **ONLY** if the following are met:

- Mandatory sport-specific requirements
- General activity requirements (AHS)
- General requirements (Alberta Speed Skating)
- Health & safety requirements
- Club office guidance

SPORT-SPECIFIC REQUIREMENTS

- **Stay home if you are sick. If you display signs and symptoms of COVID-19, complete the online [self-assessment](#) outlined by Alberta Health Services**
- **Implement and enforce a zero-tolerance policy for any member club attendees while sick**
- **Choose activities that allow participants to maintain physical distancing**
- **Choose activities that do not include physical contact among participants**
- **Limit congregation of participants going to/from the location of the group training**
- **The Group Training Checklist (Appendix A) must be reviewed at the start of each session**
- **Member clubs are responsible to ensure that coach(es), group training leader(s) and responsible person(s) are trained on the Group Training Checklist**
- **The Group Training Checklist must be signed by the responsible person(s) and dated**
- **Member clubs are responsible to maintain a record of the Group Training Checklist**

SPORT-SPECIFIC RECOMMENDATIONS

- **Plan to support mental health and safety of “attendees” in addition to meeting the requirements in the CMOH Orders.**
 - Mental health resources are available on the [Alberta Health Services](#) website
- **There should be no disincentive for skaters, coaches, staff and volunteers, coaches to stay home while sick or isolating**

Phase 3: On-Ice Training (with restrictions)

During this phase, on-ice speed skating activities are permitted to be practiced ONLY if the following are met:

- Mandatory sport-specific requirements
- General activity requirements (AHS)
- General requirements (Alberta Speed Skating)
- Health & safety requirements
- Club office guidance

SPORT-SPECIFIC REQUIREMENTS

- **Only the coach touches the track markers (corner blocks), water bucket(s) and squeegee.**
 - If more than one coach is on the ice, the responsibility for each item (corner blocks, buckets, squeegee) should be determined at the start of the ice session
- **Coaches must wear a non-medical mask when physical distancing cannot be maintained**
 - [Guidance for non-medical mask](#) applies throughout this document where wearing a non-medical mask is referenced
- **Physical distancing must be maintained by all participants during rest periods in a training session**
- **Relays, mass start and/or activities with physical contact are NOT permitted**
- **When possible, limit the number of individuals involved with placing and removing the mats and allow for additional time.**
 - Individuals assigned to placing and/or removing mats must wear a non-medical mask when placing or removing mats, unless physical distancing (2 meters/6 feet) can be maintained
 - Individuals must also wash their hands (or use hand sanitizers) before and after handling the mats
- **Skaters MUST wear a non-medical mask when not engaged in intense physical activity AND physical distancing cannot be maintained**

SPORT-SPECIFIC RECOMMENDATIONS

- **To the extent possible, skaters should arrive with a non-medical mask, dressed and ready to participate; most of the equipment should be worn, except for the speed skates.**
 - Refrain from using locker rooms unless physical distancing can be maintained
 - If volunteers and/or parents are required to assist with lacing up the speed skates, these individuals **MUST** wear a non-medical mask
- **Provide a volunteer who accompanies the skaters from their entry into the arena and until their exit, to ensure compliance with directives.**
- **Focus on technical activities that permit physical distancing throughout the training session**
 - Examples include, but are not limited to, balance and coordination exercises, and starts
- **Consider using the length of the rink with activities going from one end of the rink to the other**
- **Consider dividing the rink into two, using the red line to split the cohort to enhance physical distancing and adherence to public health guidelines**
- **Consider dividing the ice time to accommodate a smaller sub-set of a cohort**
 - For example, if you normally have a one-hour session for a group of 24 skaters, consider splitting the ice time into two 30-minute session, with 12 skaters each

Phase 4: Competition (with restrictions)

Requirements and procedures in this phase will be reviewed and outlined once further restrictions of Stage 2 of **Alberta's Relaunch Strategy** are lifted and/or Alberta enters Stage 3 of **Alberta's Relaunch Strategy**.

Competitions sanctioned by Alberta Speed Skating can take place with a restricted racing schedule and safety protocols in place. The host member club will provide Alberta Speed Skating with their restricted racing schedule and competition safety protocols document **no later than 30 days prior to the first day of competition**. The safety protocols document template will be created by Alberta Speed Skating and shared with all member clubs.

SPORT-SPECIFIC REQUIREMENTS

- **Restricted racing schedule – details to be determined**
- **Safety Protocols documented by host clubs and approved by Alberta Speed Skating**
- **Only assigned volunteers touch the track markers, water bucket(s) and squeegee.**
- **All officials and volunteers must wear a non-medical mask**
- **The Heat Box will be limited to members of the same “closed group” only**
 - Definition of a “closed group” will be determined
 - The host member club must apply physical distancing markers when this is possible in the coaches’ box
- **In case of injury (on ice), only first responder(s) equipped with personal protective equipment should attend to the injured skater(s)**
 - The referees will ensure the other skaters maintain physical distancing
- **Coaches must wear a non-medical mask in the coaches’ box**
 - The host member club must apply physical distancing markers when this is possible in the coaches’ box
- **Limit, where possible, the number of volunteers**
- **Host member club MUST assign volunteers dedicated to ensuring safety protocols are adhered to**
- **The total number of people present in the arena is dictated by CMOH Orders**
- **All individuals (skaters, coaches, volunteers and parents/spectators) will be subject to the Alberta Health Daily Checklist upon entry into the arena**
- **Closed groups will be created by category; these closed groups will follow each other for the length of the competition. The creation of closed groups may lead to the reformatting of the competition schedule, which may include, but is not limited to, creating an AM and PM portion of the schedule, to limit the number individuals at the competition at any given time.**
- **A non-medical mask must be worn at all times while in the locker room**
- **Access to hand washing station and/or hand sanitizer with an alcohol content of at least 60% must be made available to skaters, coaches, volunteers and parents/spectators**
- **Skaters to enter and exit the ice one by one; use separate entry and exit point where possible**
- **If a lunch is provided, it should be served in individualized style (i.e. boxed lunches). All other snacks and/or food items should be individually packaged.**
 - All food and beverage shall be served by a dedicated volunteer; avoid a self-serve option

Phase 5: To Be Determined (TBD)

Requirements and procedures in this phase will be reviewed and outlined once further restrictions of Stage 2 of **Alberta's Relaunch Strategy** are lifted and/or Alberta enters Stage 3.

Next Steps

Alberta Speed Skating will continue to monitor the ever-evolving situation with COVID-19, including updates to the Alberta's Relaunch Strategy. As such, Alberta Speed Skating may be required to amend the Return to Speed Skating in Alberta document to adhere to CMOH Orders.

If you have any questions, please reach out to any members of the Board or contact info@aassa.ca.

On behalf of the Alberta Amateur Speed Skating Association

Sincerely,

Antonio Faiola

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Appendix A: Group Training Checklist

When introducing group training to your club's activities, the requirements and procedures outlined in this checklist must always be adhered to.

Before the session begins

- A responsible person (over 18 years of age) must oversee the activity to ensure public health guidelines are adhered to. The [Rule of Two](#) (as outlined by the Coaching Association of Canada) must always be maintained during a group training session
 - This individual may not be the coach or training group leader; however, this individual assumes the responsibility that public health guidelines are adhered to
 - If this individual is the coach or training group leader, they may do so only if they are able to ensure public health guidelines are adhered to
- The responsible person(s) should screen all participants for symptoms of COVID-19 prior to the commencement of any activity. Please use the **Alberta Health Daily Checklist** outlined in **Appendix B**.
 - Anyone that is exhibiting any symptoms or answers YES to any of the questions in the Alberta Health Daily Checklist must not be allowed to participate in the group training. **Please refer to the Alberta Health Daily Checklist for next steps**
 - The **Alberta Health Daily Checklist** should be used by the responsible person(s), the coach(es) and training group leader(s)
- Attendance shall be tracked for each training session using the **Contact Tracing Log** available in Appendix F. The attendance tracking must include the following:
- Physical distancing (2 metres or 6 feet) must be always be maintained.
 - This does not apply to members of the same household
- The number of contacts between different participants should be limited by playing within set cohorts or having a fixed group of participants that do not exceed 50 people, including the responsible person(s).
 - If the size of cohort exceeds 50 people, please consider splitting your group into a smaller cohort allowing the responsible person(s) to ensure public health guidelines are adhered to at all time. Once your cohort is split into a smaller cohort(s), the participants in each cohort should remain set and closed for the period of the group training
 - Please refer to the [Guidance for Cohort](#) document.

Equipment Rental and/or Use (if applicable)

- Each participant should be provided with assigned equipment (for the duration of the group training) or use self-owned, disinfected equipment
 - This does not apply to members of the same household
- (if applicable) Sharing equipment that is handled by hands or head, and other personal items should be minimized. The equipment must be cleaned and disinfected in between each use by different participant

Personal hygiene

- All participants should follow proper hand hygiene, which includes frequent hand washing (for a minimum of 20 seconds), refrain from touching their face with unclean hands, and it is recommended that all participants carry and use hand sanitizer at least a 60% alcohol content
- If a facility to wash hands with soap or hand sanitizer with at least a 60% alcohol content is not readily accessible during a group training session, member clubs can choose to provide hand sanitizer for participants or request that each participant carry their own hand sanitizer
- A participant who does not have their own hand sanitizer is not permitted to participate in the group training when a facility to wash hands with soap or hand sanitizer containing at least 60% alcohol is not readily accessible or the member club chooses not to provide hand sanitizer
- All participants should follow proper respiratory etiquette. This includes sneezing or coughing into the crook of your elbow, no spitting and no clearing of nasal passages
- Water bottles and/or sport drinks should be clearly labelled with the name of the owner; these should not be shared
- Considerations should be given to how to appropriately include or accommodate vulnerable persons such as seniors and people with compromised immune systems

Name of the Group Training Responsible Person:

Signature of the Group Training Responsible Person:

Date (mm/dd/yyyy):

Should you have any questions or concerns, please contact info@aassa.ca.

Appendix B: Alberta Health Daily Checklist

The [Alberta Health Daily Checklist](#) in this **Return to Speed Skating** document.

If an individual answers YES to any of these questions, they must not be allowed to participate in the sport. Children and youth will need a parent to assist them to complete this screening tool.

<input type="checkbox"/>	Do you/your child have any new onset (or worsening) of any of the following the symptoms?	Yes	No
	• Fever	Yes	No
	• Cough	Yes	No
	• Shortness of Breath/Difficulty Breathing	Yes	No
	• Sore Throat	Yes	No
	• Chills	Yes	No
	• Painful swallowing	Yes	No
	• Runny Nose/Nasal Congestion	Yes	No
	• Feeling Unwell/Fatigued	Yes	No
	• Nausea/Vomiting/Diarrhea	Yes	No
	• Unexplained Loss of Appetite	Yes	No
	• Loss of Sense of Taste or Smell	Yes	No
	• Muscle/Joint Aches	Yes	No
	• Headaches	Yes	No
	• Conjunctivitis (commonly known as pink eye)	Yes	No
2.	Has the person attending the activity/facility travelled outside of Canada in the last 14 days?	Yes	No
3.	Have you/your child had close <u>unprotected*</u> contact (face-to-face contact within 2 meters/6 feet) with someone has travelled outside of Canada in the last 14 days and who is ill**?	Yes	No
4.	Have you/your child attending the program or activity had close <u>unprotected*</u> contact (face-to-face contact within 2 meters/6 feet) with someone who is ill**?	Yes	No
5.	Have you/your child or anyone in your household been in close <u>unprotected*</u> contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	Yes	No

* “unprotected” means close contact without appropriate personal protective equipment

** “ill” means someone with COVID-19 symptoms on the list above.

If you have answered **YES** to any of the above questions, do not participate. Go home and use the [Alberta Health Services Online Assessment Tool](#) to determine if testing is recommended.

Appendix C: Club Declaration Form

COVID 19 – Speed skating (and related) activities

Member clubs wishing to engage in speed skating and related activities must ensure they follow any provincial and/or local rules with respect to participation numbers, booking space as well as any other requirements outlined by the provincial or local authorities. In addition to following the rules, programs must also ensure that there is a plan in place that is understood and will be followed by all staff, participants and spectators to ensure the safety of all participants.

I hereby declare that the _____ (club name) has a written plan that follows the provincial rules for outdoor physical activity, that the plan aligns with the requirements of Alberta Speed Skating, that the plan has been published or posted, and that the plan has been communicated to all members who will attend outdoor training.

Club Name:

Club President's Name:

Club President's Signature:

Club Head or Lead Coach Name:

Club Head or Lead Coach Signature:

Date (mm/dd/yyyy):

Should you have any questions or concerns, please contact info@aassa.ca.

Appendix D: COVID-19 Liaison

Each member club will designate a minimum of one (1) COVID-19 liaison. This role can be assigned to registered staff and/or a volunteer. The following roles and responsibilities are to be assigned to the COVID-19 Liaison:

- Ensuring the member club's adherence to the **Return to Speed Skating** document
- Keeping up to date on policies and procedures outlined by provincial and municipal governments and public health agencies. This includes but is not limited to Alberta's Relaunch Strategy and monitoring the local situation reports
- Keeping up to date on the Return to Speed Skating document and other policies and procedures outlined by Alberta Speed Skating
- Working with local facilities to comply with all public health and facility requirements
- Ensuring that a record of the Group Training Checklist (**Appendix A**) and Contact Tracing Log (**Appendix E**) are kept and accessible upon request by AHS and/or Alberta Speed Skating
- Communicating with coaches, staff and members on any restrictions and/or recommendations as it pertains to activities sanctioned by the member club
- Ensuring signage is in place so that all risk mitigation measures are easy to follow
- Responding to club-related COVID-19 concerns. Everyone in the club should know who this person is and how to contact them
- Acting as the primary point of contact when a member self-reports COVID-19 symptoms or exposure. The COVID-19 Liaison is responsible for notifying club members of possible exposure to COVID-19 in the instance that an individual with symptoms of COVID-19 attended an activity sanctioned by the club
- Maintaining and updating the member club's plan in relation to COVID-19
- If there is a COVID-19-related outbreak this must be reported to the Alberta Speed Skating Liaison. An outbreak is defined as 2 or more cases of COVID-19 diagnosed within a training group or cohort within a 14-day period.

The Alberta Speed Skating Liaison is Antonio Faiola: president@aassa.ca

