



## MFSC COVID-19 POLICIES AND PROCEDURES

Version 1.0 – August 7, 2020

### MFSC COVID-19 Oversight Committee

Dear MFSC Members,

We would like to inform you of the individuals who will be acting as the COVID-19 Oversight Committee as we transition back to skating activities. The following people will comprise this COVID-19 Oversight Committee. The purpose of this committee is to oversee the implementation of safety and health guidelines within the club/skating school.

Name	Position	E-mail
Savita Rathore	President	<a href="mailto:info@mississaugafsc.com">info@mississaugafsc.com</a>
Leanne Pilon	Technical Director	
Aryana Shanab	Technical Director	
Patrizia Cafarro	Board Member	

Should you have any questions about any aspects of the Return to Play protocols or other policies and procedures related to COVID-19, please contact one of the individuals above.

MFSC is dedicated to following all health and safety procedures as outlined by the Government of Ontario, Skate Canada and Skate Ontario.

These protocols are Mississauga Figure Skating Club (MFSC) policies and are intended to enable the safe return to sport during the COVID-19 pandemic.

**In this document, Person(s) refers to any MFSC member (skater, parent/guardian, board member or volunteer)**



## MFSC COVID-19 POLICIES AND PROCEDURES

Version 1.0 – August 7, 2020

### Requirements for Registering for MFSC 2020/2021 Programs

- The MFSC COVID-19 Return to Skating Policy **must be accepted** online at the time of registration
- The Skate Ontario COVID-19 waiver **MUST** be signed and handed in to a member of the MFSC Oversight Committee **before** a skater will be permitted to participate in any club session, **no exceptions**.
  - If a skater arrives for his/her first session without having completed the waiver, they **will not be allowed to skate**. No refunds/credits will be issued for failure to comply.
  - One signed waiver is needed per Person(s) and need only be completed once for 2020/2021 season.
- A **mandatory** “Live COVID-19 Prevention/Education virtual seminar” must be attended by the skater and his/her parent/guardian prior to participating in any MFSC program or activity.

### Preventing COVID-19 Exposure

- Self-Screening
  - Person(s) must self-screen in accordance with current public health guidelines before participating in any MFSC program or activity.
  - Individuals must not attend any program or activity offered by MFSC if they meet any of the following criteria:
    - Exhibit any COVID-19 symptoms, such as, fever, cough, shortness of breath, runny nose, sneezing or nasal congestion (not attributed to allergies), sore throat, difficulty swallowing, lost sense of taste or smell.
    - Have been in close contact in the past 14 days with anyone with active respiratory illness or and active confirmed or probable case of COVID-19.
    - Have travelled outside of Canada in the past 14 days or had close contact with anyone that has travelled outside of Canada in the past 14 days that does not have a Government of Canada travel exemption.
  - Anyone who answers ‘YES’ to any of the above stated criteria, may not participate in any MFSC program or activity
- Contact Tracing
  - Attendance will be taken for each MFSC session (on-ice and off-ice) which will capture all Person(s) present.
  - Session Participation and Health Screening Tracking will be maintained by the MFSC COVID-19 Oversight Committee to enable contact tracing should it be requested by Public Health.
  - Person(s) who are absent from his/her regular programming session will be required to provide an explanation, which will be document for contact tracing purposes.
- Skaters/Coaches Training at Multiple Facilities
  - All skaters, coaches and/or choreographers who are attending training sessions in multiple locations are asked to declare that information to the MFSC COVID-19 Oversight Committee at [info@mississaugafsc.com](mailto:info@mississaugafsc.com)



## MFSC COVID-19 POLICIES AND PROCEDURES

Version 1.0 – August 7, 2020

- Individuals are expected to use a new face mask and skating gloves at each location and should consider managing schedules to avoid entering different facilities on the same day.
- Person(s) will be required to enact additional caution with disinfecting any clothing, bags, phones/devices, etc. prior to entering the facility being used by MFSC and its members.

### **An Individual Becomes Unwell with Symptoms of COVID-19**

- If an individual becomes unwell with symptoms of COVID-19, or if someone is aware of an individual that becomes unwell with symptoms of COVID-19, that individual must immediately stop participations in MFSC programs and activities.
- The individual should be isolated from all others in a well-ventilated area, or outside and provided with a non-medical face mask if one is available.
- The individual shall be sent home and instructed to follow public health guidelines regarding self-isolation and testing.
- The facility will be informed to determine if any areas need to be closed and/or require additional cleaning/disinfecting.
- A member of the MFSC COVID-19 Oversight Group must be informed of the situation and will contact the individual or his/her parent/guardian to determine next steps to be taken.

### **An Individual is Tested for COVID-19**

- Any Person(s) that is part of MFSC that has been tested for COVID-19 must not participate in any MFSC programs or activities while awaiting the results of the test.
- MFSC will consult the Session Participation tracking sheets to inform other MFSC members who might have been in close contact with the individual.
- Any Person(s) who were in close contact with the individual should not participate in MFSC programs or activities and should follow public health guidelines until the diagnosis of COVID-19 is ruled out by health professionals.

### **An Individual Tests Positive for COVID-19**

- Any Person(s) who tests positive for COVID-19 must inform a member of the MFSC COVID-19 Oversight Committee at [info@mississaugafsc.com](mailto:info@mississaugafsc.com)
- The MFSC COVID-19 Oversight Committee will work where requested with the facility and public health officials to assist in contact tracing. The Sessions Participation tracking sheets may be used to assist public health officials in informing other MFSC members who may have been in close contact with the individual.
- Any Person(s) who were in close contact with the individual should not participate in MFSC programs and activities for 14 days and should follow public health guidelines regarding self-isolation and testing.
- The facility will be informed to determine if any areas need to be closed and/or require additional cleaning/disinfecting.
- Skate Ontario will be informed of any positive COVID-19 diagnosis.



## MFSC COVID-19 POLICIES AND PROCEDURES

Version 1.0 – August 7, 2020

### Return to MFSC Programs and Activities Following Illness

- If no test was performed, or the COVID-19 test was negative, the individual may only return to MFSC programs and activities once they no longer have any symptoms of COVID-19.

### Return to MFSC Programs and Activities Following COVID-19

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

### Refund Policy Regarding COVID-19

- Refunds will be given in the following situations:
  - A skater tests positive for COVID-19
  - A skater is required to isolate for 14 days due to COVID-19
  - There is an outbreak of COVID-19 that results in the closure of the facility
  - The City of Mississauga or other governing body mandates the closure of facilities and/or termination of activities

### Communication Plan During COVID-19

- The MFSC COVID-19 Oversight Committee will continue to inform and share as much information as is possible about the Return to Skating policies and procedures with all members and coaches.
- Relevant COVID-19 information will be shared via email, MFSC website and MFSC social media (Instagram and Facebook).
- Members and Coaches will be informed as soon as possible of any modifications/restrictions or cancellations of programs and/or activities as it relates to COVID-19.

### First Aid

- MFSC Coaches have all completed and maintain up-to-date first aid certification.
- MFSC will have first aid materials available for each MFSC program and activity.
- Materials will be maintained in a sterile pouch which will be disinfected each day.

### Before You Arrive at the Rink

- Skaters must arrive at the facility 20 minutes before their scheduled session
- Skaters must arrive fully dressed and ready to enter the facility to skate. Change rooms are not available.
- Skaters will need to bring a water bottle, tissues (and bag for disposal), hand sanitizer, facemask. A small lunch bag or purse may be used to keep your items together. This bag must be sanitized after each use.
- **Water bottles should be filled at home before arrival at the rink.**
- Please bring the Skate Ontario signed waiver with you to your first session. Skaters will not be permitted on the ice otherwise.



## MFSC COVID-19 POLICIES AND PROCEDURES

Version 1.0 – August 7, 2020

### When You Arrive at the Rink

- Complete the Health Screening Questionnaire upon arrival every day you come to the rink.
- You may warm up in the parking lot. Remember to physical distance (2m) and respect those around you.
- You will be permitted to enter the facility 5 minutes before your session. Please use the entrance to the facility closes to the ice pad MFSC will be using that day.
- **Masks are mandatory in the facility; however, skaters and coaches do not need to wear masks while they are ON the ice. You will need to wear a mask into and out of the arena.**
- Sanitize your hands when entering and exiting the facility.
- Only the rink entrance is accessible; the remaining areas in the facility are closed and off limits.
- NO food or drinks (other than water bottles) will be permitted in the facility.
- Parents/Guardians are not permitted in the facility. Skaters will be walked into and out of the facility by the coaching/admin staff of MFSC.

### On the Ice

- Please remain spaced at least 2m apart when entering and exiting the ice surface. Only one gate will be used.
- Masks are required in the facility but NOT on the ice.
- Please dispose of used tissue after use (in the bag you bring with you). You are responsible for providing your own tissues and bag for disposal. Tissues must not be left around the board or players benches (gates will be closed).
- Music will be supplied by the coaches for their own skaters.

### When Your Session is Over

- Line up at least 2m apart when exiting the ice and take your belongings with you.
- Exit the facility with the coaches immediately as we have skaters outside waiting to enter the building for their session and coaches have 10 minutes to get out and get the next group inside.
- You are not permitted to be in the building unless you are on the ice or entering/exiting the facility.

### Reminders

- **Masks and gloves should be washed daily after returning home from the rink.**
- Change rooms are not available. Washrooms will be available at the front entrance of the building, however, skaters must be accompanied by their coach. Washrooms are not for use before entering or upon exiting the ice. **We strongly recommend that skaters use the washroom at home before coming to the rink and then upon returning home.**
- Bring your own hand sanitizer and use it frequently.