



## **POCO SKATING CLUB POLICIES AND MANDATORY WAIVER**

The activity must always comply with the physical distancing, cleaning and sanitizing measures, arrival and time spent on site rules as well as the mandates and recommendations issued by Federal, Provincial and Municipal government authorities, Skate Canada, BCCDC and WorksafeBC and that of the Facility of which we are running programs.

- **SKATERS ARE NOT TO BE AT THE FACILITY MORE THAN 15 MINUTES PRIOR TO SCHEDULED START TIME AND ARE TO VACATE NO MORE THAN 15 MINUTES PAST THE ACTIVITY END TIME.**
- **Parents should not be in the building and should drop off and pick up skaters at designated times. IF a parent is required, only ONE parent per participant is permitted, pending space availability. Parents must remain in arena area and social distance as required, and wear a non-surgical face mask if distancing cannot be maintained.**
- **Parents needing to remain on site will be required to remain in the arena area and maintain a minimum of 2 meters from anyone else or wear a mask.**
- **ONE parent of a CANKSKATER or SHINING STAR Skater MUST remain with their skater in the arena for the duration of the session as per regular POCO Skating Club Protocol.**
- **Other areas of the facility are not permitted for our members when we have rented the facility.**
- **Dressing rooms should not be used. Skaters and coaches should put skates on in an open area marked for social distancing, or as outlined by the facility guidelines. Preferably, our members should be completely ready to skate prior to entering the facility when possible.**
- **Bathrooms have maximum capacity signage. Our members must always follow Facility regulations.**
- **The Facility will likely have in place one designated area to enter and another to exit. Facility signage must be followed.**
- **All individuals are required to follow expected all facility protocols and all members are responsible for independently ensuring they are familiar with each facilities rules.**

- Athletes please ensure hand sanitization and washing are done when entering and before leaving the facility.
- Programming at this time is limited. Activities permitted by the facility and Skate Canada may change and we will adhere to the most recent guidance as we are able to do so safely. The Facility maximum capacity mandates will apply.
- Activities are limited to practice and private lessons or lessons with small groups. If lessons with small groups occur, social distancing measures must be followed.
- We will have only 1 person operating the music equipment, video, harness or any other teaching aids.
- Circuits and games will follow Skate Canada physical distanced requirements.
- Used facial tissue and/or Kleenex must go directly into the garbage can after use. No used tissues allowed on the rink boards.
- Capacity for sessions is every changing and is restricted by users including that of coaches, volunteers and skaters. Group capacity also can include parent observers on site. For our purposes we will follow the guidelines in place by the Facility and Skate Canada, who also designate there decisions around that of public health authorities and Government agents).
- If any Governing body states that PPE is required or requested, we will follow suit. In this case, all members must be compliant with the requested regulations or be refused participation. In any lesson format where close contact may be a concern, PPE is mandatory. For example all coaches and PA assistants in a Canskate session must comply with safety standards outlined by Skate Canada and wear masks, gloves and maintain hygiene at all times.
- Our Club is responsible for cleaning the areas of which we use, including that of benches, score clock controls and of course our own equipment. We will provide cleaners, and expect all parents remaining on site will clean their bench area with designated cleaners prior to the session ending.
- Coaches and designated volunteers will clean all club used materials at the end of each session.

**\*This will be altered if and when as directed by the Provincial Health Authority, Skate Canada or the Arena Facility Requirements change.**

**Skaters, coaches and program staff may not participate if they:**

- Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts.
- Have been in contact with someone with COVID-19 in the last 14 days.

- Are considered vulnerable or at risk (elderly individuals, immunosuppressed persons, Individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma).

**1. Inform**

an individual in a position of authority (coach, club administrator) immediately if you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

**2. Assessment:**

- Participants must have a daily verbal screening for symptoms upon arrival at the entrance of the facility.
- Administrators/coaches will visually monitor participants to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.
- If Participants are unsure please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool, or by calling 8-1-1

**3. If a Participant is feeling sick with COVID-19 symptoms:**

- They should remain at home and contact Health Link BC at 8-1-1.
- If they feel sick and /or are showing symptoms while at work/practice/activity, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
- No Participant may participate in a practice/activity if they are symptomatic.

**4. If a Participant tests positive for COVID-19:**

- The Participant will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus as verified by a medical professional.
- Any Participants who work/practice closely with the infected participant will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
- Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.
- If any participant tests positive, the club/skating school must inform the BC/YK Section Office of the test positive case by emailing [bcyksection@skatinginbc.com](mailto:bcyksection@skatinginbc.com)

**5. If a Participant has been tested and is waiting for the results of a COVID-19 Test**

- As with the confirmed case, the Participant must be removed from the workplace/practice/facility.
- The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
- Other Participants who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
- The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

**6. If a Participant has come in to contact with someone who is confirmed to have COVID-19**

- Participants must advise their coach/club administrator if they reasonably believe

- they have been exposed to COVID-19.
- b. Once the contact is confirmed, the Participant will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Participants who may have come into close contact with the Participant will also be removed from the workplace/practice/activity for at least 14 days.
  - c. The workspace/activity area will be closed off, cleaned, and disinfected immediately, and any other surfaces that could have potentially been infected/touched.
7. Quarantine or Self-Isolate if:
- a. Any Participant or someone from your household who has travelled outside of Canada within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
  - b. Any Participant who has a member of their household that has travelled outside of Canada within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
  - c. Any Participant with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
  - d. Any Participant from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
  - e. Any Participant who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.

All of our policies are in line and adhere to all regulations of the Public Health Authority, WorksafeBC, Skate Canada, and any facility we practice at. We and will adhere to the Facility Safety Plan.

#### RESOURCES:

<https://www.viasport.ca/>

<https://www.skatinginbc.com/sites/default/files/news/resources/skate-canada-bc/yk-covid-19-information/bcyksectionreturntoplayforfigureskatingguidelines080620.pdf>

<https://bc.thrive.health/>

## **Assumption of Risk and Waiver**

**PLEASE READ CAREFULLY:**

### **1. ACKNOWLEDGMENT OF INHERENT RISK**

I understand that participation in skating, figure skating, and any other sporting activities listed in the enclosed appendix (hereinafter the "Sports Activity") is voluntary, and involves inherent risk during participation, including the risk of possible accidents, physical injury, or exposure to the COVID-19 virus or other infections or infectious diseases as a result of attending training, club events or competitive events. I freely accept and fully assume all such risks, dangers and hazards, including but not limited to personal injury, disease transmission, death, property damage or loss, resulting from my participation. I have carefully considered the risks involved, and I have full confidence that reasonable precautions will be taken to ensure the safety and well-being of myself (or my son/daughter/ward).

### **2. WAIVER**

I do for myself (or my child), and our respective heirs, executors, administrators, successors and assigns, hereby waive, release, and forever discharge Skate Canada and/or [Skate Canada BC/YK Section], [all Regions of Skate Canada BC/YK Section], POCO Skating Club, their officers, partners, agents, employees, servants, representatives, volunteers, coaches, officials, successors and assigns (the "Representatives") of and from any actions, causes of action, complaints, demands and claims or any recourse whatsoever ("Claims") that I have or may have in the future in any way connected with my (or my child's) participation in the Sports Activity contemplated herein, whether in law or in equity, in respect of personal injury, illness or disease transmission, loss of life, or property damage of any kind or nature, and I do hereby discharge the Representatives from any such liability. This includes negligence, breach of contract or breach of any statutory or other duty of care.

### **3. INDEMNIFICATION**

I further agree to fully indemnify and defend Skate Canada and/or [Skate Canada BC/YK Section], [all Regions of Skate Canada BC/YK Section], POCO Skating Club and any of their Representatives from and against any and all Claims brought against Skate Canada and/or [Skate Canada BC/YK Section], [all Regions of Skate Canada BC/YK Section], POCO Skating Club and any of their Representatives, including all related costs and expenses, and against any loss, costs, damages, or expenses which Skate Canada and/or [Skate Canada BC/YK Section], [all Regions of Skate Canada BC/YK Section], POCO Skating Club and any of their Representatives may sustain, suffer, incur, or be liable for resulting from, arising from, or in any way related to my (or my son/daughter/ward's) participation in the Sports Activity. I also agree and undertake not to make any claim or take any proceedings against the Representatives set out above, or any other person or corporation which might claim contribution or indemnity under the provisions of any statute or otherwise from the Representatives set out above.

### **4. SEVERABILITY**

The provisions of this Assumption of Risk and Waiver shall be deemed severable and if any provision or portion thereof is held invalid, illegal or unenforceable for any reason, the remainder shall not thereby be invalidated, but shall remain in full force and effect.

**Acknowledgement:** I am aware of the nature and effect of this Assumption of Risk and Waiver and I fully understand all of the terms and conditions above. I understand that I have given up substantial rights by signing this Assumption of Risk and Waiver and I am signing it freely and voluntarily without inducement.

**Parent/Guardian:** I certify that I am the parent or legal guardian of the participant named below and that I am entitled to his or her custody and control. I understand the aforesaid inherent risks that could arise from these activities, I grant permission for my son/daughter/ward to participate in the Sports Activity and other activities incidental thereto and I execute this Assumption of Risk and Waiver on behalf of myself and my son/daughter/ward.

Participant's Name: \_\_\_\_\_ Date of Birth (D/M/Y): \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Participant's Signature: \_\_\_\_\_

**\*All participants must sign this form regardless of age of the participant\***

Parent/Guardian Name(s): \_\_\_\_\_ / \_\_\_\_\_

Parent/Guardian Signature(s): \_\_\_\_\_ / \_\_\_\_\_

Date (D/M/Y): \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**\*Parent/Guardian must also sign if participant is under the age of 19\***

---

## Health Screening Questionnaire

**This questionnaire must be completed by each individual daily prior to participation in each club activity.**

**This questionnaire may be completed verbally.**

**The answer to all questions must be "No" in order to participate in each club activity. PLEASE do NOT come to skating if you can answer YES to ANY of the questions.**

Participant Name: \_\_\_\_\_ Date: \_\_\_\_\_

**1. Do you have a fever? (a temperature of 37.8C or higher)**

Yes  No

**2. Do you have any of the following symptoms?**

**• Cough**

Yes  No

**• Shortness of breath**

Yes  No

**• Runny nose, sneezing or nasal congestion**(not related to other known causes such as seasonal allergies etc.)

Yes  No

**• Sore throat**

Yes  No

**• Difficulty swallowing**

Yes  No

**• Lost sense of taste or smell**

Yes  No

**3. Have you or someone in your household travelled outside of Canada or had close contact with anyone that has travelled outside of Canada in the past 14 days?**

Yes  No

**4. Have you had close contact in the past 14 days with anyone with a new cough, fever or difficulty breathing or a confirmed case of COVID-19?**

Yes  No

**If an individual answers “Yes” to any of these questions, they are not permitted to participate in any club activities.**