



**SPEED  
SKATING  
CANADA**

# RETURN TO SPORT

Considerations for developing and communicating local return to sport plans

## IF YOU ARE SHOWING ANY SYMPTOMS STAY HOME!

- Most important part of any plan for group activities

## DAILY SCREENING

- Ask participants “Is anyone in your household showing any symptoms?”
- Record daily attendance for potential contact tracing

## PERSONAL HYGIENE

- Frequent handwashing and use of hand sanitizer
- Wear a mask when physical distancing is not possible indoors

## SAFE SOCIAL INTERACTIONS

- Limits on group size
- Maintain physical distancing

## PHYSICAL MODIFICATIONS

- Consider how people will move through and within the space

## ENVIRONMENTAL HYGIENE

- Sanitation of high touch areas
- Limit number of people moving mats, hand hygiene before and after mats are moved

## KNOW THE RISKS!

- Risk related to COVID19 extend to all contacts of the participant including the elderly and those with an underlying health condition
- Update your forms to include to include assumption of risk associated with COVID19

## FOLLOW LOCAL GUIDELINES

- Confirm local health authority guidelines, approval of your plan might be required before you have access to a facility
- Monitor provincial/territorial and local health authority guidelines for changes/updates

### \*RULE OF TWO

Safe sport protocols remain in place including “Rule of Two” for all skater/coach interactions in-person or on-line

### \*NEW NORMAL

Follow the “new norms” - organizational risk is reduced if your club is following the same practices for re-opening as other sports in your community (town, city, region, province)