

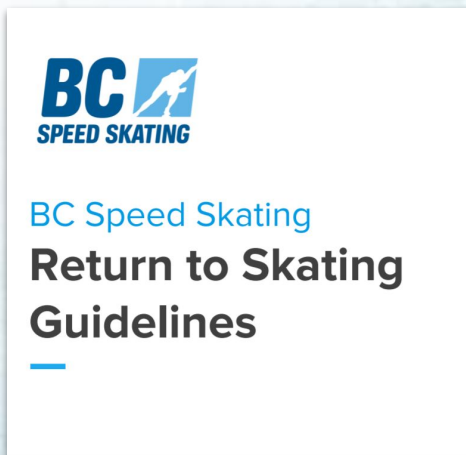


BCSSA Return to Skating Guidelines (Phase 3) November 2020 Update

November 26, 2020

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Overview



November 2020
Corresponds to sport sector Phase 3: Progressively Loosened

Province-wide restrictions



Restricted Sanctions

-at a glance-

*Let's race!
Be safe, be fair.*

Racing Formats

- Pursuit/ time-trial/ Olympic style races
- Mass start races with max 4 skaters per race (short- and mid-distances strongly recommended)
- Relay Challenges

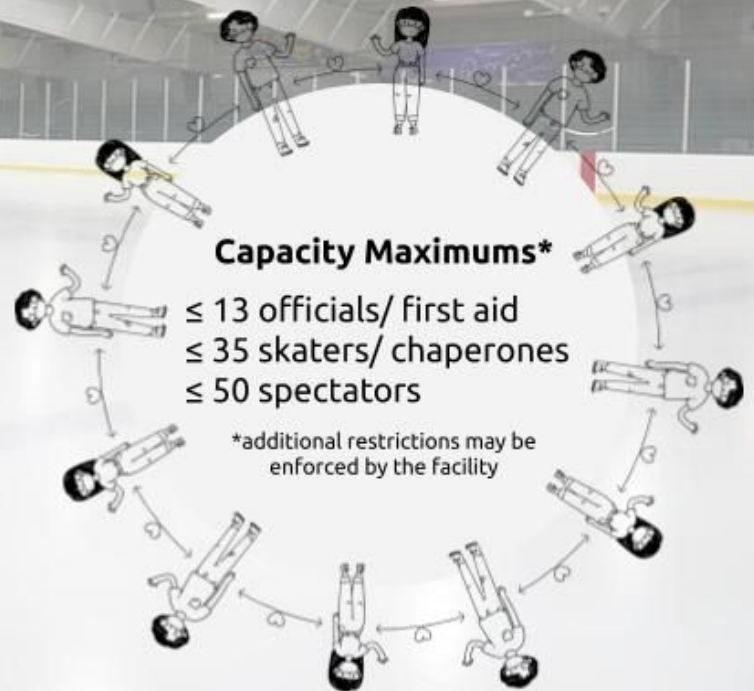
Other Considerations

- ✓ Certified track
- ✓ BCSSA Event Medical Requirements met
- ✓ Adequate protective padding
- ✓ BCSSA Return to Skating Guidelines followed
- ✓ SSC Competition Guidelines reviewed
- ✓ Daily health screening for all involved
- ✓ Adaptations to minimize contact
- ✓ Adaptations to reduce touch points

Capacity Maximums*

- ≤ 13 officials/ first aid
- ≤ 35 skaters/ chaperones
- ≤ 50 spectators

*additional restrictions may be enforced by the facility



Province-Wide Opportunities for Performance Skaters

Short Track	Long Track
<p>Short Track Provincial Ranking</p> <ul style="list-style-type: none"> ● 10-18 years old ● Times must be skated in a sanctioned competition ● Final ranking is a combination of two times (e.g. 400m + 500m) ● May be used for season-end ranking and qualifications 	<p>Long Track Competitive Cohort</p> <ul style="list-style-type: none"> ● T2T and ISU Junior ● Minimum time standards ● Maximum cohort capacity of 80 skaters ● Cohort skaters are eligible for Academy LT Camps with racing opportunities
<p>Considering opportunity for provincial-level racing event</p>	<p>Academy LT Camps include race sims and sanctioned race day</p>

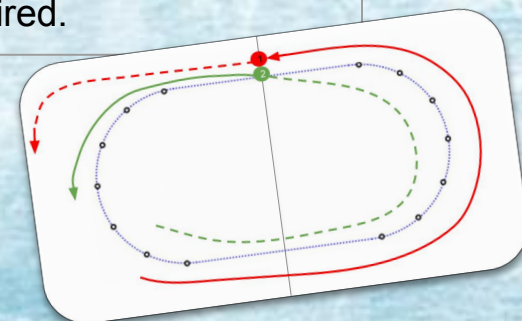


**MARCH 18TH
DEADLINE**

Provincial Relay Challenge

BCSSA is offering two Relay Challenges this year. Clubs must be in Phase 3 to participate:

Provincial Relay Challenge	Modified Provincial Relay Challenge
Age categories consistent with previous years	Expanded age categories to encourage competition
2-person, 10-minute push relay	2-person no-contact relay (6-minutes or 10-minutes dependent on age category)
A formal attempt at the PRC is the only time intentional contact is allowed!	No intentional contact; occasional close proximity also not required.



IceReg Updates

- All membership registration must be completed through IceReg. **Deadline is December 15th**. Please ensure your registrations are properly completed!
- All event registration must be completed through IceReg. This includes all sanctioned meets, GenBC events, Academy events, Officials Clinics etc.
- All sanction requests must be completed through IceReg (at the time of setting up the event for registration). Event set up and sanction request instructions to be released soon.



Other Updates

- GenBC programming is continuing virtually. Two Mental Performance Consultants (Andrei and Scott) have joined our team to support GenBC skaters.
- Inter-provincial travel for sport remains “not endorsed”.
- Keep an eye out for various Challenges, including FPVQ’s *I Skate Fast Challenge*, BCSSA’s *Relay Challenges* and SSC’s *Canadian Youth Championships* (not yet released).



“Focus on the intent of what we are trying to do right now which is stop those transmissions from happening, reducing our connections so that we can get through this next phase of the pandemic together.

Instead of thinking about how can I find my way around this, think about your way to stop the spread.

What can I do today to make a difference?

And remember, we all need to show compassion and understanding and do our part.”

