

BC  SPEED SKATING

**» REACTIVATION
2021-2022**

**Start slow
Start smart
Start together**

July 11, 2021

»» We're ready!

As British Columbia, Canada and the world emerges from the COVID-19 pandemic, we are ready to reactivate our sport! To ensure the wellness of our members and organizations, we are following three principles:

1. Start slow
2. Start smart
3. Start together

For more information, please visit these resources:

[BC's Restart](#)

[viaSport Return to Sport Restart 2.0](#)

[WorkSafeBC Communicable Disease Prevention](#)

» Start Slow

It's been a while since we've been together, raced and socialized. Just as a skater needs to progressively wind up to do a flying lap, our sport needs to progressively wind up to our full capacity. The focus in fall 2021 will be "Regional Reactivation": practices, camps and competitions within your region. Beginning in January 2022, we will move to "Provincial Reactivation", with select provincial events being hosted. Other things to consider:

- Allow skaters, coaches, officials, volunteers and parents some flex room as they come back up to speed
- Requirements and guidelines represent the limit of allowed activities; a more conservative approach is always an appropriate option
- Follow [Return to Sport Training Principles](#) in club programming to avoid injuries
- Communicate early and often with members to proactively address conflict

»» Start Smart

The “Golden Rules for Everybody” Applied to Speed Skating



- Stay current with [viaSport Return to Sport Restart 2.0](#) updates
- Know and follow all venue guidelines
- Be aware of local public health variances and be prepared to react to changes in local public health measures
- All clubs must create a club [Communicable Disease Response Plan](#)
- Consider creating a Communicable Disease Response Plan specific to events (camps and competitions)
- Follow the [Rule of Two](#) during in-person and virtual club events at all times

»» Start Smart

The “Golden Rules for Everybody” Applied to Speed Skating



- Use outdoor venues for summer training when possible
- Consider outdoor warm-ups when the weather permits
- Continue to explore unique opportunities for outdoor skating
- Host club social events outdoors when possible



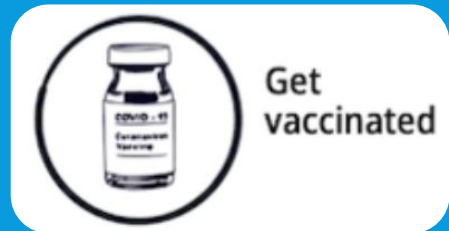
- Verify local public health restrictions before travelling out of province
- Verify Canadian federal and local restrictions before travelling out of country
- Check with local public health before hosting out-of-region skaters for camps and competitions
- Communicate local public health guidance to out-of-region skaters in the event announcement and registration package

»» Start Smart

The “Golden Rules for Everybody” Applied to Speed Skating



- Communicate early and often with members and event participants
- Support members' varying level of risk tolerance regarding communicable diseases
- Allow members to wear a mask and/or other personal protective equipment if they choose



- Proof of vaccination is not required to participate, travel, nor compete
- Masks are recommended indoors off the ice for those aged 12+ who have not received both immunization shots

»» Start Smart

The “Golden Rules for Everybody” Applied to Speed Skating



Stay home
if sick



Clean your
hands

- Implement, communicate and enforce and stay-home-when-sick policy for club events
- Request that members and event participants complete a self-health check as part of standard practice
- Modify team selection policies to allow for illness byes
- Provide education on hand hygiene standard guidelines
- Request hand hygiene is performed before and after using common equipment such as protective pads, corner belts etc.
- Provide hand sanitizer in shared spaces such as on the timing platform, in the recording room, in the hospitality room where food is served etc.
- Develop cleaning procedures for shared equipment
- Ensure first aid kits are appropriately stocked with PPE

»» Start Smart

The “Golden Rules for Everybody” Applied to Speed Skating



- Choose sport event group sizes that allow for adequate spacing; this may require in-out competition formats
- Be aware of capacity for events with seated spectators
- Use good respiratory etiquette, including coughing into your elbow, no spitting on the ice, using electronic whistles etc.
- Implement strategies to keep personal belongings separated, for example skater bins on the ice and assigned spots in the change rooms
- Allow for adequate spacing in shared spaces such as the timing platform or coaches box
- Use technology where appropriate to replace the high number of volunteers required; for example, electronic timing systems
- Consider practice activities that allow for distance and space between participants when feasible and appropriate

»» Start Together



Practice solid governance

- Be aware that the club's Board continues to have fiduciary responsibility and is accountable for the decisions and work of the organization
- Name a club Safety Coordinator, who is responsible for communicable disease prevention, safe sport initiatives, and physical safety
- Be aware that liability protection through the [COVID-19 Related Measures Act](#) has been extended to December 31, 2021



Review membership options

- Consider offering memberships in session blocks and/or season-long part-time options
- Offer discounts such as sibling discounts
- Include grant information such as [KidSport](#) on club websites
- Establish payment plans throughout the season
- Create supplementary training options such as dryland, inline, outdoor skating, virtual training etc.

»» Start Together



Cultivate our
sport
community

- Build the club's sense of community through sharing of club activities via social media, recognition of skater accomplishments, social events, social events etc.
- Host try-it days to increase the club's visibility within the community
- Foster relationships with local sport clubs and multisport organizations such as Pacific Sport or Engage Sport North

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