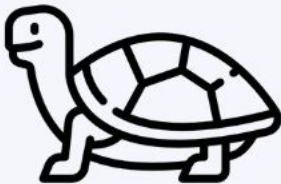


# BC SPEED SKATING



## REACTIVATION 2021-2022



**START SLOW**

**1**



**START SMART**

**2**



**START  
TOGETHER**

**3**

# »» WE'RE READY!

As vaccination rates in British Columbia, Canada and the world increase, 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

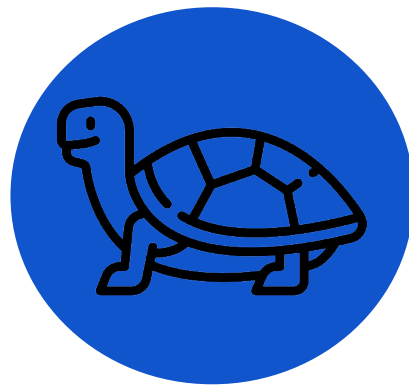
For more information, please visit these resources:

[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 may be considered
- 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



## FOLLOW GUIDELINES

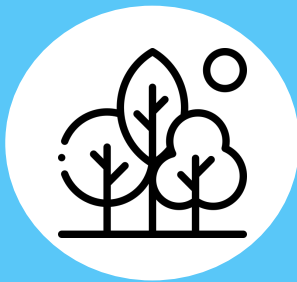


- Stay current with [viaSport Return to Sport Restart 2.0](#) updates
- Note that the “field of play” for speed skating is limited to the ice surface (during active skating activities), officials/volunteer stations requiring access or unimpeded visibility of the ice surface, coaches box, heat box and areas immediately surrounding the on/off gates, and a designated athlete area (skate sharpening, dryland, warm-up); access to the field of play should be limited to skaters, coaches and officials/volunteers who require access for their role
- Be aware of regional public health variances above and beyond the province-wide restrictions covered in the viaSport documents and this document; be prepared to react to changes in regional public health measures
- Know and follow all venue guidelines
- 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

## IT'S ALWAYS SAFER OUTDOORS



- 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

## CHECK BEFORE YOU TRAVEL



- 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

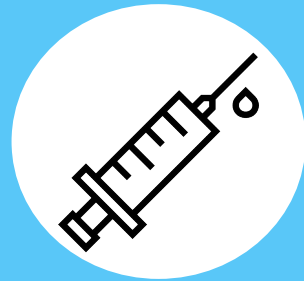
The “Golden Rules for Everybody”  
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## CONSIDER OTHER PEOPLE’S SITUATION



- Communicate early and often with members and event participants
- Support members’ varying level of risk tolerance regarding communicable diseases
- Allow members to wear personal protective equipment beyond the current requirements if they choose; note that all individuals 5+ years must wear a mask indoors with the exception of when engaged in physical activity on the field of play

## GET VACCINATED



- The BCSSA Board of Directors strongly recommends that, if you are eligible, you get vaccinated

In indoor sport...

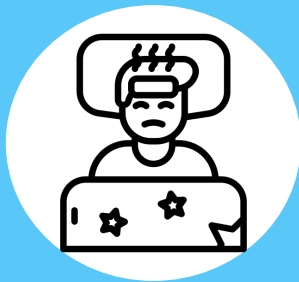
- All\* adults (22+ years) entering the field of play must show proof of vaccination
- Youth skaters (<22 years) in a youth program are exempt from showing proof of vaccination
- Spectators (12+ years) must show proof of vaccination; spectators must not have access to the field of play

\*Adults who are employees in their role may be exempt. Please contact BC Speed Skating to discuss individual cases

# ➤➤ START SMART

The “Golden Rules for Everybody”  
Applied to Speed Skating

## STAY HOME IF SICK



- 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

## CLEAN YOUR HANDS

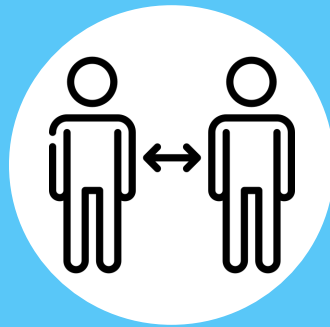


- Provide education on hand hygiene standard guidelines
- Request hand hygiene is performed before and after using common equipment such as protective pads, corner belts etc.
- Provide hand sanitizer in shared spaces such as on the timing platform, in the recording room, in the hospitality room where 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

### RESPECT PERSONAL SPACE



- 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
- Note that skaters, coaches, officials and volunteers who leave the field of play must be considered in the headcount for 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 SPORT COMMUNITY

- Build the club's sense of community through sharing of club activities via social media, recognition of skater accomplishments, 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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