

CSSC Illness Policy

The purpose of this Policy is to:

- Establish a protocol if an individual becomes unwell with COVID-19 symptoms.
- Establish a protocol for the club to inform OSSA, the facility, coaches, skaters, parents, members and volunteers if there has been an exposure to COVID-19 within the club or training group or if a club member is diagnosed with COVID-19.
- Establish procedures to modify, restrict, postpone or cancel training sessions or other activities based on the evolving COVID-19 pandemic.

For the purpose of this Policy, the designated group shall consist of the Board of Directors.

Public Health Guidelines Clubs and members should follow all public health guidelines regarding COVID-19.

These may include:

- Any club members who themselves have travelled outside of Canada, or has someone in their household who has travelled outside Canada must self-isolate and not participate in club/skating activities for 14 days
- Any individual who has been exposed to someone with a confirmed case of COVID-19 should self-isolate and is not permitted to participate in club/skating activities for 14 days
- Any individual with symptoms of COVID-19 is not permitted to take part in club or skating activities
- Any individual who has someone in their household showing symptoms of COVID-19, should not participate in club/skating activities for 14 days
- Any individual who has been directed by Public Health to self-isolate must not participate in club activities.

An individual becomes unwell with COVID-19 symptoms

- If an individual becomes unwell with symptoms of COVID-19, or comes in contact with an individual that becomes unwell with symptoms of COVID-19, that individual must immediately stop participation in club activities.
- If the individual becomes unwell during a training activity, the individual should be isolated from all others in a well-ventilated area or outside, and provided with a non-medical face mask if one is available. Coaches have the right to ask participants to leave a training session if they feel the individual is unwell.
- The individual shall be sent home and instructed to contact public health authorities for further guidance.
- A member of the designated group should be informed of the situation. This member will contact the facility in order to determine if any areas need to be closed off and/or require additional cleaning/disinfecting. This person will contact the individual or their parent/guardian to determine if next steps are being taken regarding testing.

An individual is tested for COVID-19

- Any individual that is part of a club who has been tested for COVID-19 as a result of showing COVID-19 symptoms must not participate in club activities while waiting for the results of the test.
- The club will consult the Session Participation tracking sheets to inform other club members who might have been in close contact with the individual.
- Any club members who were in close contact with the individual should not participate in club activities and should follow public health guidelines until the diagnosis of COVID-19 is ruled out by health professionals.

An individual tests positive for COVID-19

- If an individual tests positive for COVID-19, they should inform the club.
- The club through the designated group will contact the facility and public health officials. The Session Participation tracking sheet may be used to assist public health officials in contact tracing.
- Any club members who were in close contact with the individual should not participate in club activities for 14 days and should follow public health guidelines regarding self-isolation and testing.
- The club will inform Ontario Speed Skating of a positive COVID-19 diagnosis by emailing executivedirector@ontariospeedskating.ca

Return to club activities following illness

- If no test was performed, or the COVID-19 test was negative, the individual may only return to club activities once they no longer have any symptoms of COVID-19.

Return to club activities following COVID-19

- Following a positive COVID-19 test, an individual must follow all public health guidelines regarding return to activities.
- The individual will need a note from their physician or public health authority to return to participation.