



# RECOMMENDED BEST PRACTICES

*COVID-19 Recommended Best Practices  
Presented by Manitoba Speed Skating Association*



## Preparing for the Upcoming Season

Manitoba Speed Skating Association (MSSA) is prepared to meet Public Health regulations through the Recommended Best Practices as outlined below. Additional actions will be addressed as mandated.

The following Best Practices are applicable to our High-Performance Programs (Provincial Team and Development Team), MSSA Clubs and Executive.

Manitoba Speed Skating Association will follow the Provincial mandated rules regarding the number of people allowed in a group at a time and we will adapt as required or allowed. We will follow all guidelines and procedures as required by the facility operators.

# COVID-19 Response Levels

The Manitoba Government has designated a colour-coded response to COVID-19 levels. The procedures to follow according to each level are outlined in this document. Please note that for all levels, facility requirements for participation numbers and facility capacity will take precedent. Different regions of Manitoba may be experiencing different response levels.



Red (Critical)

Community spread of COVID-19 is not contained and/or there are significant strains on the healthcare system.



Orange (Restricted)

Community transmission of COVID-19 is occurring. Public health measure are being taken to manage the negative impact on human health and/or the healthcare system.



Yellow (Caution)

Community transmission of COVID-19 is at low levels.



Green (Limited Risk)

The spread of COVID-19 is broadly contained and a vaccine and/or effective treatment is available.

# Athlete Expectations

REFERENCE NO.    RESPONSE LEVEL    PROCEDURE

AE-001



Practice physical distancing by staying a minimum of two (2) meters away from other people at all times.

AE-002



Do not shake hands or high five.

AE-003

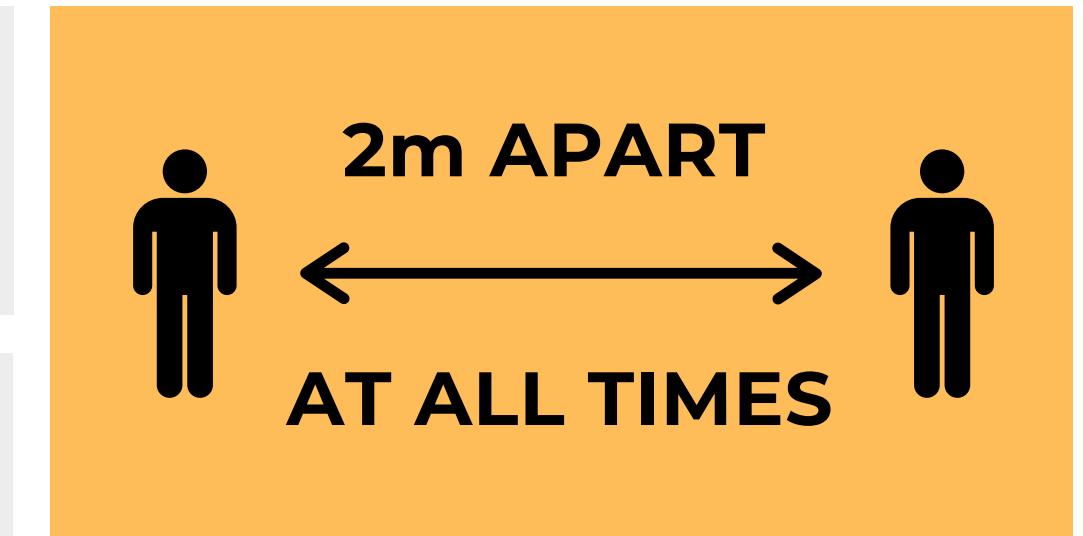


Do not loiter in the parking lot before or after training.

AE-004



Athletes cannot share water bottles. All personal items should be marked with the name of owner.



# Athlete Expectations

REFERENCE NO.	RESPONSE LEVEL	PROCEDURE
AE-005	  	If an athlete displays or is experiencing signs of COVID-19 symptoms (coughing, sneezing, runny nose, tiredness, diarrhea, sore throat, fever, shortness of breath and/or muscle soreness not related to overexertion of exercise) they will be asked to leave the training session immediately. They will be asked to follow procedures according to Health Links.
AE-006	  	Athletes and parents of minors are required to read and agree to the <b>MSSA Best Practices During COVID-19 Return to Play Policy and Athlete Expectations</b> . If the athletes are not abiding by the policy, they will be suspended from live training for a minimum of one week. A meeting between the athlete (and parents in case of a minor), coaches and Executive Director will determine when the athlete can return to live training.
AE-007	  	Athletes are required to wear masks when they enter and exit the building. The masks need to be worn in the common areas, lobby, change rooms, etc.
AE-008		When leaving the change room to get on the ice, athletes are allowed to take off their mask and put on their buff (neck/face covering) instead. Athletes are required to wear the buff over their mouth while on the ice and receiving directions from coaches. When they are skating and doing drills, they are allowed to lower the buff from their face.

# Athlete Expectations

REFERENCE NO.    RESPONSE LEVEL

AE-008



When leaving the change room to get on the ice, athletes are allowed to take off their mask and put on their buff (neck/face covering) instead. Athletes are required to wear the buff over their mouth while on the ice and receiving directions from coaches. When they are skating and doing drills, they will still need to wear a mask or face covering.

AE-009

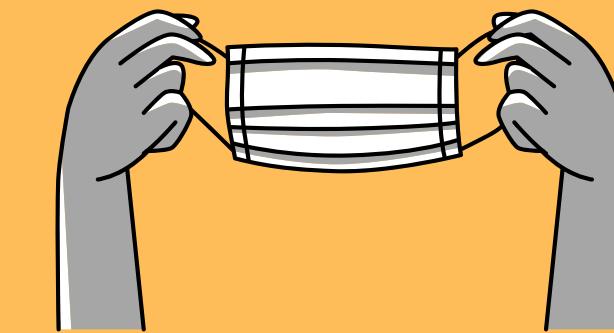


If an athlete resides in a region that is in the Red (Restricted) category, they are not able to attend competitions and training outside of their region at that time.



Athletes cannot share any equipment, such as turning cables.

## WEAR A MASK



# Training Environment

REFERENCE NO.	RESPONSE LEVEL	PROCEDURE
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TE-001    Coaches will be provided with a megaphone or other voice enhancing device so that the athletes can continue to physically distance during explanations.

TE-002    Physical distancing measures apply at all times. However when training with your cohorts, it is not expected to maintain 2 metres of distance on the ice. It is expected to maintain 2 metres of distance or more while in the facility with individuals not in the same training cohort.

TE-003    When training at arenas and indoor facilities on ice, athletes will practice physical distancing, maintaining 2 metre distance at all times. The number of athletes allowed in each dressing room will depend on room size.

TE-004    Clubs will be required to follow facility requirements for participant numbers. Therefore, clubs and teams will be divided into cohorts based on facility regulations.

# Training Environment

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REFERENCE NO.	RESPONSE LEVEL	PROCEDURE
TE-005	  	No extended time of physical contact is allowed during training sessions.
TE-006	  	Parents and spectators are permitted to stay and watch training sessions if facilities allow it. All spectators, volunteers, and officials are required to wear masks at all times.
TE-007	  	Hand sanitizer is provided at all facilities and everyone is required to sanitize upon entering the facility.
TE-008	  	If someone from a cohort within a Team or Club tests positive, the cohort is required to self-isolate for 14 days.
TE-009	  	The High Performance Team will remain as cohorts of 20 or less people.

# Training Environment

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REFERENCE NO.	RESPONSE LEVEL	PROCEDURE
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TE-0010 

Coaches must wear a mask at all times in the facility but are not required to wear it on-ice.

TE-0011  

If any athlete in the cohort lives in an Orange or Red area or the training takes place in an Orange or Red area, the whole cohort including coaches will wear masks throughout the whole practice.

# Workplace Safety

REFERENCE NO.	RESPONSE LEVEL	PROCEDURE
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WS-001   

Staff is able to recognise the symptoms of COVID-19 in each other and members.

WS-002   

Meetings are conducted by phone or online when possible. For in-person meetings, physical distancing (2 meters/6 feet) between attendees is required. Working from home is strongly recommended for all staff.

WS-003   

Staff is trained to maintain physical distancing, staying 6 feet apart from all coaches and athletes.

## COVID-19 SYMPTOMS

- Coughing
- Sneezing
- Runny Nose
- Tiredness
- Diarrhea
- Sore Throat
- Fever
- Shortness of Breath
- Muscle Soreness

# Competition Safety

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REFERENCE NO.	RESPONSE LEVEL	PROCEDURE
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CS-001



Maximum registration number is 50 people. The venue must have available dressing rooms to support a maximum of 15 person capacity with 2 meters of physical distancing allowable within the dressing room. Registered skaters will be segregated into cohorts of no more than 15 and these cohorts will be assigned dressing rooms. Skaters will only race against other skaters within their cohort, and should not be interacting with skaters from other cohorts.

CS-002



No one else (parents, officials, etc) will be allowed into the dressing rooms. Only the Clerk will be allowed to open the dressing room door to advise the skaters of their race time.

CS-003



Skaters will wear a mask at all times except when in the dressing room and on the ice for their race.

# Competition Safety

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REFERENCE NO.	RESPONSE LEVEL	PROCEDURE
CS-004	 	All officials and spectators/parents will be required to wear a mask when in the venue and practice physical distancing.
CS-005	 	Races will consist of no more than 8 skaters.
CS-006	 	On-ice officials will consist of 4 track stewards and 1 ref/competition coordinator. They are all required to wear a mask and gloves.
CS-007	 	Ice level officials will consist of 2 clerks (managing the on-deck races) 2 lap counters, 1 starter, and 1 trauma care person, all of whom are required to wear a mask and gloves. On-ice officials will be provided with air horns rather than whistles.

# Competition Safety

REFERENCE NO.	RESPONSE LEVEL	PROCEDURE
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CS-008



A maximum of 5 coaches will be allowed in the coaches box. All coaches are required to wear masks and adhere to 2 metre physical distancing locations which will be indicated within the coaches box.

CS-009



To further separate and social distance as many officials as possible from the athletes and each other, the following positions will be executed in the viewing gallery which is 10 feet above the field of play: E-timers (2 positions), manual timers (4 positions), place judges (4 positions), recorders (2 positions), off-ice ref (1 position, and back up starter (1 position).

CS-010



Skaters will stay in their dressing rooms with their cohort groups until they are called to the clerk station. Skaters will have the option of going outside the venue if they want to warm up or warm down, with use of a sanitation station upon their return. They are not allowed to congregate anywhere in the venue other than their assigned dressing room.

# Competition Safety

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REFERENCE NO.	RESPONSE LEVEL	PROCEDURE
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CS-011



The clerk station will have seating for 2 on-deck races. All seats in the clerk station will be 2 metres apart.

CS-012



There will be an additional "skate tying station" 2 metres from the clerk station with chairs spaced 2 metres apart. This station will be for the exclusive use of skaters that require parental help to tie their skates.

CS-013



To limit the number of people in the venue, each skater will only be allowed one parent/guardian to attend if viewing capacity allows, with the exception of parents officiating or coaching.

CS-014



Results will be posted digitally so any skater or parent can access the posted results with a smartphone.

# Competition Safety

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REFERENCE NO.	RESPONSE LEVEL	PROCEDURE
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CS-0015



Skaters will wear a mask at all times, including the dressing room and on the ice.

CS-0016



There will be no competitions or camps in the restricted area until the response level is no longer Red.