



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.

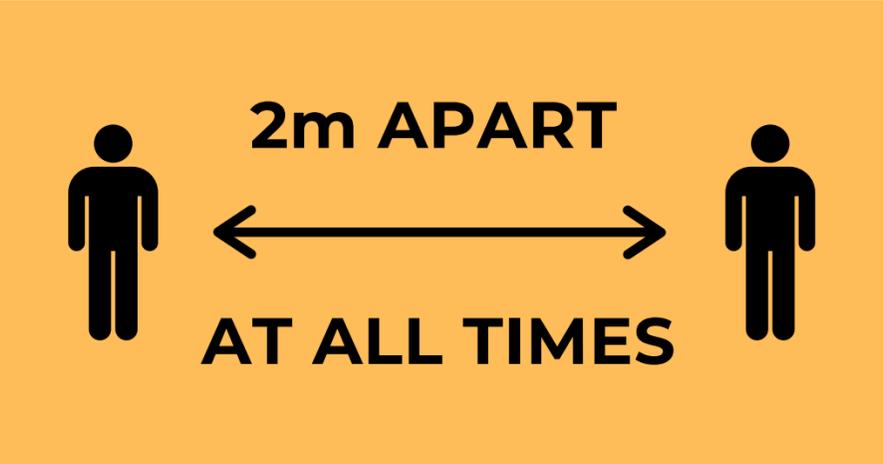
COVID-19 Response Levels

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 measures 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 MSSA Best Practices During COVID-19 Return to Play Policy and Athlete Expectations . 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.

Athlete Expectations

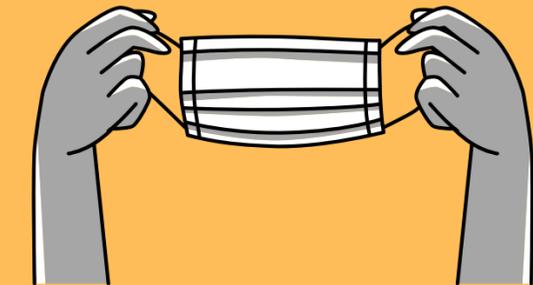
REFERENCE NO.	RESPONSE LEVEL	PROCEDURE
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AE-009



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.

WEAR A MASK



AE-0010



Athletes cannot share any equipment, such as turning cables.

Training Environment

REFERENCE NO.	RESPONSE LEVEL	PROCEDURE
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

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	  	The High Performance Team will remain as cohorts of 20 or less people.

Training Environment

REFERENCE NO.	RESPONSE LEVEL	PROCEDURE
TE-009		Coaches must wear a mask at all times in the facility but are not required to wear it on-ice.
TE-0010		If the response level of the training area is Orange, the whole cohort is expected to wear masks or face coverings at all times, with the exception of when they are on the ice. However, the coaches will be expected to wear masks at all times.
TE-0011		If the response level of the training area is Red, the whole cohort, including coaches, must wear masks or face coverings throughout the whole practice.

Workplace Safety

REFERENCE NO.	RESPONSE LEVEL	PROCEDURE
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.

Competition Safety

REFERENCE NO.	RESPONSE LEVEL	PROCEDURE
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

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
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

REFERENCE NO.	RESPONSE LEVEL	PROCEDURE
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

REFERENCE NO.	RESPONSE LEVEL	PROCEDURE
CS-015	  	All parents, spectators, officials, coaches, volunteers, and staff must always wear a mask.
CS-0016		Skaters will wear a mask at all times, including the dressing room and on the ice.

Positive COVID-19 Tests

REFERENCE NO.	RESPONSE LEVEL	PROCEDURE
PCT-001	  	A close contact is defined as any individual who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient is isolated. Anyone identified as a close contact will be contacted and provided instructions for self-isolation (quarantine). Testing may also be recommended.
PCT-002	  	If someone from a cohort within a Team or Club tests positive, training and events for the cohort will be suspended for 14 days and the cohort members will be advised to follow public health directions.

COVID-19 Screening Managing Symptoms

Use this self screening tool here and on the next page to determine whether or not you should attend events. If unsure, call Health Links at 204-788-8200, or use their online Screening Tool at <https://sharedhealthmb.ca/covid19/screening-tool>. Make sure to follow all Public Health directives.

COLUMN A SYMPTOMS

- Fever (>38°C)
- Cough
- Sore throat/hoarse voice
- Shortness of breath/breathing difficulties
- Loss of taste or smell
- Vomiting or diarrhea for more than 24 hours

COLUMN B SYMPTOMS

- Runny nose
- Muscle aches
- Fatigue
- Conjunctivitis (pink eye)
- Headache
- Skin rash of unknown cause
- Nausea or loss of appetite
- Poor feeding (if an infant)

COVID-19 Screening Managing Symptoms

