

RELAUNCH CONSIDERATIONS

To open your business to the public, you must complete a plan to reduce the risk of transmission of COVID-19 among your staff and customers. The completed template must be posted in your place of business or online within 7 days of the public being able to attend your business.

The following template includes considerations to help guide you as you plan to open your business. This should be completed using Alberta Health's [Workplace Guidance for Business Owners](#), sector-specific guidelines, and any additional requirements your business or industry association provides.

Guidelines: Millar Power Skating

Distancing Measures

- Millar Power Skating is committed to working with and following the City of Fort Saskatchewan Dow Centennial Centre Arena protocols based on the specific facility requirements. The safety and security of all the participants during the on-ice sessions is a top priority. Camps max out at 12 players, this is to utilize the space of the large ice surface to maintain 2 metres distance between participants at all times.
- Lines are used for warm ups to establish 2 metres distance between participants. Cones will be placed along the goal line to ensure each player is evenly spaced across the goal line (2 metres apart). My 12 plus years of instructional experience allows me to adjust and adapt my drills to allow ample space between players and myself at all times.
- During rest periods between reps in the drills, I will ensure players continue to keep the same initial pattern of warm up and continue to distance themselves (keeping 2 metres apart).
- Water breaks will be kept to 6 players at a time with water bottles evenly spaced on the boards (done at the beginning of the session, marked with tape) this ensures that even in-between drills my participants will maintain a safe distance of 2 metres from other participants.
- Direction of flow in any drills will always be the same direction with lines (established by cone spacing) or on actual lines on the ice, always ensuring that participants are 2 metres apart. Example: If using circles for drills, no more than 2-3 skaters on a single circle will be allowed at a given time.
- Spectators (excluding parents and guardians where necessary for player support) will be directed to remain outside of participant areas.

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Cleaning

Dressing Rooms are not available so players will be asked to come in full equipment to the rink, minus skates, gloves, stick and helmet. Players will also be advised that they will have to exit the arena with only removing their skates, gloves and helmet. They won't need to bring their hockey bags into the rink or any valuables (current protocol at River Cree arena).

Each player will be required to bring their own water bottle labeled with their name on it. This will prevent sharing.

Hand Hygiene

All participants (coaches, players) must wash their hands with soap and water for a minimum of 20 seconds, or use a 60% or stronger alcohol based hand rub before commencing any activity. Everyone will be encouraged to wash or disinfect their hands frequently and to avoid touching their eyes, nose or mouth.

- Hand hygiene and respiratory etiquette will be encouraged.

Cleaning

- Since only one coach/staff member will be present with the players, there will not be any shared equipment that will need to be cleaned.
- Boards and benches will be wiped down by City staff (facility operators) between cohorts.

Screening for Symptoms

- I will use the COVID-19 Screening checklist each and every day upon participants' arrivals to the DOW (at the entrance of the rink before they enter). Recording responses and creating a log will create a screening tool prior to the participants scheduled sessions.
- Participants will not be allowed to participate nor be allowed into the Dow in the event they exhibit any symptoms.
- I am the only current staff member for Millar Power Skating during COVID-19.
- Rapid Response if a player or staff member starts to show symptoms:
 - Immediate isolation of the symptomatic participant from others, including arrangement for safe travel home.
 - Consideration of suspension or temporary cancellation of the event.
 - Cleaning and disinfecting of all equipment and surfaces that may have come into contact with the symptomatic participant.
 - Performance of hand hygiene by remaining participants.

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Personal Protective Equipment (PPE) – *where distancing measures cannot be maintained*

- Nitrile gloves and a face mask (surgical mask or non-medical mask) will be worn if staff need to be within the 2 metre distance such as first aid response.
- 2 metres distance will be followed at all times when entering the Dow facility. Often time's players will be wearing full masks that will provide a barrier on top of the 2 metre distancing.
- Is the full mask the clear visor attached to the helmet or cage? Define full mask please.

Responsibilities

- Millar Power Skating (Britney Millar) will utilize the COVID-19 Screening Checklist to educate parents and participants on the symptoms and situations associated with the risk of transmitting COVID-19.
- Millar Power Skating is fully committed to providing my clients with a safe and enjoyable experience. I will adhere to all the policies and protocols.
- I have all the contact information of all my participants (Email, phone, Alberta HC) and will be emailing all of the protocols and procedures of the camps to all participants prior to their camp start dates.
- Daily attendance will be taken by Britney Millar.
 - To support public health contact tracing efforts in the event that an attendee tests positive, operators should collect the names and contact information of all attendees (staff, volunteers, parents and participants).
 - Providing information is voluntary for attendees. An organization must obtain an individual's consent and notify them about the purpose and legal authority for the collection.
 - Information about attendees will only be requested by Alberta Health Services if a potential exposure occurs onsite.
 - Records should only be kept for two weeks. An organization must make reasonable security arrangements to protect the personal information.
 - Any personal information that is collected for COVID-19 contact tracing can only be used for this purpose, unless an individual provides their consent (i.e., parents may permit Millar Power Skating to retain personal information for events).
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Owner/Manager: Britney Millar _____

Date: June 17, 2020

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SCREENING CHECKLIST

If an individual answer yes to any of the questions, they must not be allowed to participate in the sport. Children and youth will need a parent to assist them to complete this screening tool.

If you have answered “yes” to any of the above questions do not participate. Go home and use the AHS Online Assessment Tool to determine if testing is recommended

1.	Does the person attending the activity, have any of the below symptoms:	YES	NO
	• Fever	<input type="checkbox"/>	<input type="checkbox"/>
	• Cough	<input type="checkbox"/>	<input type="checkbox"/>
	• Shortness of Breath / Difficulty Breathing	<input type="checkbox"/>	<input type="checkbox"/>
	• Sore throat	<input type="checkbox"/>	<input type="checkbox"/>
	• Chills	<input type="checkbox"/>	<input type="checkbox"/>
	• Painful swallowing	<input type="checkbox"/>	<input type="checkbox"/>
	• Runny Nose / Nasal Congestion	<input type="checkbox"/>	<input type="checkbox"/>
	• Feeling unwell / Fatigued	<input type="checkbox"/>	<input type="checkbox"/>
	• Nausea / Vomiting / Diarrhea	<input type="checkbox"/>	<input type="checkbox"/>
	• Unexplained loss of appetite	<input type="checkbox"/>	<input type="checkbox"/>
	• Loss of sense of taste or smell	<input type="checkbox"/>	<input type="checkbox"/>
	• Muscle/ Joint aches	<input type="checkbox"/>	<input type="checkbox"/>
	• Headache	<input type="checkbox"/>	<input type="checkbox"/>
	• Conjunctivitis	<input type="checkbox"/>	<input type="checkbox"/>
2.	Have you, or anyone in your household, travelled outside of Canada in the last 14 days	<input type="checkbox"/>	<input type="checkbox"/>
3.	Have you or your children attending the program had close unprotected* contact (face-to-face contact within 2 metres/6 feet) with someone who is ill with cough and/or fever?	<input type="checkbox"/>	<input type="checkbox"/>
4.	Have you or anyone in your household been in close unprotected contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	<input type="checkbox"/>	<input type="checkbox"/>