

## **SAISA sport-specific guidelines for SAISA members on the Return to Sport: Step 3 of the COVID-Safe Plan**

We're all excited to get back to skating.

Competition and training might look a bit different from what it was before COVID-19.

We all need to make sure we follow the rules on how we can return to sport safely.

You can help keep sport alive and keep everyone safe by following these few steps.

### **Before you attend the rink or off-ice session check these health-safety points:**

- Some people can get sick more easily than others so we need to take extra care
- If you have cold or flu-like symptoms such as cough, sore throat, fever, shortness of breath stay home
- If you are unwell, do not come to training or attend an event such as competition or test
- If you are worried, talk to your doctor before returning to sport
- Consider downloading the COVID Safe app

### **If you decide to attend the rink:**

- Pay your fees and register electronically before-hand if possible
- Come dressed in your sport gear if possible
- Bring your own towel, food and drink bottle and make sure it has your name on it
- Pack your own hand sanitiser as backup
- Be prepared to follow the hygiene and distancing rules for COVID-19

### **Entering the rink:**

- Look out for entry and exit doors and floor markings for traffic flow and distancing
- Look out for sanitising stations
- Look out for rink rules

### **Social distancing:**

Social distancing is one of the most effective methods of reducing the spread of the virus.

Social distancing rules apply to skaters, coaches, officials, parents, spectators.

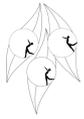
- Obey the floor markings and signs for traffic flow and distancing
- Keep 1.5 metres away from the next person or group as much as possible both off-ice and on-ice
- Examples are:
  - Skaters must sit 1.5 m away from other skaters and people not in their household when putting on or taking off skates, including in the change rooms,
  - Coaches must keep 1.5m from their skaters,
  - Coaches, skaters, parents, must keep 1.5m away when speaking to officials,
  - Officials must be placed 1.5m from each other when officiating,
  - Everyone should keep 1.5m from staff members when talking with them,
  - Spectators must sit or stand 1.5m apart.

### **Warm-ups:**

- SAISA does not support skaters warming up in areas used by patrons entering and exiting the rink or in the car-park at the IceArena, Other rinks may also have restrictions
- Make sure you have asked your coach for appropriate off-ice warm-up options for home, outside the rink or in an area approved by rink management
- Have effective on-ice warm-up routines

### **Entering the ice:**

- Keep your distance, do not crowd the entry door
- Sanitise your hands at the sanitiser station
- SAISA recommends you don't bring your stuff onto the ice to clutter the barrier; many rinks don't allow this. The barrier surface is a high touch surface and could transmit the virus
- If the rink allows it you may bring your labelled water bottle and inhaler and place them 1.5m away from the next one to avoiding crowding at the barrier



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### In Lessons or practising:

- Keep 1.5m distance wherever possible
- Coaches should limit physical intervention with skaters. They are expected to maintain 1.5m between themselves and their students and direct groups of their students e.g.: in Synchro, to maintain distance whenever possible
- High-risk manoeuvres should be reconsidered and if they are required coaches should strictly monitor skaters for skill level
- No grouping allowed at the barrier (skaters should not stop and talk at the barriers or on the ice)
- Skaters and coaches must dispose of their used tissues immediately and safely placing them into the bin provided (no throwing)
- If you usually spit or clear your nose on the ice, just don't do that!
- Sanitise your hands on leaving the ice

### Parents in the grandstand:

- Where parents are allowed onto the grandstand there should be no communication between parent/guardian to the skater below. The fine spray from speaking can potentially deliver the virus to the area below them
- The AIS (Australian Institute of Sport) recommends, and SAISA supports, the minimising gatherings of adults/spectators to only one caregiver per participant

### General

- **Don't share** your gear, drink bottles, phone, etc with anyone not in your family
- **No handshakes** or hugs and high fives
- **'Get in, train, get out'**. This approach to training is recommended by the AIS. The AIS advises that sports should focus on this to minimise unnecessary contact in change rooms, bathrooms and communal areas. SAISA supports this approach
- **Duration of activity.** The SA Government recommends limiting any activity to 2 hours or less where possible. SAISA supports this aim
- **The closure of rinks** during the COVID-19 lock down means skaters have had less time to prepare for major events and tests. In conjunction with the National body, ISA (Ice Skating Australia), SAISA will be implementing flexible conditions for tests and competitions. Tests and competitions may look different from pre-COVID events both here and interstate. These matters will be closely monitored

### Risk Management

- **Contact tracing** information collected by SAISA at SAISA events will be made available to government officials if required
- **COVID-Safe Plan.** SAISA has completed the SA Government's COVID-Safe Plan. These guidelines are in addition to the COVID-Safe Plan and are specific to the sport
- **Rink COVID-Safe plan.** IceArena management (SA Ice Sports Federation) has also supplied a COVID-Safe Plan and is responsible for providing a clean & safe environment
- **Non-Compliance:** SAISA is committed to assisting with the provision of safe environments for skating families. Any non-compliance with these requirements may result in membership suspension

### Updates to these guidelines

- This policy will be updated as frequently as needed
- This version (V2) was authorised by the SAISA Board on 6 Jul 2020