



SSC COMPETITION GUIDELINES

During COVID-19 Restrictions

Previous Update: October 9, 2020

Revised: May 2021

Revised: August 2021



TABLE OF CONTENTS

COMPETITION GUIDELINES.....	3
Hygiene	4
Information Management.....	4
Know Who’s There.....	4
Emergency Action Plan (EAP)	4
First Aid.....	4
Capacity Management.....	4
Officials / Volunteers (see Appendix C).....	5
APPENDICES	6
Enhanced Emergency Action Planning.....	7
Masks	9
Officials/Volunteers	10
Pre / Post Competition Travel Advisory.....	11



COMPETITION GUIDELINES

During COVID-19 Restrictions

Speed Skating Canada's number one priority is the health and well-being of our speed skating community and the general public who live, work, and play in our shared spaces.

In response to reduced restrictions Speed Skating Canada has adjusted the competition guidelines as follows.

Competition hosts are encouraged to enact reasonable precautions to create conditions for competitions that are representative of our sport and are not unduly hazardous for all participants - athletes, coaches, officials, volunteers, and spectators.

When planning a competition all Federal, provincial, and local health authority requirements must be respected. Facility requirements regarding venue capacity and the permitted use of the space must also be considered in the planning for a competition.

Please note that in order to maintain a safe environment for all participants and spectators, expect the competition to take longer. Plan accordingly.

This document is subject to change as we learn from our experiences and are made aware of new information.

The term participant is used to define the collective of individuals who will be attending a competition, this includes but is not limited to athletes, coaches officials, volunteers, spectators and staff.



Hygiene

1. Consideration shall be given to maintaining good hygiene practices
2. Participants should have easy access to hand sanitizer and/or soap and hot water
3. Clean all shared equipment between each use (e.g. starting equipment)
4. Work with facility managers to ensure venue cleanliness is maintained

Information Management

1. Share pre-event information online.
2. Go paperless
3. Post results online or share via email

Know Who's There

1. In order to mitigate risk and reduce liability it is prudent at all times to know who is accessing the facility/venue when hosting a competition
2. Consider registration methods that include all participants and engage in strategies that track spectators, for example email check-in, and/or ticket sales

Emergency Action Plan (EAP)

1. Create, file, and post an Emergency Action Plan
2. Create an Emergency Action Plan that takes into account dealing with infectious disease
3. File an EAP when applying for an SSC sanction
4. Post the EAP in a conspicuous place in the venue as well as shared online with pre-event information

First Aid

1. Competition organizers to confirm with first aid personnel that personal protective equipment (PPE) is available as follows:
 - a. Medical grade PPE available for first aid personnel, including masks, eye protection, and gloves
 - b. Disposable masks available as required for skaters requiring an assessment/treatment for an acute injury
 - c. Sanitizing materials to clean and sanitize all surfaces in first aid room after each assessment/treatment

Capacity Management

1. Assess areas where people will congregate
2. Consider the number of participants assigned to each dressing room
3. Ensure that participants have adequate space in the heat box/clerk of the course area
4. Limit coaching areas to the number of skaters racing at any given



Masks (see [Appendix B](#))

Follow local public health authorities for the use of masks in the competition venue

Officials / Volunteers (see [Appendix C](#))

1. Any official or volunteer may withdraw from the competition at any time if they feel the competition conditions pose an unacceptable risk to themselves or their close contacts
2. Use electronic whistles/air horn or similar sound making device in place of a traditional whistle
3. When electronic timing is in place consider video back-up as a replacement for manual timing to reduce the number of officials required to manage the event
4. Limit numbers on and around the timing deck



APPENDICES

APPENDIX A

Enhanced Emergency Action Planning

1. Attendance tracking (if required)

- a. Maintain accurate attendance records for each day of the competition.
- b. Compare expected attendance of registered participants (skaters, coaches, officials, and volunteers) to actual attendance.
- c. If a participant is in attendance for any day of the competition and is absent from a subsequent day of the competition, confirm the reason for the absence.
- d. Maintain the attendance records for 14 days after the final day of the competition.
- e. If requested by the local public health authority, make attendance records available for contact tracing.

2. Withdrawal of a participant (skater, coach, official, or volunteer) from competition due to symptoms of COVID-19

- a. The participant should follow local health directives regarding self-isolation and testing.
- b. Be cognizant of an individual's right to privacy. Do not name the participant, nor in what role they attended the competition. Inform the competition that a participant has withdrawn from participation due to COVID-19 like symptoms, and that the participant is self-isolating and is following the directives of the local health authority.
- c. Follow the directives of the local health authority regarding the resolution of symptoms. Contact tracing may be required.
- d. Inform SSC staff immediately of the withdrawal of the participant(s) and the activation of the Enhanced Emergency Action Plan.

3. Withdrawal of a participant (skater, coach, official, or volunteer) due to a positive test for COVID-19

- a. The participant should follow local health directives regarding self-isolation and contact tracing.
- b. Be cognizant of an individual's right to privacy. Do not name the participant, nor in what role they attended the competition. Inform the competition that a participant has withdrawn from participation due to a positive test for COVID-19, and that the participant is self-isolating and is following the directives of the local health authority.
- c. Follow the directives of the local health authority. Make attendance records available for contact tracing if required.
- d. The local health authority may require the cancellation of the remaining days of competition.
- e. Have a communication plan in place to inform participants if cancellation occurs, using contact information gathered through the registration and screening processes.
- f. Inform SSC staff immediately of the withdrawal of the participant(s) and the activation of the Enhanced Emergency Action Plan.

- 
4. **A post-competition report of a positive test for COVID-19 linked to any person in attendance at the venue during any day of the competition**
 - a. Follow the directives of the local health authority. Make attendance records available for contact tracing if required.
 - b. Inform SSC staff of a post-competition report of a positive test for COVID-19.

APPENDIX B

Masks

Consult the following Government of Canada links for appropriate use of a non-medical mask or face covering:

- <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/about-non-medical-masks-face-coverings.html>
- <https://www.canada.ca/fr/sante-publique/services/maladies/2019-nouveau-coronavirus/prevention-risques/a-propos-masques-couvre-visage-non-medicaux.html>

1. Mask must cover the mouth and nose.
2. A buff, neck warmer or similar single layer cloth covering is not sufficient as a mask.
3. A disposable medical mask or a re-useable cloth mask (three layer construction) is recommended.
4. A fitted mask that forms close to the face and nose, resting below the glasses, is least prone to fogging.
5. A mask secured over the nose with medical tape will also greatly reduce fogging.
6. A mask is most effective when clean and dry. Have more than one mask available to complete a day of racing.

APPENDIX C

Officials/Volunteers

Suggestions and examples on limiting the number of officials and volunteers are listed below, however venue capacity may allow for a full officiating team.

- 1. For short track selection and/or championship events (assigned officials)**
 - a. 2 referees on-ice
 - b. 1 referee on video replay
 - c. 2 starters
 - d. 1 competitors' steward/recorder

- 2. For long track selection and/or championship events (assigned officials)**
 - a. 3 referees
 - b. 2 starters

- 3. For all non-selection and non-championship events**
 - a. 1 referee to manage the competition
 - b. 1 starter
 - c. 1 recorder

- 4. For all events**
 - a. 1 heat box steward / clerk of the course
 - b. Track stewards, maximum 3 per corner. Consider a block schedule so that track stewards work a block then go home. Sanitize all equipment between scheduled blocks.
 - c. Tech support for video replay
 - d. Electronic timing personnel as required (maximum of 2)
 - e. In the absence of a separate electronic backup timing system, use a video camera to record the race (start and finish lines) to get times. This will eliminate the need for manual backup timers and judges. Treat these times as a "manual" time.
 - f. 2 runners, who will be needed to go to the dressing rooms or designated change area to bring the next race to the heat box, as there will be no waiting in the heat box. Runners should not be posting paper. Runners should not handle skaters' equipment, guards, shoes, or jackets.
 - g. Food service for officials - look to serve a box lunch as this may limit the volunteers required to no more than two.
 - h. If using a split schedule consider a similar schedule for the volunteers, one group in the morning and a different group in the afternoon.

APPENDIX D

Pre / Post Competition Travel Advisory

Regarding travel of an hour or more to or from a competition venue, be aware of the personal risk involved regarding your method of travel.

If you have been in recent contact (7-10 days) with anyone who has symptoms of COVID-19 or has a positive test, do not travel.

At any time if you are feeling unwell be aware that you will be denied access to the venue and your travel home may be restricted until you are symptom free and/or have a negative test result for COVID-19.

Confirm whether additional expenses incurred because of imposed travel restrictions and/or quarantine are covered by your insurance. Expenses due to delayed travel and/or quarantine are a personal responsibility.

Speed Skating Canada's competition guidelines are reasonable precautions to create conditions for competitions that are representative of our sport and are not unduly hazardous for participants. While these guidelines are in place to mitigate the risk of exposure to COVID-19, that risk is not zero.

Travel to, and participation in a competition is a personal choice. SSC's ability to control conditions related to a competition do not extend beyond the venue. Be aware of all the risks associated with travel including airports, hotels, and restaurants.

While participation in a competition is a personal choice, skaters may feel coerced to participate in particular competitions to maintain a national ranking, ensure future selection or to maintain standing with their peers. Speed Skating Canada recognizes the limitations of the ongoing situation and will continue to look at a fair means to address qualification and selection concerns that recognizes a personal choice not to participate in competitions during the 2021-22 season.

APPENDIX E



COVID-19 BEST PRACTICES

WEAR A MASK WHEN IN PUBLIC & IT IS DIFFICULT TO MAINTAIN PHYSICAL DISTANCING OF AT LEAST 2M



WASH YOUR HANDS FREQUENTLY

CARRY HAND SANITIZER WITH YOU AT ALL TIMES



HAVE ADDITIONAL MASKS ON HAND (IN CASE THE MASK YOU ARE CURRENTLY WEARING IS COMPROMISED)

AVOID TOUCHING YOUR FACE



IF YOU FEEL UNWELL, STAY HOME AND CONSULT A DOCTOR.

- SMALLER IS BETTER THAN BIGGER
- OUTSIDE IS BETTER THAN INSIDE

- A MASK IS BETTER THAN NO MASK
- FURTHER APART IS BETTER THAN CLOSER