

RECOMMENDED BEST PRACTICES DURING COVID-19

Saskatchewan Amateur Speed Skating Association

The Saskatchewan Amateur Speed Skating Association (SASSA) is prepared to meet and exceed current Public Health regulations through the following 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) and club skaters who train year round.

SASSA will follow the Provincial mandated rules regarding the number of people allowed in a group at a time, and that we will adapt as required, or allowed.

	Athlete and coach expectations for small group outdoor training
1	All athletes and coaches will meet the Saskatchewan Health Authority physical distancing requirements.
2	Do not shake hands or high five to celebrate.
3	Do not loiter in the parking lot before or after training.
4	Athletes will not share water bottles or any equipment, including turn cables, etc.
5	If an athlete displays or is experiencing any signs of COVID-19 related symptoms (coughing, sneezing, runny nose, tiredness, diarrhea, sore throat, fever, shortness of breath, and/or muscle soreness not related to overexertion of exercise) it is expected that they stay home. If they attend with any of these symptoms, they will be asked to leave the training session immediately.
6	Athletes and parents of minors will be required to sign a document addressing that they have read and agreed to the 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 will take place between the athlete (and parents in the case of a minor), coaches and to determine when the athlete can return to live training.
7	All training sessions will be outdoors or via zoom/online tools until physical distancing mandates have been changed.
8	Coaches will use pylons to space athletes so that they will not require them to congregate closely during explanations.

9	Physical Distancing measures will be applied at all times, including getting to the training location. If there is more than one person in a car, they must live in the same household.
10	Any athlete, coach or member of a shared household that tests positive for Covid 19 will self-isolate for the amount of time required by the Saskatchewan Health Authority.

Click on the link below for more information relating to Covid 19 as set forth by the Government of Saskatchewan.

https://www.saskatchewan.ca/covid-19#utm_campaign=q2_2015&utm_medium=short&utm_source=%2F covid-19

Athlete Agreement

I _____ have read the Return to Group Training policy and agree to follow these expectations to the best of my ability. If I do not abide by the policy, I will be suspended from live training for a minimum of one week. A meeting will take place between myself (and my parents in the case of a minor) and coaches to determine when I can return to live training.

Name (*please print*)

Signature

Name of Parent (*if child is under 18 years of age*)

Signature