

QUANTUM SPEED “BACK TO ICE” ARENA REOPENING PROTOCOL

INTRODUCTION

Established in 2001, Quantum Speed High Performance Skating Systems is the only skating development company in the world that is certified by both “Skate Canada,” and “Hockey Canada.”

Quantum Speed is comprised of a group of instructors 50 strong that delivers high quality programming across Western Canada.

On an annual basis, Quantum Speed and its affiliate programs instruct over 3000 skaters.

As the service provider for “Crestwood Skating Club” (CSC) and “Fulton Place Skating Club” (FPSC), and other affiliate programs throughout Western Canada, Quantum Speed also provides subsidized skating development in community-level programs for players and skaters from Learn-To-Skate to Advanced levels of hockey, ringette and figure skating.

Dedicated to the health and safety of all of our clients, staff and community partners, and thanks to the following resources, we (Quantum Speed) have put together the following reopening protocol.

- [The Public Health Agency of Canada](#)
- [The Government of Alberta](#)
- [The Government of British Columbia](#)
- USA Hockey & US Figure Skating “[Returning to the Rinks](#)”
- Skate Canada “[Return to Skating Guidelines](#)”
- [Ice Academy of Montreal](#) “Reopening Protocol”
- David Myers, Executive Director, Ringette Alberta “Sport Advocacy and Leadership in Alberta” Memorandum to Premier Jason Kenney
- Bauer Hockey “Return to Retail”

REMOTE ATHLETE ENGAGEMENT AND DEVELOPMENT

Since March 23, 2020, we have been engaging skaters, parents, coaches and industry leaders through online training. Focusing on themes of sport specific fitness, mental performance training, nutrition and lifestyle coaching and opportunities for connection.

These courses have been offered with the highest level of safety, parent participation and privacy considerations.

We will continue to use online platforms once arenas and recreation centers are open in order to supplement on ice training and to support our community partners in easing stress on the usage of their facilities.

WWW.QUANTUMSPEED.CA

GENERAL CONSIDERATIONS

- We will work with our community partners to establish protocols based on specific facility requirements
- Anyone participating in the activity (skater, player, parent, instructor) will be asked to proactively and regularly check their health status in advance of arriving at the facility
- Participants with risk factors or illnesses will be asked not to attend in-person training and ice sessions
- Participants with symptoms or signs of illness will be asked not to attend in-person training and ice sessions
- Instructors and Quantum Speed Representatives will be educated and trained on roles at the facility to reinforce expectations and guidelines

COMMUNICATION

- A COVID-19 lead will be appointed to communicate with skaters, parents and other stakeholders
- We will notify participants and parents, prior to any in-person programming, regarding:
 - The precautions being taken to keep the facility clean and safe
 - The cleaning process being implemented by facilities, instructors and administrators
 - The guidelines for the amount of people that are allowed to be in the building and on the ice
 - Updates to policies and procedures
- Participants will be asked to pay for their program online in advance of the program

ON-SITE CONSIDERATIONS

- Participants will be greeted daily by a Quantum Speed Representative or Instructor
- Representatives and Instructors will be prepared to require that a participant exhibiting signs or symptoms of illness will need to leave the session
- Sessions will be scheduled to allow for skaters to exit and enter with minimal overlap or contact
- Entry and Exit doors will be designated

DRESSING ROOMS, SHOWERS & TOILETS

- Participants will arrive at the facility in their required on-ice equipment
- Only bathroom facilities will be open (individual use only)
- Showers and Dressing Rooms will not be available until further notice
- All equipment must be taken home by participants and instructors daily

INSTRUCTOR SAFETY

- Quantum Speed and affiliate instructors will be provided:
 - Education and training on roles, emergency procedures and on-ice protocols
 - A plastic face shield
 - Sanitized equipment
 - Sanitizing wipes
 - Microphone equipment (in supported facilities)
- Instructors will be asked to arrive at the facility “rink ready”
- Instructors will be required to wash their hands with either hand sanitizer or soap and water for at least 20 seconds before and after sessions
- Instructors will have the option to either wear a mask or plastic shield, or to remain “Physically Distanced” (a minimum of 2 arms lengths away) from all other participants
- Instructors will be required to wear hockey gloves or mittens throughout the session
- Instructors will make use of the following tools to provide excellent instruction while maintaining “Physical Distancing”:
 - Auditory Cues (discernible to all participants)
 - Excellent Visual Demonstrations
 - Lesson plans will be adapted to avoid drills that require players to stand in line, and introducing new on-ice flow patterns
 - Avoid talking in close proximity to players

PLAYER SAFETY

- Players will be asked to bring their own water bottle, already filled, with their name clearly marked (there will be no sharing of water bottles)
- Players will be required to wash their hands thoroughly and with hand sanitizer or soap and water, before and after the session
- Players will be required to maintain “Physical Distancing” Rules
- Players must not bring any personal items into the facility
- Skates will be put on either before entering the arena, or in a designated area, with considerations made for “Physical Distancing”
- Players may be asked to disinfect their assigned area before and after use
- Players will be encouraged to minimize their time in or around the facility when not involved in on-ice instruction
- Players will be asked to disinfect their helmets, sticks and skates after each session
- Players will be encouraged to interact with QS Instructors in a different fashion. For example, asking questions from a distance. For now, we will eliminate handshakes and hugs

WARMUP / OFF ICE / SEMINAR / COOL-DOWN SESSIONS

- Warmups and Off Ice Sessions MAY be offered outside, weather dependent
- Outdoor off-ice sessions will respect “Physical Distancing” rules
- Off Ice Sessions and Seminars will be offered online over the course of the Summer
- Cool down activities will be suggested to be performed at home or in an outdoor area

PARENT / SPECTATORS

- Families will be asked to minimize the number of parents/spectators that come with the player in order to limit the number of people in the facility
- Should parents not have the opportunity to watch their player in person, we will offer a livestreaming option for them (as long as facility wifi can support)

CLEANING

- QS Instructors and Representatives will work with facility staff to support their cleaning protocols
- All equipment handled by participants or instructors (pylons, stopwatches, stickhandling tools, etc) will be disinfected by QS Instructors between ice sessions
- and surfaces will be disinfected between QS sessions

HYGIENE

- All participants (players and instructors) must consistently and strictly adhere to good hygiene and public health measures, including frequent hand washing and physical distancing
- Medical masks, including surgical, medical procedure face masks and respirators must be kept for health care workers and others providing direct care to COVID-19 patients
- Masks and hockey gloves will be required should participants and instructors be closer together than 2 arms lengths

SUPPORT FOR THE REOPENING OF RECREATIONAL FACILITIES

The Social Impact of Sport (resource – David Myers, Executive Director, Ringette Alberta, “Sport Advocacy and Leadership in Alberta”)

Sport has the unique quality to build community and positively contribute towards the collective psychosocial health of a population.

- More than 82% of Albertans believe sport contributes to an improved quality of life. Link to source: <https://open.alberta.ca/publications/survey-of-albertans-on-culture>
- Sport at the professional, amateur and even grassroots levels serves one of the few organized activities that can inspire a local community, a province or a nation.
- Sport has a unique power to attract, mobilize, bind and inspire participation to create a collective identity. By its very nature, sport is about participation, inclusion and citizenship. Source: The United Nations on Sport for Development and Peace
- Hosting sport events and especially major multi-sport Games are documented to create pride amongst citizens in in the host community/country. These events unite and build connectivity within host communities.
- Sport introduces and encourages Albertans to adopt healthy active lifestyles that reduces health-care costs over the long-term. The estimated economic impact of sedentary lifestyles practiced by Canadians - through chronic disease, obesity and rising healthcare costs - is \$6.8 billion per year (\$680 million in Alberta). Link http://www.cflri.ca/sites/default/files/node/1374/files/CFLRI_Bulletin%201_PAM%2020%2014-2015.pdf

The Educational and Influential Elements of Sport (resource – David Myers, Executive Director, Ringette Alberta, “Sport Advocacy and Leadership in Alberta”)

The benefits of participating in sport for participants, particularly children and youth, include:

- Leadership skill development and the creation of positive role models
- Sport teaches fundamental transferable life skills. Skills such as integrity, ethical decision making and fair play; respect for others and those in positions of authority; teamwork, social skills and group dynamics; critical thinking and decision making; personal organization and time management; goal setting and achievement; leadership development.
- Sport has psychological benefits which include improved self-esteem and confidence building; development of a positive work ethic; resiliency and determination to overcome obstacles and adversity.

Research confirms that the brain benefits as much as the heart and other muscles from physical activity. Children who exercise regularly demonstrate superior performance on tests, display improved focus in class and process information more quickly, than non-exercising peers. Link to source: <https://www.ncbi.nlm.nih.gov/pubmed/25266425>

Sport encourages the adoption of an active healthy lifestyle which, over the long term, decreases the risk of heart disease, diabetes, cancer, obesity, hypertension, anxiety and depression. Link to source:
http://www.cflri.ca/sites/default/files/node/1374/files/CFLRI_Bulletin%201_PAM%202014-2015.pdf

QUANTUM SPEED CONTACT INFORMATION

Please connect with us for any comments or questions regarding the information provided in this document

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