

MILTON SKATING CLUB COVID-19



What symptoms and indications should I be screening for before we come to the arena for skating or off-ice programs?

We are asking parents/skaters to screen for the following symptoms **each and every day BEFORE** coming to any skating/off-ice programs:

Fever or chills (feels hot to touch, a temperature of 37.8 C (100 F) or higher)

Cough (that is new or worsening)

Shortness of breath (not related to other known causes or conditions such as asthma)

Runny, stuffy or congested nose (not related to other known causes such as seasonal allergies etc)

Sore throat

Difficulty swallowing

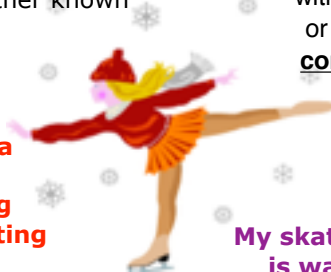
Lost sense of taste or smell

New onset of nausea/vomiting/diarrhea

Pink eye

Headache that is unusual or long lasting

Muscle aches that are unusual or long lasting



What should I do if my skater has one or more of these symptoms or one of the above conditions is true?

*****PLEASE STAY HOME AND SELF-ISOLATE*****

*Call your doctor and/or Public Health (311) and follow their instructions
OR

- self-isolate at home with close contacts for 14 days **AND** be **SYMPTOM FREE** for 24 hours before returning to skating.



****ALSO, has the skater:**

- Travelled outside of Canada in the past 14 days
- Had **close contact** with anyone who has travelled outside of Canada in the past 14 days that does not have a **Government of Canada Travel Exemption**
- Had **close contact** in the past 14 days with anyone with active respiratory illness or an active confirmed or probable case of COVID-19, without the use of **consistent and appropriate personal protective equipment?**

My skater has been tested for COVID-19 and is waiting for the results, what do I do?

The person waiting for results may NOT participate in ANY skating session or off-ice program activity while waiting for the results of the test

My skater has been tested for COVID-19 and has tested **NEGATIVE, what do I do?**
The person MAY return to MSC activities ONLY once they are symptom free

My skater has been tested for COVID-19 and has tested **POSITIVE, what do I do?**
*****PLEASE STAY HOME AND SELF-ISOLATE*****

Please inform the club by emailing the club office at miltonskatingclub@bellnet.ca AS SOON AS POSSIBLE Follow ALL Ontario Public Health guidelines and instructions regarding return to activities BEFORE the skater returns to any club program.



What happens if my skater becomes ill with COVID-19 symptoms during a session

If a skater becomes unwell with COVID-19 symptoms they must stop participation in MSC activities and will be isolated in a well-ventilated area (or outside if weather permits) and asked to put on a non-medical face mask. A mask will be provided if they do not have one available.

They will be sent home and instructed to follow all Ontario Public Health guidelines regarding self-isolation and testing

Will I be informed if there is a COVID-19 exposure that affects my skater?

MSC will work to assist with contact tracing for any known exposures related to club sessions. If your skater is identified as a close contact, you WILL be informed and given instructions.