



The Skating Club of Boston[®]

Safety Protocol
for
Members, Coaches and Management
Testing Positive
for the
COVID-19 Virus

January 21, 2021

Introduction

With the recent known case of a COVID-19 infection with a member of the Club community, the Club has taken the following measures to further protect the Club community. It is critical that every member respect the guidelines established here to keep ourselves and each other safe. What is clear from this pandemic is that the individuals and communities who consistently adopt the now commonly accepted procedures for remaining safe remain the safest.

As a reminder, there is only so much that the Club can do to keep its members safe. This not only includes the development of its COVID plans, but also their day-to-day execution. These plans and practices only work when uniformly adopted by the community.

The safest thing for all of us to assume is that everyone with whom we come in contact is positive for COVID-19. Wear your mask, keep your distance, don't shake hands, don't scream or shout at each other – including management – and act in your own best interests. There is no better method to keep yourself and each and every one of us safe. If everyone stays focused on that, there is solid evidence that the Club will not be the source of a super-spreader event. Recent evidence supports that position. There have been no reported instances of anyone testing positive from all the contact tracing, quarantining and COVID testing that occurred as a result of a Club coach testing positive for the virus on October 2, 2020. But we cannot take that for granted. We also cannot ignore the rising number of cases all around us, and the first positive cases we know to be introduced into the Club. The following update is in response to these changing circumstances in the ongoing epidemic.

Please take the time to read this entire document as it is what the Club will require from members, coaches and employees in the foreseeable future. When you read the requirements for social distancing and the definition of a close contact, and what is required if you come in close contact with someone who tests positive for the COVID-19 virus, every skater, coach and employee will want to re-examine their social distancing behavior without the Club reminding you. Close contact with anyone at the Club who tests positive will require quarantining and PCR testing at the very least. It will result in testing positive yourself at the worst.

Finally, a special note to every coach, skater and member. Our immediate experience shows that no matter how much management's day-to-day inspections and review of behavior occur, we cannot catch every slip or mistake. Our coaches, skaters and employees are overall really good, and are doing their best. But even the most diligent individuals have lapses in judgement.

Before unleashing your frustration with the pandemic on each other or Club management, please remember that everyone in the Club risks their own personal safety every day they are in the Club facility. Let's all please show each and every one of us the respect we all deserve for coming together during these challenging and unsafe times with a common purpose to skate in a safe and secure space. If you get a reminder about a mask or social distancing, know that it is coming from a place of caring - for you and everyone else. Thank that person for caring enough to say something to you. Please do not mock or ridicule them. This is not a time for our community to fracture over common sense. Not when we all have the same common purpose.

COVID-19 Safety Officer

Early last week, we retained the services of Cheri Rigby to serve as the Club's COVID-19 Safety Officer while the pandemic continues. Cheri is a registered nurse with a specialty and interest in community health. She is also a long-time Club member, even though no longer active. She has a knowledge of the Club, of figure skating, synchronized skating and Theatre on Ice that will uniquely assist her in understanding and communicating with our community. Most importantly, Cheri genuinely cares about the Club and the safety of its members.

Responsibilities for the Club's COVID-19 Safety Officer will include the following:

- Lead development and implementation of the Club's COVID-19 response plan, for day-to-day and special event operations.
- Liaison with the Norwood Board of Health regarding Club safety procedures, communications and management of all COVID-related incidents at the Club.
- Monitor the surrounding communities that comprise the Club's membership for trends in rates of infection, and adjust any Club protocols accordingly.
- Manage member communications regarding all COVID-related safety practices at the Club.
- Manage member communications regarding all COVID-related incidents at the Club.
- Manage Club management compliance with established cleaning and other safety procedures.
- Serve as an information resource for members with questions regarding Club procedures and/or incidents.
- Protect the privacy of all members testing positive while also ensuring timely and transparent communication to the Club community.
- Oversee member compliance with all established Club procedures.
- Manage the Club's contact tracing program for each instance of a reported positive case at the Club.
- Ensure proper reporting to the appropriate local and state officials regarding all cases of positive infections at the Club.
- Monitor the required quarantining and testing for community members testing positive.
- Advise infected members of when they may return to the Club, and monitor Club management for proper compliance.

Individual Responsibilities for Everyone at The Skating Club of Boston

1. Daily self-monitoring for symptoms is critical. If you are sick or feel any of the below symptoms, please stay home and evaluate for additional symptoms, deterioration in your symptom. Call your doctor if the symptom(s) persist. Seek a PCR test for the COVID-19 virus.
2. Know the symptoms of a COVID-19 infection! These include:
 - Fever or chills
 - A temperature of more than 100.3 degrees
 - Extreme fatigue
 - Congestion
 - Coughing
 - Muscle or body aches
 - Sore throat
 - Congestion or runny nose
 - Diarrhea
 - Nausea or vomiting
 - Change in your sense of taste and/or smell
 - Shortness of breath or difficulty breathing
3. If you develop any of the above symptoms while travelling to the Club or while at the Club, please return home immediately. This will limit the number of people with whom you come in contact should you turn out to be symptomatic of the COVID-19 virus. This is doing yourself and everyone with whom you come in contact a large courtesy.
4. **SOCIAL DISTANCE!**

This is the primary and best way to avoid contacting and transmitting the COVID-19 virus.

 - Strive to always maintain a distance of 6 feet from others.
 - This includes when eating lunch. When eating, sit alone, socially distanced 6 feet from others. It sounds cold and unfriendly. But you are actually being thoughtful and considerate to yourself and your friends.
 - Do not move chairs around to sit with your friends. There is a single chair at each table for a reason: Your protection.
 - Whenever possible, coaches should not skate closely to their student. We know this is challenging request, and will leave it up to the skater and the coach to decide for themselves. Please consider the risk of transmission between the two of you when making your decision.
 - After consulting with several medical officials, the Club can no longer allow skaters and coaches to congregate while at the Club. This includes the Club lobby, the Marion Proctor Gallery, the Tommy McGinnis Community Room and all other enclosed spaces.

- As a reminder, there can be no congregating or swarming of groups of skaters in the entry vestibule while completing the check-in process. Being late for your session or your coach or team is on you, and not the safety of everyone else in the community.
- The above policies apply to team skaters as well as individual skaters. While entering and exiting the Club, and walking to and from your training sessions, teams may not travel as a cluster. Please keep 6' distance between you until you are at your training session and under the direction of your coach.
- The toughest challenge may be skaters and coaches congregating while not on the ice or having lunch. This is not safe for anyone in the group. If one person becomes symptomatic or tests positive, everyone in that group will need to quarantine, be tested and wait for approval from the Commonwealth of Massachusetts before returning to the Club.
- Think about the above requirement before sitting in a group. It's not worth your safety of your lost time coaching or skating if you have been in close proximity to someone who becomes symptomatic or tests positive. See below for Testing and Communication Requirements. You will be required to quarantine and to obtain a PCR test before returning to the Club.

5. WEAR A MASK!

The State of Massachusetts requires face masks or cloth face coverings in public places. This applies to both indoor and outdoor spaces. Because it is not always possible to maintain proper social distancing when participating and training in skating, always, always wear a mask. Wearing the right mask in the proper manner is everyone's second-best defense against transmission of the COVID-19 virus.

6. Wear the proper type of mask.

- 2 or 3-ply masks are one of the most effective masks at preventing transmission of the COVID-19 virus.
- Masks with round air valves *and no filters* are not safe and are not permitted in the Club.
- Bandanas, gators and balaclavas are less effective as a protectant and their use is not allowed while at the Club.

7. Wear your mask properly

- It must cover both your mouth AND your nose to be an effective protectant for you and those around you.
- Please cough or sneeze into your elbow, even while wearing a mask.

8. Hand Hygiene

Hand*wash*

- The Club strongly recommends that you hand*wash* immediately upon entering the building; before and after eating; and before exiting the restroom.

- Use hand *sanitizer*
 - Before entering and exiting the ice
 - After using Kleenex
 - Upon entering a restroom
 - Before/after eating (if you didn't handwash)
 - Best practice: Carry your own personal-sized hand sanitizer and use it frequently. Keep an extra in your skate bag.

9. GET TESTED!

If you have travelled outside of Massachusetts or reside in another state, you must take a PCR test within 72 hours of your arrival in the Commonwealth, and email the test results to cheir.rigby@scboston.org. If you are feeling any of the typical COVID-19 symptoms, especially if you are experiencing multiple symptoms; suspect you have been exposed to someone who has tested positive, or know for a fact that you have been exposed, **please contact Cheri Rigby, RN for guidance. Cheri will eliminate all confusion for you moving forward.** For a list of testing sites in Massachusetts, please use the following link:

<https://www.mass.gov/covid-19-testing>

10. Sanitation and Cleaning

According to the CDC Guidelines published September 16, 2020, COVID-19 spreads less commonly through contact with contaminated surfaces, and transmission from touching surfaces is not thought to be a common way that COVID-19 spreads. Nevertheless, respiratory droplets can also land on surfaces and objects, especially if that individual is not wearing a proper mask. It is possible that a person could get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes.

- Frequently clean your cell phones, personal devices and water bottles.
- The Club facilities' team will diligently clean all high-touch surfaces during the day.
- The Club has hired a professional cleaning service to clean restrooms, floors, the Micheli Center, and other spaces on a regular schedule.
- If you see cleansing wipes, or cleaner and paper towels in an area you have just used, please wipe down the space you have just used.

Communication with Members, Coaches and Employees

11. Privacy

Confidential communication is a priority. The Club will never release the names of individuals reporting being symptomatic or testing positive for the COVID-19 virus. That is personal information, and the privilege of the individual to choose with whom they may or may not share. The Commonwealth's contact tracing program will reach out to the appropriate individuals who have been in contact with an individual who has tested positive. The Club will also contact members who have been in contact who has tested positive.

12. Close Contacts

This is a critical definition to understand. It was last updated by the CDC in [December 2020](#).

- Close contacts are defined as being less than 6 feet from a confirmed case for at least 10-15 minutes [over a 24-hour period](#), while the individual was symptomatic, or within the 48 hours before the onset of their symptoms. This includes whether or not you were wearing your mask or wearing it properly when the extended contact occurred.
- This includes activities outside of the Club. As always, please also be mindful of your activities and exposure outside of the Club.
- This definition does not include contacts of close contacts. It only refers to individuals who have had primary contact with you.

13. Contact Tracing

- Contact tracing for those individuals who test positive is a critical step in minimizing spread of the COVID-19 virus inside and outside of the Club.
- Individuals who test positive for the COVID-19 virus will be contacted directly by the Commonwealth of Massachusetts for government-mandated contact tracing.
- The Club will conduct its own secondary contact-tracing program to offer added safety and peace of mind to the Club community
- The Club will inform the Norwood Board of Health of all positive COVID-19 cases for individuals who have been within the Club facility up to 48 hours before the onset of their symptoms.
- If you are requested by the Commonwealth and the Club to provide a list of individuals with whom you have been in close contact with for the 48 hours before the onset of your symptoms, please be complete in your personal review and investigation. It is critical information.

14. Acceptable Testing

- While rapid testing has some merits for its speed, a PCR test is the most reliable test in identifying cases and preventing transmission. After consulting with multiple medical professionals, the Club COVID-19 Safety Officer has determined that only a PCR test will be accepted by the Club for proof of a negative test.

15. Reporting

- Keeping in close communication with the Covid-19 Safety Officer is a critical step in controlling the spread of infection.
- Anyone becoming symptomatic, testing positive or being clinically diagnosed by their physician as likely positive, must contact the Club's COVID-19 Safety Officer immediately for assessment and contact tracing within the Club.
- Anyone experiencing even mild but multiple symptoms should quarantine out of an abundance of caution and seek a PCR test as soon as practical. They should notify the Club COVID-19 Safety Officer of their condition and their plans.
- All test results will be reported to the COVID-19 Safety Officer.

- Anyone who is a close contact/exposed by a sick family member or other, outside of the club, is asked to follow the same guidelines as above: Test and isolate until test results are known or quarantine for 14 days if choosing not to be tested.

The Club COVID-19 Safety Officer, Cheri Rigby, RN, may be reached at
cheri.rigby@scboston.org

16. Returning to the Club After Testing Positive

- Everyone testing positive for Covid-19 must quarantine for 14 days past their first date of symptoms.
- Symptomatic persons who test negative with a PCR test may not return to the Club until fever free for 24 hours and have improving symptoms (note: loss of taste or smell may last several weeks), or a physician's note.
- Symptomatic persons who are not tested or cannot provide documented proof of a negative PCR test must quarantine for 14 days.
- A copy of the letter from the Commonwealth of MA indicating you are cleared for return from quarantine must be provided to the Club's Covid-19 Safety Officer
- An original copy of the individual's dated test results showing the positive test result must be provided to the Club's Covid-19 Safety Officer.
- No one may return to the Club until the proper documentation has been provided to the Club's Covid-19 Safety Officer, and they have been subsequently cleared by the Club's Covid-19 Safety Officer to return to the Club.

FINALLY

Cheri Rigby has been retained by the Club as a service to all our members to assist in understanding the best and safest course of action for every member working their way through the pandemic. It seems that everyone's situation is different when confronted with any number of the many possible variables associated with the virus or suspicion of the virus. It can be really confusing! Please do not hesitate to contact Cheri and get the necessary guidance for your own safety and that of everyone in the Club community.

cheri.rigby@scboston.org

THANK YOU!!