



GAUTENG NORTH
FIGURE SKATING
ASSOCIATION



GAUTENG FIGURE SKATING

COVID Joint Alliance

**Gauteng North Figure Skating & Central
Gauteng Figure Skating Associations**

COVID RESPONSE PLAN

APPLICATION TO TRAIN

COVID-19 ACTION PLAN

(following the following process & documents)

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COVID-19 COMPLIANCE OFFICER APPOINTMENT LETTER

I, being the head of the organisation, with the below mentioned details,

Surname	WALDEK-THILL
Full names	ANNE
Identity number	Passport: 511174945

hereby appoint the below mentioned person as the Organisation's COVID-19 Compliance Officer.

Name & Surname: HAYLEY WALKER	Date of Appointment: 30/5/2020
ID Number: 7705110034086	
Position: VOLUNTEER COVID-19 COMPLIANCE OFFICER	

I, the undersigned, hereby accept my appointment as COVID-19 Compliance Officer and undertake to:

- participating in the development and implementation of the COVID-19-ready Sporting Plan before the reintroduction of skaters and coaching staff to GNFSA Ice skating training;
- ensuring that such development and implementation is done in accordance with the regulations issued in terms of section 27(2) of the Disaster Management Act;
- ensure close monitoring of the plan post re-opening; and
- ensure adherence to health and safety protocols as issued, including those identified in the risk assessments.

I fully understand the responsibility assigned to me by this designation and confirm my acceptance thereof by undersigning this appointment letter.

COVID-19 Compliance Officer Name: HAYLEY WALKER	Signature:
At: Pretoria	Date: 1 June 2020

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COVID-19 COMPLIANCE OFFICER APPOINTMENT LETTER

I, being the head of the organisation, with the below mentioned details,

Surname	SKINNER
Full names	HEATHER
Identity number	6204130080080

hereby appoint the below mentioned person as the Organisation's COVID-19 Compliance Officer.

Name & Surname: ANNIKA LANGA	Date of Appointment: 30/5/2020
ID Number: 7001161012183	
Position: VOLUNTEER COVID-19 COMPLIANCE OFFICER	

I, the undersigned, hereby accept my appointment as COVID-19 Compliance Officer and undertake to:

- participating in the development and implementation of the COVID-19-ready Sporting Plan before the reintroduction of skaters and coaching staff to GNFSAs Ice skating training;
- ensuring that such development and implementation is done in accordance with the regulations issued in terms of section 27(2) of the Disaster Management Act;
- ensure close monitoring of the plan post re-opening; and
- ensure adherence to health and safety protocols as issued, including those identified in the risk assessments.

I fully understand the responsibility assigned to me by this designation and confirm my acceptance thereof by undersigning this appointment letter.

COVID-19 Compliance Officer Name: ANNIKA LANGA	Signature: 
At: Pretoria	Date: 1 June 2020

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1.2 Risk Management Matrix

We have developed a full matrix and pre training questionnaire for all skaters, coaches to complete before commencing training. Screenshot attached of detailed risk analysis

COVID-19 MEMBER RISK ASSESSMENT										
Scope: COVID-19 Exposure: Meeting, Training										
Member	Last Review Date	Exposure	Member Name	Department	Current controls	Risk Description	Member Risk	Impact Rating	Risk Rating (Likelihood x Impact)	Additional Control Measures
COMMITTEE	2020.06.01	Ongoing		Chairman	Administrative Controls, Safe Work Practices	Exposure and possible contraction of COVID-19	Low	Moderate	LOW	
	2020.06.01	Ongoing		Deputy Chairman	Administrative Controls, Safe Work Practices	Exposure and possible contraction of COVID-19	Low	Moderate	LOW	
	2020.06.01	Ongoing		Treasurer	Administrative Controls, Safe Work Practices	Exposure and possible contraction of COVID-19	Low	Minor	VERY LOW	
	2020.06.01	Ongoing		Secretary	Administrative Controls, Safe Work Practices	Exposure and possible contraction of COVID-19	Low	Minor	VERY LOW	
	2020.06.01	Ongoing		Bookkeeper	Administrative Controls, Safe Work Practices	Exposure and possible contraction of COVID-19	Low	Minor	VERY LOW	
	2020.06.01	Ongoing		Covid Compliance Officer	Administrative Controls, Safe Work Practices	Exposure and possible contraction of COVID-19	Low	Moderate	LOW	
COACHES	2020.06.01	Ongoing		Coach	Safe Work & Training Practices	Exposure and possible contraction of COVID-19	Medium	Moderate	TOLERABLE	
	2020.06.01	Ongoing		Coach	Safe Work & Training Practices	Exposure and possible contraction of COVID-19	Medium	Moderate	TOLERABLE	
	2020.06.01	Ongoing		Coach	Safe Work & Training Practices	Exposure and possible contraction of COVID-19	Medium	Moderate	TOLERABLE	
	2020.06.01	Ongoing		Coach	Safe Work & Training Practices	Exposure and possible contraction of COVID-19	Medium	Moderate	TOLERABLE	
	2020.06.01	Ongoing		Coach	Safe Work & Training Practices	Exposure and possible contraction of COVID-19; Severe Asthma	High	Moderate	HIGH	Certificate from medical practitioner to perform duties.
	2020.06.01	Ongoing		Coach	Safe Work & Training Practices	Exposure and possible contraction of COVID-19; Heart Condition	High	Moderate	HIGH	Certificate from medical practitioner to perform duties.
	2020.06.01	Ongoing		Coach	Safe Work & Training Practices	Exposure and possible contraction of COVID-19	Medium	Moderate	TOLERABLE	
	2020.06.01	Ongoing		Coach	Safe Work & Training Practices	Exposure and possible contraction of COVID-19	Medium	Moderate	TOLERABLE	
ATHLETES	2020.06.01	Ongoing	All skaters	Athletes	Safe Training Practices	Exposure and possible contraction of COVID-19	Medium	Moderate	TOLERABLE	
MEMBERS	2020.06.01	Ongoing	All Voting members	Members	Safe Venue Practices	Exposure and possible contraction of COVID-19; Unknown contact with general public	High	Moderate	HIGH	Restrict entry; demarcated areas
NON MEMBERS	2020.06.01	Ongoing	Parents	Non Members, Visitors	Safe Venue Practices	Exposure and possible contraction of COVID-19; Unknown contact with general public	High	Moderate	HIGH	Restrict entry; demarcated areas



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1. PURPOSE

The purpose of the protocols and policy is to provide for guidelines in term of Covid-19 readiness and prevention and decrease of potential cross contamination of the SARS-CoV 2 virus:

Guidelines are based on up to date information available such as

- World Health Organisation; and
- National / International Institute for Communicable diseases
- Covid - 19 Directive on Health and Safety in the workplace issued by the Minister in term of regulations 10(8) of the National disaster regulations
- Amendment of Directions issued in terms of regulations 4(10) of the regulations made under section 27(2) of the Disaster Management Act, 2002 (Act no. 57 of 2002): Suspension of sport, arts and cultural events as measures to prevent and combat the spread of Covid-19, gazetted by the Minister of Sports Mr. Nathi Mthethwa on 11 June 2020.
- Gauteng Sports Council
- Tshwane Sports Council

A. Introduction

Gauteng Figure Skating Joint Covid Alliance (GFSA) is made up of The South African Figure Skating Association - Gauteng North hereafter known as GNFSA or Gauteng North Figure Skating Association a non-profit organisation (NPO registration number: 022-976) and Central Gauteng Figure Skating Association hereafter known as CGFSA a non-profit organisation (NPO registration number: 163-786)

B. Mission

GFSA was established with the purpose of fostering figure skating in a professional environment for skaters of all ages to learn, grow, develop, and become the best skater they can. Through top class coaching and development programmes, GFSA seeks to provide cultural, recreational, national, and international opportunities for youth and adults and to promote skating as a sport that encourages the health, well-being, and the educational benefits of skating.

C. Organisational structure

GFSA is organised by a voluntary committees, coaches, skaters, and Parents.

As part of this vision, we have sought to develop a Response Plan to COVID -19 that seeks to allow our skaters to begin training again while acting in the best interest of all parties.

Challenge

Figure skating, like gymnastics, is an early specialisation and highly competitive sport that requires many hours of training even at the most junior levels. Figure skaters have continued training using online sessions throughout the lockdown indicating both the level of commitment required as well as their commitment to the sport. While off-ice training as individuals is possible, it is not able to replicate the demand of the work that is required on ice especially when it comes to muscle memory and balance. Figure skating is all about the edges and use of blades on the ice which cannot be replicated by any off-ice training.

According to the Long Term Athlete Development Program, LTPD, the necessity to nurture sport specific skills at a very young age is crucial to the development of a high level figure skater.

Competitive figure skaters need to be on the ice at least 4-5 times a week for 2 hours at a time to be able to realise the level of proficiency required of competitive figure skating.

Figure Skating Nationals for 2020 have been cancelled and we are currently moving into the new season for 2021 leaving skaters minimal time to qualify for National and International events.

There is limited access to ice rinks and as such ice in South Africa which leaves the figure skating community dependent on ice rinks at public venues for training.

Under current Level 3 conditions we are unable to get our training rinks opened without prior approval.

We are outlining a COVID response plan in the hope that we can get approval to begin opening up training venues for ice skaters to train initially in a 1:1 capacity with their coaches phasing into small group training sessions while taking full cognisance of the risks and effects of COVID-19 and directives from Government and the Ministry of Sport.

While figure skating is not considered a professional sport in South Africa, our sport is made up of coaches that generate their income from the sport in addition to skaters that dedicate large portions of their time to developing themselves in the sport. Figure skating is largely a solo sport and as such non-contact. There are disciplines that are contact ie. Synchronised Skating however we will only do training in small groups with non contact elements ie. Building on basic skill that require no physical contact.

We have a number of figure skaters as young as 8 and 9 that have competed internationally and others that are preparing for high level competition. It is critical to keeping the skills sharp in order to prevent months or years of setbacks. Figure skating is an early specialisation sport meaning any time lost on ice training can lead to serious setbacks for long term skating careers.

SECTION A: Preparation Prior to opening

1. Identification of suitable training location

- a. In consultation with The Ice Company, the sole owner of Ice Rinks in Gauteng, we are seeking to identify one ice rink that can be opened and prepared for training for use by Figure Skating Clubs in Gauteng.

Our current proposal is suited to the various Ice Rinks based in Gauteng

Forest Hill, The Grove, Northgate and Festival Mall

Provincial Association	Training Venue	Address	Maximum Number skaters per training session as per roster attached	Total number of people training session incl. coaches
Gauteng North	The Grove - Ice rink	Lynnwood Rd &, Simon Vermooten Rd, Lynnwood Ridge, Pretoria, 0184	30	45
Central Gauteng	Northgate - Ice Rink	Northgate Shopping Centre, Northumberland Ave, North Riding, Johannesburg, 2162	30	45
Central Gauteng	Festival Mall - Ice Rink	Festival Mall, CR Swart Drive, Kelvin St, and, Kempton Park, 1619	30	45
Combined	Forest Hill - Ice rink	Marie Rd, Monavoni, Centurion, 0157	30	45

In Consultation with The Ice Company we will initially identify one ice rink based on

- cost of opening
 - Location and proximity to skaters
 - Lowest COVID infection rate area of the various rinks available in Gauteng
 -
- b. The venue will be opened only for training of skaters and not to the general public during this time and access will be controlled and managed.

2. Preparation of the Venue

- a. In consultation with The Ice Company there will be complete deep sanitisation of the entire venue (that has been completely closed to the public since the start of the lockdown) – sponsorship has been secured for the complete deep sanitization of the ice rink venue including a trained staff member to do the sanitation.
- b. Identification and screening of The Ice Company staff as well as GFSA volunteers/coaches that will be on the premises to manage the ice as well as the cleaning and sanitisation schedules.
- c. Training of staff in appropriate measures against COVID
- d. Procurement of necessary PPE
- i. 70% Alcohol Gel Sanitizer
 - ii. Foot pump operated Stand
 - iii. Thermometers
 - iv. Masks
 - v. Face shields

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- vi. Sanitizing liquid for ongoing sterilization
- vii. Paper towels for Bathrooms
- viii. Soap for bathrooms.

We have already identified 2 suppliers that are able to supply us with the necessary equipment as soon as we have a starting date.

- e. Entrance and exits will be identified that will limit exposure to the public and will allow for an isolation area should anyone present with symptoms not exposed to the general public.
- f. Placing of necessary documentation / posters identifying appropriate protection measures i.e. mask wearing, washing hands (Samples available)

Preparation for identifying risks with regards to skaters, coaches and Ice Rink staff

- a. We have developed a screening framework to identify high risk individuals in the community using our COVID Participant Screening Questionnaire
Link to Risk Assessment questionnaire:
https://docs.google.com/forms/d/1G03YSHxy4_2GI8M5Syy1af1DXBKliQgGmtlPY1JpsDw/edit?usp=sharing
 - i. Should a coach be identified as high risk or with co-morbidities, we will require a medical certificate to approve their participation. Without medical approval, they will not be allowed to coach.
 - ii. Should a skater be identified as high risk or with co-morbidities, we will require a medical certificate to approve their participation. Without medical approval, they will not be allowed to train.
- b. Development of training material to inform skaters, parents and coaches around protocol including PPE donning and doffing procedures.
 - iii. Information brochure
 - 1. All procedures at venue
 - 2. Prevention of COVID
 - 3. Includes Donning and Doffing of masks
 - iv. Video to be sent out
 - v. Posters to be displayed at all entrances and exits to the rink
 - 1. Mask Wearing
 - 2. Hand Sanitising
 - 3. Social Distancing
 - 4. Symptom Checklist

RECOMMENDED PRECAUTIONS FOR PARTICIPANTS IN ALL COMMUNICATIONS

- Wearing of a mask while traveling and entering the rink is compulsory.
- Avoid frequent touching of your face eyes, nose and / or month either by adjustment and / or readjusting of the mask.
- Practice regular handwashing with soap and water or alcohol-based hand sanitiser
- Cover your nose and mouth when coughing and / or sneezing with a tissue or flexed elbow
- Avoid close contact with anyone with cold or flu-like symptoms. Should you present with any flu symptoms self-quarantine and avoid anyone (skaters, coaches, parents)
- No handshake or hugging is permitted.
- Use individual disposable water bottles; do not share any items that can cause cross contamination
- Have demarcated areas to ensure skaters can not cross contaminate while putting on skates etc.

SECTION B: Daily Management at the Ice Rink

In order to constantly manage the COVID – 19 risk at the training venue the following measures will be in place

- Number of people including staff, coaches and skaters will not exceed (50)
- inside the Ice Rink will be limited to: (50 people both on and off ice)
- times will be allocated as per scheduled roster put together in consultation with skaters, coaches and Committee.
- No spectators will be allowed into the training venue.

1. Pre-Arrival

- a. Skaters and/or coaches (where the skaters are minors, legal guardians) will need to complete the online daily COVID screening form and submit

Link to screening form: https://docs.google.com/forms/d/1zNdwygROkelz8h5KxgGw-uDCR4r-4BDdJzC8vN4_EHw/edit?usp=sharing

- i. Any skater that answers yes to any of the pre-screening questions may not come to the ice rink and train.
- b. Skaters/coaches should arrive fully dressed in their training gear (no change room facilities will be available)

2. On Arrival

- a. On arrival at the entrance temperature will be taken using IR Thermometer. If the temperature is raised, they will not be allowed to enter the venue.
- b. Warm up should be done in the demarcated zones with no more than 2 skaters per zone. This warmup will need to be done with a mask on.
- c. Skaters can then proceed to a demarcated area on the stands to put skates on. Skate bags and disposable water bottles are to remain in that area.

3. Skating

- a. Skaters and coaches to sanitize hands as getting on to the ice
- b. Coaches to wear masks / face shields
- c. Skaters do not need to wear masks during training but may not be within 2m of anyone else on the ice
- d. No more than (30) people on the ice at any point in time.
- e. Skaters and coaches to sanitize hands and place masks back on when leaving the ice again.
- f. Skaters are not to stand around the barrier
- g. No water, gloves or masks can be left at the barrier.

4. Leaving the venue

- a. Once training is over skater / coach is to proceed to the area where their bag is, take skates off. Wipe down area with a wipe and leave the ice rink
- b. No one can stay inside the rink to watch. No training, no entry.

5. Daily Maintenance and Management

- a. In consultation with The Ice Company
 - i. All surfaces, high traffic areas of the area will be sanitised and cleaned with disinfectant throughout the practise session and several times during practice including and not limited to

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door handles, handrails, rest rooms, first aid room and all other areas accessible to skaters not listed.

- ii. All rest rooms to be equipped with sufficient soap and water at all times and only paper towels are provided to dry hand after washing (the use of fabric towels are prohibited in accordance with the OHS Covid-19 directive)

SECTION C: Emergency response Plan

Response plan in case someone becomes ill with symptoms of COVID-19 in the training venue

- a. In case of a suspected COVID-19 infection/exposure at the training area the following persons must be notified immediately:
 - i. COVID Compliance Officer
 - ii. First Aider, if First aid is required.
 - iii. Coach.
- b. Identify a room or area where someone who is feeling unwell or has symptoms can be safely isolated.
 - iii. If it is suspected that an employee or visitor might have the COVID-19 virus, that individual may not be allowed to leave the premises until the hotline number has been contacted and contact has been made with the authorities and the correct procedures are followed.
 - iv. In liaison with authorities, COVID-19 further screening and testing protocols must be followed
 - v. If the individual test results are positive, it is advisable for all those who contacted the individual in the last 14 days to undergo COVID-19 screening/testing depending on the symptoms.
 - vi. The training area where the individual who has tested positive was operating from, must be evacuated, all areas of the premises must be thoroughly disinfected by a competent service provider/authority. The premises must not be utilised until the premises have been declared safe for operations to resume.
 - vii. The Department of Health must be notified of positive COVID-19 cases where the infections have occurred at the training venue
- c. If the COVID-19 infection has occurred at the training venue, an investigation, the review of measures, including risk assessment must be undertaken for improvement.
- d. An individual who was tested positive for COVID-19 must not return training until they have been declared COVID-19 negative by a qualified health practitioner. Proof must be provided.
- e. The returning individual must also comply with the safety measures e.g. personal hygiene, social distancing, wearing of mask, cough etiquette and monitoring of symptoms.

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Response plan in case someone becomes ill with symptoms of COVID-19 at home but has had contact at the rink previously

- a. Notification of the relevant Provincial Committee (GNFSA or CGFSA) and COVID Compliance Manager
- b. Notification of skaters and coaches:
 - a. In the case that all precautionary measures were adhered to, individuals will be notified to monitor for symptoms.
 - b. If precautionary measures were not adhered to, contact tracing protocols will be instituted with instruction for quarantine.
- c. An individual who was tested positive for COVID-19 must not return training until they have been declared COVID-19 negative by a qualified health practitioner. Proof must be provided.
- d. The returning individual must also comply with the safety measures e.g. personal hygiene, social distancing, wearing of mask, cough etiquette and monitoring of symptoms.

Contact Tracing Mechanism

- a. We have developed an online COVID screening form that will be completed with all necessary information and will serve as an attendance register for all skaters and coaches training in specific sessions and times. This is stored in a spreadsheet and will contain all necessary information required to trace people in the event of a positive diagnosis.

3. Reporting process

- a. Should GFSA (GNFSA and CGFSA) be made aware of a positive case, we will adhere to the following reporting process.
- b. Contact the National COVID hotline 0861 322 322

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SECTION D: Return to training after possible or confirmed COVID-19 Infection

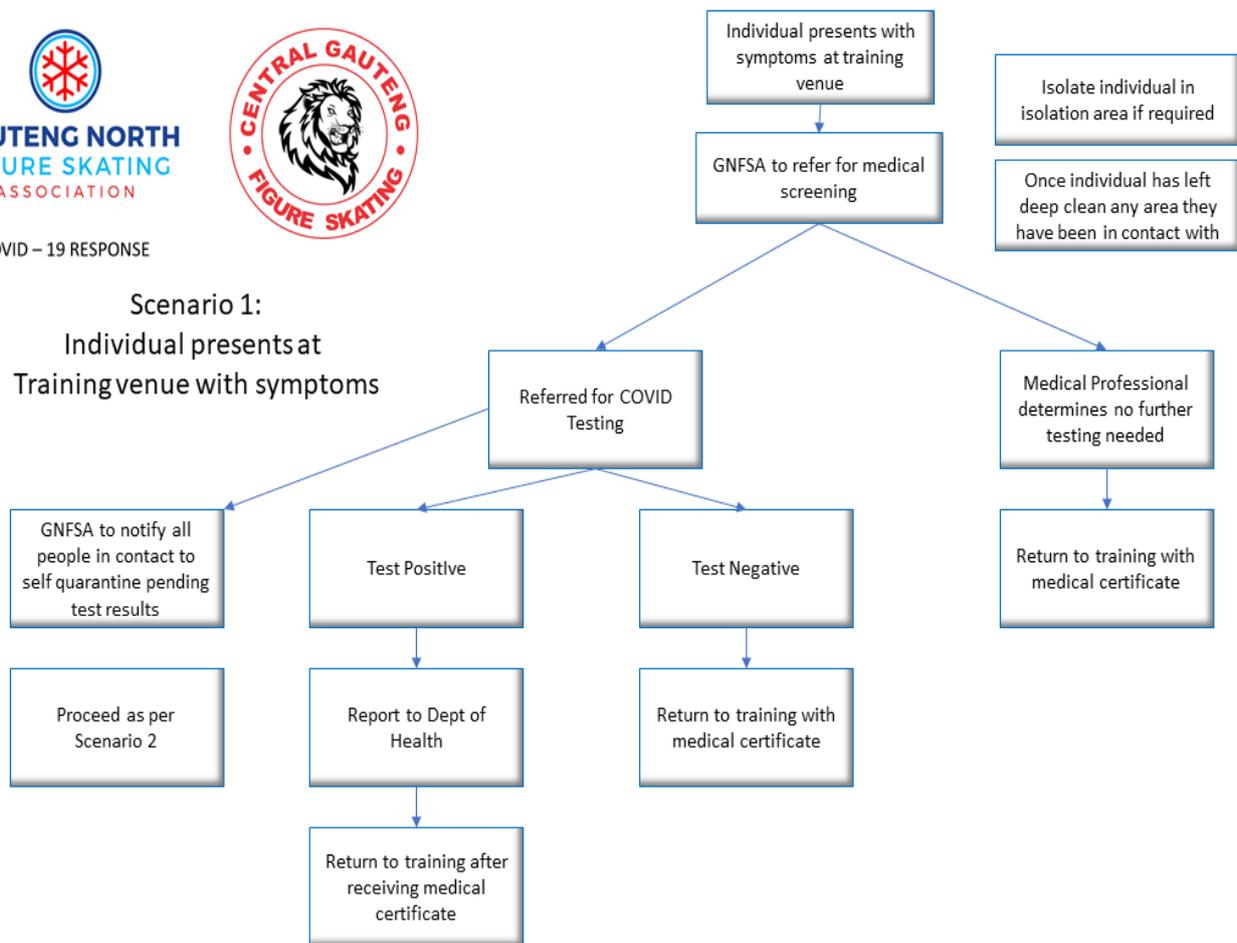
Should there be a confirmed COVID-19 infection:

- All affected parties will need to adhere to a 14-day quarantine period
- The venue will be deep cleaned with all necessary chemicals
- Once all affected parties show as negative, GFSA (GNFSA/CGFSA) can open up for training under advisement.



COVID – 19 RESPONSE

Scenario 1:
 Individual presents at
 Training venue with symptoms



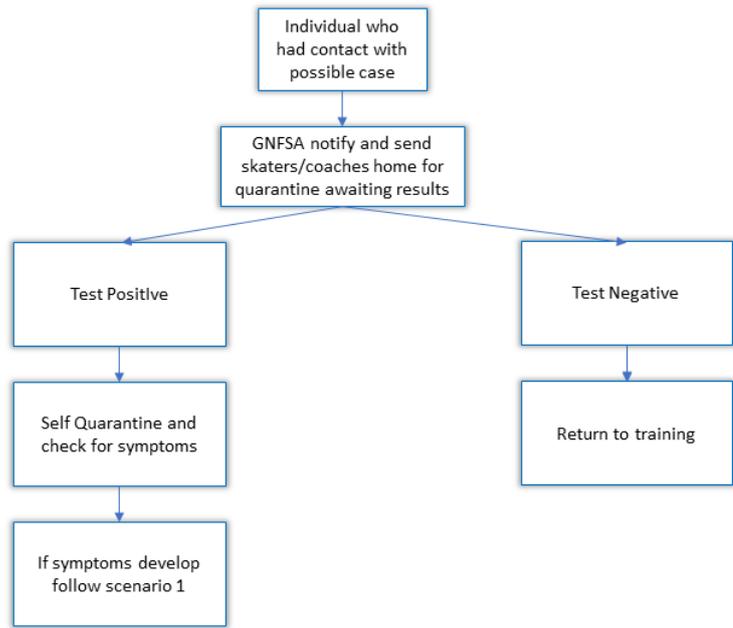
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Scenario 2:
Individual who has
Contact with a possible
Case of COVID-19
at training venue



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Participant Screening Questionnaire

Full Names of Parent / Guardian in case of a minor	
Full Names of Skater/ Coach	
ID Number	

Please Answer the questions below

1. Are you above the age of 60?	YES	NO
2. Have you recently travelled to any high-risk country or any high-risk area defined under the National Disaster Regulations? (Please ask Person on Duty to explain this question)	YES	NO
3. Have you in the past two weeks interacted with a person who has been found Covid-19 positive?	YES	NO
4. Have you attended a funeral in the last 10 days?	YES	NO
If YES, provide details.		

Do you suffer from any of the following conditions?

Hypertension	YES	NO
Diabetes	YES	NO
Epilepsy	YES	NO
Asthma	YES	NO
TB	YES	NO
Are you pregnant?	YES	NO
Have you been to a funeral in the last 10 days?	YES	NO

Should you answer yes to any of the above GNFSA/CGFSA will require a medical certificate giving you permission to train with regards to the risk of COVID-19.

Do you have any of the following symptoms?

Fever	YES	NO
Cough	YES	NO
Sore Throat	YES	NO
Shortness of breath	YES	NO
Body Aches	YES	NO
Loss of smell or taste	YES	NO
Nausea	YES	NO
Vomiting	YES	NO
Diarrhoea	YES	NO
Fatigue	YES	NO

Should you answer yes to any of the above GNFSA/CGFSA will require a medical certificate giving you permission to train with regards to the risk of COVID-19.

I hereby declare that all the information furnished above is, to the best of my knowledge, true and correct and that no information has been omitted or withheld. I hereby grant GNFSA/CGFSA permission to make use of the information contained in this document to determine my personal Covid-19 risk on site.

Signature of Skater/Coach/Legal Guardian for minors: _____ Date: _____

Daily COVID Screening

Name of Parent/ Guardian of Minor	
Name of Skater / Coach	
Tel No	
Email Address	
Coach	
Training Date	
Training Time	

Do you have any of the following symptoms?

Fever	YES	NO
Cough	YES	NO
Sore throat	YES	NO
Shortness of breath	YES	NO
Body aches	YES	NO
Loss of smell or taste	YES	NO
Nausea	YES	NO
Vomiting	YES	NO
Diarrhoea	YES	NO
Fatigue	YES	NO

Should you answer yes to any of the above GNFSA/CGFSA will require a medical certificate giving you permission to train with regards to the risk of COVID-19.

Temperature taken at entrance to rink	
Taken by	

I hereby declare that all the information furnished above is, to the best of my knowledge, true and correct and that no information has been omitted or withheld. I hereby grant GNFSA/CGFSA permission to make use of the information contained in this document to determine my personal Covid-19 risk on site.

Signature of Skater/Coach/Legal Guardian for minors: _____ Date: _____

Checklist

Venue readiness check will be done in conjunction with the staff and owner (The Ice Company) of the The Ice Rink

Task	Responsible	Checked as done	
		Yes	No
Entrance			
Thermometers at door			
Sanitizer foot stand at door and full			
Wipe down of barriers			
Wipe down of stands			
Stands marked for social distancing			
Closed bins for used tissues.			

SAMPLE Daily Roster / Schedule

Date: _____

Time: 8:00 -9:30

Club	Coach	Skater	Coach	Skater	Coach	Skater
		1 2 3		1 2 3		1 2 3
		1 2 3		1 2 3		
		1 2 3		1 2 3		1 2 3
		1 2 3		1 2 3		1 2 3

9:30 - Sanitation

Time: 10:00 – 11:30

Club	Coach	Skater	Coach	Skater	Coach	Skater
		1 2 3		1 2 3		1 2 3
		1 2 3		1 2 3		
		1 2 3		1 2 3		1 2 3
		1 2 3		1 2 3		1 2 3

11:30 - Sanitation

Club	Coach	Skater	Coach	Skater	Coach	Skater
		1 2 3		1 2 3		1 2 3
		1 2 3		1 2 3		
		1 2		1 2		1 2

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		3		3		3
		1		1		1
		2		2		2
		3		3		3

Time: 12:00-13:30

Club	Coach	Skater	Coach	Skater	Coach	Skater
		1		1		1
		2		2		2
		3		3		3
		1		1		
		2		2		
		3		3		
		1		1		1
		2		2		2
		3		3		3
		1		1		1
		2		2		2
		3		3		3

13:30 - Sanitation

Time: 1: 14:00-15:30

Club	Coach	Skater	Coach	Skater	Coach	Skater
		1		1		1
		2		2		2
		3		3		3
		1		1		
		2		2		
		3		3		
		1		1		1
		2		2		2
		3		3		3
		1		1		1
		2		2		2
		3		3		3

15:30 - Sanitation

GAUTENG FIGURE SKATING COVID Joint Alliance
Gauteng North Figure Skating & Central Gauteng Figure Skating Associations
COVID RESPONSE PLAN

Return to Competitions

As per current directions from South African Figure Skating Association we do not anticipate any competitions before the 1 October which will be confirmed taking into account COVID Situation and restrictions to travel.

1 October – 31 December 2020 – Only Provincial level competitions (no out of Province travel to be hosted in venues listed for training).

1 February 2021 - - Interprovincial and National competitions as directed by the National Federation.

Should our skaters need to compete at that point we will follow all necessary gazetted guidelines with regards to travel and quarantine.