



SAFSA

SOUTH AFRICAN
FIGURE SKATING
ASSOCIATION

COVID 19 RESPONSE PLAN

Document Version History

Version Number	Description	Date	Author
1.0	Original document submitted to Department of Sport, Arts and Culture	26 June 2020	National Secretary
1.1	Approval granted for return to training and competition for non-contact sport	7 July 2020	DSAC
2.0	Appendix A added to reflect requested changes due to change in Lockdown Levels.	27 September 2020	National Secretary
	Regulation 1199 11 November	11 November 2020	National Secretary
	Regulation 1290 3 December, Regulation 1346 15 December, Regulation 1370 17 December, Regulation 1421 24 December,	3-24 December 2020	National Secretary
3.0	Appendix B added to update status with regard to the adjusted Level 3 lockdown regulations. Regulation 1423 and 1435 29 December	28 December 2020	National Secretary
	Status update on start of new year and the adjusted Level 3 and curfew hours Regulation 11 11 January	11 January 2021	National Secretary
4.0	Appendix C Adjusted level three to Adjusted Alert Level1 Regulation 69 1 February, Regulation 92 and 93 13 February, Regulation 151 and 152 28 February	28 February 2021	National Secretary
	Maintain Alert level 1. Regulation 284 30 March	30 March 2021	National Secretary

Overview

The purpose of a policy and procedure document is to provide guidelines in terms of the return to training protocol, to prevent infection and transmission of the SARS-CoV 2 virus: known as COVID -19

Guidelines are based on current information available from

- World Health Organisation (WHO)
- National / International Institute for Communicable Diseases (NICD)
- 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.

A. Introduction

The South African Figure Skating Association (SAFSA) has the primary objective to foster greater interest in the sport of Figure Skating in general and further develop its four disciplines of Singles, Pairs, Ice Dance and Synchronised Skating.

The SAFSA are affiliate members of the International Skating Union (ISU) headquartered in Lausanne Switzerland, and members of the South African Sports Confederation and Olympic Committee (SASCOC).

In this difficult time of the COVID-19 pandemic the SAFSA's primary focus is on the health and safety of all our members.

B. Mission

" Inspiring all people in South Africa to embrace the joy of figure skating for life".

Through an accredited training programme for skaters, coaches and official's development programmes, the SAFSA strives to provide cultural, recreational, national, and international opportunities for youth and adults while promoting figure skating as a sport that encourages the health, well-being, and the educational benefits of figure skating.

C. Organisational structure

The South African Figure Skating Association (SAFSA) is administered by volunteers. The federation does not own, nor manage any ice rink facility.

The different districts, namely Western Cape, Kwa Zulu Natal (KZN), Sunshine Coast Club in Port Elizabeth (under custodianship of KZN), Central Gauteng and North

Gauteng, utilise privately owned and managed ice rinks where there are training facilities for figure skating. These districts are administered by autonomous volunteer committees who oversee the development of the figure skating clubs.

The development of a Response Plan for the return to skating and competition, in light of the constantly changing state of COVID -19, has been allocated to these districts, specific to their circumstance.

As unique entities, each district is dependent on the stakeholders/owners of these ice rink facilities and SAFSA will oversee in the broadest spectrum that all regulations are adhered to, referencing the response plans submitted independently by each district to the specified sports confederations.

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Figure skating is an early specialisation and highly competitive non-contact sport which requires many hours of training even at junior levels. Figure skaters have continued individual training “off-ice” during the lockdown, by accessing online platforms both locally as well as those presented by the International Skating Union. These sessions have assisted in building and maintaining morale and form of the athletes, in preparation of the return to “on-ice” training.

The South African National Figure Skating Championships 2020 has been cancelled due to factors beyond the control of the federation and respecting the restrictions in place by the National Government, to curtail the transmission of the COVID -19 infection.

The figure skating calendar for the new season commences on 1 July 2020 to end 30 June 2021. This is in line with the International Skating season. Skaters have minimal time to return to on-ice form in order to qualify for National and International events.

Under the current Level 3 lockdown conditions the owners and management of the different ice rink facilities cannot open the facilities for training. This requires the approval of the Department of Sport Art and Culture with directives specifying the date of return to training, providing all protocols are in place as outlined by the department.

The drawing up of a COVID response plan for approval by the relevant government department to commence the re-opening of training facilities for figure skaters to train in a 1:1 capacity with their coaches, transitioning into small group training sessions has been

submitted by the respective districts 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 skaters who commit their time to developing themselves in the sport working with coaches who are independent service delivery practitioners that generate their income from the sport.

Figure skating is largely a solo sport and non-contact, with the exception of the Synchronised Skating teams, consisting of 16 skaters.

Travel Guidelines

All individuals travelling to and from and accessing the different facilities do so independently with their own means of transport.

OPERATIONAL RESPONSE PLAN

SECTION A:

PREPARATION PRIOR TO OPENING

1. Identification of suitable training location
 - a. In consultation with the owners and management of the different ice rinks the districts of Western Cape, KwaZulu-Natal and Sunshine Coast (Port Elizabeth), Central and North Gauteng are seeking approval and co-operation to open the ice rinks, to be prepared for training. See list of Venues and addresses below.
 - b. Allocated times at the different facilities will be opened for training of figure skaters only.
2. Preparation of the facility
 - a. Preparation of the facility will be done in accordance with Covid-19 protocol. All areas within the rink to be utilized will be sanitized. Each sanitization procedure is specific to the rink. The areas will be sanitized after each group of skaters have left the facility.
 - b. Training of rink staff in appropriate measures against COVID-19.
 - c. PPE will be put in place as per Covid-19 protocols i.e., 70% Alcohol based hand sanitizer; masks, thermometers etc.
 - d. Entrance and exits indicated.
3. Daily preparation for identifying risks with regard to skaters, coaches and administrators.
 - a. Implement a screening framework, an attendance registers to identify high risk individuals using the COVID Participant Screening Questionnaire available on-line or on the Team App to alleviate contamination by handling paper and an accurate account of movement of athletes, coaches and rink staff on a daily basis.
4. Preparation for identifying risks with regards to skaters, coaches and ice rink staff
 - a. All relevant screening frameworks are outlined in each of the attached response plans from Western Province, Kwa Zulu Natal, Central and North Gauteng.
 - b. The SAFSA will appoint a member of the Executive committee to oversee the compliance of each district and ensure that the correct reporting is monitored.
5. Recommended precautions for participants in all communications
 - a. The National Department of Health recommends that everyone in South Africa should wear a cloth facemask (also known as a non-medical mask) when in public.
 - b. Washing hands regularly with clean water and soap for 20 seconds, or the use of an 70% alcohol-based hand sanitizer.
 - c. Practise good respiratory hygiene and if using tissues ensure they are safely disposed, in a closed receptacle.
 - d. Ensure safe social distancing protocols.
 - e. No sharing of water bottles and have a specifically demarcated area within the rink for preparation for training.

SECTION B:

DAILY MANAGEMENT AT THE ICE RINK

1. In order to consistently manage the COVID – 19 risk at the training facility the following measures will be in place.
 - a. Number of people including staff, coaches and skaters will not exceed (50)
 - b. Allocated training times as per a scheduled roster in consultation with skaters, coaches and relevant Committee member/ Compliance officer
 - c. A screening framework, attendance register to identify high risk individuals using the COVID Participant Screening Questionnaire available online and on Team App to alleviate contamination by handling paper and an accurate account of movement of athletes, coaches on a daily basis.
2. Daily Maintenance and Management of the Ice Rink
 - a. To be conducted in consultation with the ice rink owners and management
 - b. All surfaces, high traffic areas will be sanitised with disinfectant throughout the practise session and several times during training time and not limited to door handles, handrails, rest rooms, first aid room and all other areas accessible to skaters.
 - c. All restrooms to be equipped with sufficient soap and water at all times and only paper towels are provided to dry hand after washing.

SECTION C:

EMERGENCY RESPONSE PLAN

1. **Response Plan should someone present with symptoms of COVID-19 at the training facility.**
 - a. Refer to the previously submitted response plans, submitted by the relevant districts where training facilities may reopen.
 - b. In case of a suspected COVID-19 infection/exposure at the training facility the following persons must be notified immediately:
 - i. COVID Compliance Officer who will notify the relevant health department where necessary.
 - ii. First Aid officer, if first aid is required.
 - iii. Coach.
 - c. Allocation of an area for isolation.
 - d. The individual may not leave the premises until the CORONA VIRUS(COVID-19) 24-Hour Hotline Number: 0800 029 999 or CORONA VIRUS(COVID-19) WhatsApp Number: 0600 12 3456 has been contacted and the correct procedures are followed.
 - i. Contact tracing liaison with authorities, for further screening, self-isolation and testing protocols where indicated.
 - e. Consequence for the facility, to ensure all areas of the facility is thoroughly disinfected/deep cleaned by a competent service provider/authority.
 - i. The facility must not be utilized until declared safe for training to resume.

- f. An individual who was tested positive for COVID-19 must not return to training until declared COVID-19 negative by a qualified health practitioner. Proof must be provided.
2. **Response Plan should someone present symptoms of COVID-19 at home and have been training at a facility.**
- a. Notification of the relevant district Committee and COVID Compliance Manager
 - b. Notice to rink management, skaters and coaches:
 - i. Ensuring all precautionary measures were adhered to, individuals will be notified to monitor for symptoms.
 - ii. Contact tracing protocols will be instituted with instruction for self-isolation.
 - iii. Cannot return to training unless test is negative. Proof must be provided.
 - iv. Contact tracing liaison with authorities, for further screening, self-isolation and testing protocols, where indicated.
 - v. If the facility has been compromised, training can only resume once facility is declared safe and all protocols are in place.
 - vi. Participant Screening Questionnaire available online and on Team App, an accurate account of movement of athletes, coaches on a daily basis.
 - vii. Stored information will also be used for contact tracing, when necessary.

Names and Sporting Venues to be Used (Venue Details)

Figure Skating take place indoors at privately owned, managed and operated Ice Rinks. Non-contact training takes place at these facilities and is split into 45 minute sessions per group of skaters over a period of 7 hours. An additional 15 minutes is allowed for clearing the ice and sanitization before the next group commences their training session.

The addresses and locations are as follows:

District	Name	Location Address	Participants per day for training only
Western Cape	The Ice Station	Grand West Casino and Entertainment Centre 1 Jakes Gerwel Drive Goodwood Cape Town 021 535 2260	<50
KwaZulu-Natal	Durban Ice Arena	81 Somtseu Road North Beach Durban 031 332 4597	<50
	Galleria Ice Rink	Galleria Shopping Centre Cnr Moss Kolnick & Arbor Road Amanzimtoti 031 904 1156	<25
	Bay West Ice Rink (Sunshine Coast overseen by KZN)	Bay West City Mall cnr N2 & Walker Avenue Port Elizabeth 041 492 0318	<20
Central and North Gauteng	Northgate Ice Rink	Northgate Shopping Centre Northumberland Road Northriding 011 794 8706	<50
	Grove Ice Rink	Grove Shopping Mall cnr Lynnwood Road & Simon Vermooten Road Equestria Pretoria 012 807 3060	<50
	Festival Mall Ice Rink	Festival Mall Shopping Centre cnr CR Swart & Calvin Rd Kempton Park 011 394 6702	<25
	Forest Hill Ice Rink	Forest Hill City Corner N14 & R55 Monovani Centurion 012 668 1044	<25

Personal Declaration

Participant Screening Questionnaire

Full Names of Parent / Guardian in case of a minor	
Full Names of Skater/ Coach	
ID Number	
Cell phone Number/email address	

Please answer the questions below

Are you above the age of 60?	YES	NO
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
Have you in the past two weeks interacted with a person who has been found Covid-19 positive?	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
Tuberculosis (TB)	YES	NO
Are you pregnant?	YES	NO

Should you answer yes to any of the above SAFSA 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 SAFSA 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 SAFSA permission to make use of the information contained in this document to determine my personal COVID-19 risk onsite.

Signature of Skater/Coach/Legal Guardian (Minors) _____

Date _____

Daily Screening for COVID

Name of Parent/ Guardian of Minor	
Name of Skater / Coach	
Tel/Mobile 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 SAFSA will require a medical certificate giving you permission to train with regards to the risk of COVID-19.

Temperature Screen with non-contact infrared thermometer

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 SAFSA permission to make use of the information in this document to determine my personal COVID-19 risk onsite.

Signature of Skater/Coach/Legal Guardian (minors): _____

Date: _____

Daily Checklist

Date: _____

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

COVID Compliance Officers in the different districts

Western Province	
Burchell Kock	Mobile 084 677 4257
	Email: burchellkock@gmail.com
All coaches/admin will attend a COVID -19 lecture by DANSHAW Consulting Services.	
Central Gauteng	
Sue Burston (Northgate)	Mobile: 084 464 3541
	Email: memberships@cgfigureskating.co.za
Yvonne Roberts (Festival)	Mobile: 083 2705740
(Change on 3 October 20)	Email: yvonneroberts22@yahoo.com
North Gauteng	
Hayley Walker (Grove)	Mobile: 081 436 8445
	Email: hayley@walk.co.za
All coaches and admin will attend and complete an online COVID-19 WHO training course https://www.who.int/emergencies/diseases/novel-coronavirus-2019/training/online-training	
KwaZulu-Natal	
Cameron Miles Loader	Mobile: 082 451 4136
	Email: cameronpvt@gmail.com
All relevant personal will complete a COVID -19 course through NOSA Pineside, New Germany Offices in Durban.	

Appendix A

This appendix is to reflect the changes to the above Response plan completed and submitted to the Department of Sport, Arts and Culture (DSAC) in the application to return to training for non-contact sports. The document was compiled during the Lockdown Level 3. Approval for the return to training and competition was received by the SAFSA on 7 July 2020.

With the National move to Lockdown Level 1 and the potential of future Lockdown changes, the following amendments to the response plan are submitted for consideration and approval.

1. Regarding “Numbers of Skaters” mentioned in Section C - Names and Sporting Venues to be Used (Venue Details), we request the following changes:
 - a. The number of skaters allowed per training session be less than or equal to the maximum numbers permitted - as Gazetted by the Department of Sport, Arts and Culture (DSAC) and the applicable Lockdown Level.
 - i. Permitting flexible adjustments as Lockdown regulations change and will reduce the need for ongoing revision to the plan, ensuring compliance with the stipulated health and safety regulations.
2. Synchronised Skating Teams – consisting of 16 skaters and up to 4 reserves – undertake high impact training where contact with each other is required to comply with the protocols of the Synchronised Skating discipline.
 - a. The SAFSA requests approval that they are allowed to return to training as a team to facilitate the team’s program development and to co-ordinate the elements required for competitive participation.
 - i. During training, only the Synchronised Skating team members and their coach are allowed on the ice, all COVID health and safety regulations will be adhered to.
 - ii. The return to team training for the Synchronised Skaters will be beneficial for competitive and development teams.
 - iii. Ice Dance and solo Ice Dance are figure skating disciplines requiring some contact during training. The return to training for these disciplines in preparing the skaters for competitive and development events will be of benefit to the skaters.
3. For clarity, we request approval that the SAFSA registered coaches can coach SAFSA registered club skaters during public sessions subject to the following conditions:
 - a. There will be no more than the stipulated maximum number present in the full public session including staff, coaches and all skaters for the particular indoor venue, as per the Government regulations.
 - i. All necessary COVID precautions will be adhered to, including wearing of masks, social distancing and regular sanitizing.
 - ii. With limited availability of ice and the high cost of ice time, many of our new skaters start by being coached during public ice time to reduce the cost to the skaters.
4. A Learn to Skate Academy run by the owners of the sporting venues (ice rinks) relies on the South African Figure Skating Association (SAFSA) skaters and coaches to

teach beginners how to skate. As this is a public session, the SAFSA requests permission to allow our skaters and coaches to assist with training at the Academy.

- a. Access to the Academy will assist the SAFSA in growing and developing the sport.
- b. The Learn to Skate Academy is often the first point of entry into competitive skating for multiple ice sports.
 - i. It is to the benefit of the Academy students to have qualified and experienced skaters and coaches to mentor them in their initial entry to ice-skating.

Appendix B

Referencing the COGTA document dated 28 December 2020 and the continued National State of Disaster until 15 January for further revision.

The ice rink facilities in the country have restricted the access for training or closed the rink for training during the period 18 December until 4 January 2021.

Not all Ice rinks in KwaZulu Natal have reopened for training and this has presented many challenges for athletes to train, with curfew and the available time for training at the Galleria Ice rink in Amanzimtoti.

Curfew hours of 21:00 until 06:00 have presented challenges for training and limited the ice time available for training.

All COVID -19 precautionary / prevention measures at the different venues have been adhered to. Hand sanitizing, social distancing and the wearing of a face mask, daily health checks and monitoring.

However outside of the venue it is difficult to control individual behaviours.

Some COVID cases have been reported in the skating fraternity and any affected individuals have self-isolated and contacts have been traced and isolated for the required time frame before returning to training.

Since the adjusted level 3 lockdown implementation there has been minimal training and numbers within the venue have been reduced to align with the original policy of no more than fifty people in a venue adhering to all the requirements for adequate ventilation and preventive measures for spread of the coronavirus.

The return to training after the Festive Season and the concerns amidst the second wave of coronavirus infections and the rampant variant of the newly identified strain of the coronavirus COVID 501.v2.

Skating has taken all the necessary precautions and adhered to the protocols outlined in the original plan in safeguarding the health and safety of all our members under the adjusted Alert Level 3 protocols and government regulations.

The changes to the curfew 21:00 to 05:00 are challenging when service providers are limiting the ice time available for training. However, all the different regions are working well to facilitate the best opportunities for all athletes with the time available for training.

Appendix C

The skating season is ending on 30 June 2021 and it is imperative that the athletes have an opportunity to compete at local events.

Each provincial region will be hosting their provincial championships and in rapid succession will host the relevant Inter Provincial Championships to be held in Kwa Zulu Natal, Gauteng, and the Western Cape.

All COVID protocols are in place for wearing of masks, sanitizing, social distancing and the prior screening of athletes, access to the facilities by relevant individuals keeping the numbers as low as possible but not more than is required for the event.

No Spectators are permitted at these events!

The National Figure Skating Championships are planned to be held in Gauteng in June 2021 for the season 2020/2021.

The Organising Committees involved in the planning of this event are cognisant of the possibility that lockdown levels could change, depending on the trajectory of the pandemic over the coming months.

