



West Toronto Skating Club

Info Sheet #1 - Parents and Skaters

Do you show signs and symptoms of Covid-19?

Fever Cough Difficulty breathing Sore throat Runny nose Loss of taste or smell Nausea, vomiting, diarrhea Difficulty swallowing If you are having difficulty breathing, call 911.	Disease symptoms may be different, depending on age. Children and older adults with COVID-19, may also have non-specific symptoms, such as: disorientation, confusion sleeping more than usual or muscle aches dizziness, weakness or falls chills, headaches
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If YES,

#1. Do not go to the rink.

If you are already at the rink, get the attention a WTSC coach and isolate from all others in a well-ventilated area, or outside, and put on a non-medical face mask if one is available.

#2. Tell a member of WTSC Covid Oversight committee

#3. Contact and follow the advice of Toronto Public Health

<https://www.toronto.ca/home/covid-19/>

Telehealth Ontario Call if you develop symptoms. Telephone: 1-866-797-0000 Emergency Services Call if you're having difficulty breathing or experiencing other severe symptoms. Telephone: 911	Toronto Public Health Hotline 8:30 a.m. – 8 p.m. Call if you have questions about COVID-19. Translation is available in multiple languages. Telephone: 416-338-7600 TTY: 416-392-0658 Email: PublicHealth@toronto.ca
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West Toronto Skating Club

Info Sheet #2 – Coaches

Does a skater show signs and symptoms of Covid-19?

Fever Cough Difficulty breathing Sore throat Runny nose Loss of taste or smell Nausea, vomiting, diarrhea Difficulty swallowing If you are having difficulty breathing, call 911.	Disease symptoms may be different, depending on age. Children and older adults with COVID-19, may also have non-specific symptoms, such as: disorientation, confusion sleeping more than usual or muscle aches dizziness, weakness or falls chills, headaches
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If YES,

#1. Stop all activities

#2. Tell a member of WTSC Covid Oversight committee, get the attention of their parent/guardian and isolate them from all others in a well-ventilated area, or outside, and put on a non-medical face mask if one is available.

#3. Initiate session shut down procedures.

- i) Ensure all skaters have stopped all activities
- ii) All skaters are to put on a non-medical face mask
- iii) At this point the member of the WTSC Covid Oversight committee has informed, by email, all parents/guardians of skaters. Prepare to leave the ice to return to the change room / skate changing location.
- iv) Once you have left the rink prepare to self-isolate until Toronto Public Health has contacted you with further instructions.

#4. The WTSC Covid Oversight committee will connect with the facility management and Toronto Public health for a determination on the remainder of the evenings scheduled activities.

<https://www.toronto.ca/home/covid-19/>

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