

# Guidelines for the use of Natural Ice Rinks during COVID-19

## January 20, 2020

### Key Dates

Weather permitting. Generally January 1 - March 31

### Infection prevention and control measures:

The following mitigation guidelines will help reduce the risk of respiratory infections, including COVID-19.

### Guidelines: Before Arrival

#### Individuals must self-screen themselves to limit the introduction of infection:

- Prior to attending a Natural Ice Rink, every participant must do the [self-assessment for COVID-19](#) on the Ontario Ministry of Health website and follow the instructions of the assessment tool to determine whether it is safe to attend the Natural Ice Rink while following local and Provincial Public Health advice. Participants should be directed to the [City's website](#) to determine if further health care is required and if they should visit an [Assessment Centre](#).
- All participants should be aware of signs and symptoms of COVID-19, including:
  - Fever or chills
  - Cough
  - Difficulty breathing or shortness of breath
  - Sore throat, trouble swallowing
  - Runny/stuffy nose
  - Decrease or loss of taste or smell
  - Nausea, vomiting, diarrhea
  - Not feeling well, extreme tiredness, sore muscles
- Your risk of severe disease may be higher if you have a weakened immune system. This may be the case for:
  - Seniors
  - People with chronic disease such as diabetes, cancer, heart, renal or chronic lung disease.

The World Health Organization advises that symptoms may appear in as few as 2 days or as long as 10 to 14 days after contracting COVID-19. Those who are infected with COVID-19 may have few or no symptoms. Hence, there is the possibility of asymptomatic and pre-symptomatic spread of COVID-19.

- Encourage staff and participants to download the COVID Alert app so they can be notified directly if they have been in close contact with someone who was contagious with COVID-19.

**Entrance Restrictions:**

- Anyone who is exhibiting symptoms of COVID-19, has had close contact with a confirmed case, or who has travelled outside of Canada in the last 14 days cannot attend the Natural Ice Rink.

**Guidelines: While using Natural Ice Rinks****Reduce the risk of transmission during activities:**

- Stay at home when you are ill, even if symptoms are mild.
- Practice [physical distancing](#) and maintain at least two metres (six feet) distance from those you don't live with when at the Natural Ice Rink.
- Respect any [Provincial Emergency Orders](#) that prohibit social gatherings of a certain size, including when at a Natural Ice Rink.

**Cloth Masks & Face Coverings**

- Natural Ice Rink participants may wear a cloth mask or face covering at their own discretion. Cloth masks or face coverings that cover the nose, mouth and chin with no gaping are strongly recommended when physical distancing is difficult outdoors.

**Practice proper hand hygiene and respiratory etiquette:**

- Wash your hands often with soap and water for at least 20 seconds often.
- If soap and water are not available, use an alcohol-based hand sanitizer with 70-90% alcohol concentration.
- Cover your cough or sneeze into a tissue. Immediately throw the tissue in the garbage and wash your hands.
- If you don't have a tissue, sneeze or cough into your sleeve or arm.
- Avoid touching your face, nose and mouth with unwashed hands.

**Ensure that people who become ill with signs and symptoms of COVID-19 while using a Natural Ice Rink should go home to self-isolate:**

- People who become ill while at the Natural Ice Rink should go home immediately, in a private vehicle if possible, and self-isolate. They should review the City of Toronto [website](#) for more information about COVID-19.

**Guidelines: Natural Ice Rinks and Adjacent Amenities****Facility Information:**

- Nearby facilities (washrooms, community centres, and drinking fountains) may be closed due to public health or seasonal requirements.

**Natural Ice Rink Information:**

- Natural Ice Rink equipment will not be sanitized, including but not limited to:
  - Benches, tables or seating
  - Rink boards
  - Water taps, hoses
  - Fences

- Gates
- Shovels, brooms
- other apparatus
- Natural Ice Rink participants are advised to practice good hand hygiene while using any part of the Natural Ice Rink.
- Participants are asked not to touch other participants they do not live with. This includes no high five's, fist bumps or hand shaking, sharing of personal equipment and/or food/beverages.
- Participants should not loiter to assist in physical distancing and allow others the opportunity to utilize amenity.

**Cleaning and Disinfecting Requirements:**

- If Washroom facilities are available, they will be cleaned as per Toronto Public Health Guidelines.
- Review [Public Health Ontario's Cleaning and Disinfection for Public Settings.](#)

**Required Signage:**

Parks Staff will post the following signs at all Natural Ice

- Physical Distancing poster
- COVID-19 Screening poster
- Natural Ice Rink rules sign outlining capacity, physical distancing and use of a cloth mask or face covering while at amenity.