



Skate Ontario

The Huntsville Skating Club Return to Skating Policy

Purpose:

To support skaters returning from an absence from skating by encouraging collaboration with skater, coaches and parent/guardian to develop a plan to provide opportunities to regain conditioning, skill level and confidence, while ensuring safety and effective ice time for all skaters.

1. Skaters experiencing an interruption in their skating require a "Return to Skating" plan. This plan will be developed in collaboration with the Base Coach, skater, parents/guardians. The plan is required when:
 - (a) during the Fall and Winter sessions, there is an interruption of a minimum of 6 weeks, or
 - (b) when an injury, including concussion, occurs regardless of where and when the injury took place.
2. The "Return to Skating" plan should be in place a minimum of 1 (one) week prior to the skater returning to training, practice or competition. The focus of the plan should be the current skating ability regardless of Skate Canada Tests completed. The "Return to Skating" plan is a working document and as such, can be modified, if necessary.
3. As a component of the "Return to Skating" plan, a skater *MAY* have to skate down a level as they work to bring their skills to a level consistent with criteria.
4. The "Return to Skating" plan should be submitted in writing to the Coach Liaison of the HSC Board of Directors. The plan may be submitted to the Coach Liaison in person, or by emailing it to the HSC Club email address. The plan will be kept in the Board's records.
5. The Base Coach must report skater's limitations from the "Return to Skating" plan to all other club coaches.
6. If the skater's interruption in skating is due to a medical diagnosis of injury, a mandatory written medical clearance by a medical doctor or nurse practitioner shall be provided by the skater or parent/guardian prior to the development of the "Return to Skating" plan.
7. If the skater has had a medical diagnosis of concussion, all involved in the development of the "Return to Skating" plan should ensure that recommendations from Rowan's Law (Ontario's provincial Concussion Safety legislation 2018) are followed.



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8. Should a member of the Coaching staff have a concern about the safety of the returning skater, a meeting will be called between all coaches and the Board's Coach Liaison. The Coach Liaison will report to the Board the determinations of this meeting. When necessary, a Base Coach can request support of the Board when meeting with a skater and their parent/guardian to discuss the "Return to Skate" plan.

Reporting Process

- 1) The parent reports the injury to skater's coach.
- 2) The Coach and parents will prepare the "Return to Skate" plan.
- 3) The plan will be provided to the HSC Coach Liaison.
- 4) The Base Coach will share the skater's restrictions with all other club coaches.
- 5) The Coach Liaison ensures a copy of the plan is kept on file with the Club.