



PRINCE GEORGE **FIGURE SKATING CLUB**

Attention: All PGFSC members

RE: URGENT – Amended to Illness Policy

Over the past few weeks, we have been navigating through new onset illness and skater absences with the fall flu season now upon us. This is obviously not a typical cold/flu season where we are able to allow skaters to attend skating unwell or to be away one day only if they are feeling unwell. Often cold/flu symptoms are similar to COVID 19 symptoms, therefore it is important that we be vigilant when it comes to **fever, dry cough and tiredness/fatigue as these are the most common COVID 19 symptoms**. Other symptoms include aches and pains, sore throat, diarrhea, conjunctivitis, headache, loss of taste or smell, and/or a rash on the skin, or discolouration of fingers and toes. It is a broad range of symptoms that we are required to take very serious precautions with.

Our initial policy stated a mandatory 2-week dismissal from skating if symptom(s) appeared. We have discussed with our COVID 19 working group and have relaxed the initial policy restriction. We are requiring that if your skater is presenting with symptoms that you seek a health assessment. A health assessment includes calling 811, the COVID hotline or seeking direction from a physician/health professional and following their recommendations. **If your skater is unwell it is a mandatory 48 hour leave from skating.** If you have had your child negatively tested for covid or a health professional has cleared your son or daughter to return to activities, they may return to skating once symptoms have improved and the child feels well enough. Otherwise they may return once they have been **48 hours symptom free**. This is for the safety and wellness of our club members and will enable us to continue skating while we work through this difficult time.

Please notify your coach as quickly as possible should your child present symptoms from the list, as there is a lot of time and effort that goes into scheduling skating lessons/sessions for the week.

We appreciate your understanding in this matter.

Sincerest regards,

Amber Friess – PGFSC
COVID 19 – Club Representative