

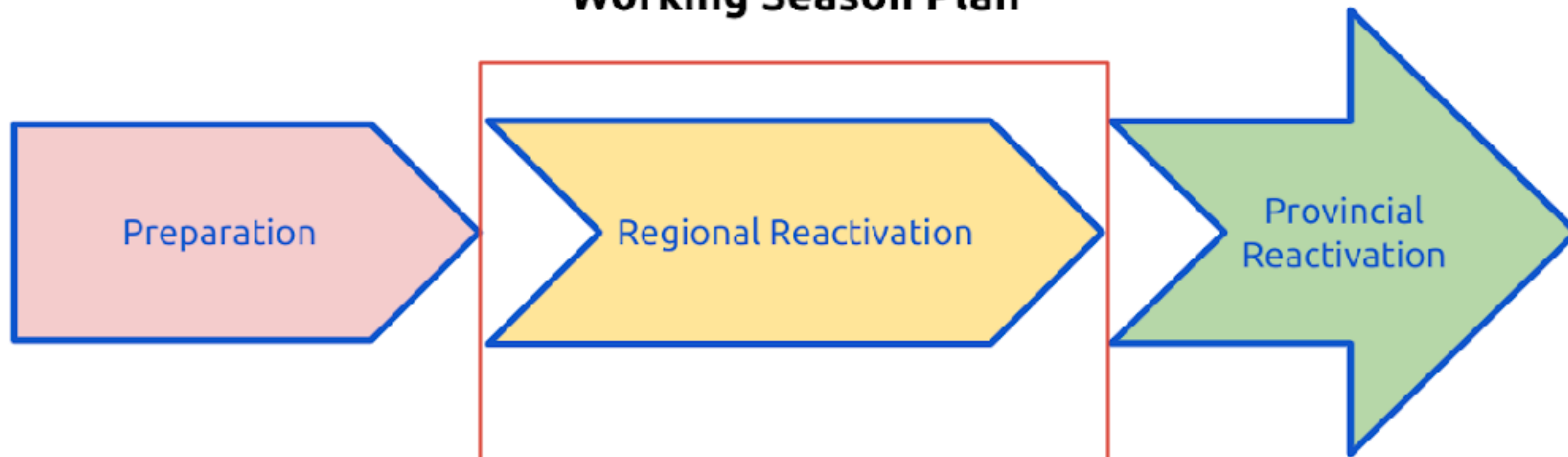


**BCSA**  
**SPEED SKATING**

Chris Acton,  
Technical Director

# Regional Reactivation Workshop

## Working Season Plan

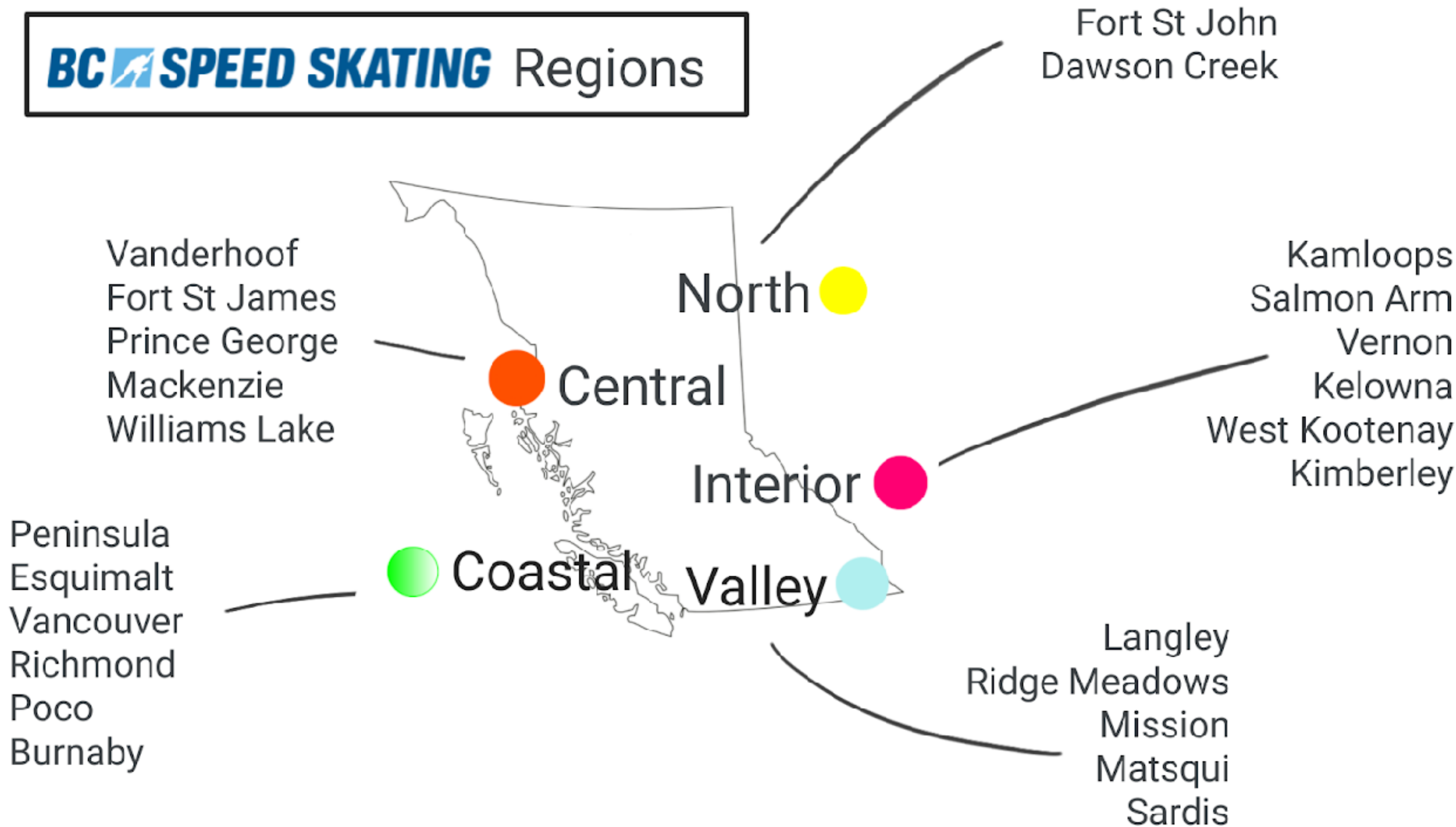


Preparation May - August 2021	Regional Reactivation September - December 2021	Provincial Reactivation January - March 2022
Provincial online delivery	Provincial online delivery	Select provincial in-person delivery
	Regional in-person delivery	Regional in-person delivery
Community in-person delivery	Community in-person delivery	Community in-person delivery



*All dates and events are subject to change based on COVID-19 restrictions*

**BC SPEED SKATING** Regions



# Team Coastal

Peninsula, Esquimalt, Vancouver, Richmond, POCO, Burnaby

**Brenda  
Hennigar  
Peninsula**

Introduce yourself! Add a picture if you can.



*DW*  
**David  
Wagner -  
Burnaby**

**Michael Mong  
-Vancouver**



**Malcolm  
Kennett,  
Burnaby.  
Skater, Parent,  
Coach**

**Calvin -  
Richmond**

**Hi. Diane  
Silzer  
from  
Burnaby.**

**Hi! I'm Jen  
from  
Maple  
Ridge**

**Mark Vidal -  
Richmond,  
ROO, Skater  
Roanan  
Tien-Vidal**

**Grace  
Cheng -  
Richmond**

**Barb from  
POCO,  
club  
coach**

**Richard -  
BCSSA**

**Hi, Alex  
from  
Richmond**

**Nicole  
from  
Richmond  
Oval**

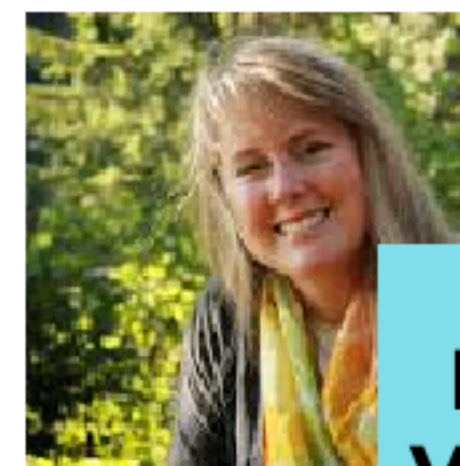


**Hi.**

**Alex from  
Richmond**

# Team Valley

Langley, Ridge Meadows, Mission, Matsqui, Sardis



**Hi I'm  
Valerie!**

**Introduce  
yourself! Add  
a picture if  
you can.**



**Jason  
-Mattias is  
my son**

**Kate from  
Sardis  
Fliers**

**Emily from  
Mission  
Racers**

**Hey is anyone from  
Langley? After we're  
done I'm going to go  
to the rink and I  
suspect there are  
Langley people there  
and I'll connect with  
them about  
coordinating a FV  
regional meets with  
all of us.**



**Hi I'm Mae Shupe. I  
suspect I know most  
of you! Marshall is  
doing good in Salt  
Lake. They are  
training hard already!  
Lots of ideas  
regarding regional  
competitions!**

# Team Interior

Kamloops, Salmon Arm, Vernon, Kelowna, Kimberley, West Kootenay

Introduce yourself! Add a picture if you can.

Hello from Kelowna!  
Christine Hank



Jen in Salmon Arm!



Alana from KLB



Hey! I'm Sandi from Kamloops!

Wayne from Kamloops



KLB | Gillian Goud -> [https://www.youtube.com/watch?v=\\_5DZexDYyuU](https://www.youtube.com/watch?v=_5DZexDYyuU)

# Team Central

Vanderhoof, Fort St James, Prince George, Mackenzie, Williams Lake

**Meredith  
Earl -  
Prince  
George**

**Terry Lazaruk,  
Vanderhoof  
Clippers  
President**



**taryn  
PG**



**Keith  
Gordon  
(Fort St.  
James)**



Fort St John, Dawson Creek

**Rhonda  
from  
Dawson  
Creek**

Introduce  
yourself! Add  
a picture if  
you can.



**Corrie  
from  
FSJ**



**Kari  
from  
FSJ**



**Dan  
from  
FSJ**

Team North



## Regional Reactivation (September - December 2021) Targets



Re-establish and forge new regional connections and a sense of community



Tailor progressively challenging opportunities for all participants (skaters, coaches, officials) to promote holistic wellbeing



Organize a logical schedule of regional events, avoiding provincial and national conflicts whenever possible



Select BC Winter Games Zone skaters and provide opportunities for skaters to contest Wildcard ranking times by the end of December 2021

### CONSIDERATIONS TO PLAN FOR:

- Restricted Sanctions (capacity)
- Small cohorts (contacts)
- Start simple!
- Opportunities for going fast and opportunities for racing
- Use standard distances:
  - L2T: 200m and 1200m
  - T2T: 400m and 1500m
  - Junior\*: 500m and 1500m
  - C4L: 500m
- Regional schedules ([shorturl.at/fyFG9](https://shorturl.at/fyFG9))

400m + 1500m sanctioned times  
August 1 - December 31, 2021



# Restricted Sanctions

-at a glance-

*Let's race!  
Be safe, be fair.*

## Racing Formats

- Pursuit/ time-trial/ Olympic style races
- Mass start races with max 4 skaters per race (short- and mid-distances strongly recommended)
- Relay Challenges

## Other Considerations

- ✓ Certified track
- ✓ BCSSA Event Medical Requirements met
- ✓ Adequate protective padding
- ✓ BCSSA Return to Skating Guidelines followed
- ✓ SSC Competition Guidelines reviewed
- ✓ Daily health screening for all involved
- ✓ Adaptations to minimize contact
- ✓ Adaptations to reduce touch points



1x Meet Coordinator/Safety Officer

1x Level 1+ Certified Referee

1x Level 1+ Certified Starter

1x Lap Counter

2x Track Stewards

4x Timers (at least one must be Level 1+ Certified)

Option A: four manual timers or  
Option B: two e-timing attendants and two back-up manual timers

1x Clerk of the Course

2x First Aid Attendants

# Solution-Focused Brainstorm: Financial



**Aim keeping registration costs reasonable with fewer extras for the meets.**

**Sponsorship can still be recognized through social media even if there are no spectators.**

**Look within your community for companies that support local activities.**

**Small sponsorships add up.**

**cost per event will remain the same. cost per skater will likely be elevated for this season (?)**

**covid relief funding provided could be used to help offset meet fees**

**utilize mini meets and/or time trials to reduce costs (hold during regular ice times) and give skaters additional opportunities to better their times**

**Ice allocation**

**Thoughts on Financials? Concerns, opportunities for the year? - Mark V.**

**mat tie down? hockey panel removal for first aid and water? -time and cost**

**Borrow mats? Truck rentals, logistics, covid, etc.**

**Back to back practice sessions in Richmond?**

**Might there be Gov. funding for added cleaning, sanitizer and gloves to keep sports operating. At an event that cost may become significant. Mark V.**

**Is there any data on how many skaters have or may leave from Covid related financial or logistical issues. Can we get them back? Mark V.**

**Saw a club use suction cups to glass to speed in securing mats....higher upfront cost but good cost savings throughout season as related to time. Mark V.**

# Solution-Focused Brainstorm: Chaperones



rather  
have  
more  
skaters

Assistant to  
the box  
stewart or  
combine  
volunteer  
roles

Open area  
dressing  
room  
space

Coaches and  
chaperones  
should be  
separate.

Events  
happening  
elsewhere in  
facility can  
influence  
situation.

Share Male  
female  
between  
zones

exemptions  
for younger  
kids - active  
start and with  
SO skaters

Do volunteers  
want to stay 4  
hours?

More  
chaperones  
needed for  
younger  
skaters.

Covid Host  
helps to  
chaperone

Design meet by age  
group so that you can  
facilitate chaperone  
numbers. ie 10  
skaters in active start  
with 10 chaperones,  
but T2T would have  
more skaters but less  
chaperones

design meet  
to divide up  
larger groups  
for morning  
afternoon so  
numbers work

no hospitality  
rooms

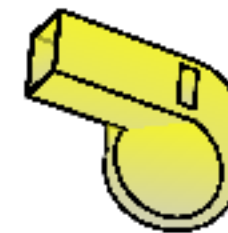
Volunteers  
taking  
multiple roles

Make a volunteer a  
contact person to  
contact a parent  
who is just off site.

if parents  
want to watch  
they have to  
volunteer

difficulty as  
each arena  
has a different  
protocol

# Solution-Focused Brainstorm: Officials



Shared electronic timing resources to limit timekeepers

second ref on ice - recommended to get experience and support

What electronic equipment is on the market for these tasks? Are any clubs using this hardware currently? Mark V.

challenge to have officials from another health area

sanctioning for minimeets is there lower number of officials needed?

move to a manual system for recording small meets. Would that make it easier?

will need officials from multiple areas to meet requirements even at a lower requirement

electronic transponders to share if limits with timers.

Tiny meets - track steward/referee role

**Track watering between races?**

first aid - what if one has to leave? Problem with only 2.

difficult to get volunteers to come every weekend

limited officials required for fundamental skaters: bare bones - don't need the accuracy at that level

**pre-sead races**

recording system - Winsport. shorttrackonline.info

Where will officials take their breaks (coffee break, snack, warm up, etc)

Officials/volunteers wearing two hats.

Need what is the bare bones for a minimeet? 20 skaters

Use a tablets to allow recorder not to be onsite? What's Ap app?

recorder off site & results virtual (ipad entry immediately)

electronic timing - having a system that could be used by other clubs. Training of officials.

1 extra person to stream races? camera set up

**mini meet are a great solution**

BCSSA can maybe help with development of app.

# Solution-Focused Brainstorm: Race Day Schedule



set up schedule to accommodate L2T and T2T skaters, and only allow Fundamental skaters at local club to compete. Manage numbers.

**Minimum time between races: 20 minutes?**

Transition between groups (sanitizing areas would need to be factored in)

Split the groups into morning and afternoon to mitigate possible exposure across skaters, less people to be in contact with and easier on families being in a location for a shorter periods of time. Mark V.

Combine as many in one age groups - create 3 separate competitions - leave after their competition.

Working together as clubs to split club sessions to make smaller cohorts/groups. Problem: parent by in - driving to diff parts of the city during rush hour, etc.

**Do 2-3 races in each competition group.**

**utilize outdoors for marshalling**

Alternate older skaters with younger so when younger are racing older are resting.

**more of the shorter distances and fewer of the longer distances**

**create marshalling areas with cohorts in a change room**

**What is the rule for rest between races?**

**have a smaller number of distances at a meet.**

**have one chaperone with each cohort**

**tight scheduling can affect qualifying times**

**Scheduling grouping 200, 400, 500 / 400, 1200, 1500**

**format depends on ice request & length of time available**

Create racing in 2 locations on a weekend - T2T /juniors and L2T/fundamentals. example: Kamloops (older ages- bigger ice) and Kelowna (younger ages)

**talk to Gillian - on timing, electronic recording.**

# Solution-Focused Brainstorm: Events Skated

500 m

agree with the 200/1200 and 400/1500 events

need to maintain a sprint along with endurance events

fundamental: lots of options with anything from 1 lap to 4 lap events

older skaters - skate the 400/1500/ points race

proposed BCLT schedule: Academy friday (maybe do one race?), saturday LT racing & sunday ST

BCLT - LT funale for L2T/fundamental skaters- will this happen????

fundamentals - skate the same distance more than once

Short Track, BCWG Combined 400-1500 is a good idea

Long Track: what distances might be considered for the January LT/ST Event? Mass start v Olympic Style. From a planning standpoint

BCLT - how is it working for the schedule of racing? Skaters trying to qualify for CYLT priority but also racing ST - could LT qualifying be done the first day.

BCLT & BC Cup ST - official distances

L2T 200-1200 Combined times are a good idea.

From Electronic Timing standpoint there is no difference is events.

Concerns: BCLT/BC CupST - safety concerns switching during a day back and forth. adapting back & forth right after another race.

are times pursuit style or traditional races?

