



COVID-19 AWARENESS AND PROTOCOL PLAN FOR RETURNING TO SKATING AT THE RINK

WHAT TO EXPECT IN ACCORDANCE WITH SKATE ONTARIO GUIDELINES

Preparing To Arrive At the Rink

- Ensure you have all your skating equipment including, skates, guards, gloves, and anything else you will need including water bottle, tissues (and a Ziploc type bag for disposal), hand sanitizer and facemask. No sharing of items is permitted.
- Make sure you have all forms and waivers completed that need to be done prior to skating or you will not be permitted to enter the arena. One waiver form to cover all sessions is allowed.
- Review the Health Screening Questionnaire – if you answer yes to any of the questions, **DO NOT** come to the rink. You will be asked these questions each time you come to skate.
- Only arrive for your scheduled pre booked session. Skaters/coaches will only be admitted to the facility if they are registered for that time and administration tasks are to be completed as much as possible online.
- Skaters are required to be wearing your skating attire before entering the arena. Only a small bag will be allowed in the vicinity while you are on the ice.

On Arrival at the Facility

- Skaters may warm up in the parking lot and outside arena areas as long as you are respecting physical distancing of at least 2 metres
- Masks are required in the building at all times and all persons are required to sanitize hands upon entry.
- You will be allowed to enter the arena 15 minutes before your scheduled ice time and can put your skates on either before you enter the building (with guards) or in the designated area maintaining the mandatory 2 metre distancing rule.
- Parents/guardians are discouraged to enter the building unless absolutely necessary. If entering adults must remain in the building within the designated rink seating area for the full duration of the session. Adults are NOT to be waiting in lobby area. A health screening questionnaire will be needed, and the wearing of a mask is mandatory.

On The Ice

- Please maintain the 2 metre distance when lining up to enter the rink. There will be one gate used for entering and exiting the ice surface.
- No skaters are permitted to touch one another and 2 metres is to be maintained as a distance between skaters on the ice at all times
- Skaters may remove their mask when on the ice only. Coaches are encouraged to wear masks when social distancing is difficult. Gloves must be washed daily before returning to the arena.
- The maximum number of skaters allowed on the ice is mandated by Skate Ontario / municipal government.
- Coaches may either be on the ice in a designated station or behind the boards and will be verbally instructing skaters
- Any and all used tissues must be placed by the user immediately after use in the garbage or in a bag and disposed of at home.
- Music will be available on the iPod and cleaned each session, please take extra precautions and sanitize your hands before using.

When your session is over

- Keep 2 metres apart when exiting the ice and take all your items with you – any left items will be disposed of or left outside of the building at the main entrance
- Please use the designated area for skate removal or you may exit the arena and use the benches outside.
- Proceed to leave the building within 10 minutes of the end of your session, through the exit indicated.
- Coaches will sanitize the music iPod and facility staff will wipe entry points and high touch points during each flood.

INDIVIDUALS WHO ARE CONSIDERED A VULNERABLE OR AT-RISK (INDIVIDUALS OVER 70 YEARS, WEAKENED IMMUNE SYSTEM OR MEDICAL CONDITIONS SUCH AS HEART DISEASE, LUNG DISEASE, CANCER ETC.) SHOULD STRONGLY CONSIDER THEIR PARTICIPATION IN CLUB/SKATING SCHOOL ACTIVITIES.

IN ADDITION TO THE SELF SCREENING DECLARATION ANYONE WHO HAS BEEN TESTED FOR COVID 19 SHOULD REMAIN AWAY FROM THE RINK UNTIL THE RESULTS ARE PROVIDED. POSITIVE TESTS REQUIRE A MINIMUM OF 14 DAYS BEFORE RETURNING TO SKATE AND YOU SHOULD STAY AWAY FROM THE RINK FOR 14 DAYS IF YOU HAVE BEEN IN CLOSE CONTACT WITH A PERSON THAT HAS TESTED POSITIVE FOR COVID 19. ALL PUBLIC HEALTH PROTOCOLS WILL BE FOLLOWED.