

RETURN TO SKATING - SKATER CHECKLIST

Before you leave home

- DO NOT leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose); the Health Screening Questionnaire must be self-assessed EVERY day before you come to skating.
- Check for facility / arena closures
- Eat before you come, if you take food please ensure it is self-contained, do not share
- Thoroughly wash your hands with soap and warm water
- Thoroughly wash water bottles with soap and warm water
- Thoroughly wash training clothes and accessories including gloves, hard guards, blade rag etc.
- Bring your water bottle (may wish to bring more than one), kleenex, food, hand sanitizer)
- Pre-Register for your session - We will not be accepting same day registrations at this time
- Warm up at home, if whether prevents warming up outside
- Use the washroom
- Sign **Skate Canada Assumption of Risk and Waiver** either online or bring a signed copy to the arena prior to or at the first session you are registered for

Arrival at the Arena

- Arrive at facility about 25 min. prior to scheduled ice session
- Warm up outside if possible, maintaining physical distance of 2m
- Place your skates / gloves on outside, in your vehicle, if possible. Leave your skate bag and shoes in your vehicle if possible. If you're staying for on and off ice sessions you can bring in your bag
- Enter through established main entrance and follow signs and arrows
- Wash your hands with soap & water or sanitize using hand sanitizer
- Respect social distancing guidelines at all times
- Prior to first session submit signed **Skate Canada Assumption of Risk and Waiver** in designated area (if not completed online)
- Register for Contact Tracing Attendance
- DO NOT share water bottles or personal items
- Vending machines and water fountain will not be available for use at this time.
- Arrive no earlier than 5 minutes to the side of the rink and stay in designated area. Coaches will come to your dressing room and tell you when it is time to come to the ice or to take you to off-ice.
- Please do not use the players boxes to re-tie your skates. If you need to leave the ice ask a coach.
- No public spectators allowed (Parents / Guardians only - and only if needed to tie skates; must social distance). DROPPING OFF and PICKING UP is recommended. Please do not stick around unless you really need to.

During floods

- Wash your hands with soap & water or sanitize using hand sanitizer immediately after getting off the ice
- Adhere to club or skating school procedures for flood breaks and in between sessions
- Skaters will go back to their assigned dressing rooms in between sessions and a coach will come get you when it is time.
- Off-ice will be conducted outside unless weather does not permit. Please dress accordingly! Dressing in layers is recommended. Things you may need: Running shoes, skipping rope, change of clothes (i.e shorts/t-shirt if it's going to be hot), bug spray, sunscreen, hat. LABEL all of your things.
- If the weather is poor or if registration numbers dictate, we will be conducting off-ice classes, on-ice. We will modify the class accordingly.

After on-ice/off-ice Training is complete

- Wash your hands with soap & water or sanitize using hand sanitizer immediately after getting off the ice
- Leave the facility immediately following on-ice training or the field if you end with off-ice. We will get the skaters to bring their stuff with them so they don't have to come back into the facility.
- Exit through established exits.
- Cool down outside the building if possible, while maintaining physical distance of 2m. Cool down at home if weather prevents cooling down outside. We will try to make sure that cooling down is a part of your off-ice or on-ice session, whichever you end with.
- Thoroughly wash water bottles with soap and water
- Thoroughly wash all training clothes and accessories including phones, gloves, hard guards, blade rag etc.