

## Aldergrove Skating Club

### OUR RESPONSE to COVID-19 (Summer 2020)

(from Skate Canada BC/YK Return to Play for Figure Skating Guidelines and Summit Centre COVID Protocols)

#### **Before you Skate:**

Do not skate if you:

- exhibit any COVID-19 symptoms, such as fever, cough, difficulty breathing or other symptoms identified by health experts.
- if you or someone in your household has been in contact with someone with COVID-19 in the last 14 days.
- if you or someone in your household has travelled outside of Canada in the last 14 days.
- It is highly recommended that if you are a person who has been identified as vulnerable or at risk, you should consider not participating in Skate Canada programs. A vulnerable or at risk person is someone who is immunosuppressed, or is suffering from high blood pressure, pulmonary disease, diabetes, obesity or asthma.
- Skaters, coaches and volunteers will have a daily verbal health screening for symptoms upon arrival at the entrance of the building.
- Only skaters registered for the session may participate. No buy-ons will be permitted.
- All session registration and payments must be done online. No bookings or payments in person at the facility are permitted.
- The number of people in the arena is limited to 15 skaters and 2 coaches. One Skate Canada certified coach must be in attendance on all sessions.

#### **Preparing to Skate:**

- Arrive no earlier than 15 minutes before your session is scheduled to begin.
- Off ice warm up is to be done outside.
- Enter through East doors for East rink and West doors for West rink. (Rink to be confirmed) Proceed directly to the dressing rooms. Do not stand in the lobby.
- Skaters must use assigned dressing rooms. It would be best to arrive dressed to skate with only skates to be put on in the dressing room. Parents are not permitted to enter dressing rooms.
- Wash your hands with soap and water for at least 20 seconds before going on the ice.
- Bring hand sanitizer. Each participant should bring their own hand sanitizer.
- Do not share equipment (gloves, water bottles, hand sanitizer, towels) with other skaters or coaches.
- Bring a full water bottle. Access to water fountains is restricted.
- Other than reusable water bottles, no other food or drink should be brought into the facility.
- Consider wearing a mask and/or gloves while skating.
- If you cough or sneeze, do so in a tissue or in your sleeve. Dispose of tissues in the garbage can immediately. Use hand sanitizer if you cough or sneeze.
- Avoid touching door handles, gates, benches and other objects where the virus could survive.

- While waiting to go on the ice, stay in the dressing room until it is your time to go on the ice. Stand at the designated markers and stay away from others.

- Parents are encouraged to stay outside of the building. Parents who enter must remain at the end of the arena near the dressing rooms assigned to our skaters. Viewing areas have been marked. Only enter the lobby to use the washroom.

### **While Skating:**

- Avoid all physical contact with other skaters and coaches.

- Avoid touching your face during your skating session.

- Make spatial awareness a priority. Try to keep a 2m distance from other skaters and coaches while on the ice.

- Do not touch equipment, including music playing equipment. One designated person will operate the music equipment.

- Pairs, dance and synchro skaters who do not live together, must not touch each other and stay 2m apart at times while on and off the ice.

- Absolutely no spitting.

### **After Skating:**

- Wash your hands carefully with soap and water.

- Leave the arena within 15 minutes of the end of your skating session.

- Exit arena through the emergency exit door located inside the rink. (not through the lobby)

### **Other:**

- The Aldergrove Skating Club will keep a record of all skaters and coaches on each session, including contact information, so that they can be contacted if needed.

- All skaters, parents, coaches and volunteers must give written consent by completing and signing a waiver. Waivers will be collected and stored.

- Adult supervisors, coaches and music players will be provided with gloves, masks and disinfecting wipes.

- Respect the privacy of other people using the facility.

If you have questions, please ask! There are a lot of new protocols in place to keep our skaters, coaches and the skating community safe. We are all in this together!