

Return to Skating Guidelines for Skaters

If you wish to skate, you must follow these recommendations:

BEFORE YOU SKATE:

Register on-line.

Sign and submit the Waiver to the Club. (Bring it with you on the first day.)

Sign and submit the Participant Agreement to the Club. (Bring it with you on the first day.)

Read and keep these guidelines for reference.

DO NOT COME TO THE FACILITY OR 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 returned from travel outside of Canada in the last 14 days.

UNDERSTAND THAT:

1. Skaters, coaches, parents, volunteers and spectators will have daily verbal screening for symptoms upon arrival at the entrance of the facility.
2. Please keep in mind that all physical distancing restrictions apply to Pairs, Dance, Programs, and Synchronized skaters.
3. All session registration and payment must be online. No bookings or payments in person at the facility. Drop-in/buy-on participation is not allowed.
4. Every skater may have only one person, such as a parent or guardian, enter the facility with them as a spectator. This person must also undergo the health questionnaire and submit a waiver. Skaters must leave the facility within 15 minutes after the end of the session.
5. If you have music for your programs, you must send it to the Club, or your coach BEFORE the start date of your session so that it can be added to the Club's music equipment. There will be only one person allowed to handle the music equipment. No other electronic equipment (iPhone, iPads, tablets etc.) will be allowed.

PREPARING TO SKATE:

1. Arrive no earlier than your scheduled time to enter the building. Scheduled arrival time will be 15 minutes before your session.
2. Skaters and coaches should be prepared to come dressed to skate with only the skates and helmets to be put on. Shoes can be left in the dressing room while you skate. Only your basket containing a water bottle, facial tissues and hand gel goes with you to the rink side. No suitcases allowed.
3. Remember to be calm, and compassionate to all staff, coaches and skaters and at all times obey the rules of the Province of BC, the facility, and the Club.
4. Any person who exhibits any aggression towards the staff or any other person in the facility and/or program will be asked to leave and not return.
5. To protect yourself against infections:
 - Clean your hands before going on the ice for each session
 - Clean your equipment, including your skates, clothing and water bottles regularly.
 - Do not share any equipment (water bottles, clothing, gloves, facial tissue, towels etc.) with other skaters or coaches. Put your equipment, in the space indicated – 2 meters from others.
 - Used Facial Tissues must be put into the garbage immediately after use.

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- Wear clean clothes and gloves for each day of skating. Make sure used clothing and gloves are washed when you return home from training.
- Other than re-usable water bottles, no other food or drink should be brought into the facility. **Remember to label your water bottle and Basket with your name.**
- Consider wearing a mask.
- If you cough or sneeze, do so in a tissue or into your sleeve. If you use a tissue immediately dispose of the tissue in a garbage can.
- Avoid touching door handles, gates, benches and all other objects where the virus could survive. Use hand sanitizer frequently.
- While waiting to go on the ice, stand at the designated physical distancing markers and stay away from others. Carry your basket with your labelled water bottle, facial tissue, hand sanitizer and skate guards in it. Do not touch the board or put your equipment or basket on the boards while waiting.
- **NO SPITTING ANYWHERE IN THE FACILITY OR ON THE ICE.**

WHILE SKATING

- You will enter through the **HOME** players bench gate that is identified as **ENTRANCE**. Player benches will be marked for seating, and placing each your basket with water bottle and tissue box and skate guards appropriately distanced between markers. When exiting the ice to the bench you will use the **EXIT** gate. When entering the ice from the bench skaters must always use the gate closest to the penalty box.
- Avoid all physical contact, for example shaking hands, high-fiving, hugging other skaters or coaches. Do not share your equipment.
- Avoid touching your face.
- Make spatial awareness a priority. Try to keep a 2-meter distance from others at all times.
- Do not touch any equipment, including music playing equipment. There will be a designated person to operate music equipment.
- Pairs and dance skaters who do not live together, must not touch each other and must stay 2 meters apart at all times while on and off the ice.
- Leave the ice through the **EXIT** gate and walk single file, to your seat in the dressing room to remove helmets and skates.

AFTER SKATING

- Clean your hands at the **EXIT** hand sanitizing station.
- Take all your belongings with you. There will NOT be a "Lost & Found". Items left behind will be disposed of at the end of the day.
- Leave the facility within 10 minutes after you finish skating.

FAILURE TO FOLLOW THESE GUIDELINES MAY RESULT IN YOU BEING REMOVED FROM THE FACILITY AND POSSIBLE SUSPENSION OF YOUR MEMBERSHIP.

IN ADDITION, OUR PROGRAM COULD BE CANCELLED AND THE CLUB'S ICE BOOKING PRIVILEGES COULD BE REVOKED!

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Skater's Basket

In exchange for submitting your signed Waiver and Participation Agreement on the first day of skating, you will be given an empty Skater's Basket. It will be yours to keep.

Be prepared to put your name on the basket. It should be used to carry the items you need from the dressing room to the arena.

You may use the basket to carry your own:

- water bottle – labelled with your name
- facial tissue
- hand sanitizer
- skate guards

These are the only things you will be allowed to take into the arena. Come dressed to skate. You must use the dressing room to put on your skates. Remember to clean the basket, all your equipment and clothes daily.

