



Return to Skating Guidelines

Item	Protocol
Education	<i>All skaters, parents, coaches, and volunteers must read all documentation provided to make themselves familiar with new COVID-19 safety protocols.</i>
Self-Screening measures	You must not attend any club activity if you: * Have any COVID-19 symptoms, including but not limited to fever, cough, difficulty breathing as outlined by health experts * Are returning from travel from outside of Canada (always must follow current government advisories) * Have had contact with someone with COVID-19 in past 14 days If you are considered an at-risk person for COVID-19, you are advised of the increased risk of participating and to take additional precautions/use of PPE where possible.
Personal Hygiene	<ol style="list-style-type: none">Everyone must wear a mask in all areas of the arena (on ice is optional)Wash/sanitize hands when you enter and leave the rink.Skaters should not touch door handles, gates, benches, or other common surfacesCough/sneeze into arm or tissue, and immediately place used tissues into garbageAll clothes, gloves, water bottles, and skates must be kept clean.
Cleaning/Disinfecting	<i>Arena staff will clean according to their protocols. Coaches will disinfect boards between sessions. Check in volunteer will wipe stands, benches in changerooms, and door handles after each session.</i>
Personal Protective Equipment (PPE)	<i>Coaches and skaters have the choice to wear a non-medical face mask/shield. Wearing a face mask while skating is optional and Public Health recommends masks not be worn during intense exercise. Coaches and Program Assistants will wear masks for CanSkate</i>
Physical Distancing	Maintaining a distance of 2 metres from non-family members at all times is required on and off the ice.
Entering & Exiting Rink	Skaters cannot enter the facility until the door is opened for them 5 to 10 minutes prior to their schedule time, and must leave immediately following their session. Skaters should have skates on before entering – we cannot guarantee time to put skates on inside. The previous group must clear the building before the next group enters.
Parents/Spectators	No spectators at this time. Young skaters who require a helper in the building may be accompanied by ONE parent. Helpers must sit at marked spots in the stands. The Skate Canada BCYK Section recommendation is for parents to not enter the rink at this time.
Warm-up/Cool down	Warm-ups and cool downs should be done outside before and after an on-ice session, or done at home in bad weather.

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Dressing Rooms	Masks must be worn in all areas of the arena except on the ice. Dressing rooms are now open if needed. Skaters should have skates on before entering the building; however, skaters may choose to put on skates in changerooms provided that they wear a mask and sit physically distanced from others. Skaters must still exit with skates on to allow time for the next group.
Personal Items	Do not share personal items. Food is not allowed in the arena. Snacks can be eaten outside. While on the ice, guards, water bottle, and notebook must be placed on the boards in the area designated to you.
Programming and size of training groups	Twenty skaters maximum on the ice plus coaches. 50 people maximum in the building.
Coaching	There will be no physical contact between skaters and coaches unless medical attention is required. Coaches will maintain a 2 metre social distance from skaters. During CanSkate, coaches will wear masks and will mostly remain in one location inside the circuit that maintains 2 metres from skaters; when moving or in different locations, coaches will maintain 2 metres distance on and off the ice.
Music/Equipment	There will be one volunteer or coach designated to play music on each session, and no one else will touch the iPad. The iPad will be cleaned after each session. Harness: Only one coach per day will use the pole and/or stationary harness equipment, and sanitize it following use. Both the skater and coach in the harness lesson must wear masks. Only one skater per day per vest, and the coach will disinfect after use. Whenever possible, a parent or sibling will tighten the vest straps and do the hook up to the harness, under the coach's supervision, as these tasks do not allow for physical distancing.
Daily Health Screening	Everyone entering the facility is responsible for answering the daily health screening questionnaire (below). If you answer "YES" to any of the questions, do not come to the rink. The check in volunteer will confirm that you have done a self-check before entering (Have you done your health check and are healthy?)
No Drop-Ins/Online registration only	Skaters must contact coach Lis at least 24 hours in advance to confirm if there is space on a session and then register online if permitted. No drop-ins will be permitted.
Daily Attendance Log	<i>Names and contact information will be collected by the check in volunteer for all skaters, coach(es), and helpers in attendance on all sessions. This information will be retained for 30 days in case of contact tracing.</i>
First Aid	First Aid kit with extra medical-grade masks and gloves will be kept near the ice surface at all times. If First Aid is required, the attending coach must wear a medical mask and gloves.
Compliance with regulations/Waiver	All registered club members including coaches and board members must comply with the most current version of the Valleyview Skating Club and Skate Canada BCYK Section's Return to Play guidelines (created in accordance with federal, provincial and municipal regulations). All club stakeholders must sign the BCYK Section Return

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	to Play Waiver prior to participating in any club activity (this includes entering the rink).
Coaches' Room and CanSkate supplies room	No parents, skaters, guests in the coaches' room or CanSkate supply room area. A maximum of 3 coaches in these areas at one time. Coaches have a designated seat. Common surfaces will be cleaned by the last coach to leave.
CanSkate	Name tags will be kept by the families and put on their skater before each session All coaches and program assistants will wear masks Coaches will mostly remain in one location inside the circuit that maintains 2 metres from skaters; when moving or in different locations, coaches will maintain 2 metres distance on and off the ice. 1 to 2 coaches will be responsible for setup of teaching aides and wiping down after. Dressing rooms will not be open during CanSkate

Daily Health Screening Questions:

Do you have a fever? (a temperature of 37.8c or higher)

Do you have any of the following symptoms?

- Cough
- Shortness of breath
- Runny nose, sneezing, or nasal congestion (not related to other known causes such as seasonal allergies etc)
- Sore throat
- Difficulty swallowing
- Lost sense of taste or smell

Have you or someone in your household travelled outside of Canada or had close contact with anyone that has travelled outside of Canada in the past 14 days?

Have you had close contact in the past 14 days with anyone with a new cough, fever, or difficulty breathing or a confirmed case of COVID_19?

If you answer "YES" to any of these questions, DO NOT come to the rink.