



Dear Connaught Families and Skaters

We will be returning to Richmond skating and again have new protocols and guidelines that must be followed. All parents and skaters are required to adhere to these guidelines. Skate Canada has developed the **Return to Skating Guidelines** as a tool to assist our Club as programming reopens. The guidelines follow recommendations from the Public Health Agency of Canada to help limit the spread of COVID-19 and ensure all participants feel safe while participating in skating activities. Connaught Skating Club will use the guidance of Skate Canada to take a careful, innovative and gradual return to ice to ensure we can maintain a clean and healthy skating space, along with a measured approach to social distancing. It is the responsibility of all our members and registrants to abide by policies and procedures designed to ensure a safe environment for skaters, parents, coaches and arena staff.

There are many changes that will allow us to move forward. Most of the changes will be listed below but there may be some daily fluctuations of which we will notify you accordingly. A general overview of major changes is as follows:

1. At this time we are limited to **a total of 16 on the ice training** – split between coaches and skaters. Note: these numbers may change or be adjusted in time as required by our Sport and Facility advisors. Each Group on the ice will be split into **PODS – we will try to keep training Pods the same throughout each booking period,**
2. You will need to **sign a waiver** before your skater will be allowed back on the ice.
3. There will be a rigorous illness policy including daily health screening (more details in next section below). Skaters, coaches, volunteers and program staff **may not participate if they:**
 - a. Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts.



- b. If they or someone in their household has been in contact with someone with COVID-19 in the last 14 days.
 - c. If they or someone in their household has travelled outside of Canada in the last 14 days
4. **No spectators** will be allowed into the facility. This means parents may not watch their skaters; however, **parents must remain in the parking lot** in case there is a problem as coaches are not able to look after your skater once they leave the ice.
 5. All skating must be registered on Uplifter - **NO BUY-ONS** allowed as per ViaSport ruling.
 6. Each training **POD Group** of skaters will be assigned a Connaught COVID-Rep who will supervise the skaters – Guidelines will be provided.

These are all necessary procedures for you to go over with your skater, they are in place to protect us all and we hope that you will help and support us as we Return to Skating.

Below are some further procedures to go over with your skater to ensure that they know what to do when they come to the rink.

PREPARING TO SKATE

- **Arrive no earlier than your scheduled time to enter the building** – you should line up approximately 15 minutes before your scheduled session.
- Skaters will enter/exit ice at staggered times and separate entrances. Entry / exit points for both the facility and the rink will be clearly labelled.



- You will be asked **health screening questions** before you will be allowed into the arena – these will be asked by either a designated ‘Covid-Rep or by a Coach. Skaters may be given a temperature check. We will be extremely cautious of sick skaters and anyone who is thought to be sick will be asked to leave the facility to ensure that we protect coaches and fellow skaters. So **please do not bring your skater to the rink if they are sick - see temporary Connaught Covid Refund Policy.**
- Off Ice **warm up** can only be done **outside** or in indicated areas where allowed and skaters must keep a 2 metre distance from other skaters and coaches – area’s will be assigned by Coaches.
- **Dressing rooms will not be available.** Benches or chairs may be provided for skaters and coaches to put their skates on outside. Markings on the ground will show where skaters can sit so they are spaced at least 2 metres apart. Alternatively, we **recommend that skates are put on in the car** and skaters walked to the appropriate entrance with guards on.
- Arrive with a **small bag** that you can use to carry your water bottle, skate guards, hand sanitizer and any other personal items you need. This bag will be placed in a designated area and collected once you have skated. If you remove your jacket, it should be placed in your personal bag and not on the boards.
- **To protect yourself against infections:**
 - **Wash your hands** with disinfectant soap and hot water for at least 20 seconds before arriving for your session.
 - **Bring hand sanitizer.** Each participant must bring their own hand sanitizer. - Clean your equipment, including your skates, clothing and water bottles regularly.
 - Do not share any equipment (water bottles, clothing, gloves, facial tissue, towels) with other skaters or coaches. - Used facial tissues must be put into the



garbage immediately after use. Do not put on the boards or anywhere else. You should use hand sanitizer immediately after blowing your nose.

- If you cough or sneeze, do so in a tissue or in your sleeve. If you use a tissue immediately dispose of the tissue in a garbage can. You should use hand sanitizer immediately after coughing or sneezing.
- **Wear clean clothes and gloves** for each day of training.
- Make sure you have **enough water** before leaving the house - water fountains are no longer available at the arena.
- Other than reusable water bottles, **no other food or drink** will be allowed into the facility.
- **Gloves must be used** while skating - gloves should be put on after you hand sanitize and enter the arena.
- **Avoid touching door handles, gates, benches** and all other objects where the virus could survive. If you touch something, make sure to use hand sanitizer immediately after.
- While waiting to go on the ice, **stand at the designated physical distancing markers** and stay away from others. Avoid putting equipment on the boards while waiting to go on the ice.

WHILE SKATING

- **Avoid all physical contact**, for example shaking hands, high fives or hugging, with other skaters and coaches.
- **Avoid touching your face** during your skating session. Should you need to touch your face you must use hand sanitizer immediately after touching your face.



- Make **spatial awareness a priority**. Try to keep a 2 metres distance from other skaters and coaches while on the ice at all times.
- **Do not touch any equipment**, including music playing equipment. One designated person will operate all equipment for all skaters.

AFTER SKATING

- **Wash your hands** carefully with hot water and disinfectant soap or with hand sanitizer.
- **Leave** the arena **immediately** after you finish skating.
- Make sure **used clothing and gloves are washed immediately** when you return home from training.

REMEMBER!!!

Skaters, coaches, volunteers and program staff MAY NOT PARTICIPATE if they:

- Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts.
- If they or someone in their household has been in contact with someone with COVID-19 in the last 14 days.
- If they or someone in their household has travelled outside of Canada in the last 14 days.

A huge thank you to our coaching team for being so dedicated to our skaters.



If you have questions, concerns or ideas - please reach out to your Primary Coach as they are completely up to date on programming plans and are the experts for your child's skating development.

Please keep a close eye on your email over the next days and weeks. There will be much to roll out and plan for as skating programming resumes in the most creative ways possible!

Keep safe.

Sandra Arney
Club President