

## SKATER CHECKLIST

To be used to help skaters prepare for training

### Before you leave home

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- 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)
- 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.
- Pre-Register for your session
- 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

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- Arrive at facility no more than 15 minutes prior to scheduled ice session
- Enter through established entrances and follow signs
- 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
- Minimal public spectators allowed during Phase 2 (1 Parents / Guardians encouraged)

### After on-ice Training is complete

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- Wash your hands with soap & water or sanitize using hand sanitizer immediately after getting off the ice
- Leave the facility immediately following class
- Exit through established exits
- Thoroughly wash water bottles with soap and water
- Thoroughly wash all skating clothes and accessories including mitts/gloves, hard guards, blade rag etc.