

Tri Area Skating Club

Return to Skating Protocols

For StarSkater Programs

Updated:
9-15-2021

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Introduction

To all Tri Area Skating Club Members

We, along with Skate Canada and the Tri Leisure Centre have been working very hard to plan our safe return to skating protocols.

The following outlines our Protocols and procedures currently in place for **Phase 3** of Skate Canada's Return to Play.

Feel free to contact us any time with your questions or concerns by emailing to triareaskatingclub@gmail.com or your coach.

We are in this together & together we will make it fun for the kids to get back to the activities they love and miss!

Take care and stay healthy!

Executive Board Members
Tri Area Skating Club

Compliance with Regulations

All figure skating activities must adhere to all federal, provincial and municipal laws, regulations, by-laws and orders as they may exist from time to time. This includes but is not limited to compliance with:

- Physical distancing measures
- Health and safety regulations
- Size of permitted gatherings
- Skate Canada rules, policies and procedures
- Skate Canada: Alberta-NWT/Nunavut rules, policies and procedures
- All Safe Sport policies and procedures
- Applicable occupational health and safety requirements

Assign one individual per club who is responsible to review and update the club with the most up-to-date communications from Federal, Provincial and relevant Municipalities.

Assigned individual is:

Cheryl Wiese – Administrative Director

Email – Cheryl.tasc@gmail.com

Compliance with Section Protocols and Waiver

All Section clubs, skating schools and coaches conducting training (on rented club or non-club ice) must implement and comply with the most current version of the Skate Canada: Alberta – NWT/Nunavut *Return to Skating* Protocols. Each club, skating school and coach is also responsible for implementing and complying with any updated version of these Protocols as posted from time to time.

The ***Assumption of Risk and Waiver*** regarding COVID-19 form provided as part of these Protocols must be completed by each participant in club or skating school activities (including staff, skaters, coaches, choreographers, officials, evaluators and volunteers). Updated Sept 14

This form must be completed prior to the start of participation in club or skating school activities. The club or skating school must keep this form on-file for each participant. It is not necessary to submit this to Skate Canada: Alberta-NWT/Nunavut but it may be requested by the Section at any time.

Members will be sent a copy of the Waiver form to be signed & returned for our records. They may either be signed, scanned & emailed back to Cheryl Wiese (cheryl.tasc@gmail.com) or handed into the Check-In individual in-person on your first day of skating.

The form will be good for the 2021-2022 season.

A member must have signed & handed in their form **BEFORE** they may begin skating.

Cheryl will be in close contact with the coaches to update on who's forms have been received & those who are outstanding for the first day of skating.

The assigned Check-In Individual will follow up with any skater who has not handed-in prior to attending. The Check-in will accept the signed paper copy, place them all in an envelope, then leave for Cheryl to pick up in the locked mail box at the TLC.

They are to keep in mind all sanitizing protocols that are to be followed. Hand sanitizer to be used after exchange of any paper products.

Participant Compliance & Enforcement

All clubs and skating schools will be required to acknowledge adherence to the Skate Canada: Alberta-NWT/Nunavut Protocols and Guidelines, and adhere to Provincial and Municipal protocols.

Failure to comply will result in Skate Canada taking appropriate actions up to and including suspension and/or non-renewal and/or expulsion of Skate Canada membership and could jeopardize insurance coverage.

Any member of the club who is not adhering to the Guidelines laid out will be asked to leave the facility immediately and not return to skating sessions. Further discussion may be required before returning.

Non-compliance incidents will be reported to the Head Coach, Coach, or Executive President to be followed up immediately.

COVID-19 Education

Each club and skating school must ensure staff, coaches, skaters, parents, members and volunteers receive education on new safety and hygiene protocols within the club/skating school as well as Government of Alberta approved information on ways to limit the spread of COVID-19 including:

Respiratory Etiquette

Cough or sneeze into a bent elbow or tissue. Promptly dispose of used tissues in the trash & hand sanitize (wash or use of sanitizer) immediately.

Hand Hygiene

- Wash or clean hands (hand sanitizer) when entering and exiting the building & frequently during your time onsite.
- Participants should refrain from touching their eyes, nose, mouth and face during skating.
- **Hand Washing** - https://www.youtube.com/watch?v=vLm4reF_djQ&feature=youtu.be
- **Hand Sanitizing** - <https://www.youtube.com/watch?v=JWdytA-jLt8&feature=youtu.be>

Physical Distancing

- Warm up at home before coming to the arena or outside if possible, maintaining physical distance of 2m at all times.
- Physical distancing of 2m distancing should be maintained entering on-ice and off the ice, this measure includes rests on benches.
- Skaters should continue to maintain physical distance of 2m at all times with skaters and coaches while training on the ice.
- All coaches will be using verbal cues. There should be no physical touching with skaters unless first aid is required. Any coaches assisting that skater must wear mask and gloves.
- Any use of technology (iPads, phone videotaping) must adhere to the physical distancing rules to remain 2m apart, no common touch of equipment.
- No hugs, handshakes, high fives or anything that bring members closer than 2m in contact is permitted.

Use of Personal Protective Equipment (i.e. face masks)

- The wearing of PPE shall be in accordance with the more restrictive of provincial, municipal or facility guidelines and may vary as conditions change.
- If you do require first aid while on the ice all coaches will be expected to wear masks and disposable gloves while helping you to the first aid room.
- **Video - Mask Donning & Doffing (from 2:27-2:50) -**
[https://ahamms01.https.internapcdn.net/ahamms01/Content/AHS Website/Information For/if-hp-ipc-donning-and-doffing.mp4](https://ahamms01.https.internapcdn.net/ahamms01/Content/AHS_Website/Information_For/if-hp-ipc-donning-and-doffing.mp4)

Skater Protocols & Procedures

The following outlines what the skaters are to expect when they arrive to a skating session:

- Refer to the Skater's Checklist prior to leaving home
- Self-Screen for symptoms – if you answer YES to any of the questions, please notify the club immediately and do not come to the arena
- Warm-Up at home or outside remaining 2m apart at all times
- Follow all TLC signs and procedures
- Check-In using the QR code procedures – For contact tracing & verbal health screening
- Use Hand Sanitizer and put on skating gloves prior to entering the ice surface
- Enter the arena through the assigned dressing room (TLC)
- Bags & shoes/boots may be kept in the dressing room.
- Enter the ice surface in single file and physically distanced from other skaters and coaches

Entry & Exit Procedures

Upon Arrival or departure at the TLC you must maintain 2m physical distancing at all times. Follow directional arrows and physical distancing reminder stickers throughout the facility.

Personal Hygiene

- Frequent hand hygiene - before, during and after the activity.
- Exhibit good respiratory etiquette (i.e. sneeze or cough into the crook of the elbow, no spitting, no clearing of nasal passages, coughing or sneezing into a tissue).
- Bring own Kleenex, and immediately upon use dispose in garbage can and sanitize hands.
- Skaters should refrain from touching their eyes, nose, mouth and face during skating.

Personal Items

Items to bring into arena:

- Personal Hand Sanitizer
- Kleenex
- Mask
- Gloves
- Keys/wallet/phone
- Pre-filled Water bottle - labelled with the name of the owner
 - Do not share water bottles
 - TLC water fountains will be inoperable. Water bottle filling stations will be operable
- Skates/hard guards/skate drying rag
- Snack – No sharing of food will be permitted

After each ice session - thoroughly wash with soap water: bottles, all training clothes, accessories including phones, gloves, hard guards, blade rag, etc.

Attire

Wear clean clothes and gloves for each day of training. Make sure used clothing and gloves are washed immediately when you return home from training.

Dressing Rooms

- Physical distancing of 2m (6ft) is recommended at all times in the Dressing Room & social gatherings avoided.
- Masks must be worn in dressing rooms.

Restrooms/Washrooms

If you do need to use the washroom, please use caution and follow hygiene processes. The arena Operators are responsible for cleaning arena bathrooms, using Health Canada approved cleaning and disinfecting protocols.

Warm Up/Cool Down

Warm up at home before coming to the arena or outside if possible, maintaining physical distance of 2m.

Skates On/Off

Skaters may use the dressing room to put skates on and store their belongings.

Masks must be worn while in the dressing room & maintain 2m distancing.

Skaters who are unable to arrive with skates on, and who do not tie their own skates, may only have a family member / core cohort member tie their skates.

Program Assistants and Coaches will be unable to aid in putting on/taking off skates.

Entry/Exit from ice surface

- ENTRANCE/EXIT - Through the assigned Dressing Room

Benches

Player benches may be used to tighten skates., be sure to maintain 2m physical distancing.

Music

Coaches will be responsible for playing music, using the club iPods & iPad. There will be 1 provided for each arena.

Each coach is responsible for sanitizing all touched surfaces before & after use.

No skaters will be allowed to access music selections.

SKATER CHECKLIST

To be used to help skaters prepare for training

Before you leave home

- 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 weather prevents warming up outside
- Use the washroom
- Sign **Skate Canada Assumption of Risk and Waiver** either via email or bring a signed copy to the arena prior to or at the first session you are registered for

Arrival at the Arena

- Arrive at facility no more than 15 minutes prior to scheduled ice session
- Warm up outside if possible, maintaining physical distance of 2m
- Place your skates / gloves on outside, in your vehicle, if possible. Leave your skate bag and shoes in your vehicle if possible
- 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 via email)
- Check-In using the QR code procedures for Contact Tracing Attendance
- DO NOT share water bottles or personal items
- Minimal public spectators allowed during Phase 2 (Parents / Guardians only)

During floods

- Wash your hands with soap & water or sanitize using hand sanitizer immediately after getting off the ice
- Adhere to club or skating school procedures for flood breaks and in between sessions
- Arrive no earlier than 5 minutes to the side of the rink and stay in designated area

After on-ice Training is complete

- Wash your hands with soap & water or sanitize using hand sanitizer immediately after getting off the ice
- Leave the facility immediately following on-ice training
- Exit through established exits
- Cool down outside the building if possible, while maintaining physical distance of 2m. Cool down at home if weather prevents cooling down outside
- Thoroughly wash water bottles with soap and water
- Thoroughly wash all training clothes and accessories including phones, gloves, hard guards, blade rag etc.

Self-Screening Measures

All individuals taking part in club/skating school activities must self-screen at home and in accordance with Public Health Orders must not attend any training sessions or club activities if they:

- Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts

Traveled outside of Canada?

- If you have returned from travel outside of Canada in the last 14 days
 - You must follow the Government of Canada Travel, Testing, Quarantine and Borders instructions, including any requirements for exempt travelers related to attending high-risk environments.
 - <https://travel.gc.ca/travel-covid/travel-restrictions/isolation>
 - Anyone returning fully vaccinated or otherwise are required to wear a mask for 14 days when in public places (this includes when they are on the ice) and keep track of anyone they come in contact with.
 - Age 12 & older Unvaccinated or partially vaccinated must quarantine for at least 14 days unless medically exempt. If medically exempt they must wear a mask for 14 days (including when they are on the ice) - Age 11 & under unvaccinated but parents/guardians they travelled with are fully vaccinated – Not allowed to attend school, camp or day care for 14 days – skaters that fall under this category should not be participating in club/skating school programming during the time they are not permitted to attend school, camp or day care

Those who are considered a vulnerable or at-risk individual (elderly persons, weakened immune system or medical conditions such as heart disease, lung disease, cancer etc.) should be advised of the increased risk of participation and take additional precautions and use of PPE where possible.

Immediately notify Tanya, your coach or Kaye, if a coach, parent, volunteer aide has symptoms of COVID-19, or is in violation of any current Public Health Order. They are responsible for isolating that individual and reporting the incident to a TLC staff member.

On-Site Health Screening

Clubs and skating schools must establish, and record, a screening protocol whereby individuals are screened on-site on a daily basis before participation in any club activities.

Each participant (skaters, coaches, choreographers, officials, evaluators and volunteers) must complete a daily health screening as instructed by the club.

Each skater will be screened upon Check-In with a scheduled volunteer or coach.

COVID-19 ALBERTA HEALTH DAILY CHECK-LIST (FOR CHILDREN UNDER 18) – Updated Aug 2021

Overview

This checklist applies for all children, as well as all students who attend kindergarten through Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, childcare or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

<https://www.triareaskatingclub.com/sites/files/covid-19-information-alberta-health-daily-checklist-2021-08.pdf>

If you have traveled outside Canada in the last 14 days, follow the Government of Canada Travel, Testing, Quarantine and Borders instructions, including any requirements for exempt travelers related to attending high-risk environments.

Screening Questions for Children under 18:

1. Does the child have any new onset (or worsening) of the following core symptoms:		
Fever Temperature of 38 degrees Celsius or higher	YES	NO
Cough Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
Shortness of breath Continuous, out of breath, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
Loss of sense of smell or taste Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
If the child answered “YES” to any symptom in question 1: <ul style="list-style-type: none"> The child is required to isolate for 10 days from onset of symptoms as per CMOH Order 39-2021 OR receive a negative COVID-19 test and feel better before returning to activities Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation. 		
If the child answered “NO” to all of the symptoms in question 1, proceed to question 2.		

2. Does the child have any new onset (or worsening) of the following other symptoms:		
Chills Without fever, not related to being outside in cold weather	YES	NO
Sore throat/painful swallowing Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
Runny nose/congestion Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO
Feeling unwell/ Fatigued Lack of energy, poor feeding in infants, not related to other known causes or conditions such as depression, insomnia, thyroid dysfunction or sudden injury	YES	NO
Nausea / Vomiting / Diarrhea Not related to other known causes or conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
Unexplained loss of appetite Not related to other known causes or conditions, such as anxiety or medication	YES	NO
Muscle / Joint aches (unrelated to training) Not related to other known causes or conditions, such as arthritis or injury	YES	NO
Headache Not related to other known causes or conditions, such as tension-type headaches or chronic migraines	YES	NO
Conjunctivitis (commonly known as pink eye)	YES	NO
<p>If the child answered “YES” to ONE symptom in question 2:</p> <ul style="list-style-type: none"> • Keep your child home and monitor for 24 hours. • If their symptom is improving after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary. • If the symptom does not improve or worsens after 24 hours (or if additional symptoms emerge), use the AHS Online Assessment Tool or call Health Link 811 to check if testing is recommended. <p>If the child answered “YES” to TWO OR MORE symptoms in question 2:</p> <ul style="list-style-type: none"> • Keep your child home. • Use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended. • Your child can return to school and activities once their symptoms go away as long as it has been at least 24 hours since their symptoms started. <p>If the child answered “NO” to all questions:</p> <ul style="list-style-type: none"> • Your child may attend school, childcare and/or other activities. 		

Please note: If your child is experiencing any symptoms from the lists above, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started or until symptoms resolve (whichever is longer), unless they receive a negative COVID-19 test result and feel better.

COVID-19 ALBERTA HEALTH DAILY CHECK-LIST (FOR ADULTS 18 YEARS AND OLDER) – Updated Aug 2021

Overview

This tool was developed to support Albertans in protecting others and reducing the risk of transmission of COVID-19. Adults 18 years and older can complete this checklist every day to self-monitor for symptoms of COVID-19.

<https://www.triareaskatingclub.com/sites/files/covid-19-information-alberta-health-daily-checklist-2021-08.pdf>

If you have traveled outside Canada in the last 14 days, follow the Government of Canada Travel, Testing, Quarantine and Borders instructions, including any requirements for exempt travelers related to attending high-risk environments.

Screening Questions for Adults 18 Years & Older:

3. Do you have any new onset (or worsening) of the following symptoms:		
Fever	YES	NO
Cough	YES	NO
Shortness of breath	YES	NO
Runny nose	YES	NO
Sore throat	YES	NO
Chills	YES	NO
Painful swallowing	YES	NO
Nasal Congestion	YES	NO
Feeling unwell/ Fatigued	YES	NO
Nausea / Vomiting / Diarrhea	YES	NO
Unexplained loss of appetite	YES	NO
Loss of sense of smell or taste	YES	NO
Muscle / Joint aches (unrelated to training)	YES	NO
Headache	YES	NO
Conjunctivitis (commonly known as pink eye)	YES	NO
<p>If you answered “YES” to any symptom:</p> <ul style="list-style-type: none"> • Stay home. • Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation. • Individuals with fever, cough, shortness of breath, runny nose, sore throat or loss of sense of taste or smell are required to isolate for 10 days as per CMOH Order 39-2021 OR receive a negative COVID-19 test and feel better before returning to activities. • <p>If you answered “NO”:</p> <ul style="list-style-type: none"> • You may attend work, school, and/or other activities 		

Contact Tracing Processes

Contact Tracing logs for all participants, coaches, officials, evaluators, volunteers and spectators must be completed for every training activity and be available to be accessed quickly to ensure efficient contact tracing.

The information collected on this document is being collected to assist in the management of the COVID-19 pandemic. This information must be kept in a secure location and will be provided to Alberta Health Services upon request, if it is required for tracing purposes.

When skating is taking place outside of a club setting, the coach is responsible for ensuring this logging, tracking and submission to club or skating school is completed.

As personal information is being collected for contact tracing logs, reasonable security measures against unauthorized access, collection, use, disclosure, copying, modification, disposal or destruction for information must also be in place in accordance with the Personal Information Protection Act (PIPA).

Contact Tracing logs can be done online or completed onsite by a responsible adult. Records must be maintained for a minimum of 4 weeks.

All skaters, coaches, volunteers and spectators are required to Check-In with a scheduled Volunteer or coach so they may be logged into our mandatory daily Contact Tracing Log.

Check-In for Contact Tracing will now be done using our QR code/Google Form procedures.

Each skater must Check-In prior to entering the ice surface each day.

Reporting Protocol: Symptomatic outside of ice session

If, you feel any symptoms of COVID-19 (such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite) you must:

- Inform the Club immediately - by email to info@triareaskatingclub@gmail.com or call 780-201-8558
- Remain at home and contact Health Link at 811
- Consideration of suspension or temporary cancellation of the session will be discussed by Club
- Minimum mandatory 10-day isolation for participant with symptoms that are not related to a pre-existing illness or health condition: cough, fever, shortness of breath, runny nose or sore throat

If a Participant tests positive for COVID-19

- The Participant will not be permitted to return to arena until they are free of the COVID-19 virus as verified by a medical professional
- Minimum mandatory 10-day isolation for participant with confirmed COVID-19 test
- If any participant tests positive, the club must inform the Alberta-NWT/Nunavut Section Office of the test positive case by emailing info@skateabnwtun.ca

If a Participant has been tested and is waiting for the results of a COVID-19 Test

- As with the confirmed case, the Participant must be removed from the arena for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities
- The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and contact Health Link at 811

Quarantine or Self-Isolate if:

- Any Participant with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate

Parents & Spectators

All Spectators are expected to follow facility guidelines with respect to physical distancing and may not exceed the maximum number of individuals gathered in an area in accordance with Provincial, Municipal and family public health guidelines.

Masks are mandatory upon entrance to the TLC & Glenn Hall Arenas and are required in all public areas, including the lobby, stairways, hallways, bleachers, dressing rooms and washrooms.

Masks may be removed only when seated for eating/drinking purposes.

It is suggested that households maintain a 2m physical distancing.

Limit Socializing/congregating/meeting inside the arena before or after your ice time.

Be respectful of arena staff should they make a request of you.

Travel

Transportation to and from the facility should align with Provincial Guidelines.

- Travel within the Province for sport, recreation and physical activities is permitted for all approved programming under the current version of the Skate Canada: Alberta-NWT/Nunavut protocols.
- To align with physical distancing requirements group transportation (team buses or vans) is not permitted.
- Transportation to and from activities should be arranged so that only individuals from the same household or cohort members share rides (see the Provincial Health Guidelines for further information on Carpooling and Cohort Families).
- Individuals taking public transportation to the facility must immediately upon arrival wash their hands thoroughly with soap and water or use an alcohol-based hand sanitizer if soap and water is not available.
- When exiting the facility, after training, individuals should minimize the time spent in parking lots and maintain physical distancing when returning to vehicles or homes.

Assessment Days & Competitions

Assessments

Assessments are now permitted – Skate Canada working on further details

Coach Assessments – Star 1-5, and Star 6-Gold Skills

- Coach Assessors may provide results verbally provided the skater, their coach and the Coach Assessor wear face-masks and maintain 3m distancing.
- Procedures must be developed for the safe handling of documents (including assessment or summary sheets) to reduce shared contact between individuals. Electronic means should be used whenever feasible.
- Dance partnering is not permitted at this time. Masks must be worn by both the skater and shadow if the shadow dance format is used.
- Physical distancing measures between the Coach and skaters must be maintained at all times
- Music should follow the requirements listed in protocol STA-013
- The Coach Assessor is responsible for providing their own clipboard, pens, pencils for use during the assessment

Registration

All registrations will be online, as per previous sessions.

In order to keep track of our numbers on the ice, we need to have registration confirmation before the start of a session.

Preferred method of payment would be via credit card or E-Transfer. However, if these options do not work for you, please make alternate arrangements directly with Cheryl Wiese (Cheryl.tasc@gmail.com or 780-201-8558) to pay via cheque or cash.

Coaches Procedures

Coaches are to follow all the same Protocols & Procedures the skaters are, along with the following additional information:

Personal Protective Equipment (PPE)

Recommended to wear non-medical face mask or face shield while coaching skaters 11 & under.

Physical distancing recommended to be maintained at all times.

On-Ice Coaching

It is recommended that Coaches and Choreographers coach from one spot on the ice or at the edge of the ice, whenever possible. If required to move, a minimum of 2m must be maintained between the skater(s) and the Coach, Program Assistant or Choreographer at all times.

Technology Use

Any use of technology (iPads, phone videotaping) must adhere to the physical distancing rules to remain 2m apart, no common touch of equipment.

Music

Clubs must determine a safe way to play music or use technology while following physical distancing and hygiene measures. Clubs should consider the following:

- Designating one person per session to play music
- Providing access to music playing equipment in an open area (i.e. long cord to rink-side for use with iPods/phones)
- Providing sanitizing wipes to be used in between each session or user of music equipment
- Individual training tools (such as iPad / Dartfish) must be operated by one designated individual and may not be shared or be a common touch item.

Harness

Harnesses are now permitted. Masks to be worn by coaches while training with the harness.

STAFF / COACH / CHOREOGRAPHER / VOLUNTEER CHECKLIST

To be used to help staff, coaches and volunteers prepare for the arena

Before you leave home

- 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 all previously-worn clothes and accessories
- Ensure PPE is readily available (mask, winter gloves (mandatory), medical gown, protective glasses (optional))
- Consider bringing personal hand sanitizer
- Use the washroom
- Sign **Skate Canada Assumption of Risk and Waiver** either via email or bring a signed copy to the arena prior to or at the first session you are coaching
- Confirm skater attendance, as required

Arrival at the Arena

- Place your skates / gloves on outside, in your vehicle, if possible. Leave your skate bag and shoes in your vehicle, whenever possible
- 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 via email)
- Check-In using the QR code procedures for **Contact Tracing attendance**
- DO NOT share water bottles or personal items
- Confirm your students have completed and submitted the Skate Canada Assumption of Risk and Waiver and have received verbal health screening and have registered for Contact Tracing attendance
- Consider wearing PPE (masks, winter gloves) at all times and have readily available in the case of an emergency (injured skater)

During floods

- Wash your hands with soap & water or sanitize using hand sanitizer immediately after getting off the ice
- Adhere to club or skating school procedures for flood breaks and in between sessions
- Maintain Physical Distancing at all times
- Arrive no earlier than 5 minutes to the side of the rink and stay in designated area

After on-ice Training is complete

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

First Aid/Emergencies Process

Clubs, Skating Schools and Coaches must ensure personal protective equipment (which includes medical masks and disposable gloves) is immediately available IF first aid treatment is required.

In the event that a participant requires first aid, consider having a family member attend to the injured, when possible

If not possible, the attending person must wear appropriate Personal Protective Equipment (PPE) including a medical mask and disposable gloves.

Proper hand washing and PPE Doffing should take place immediately following any in-person interaction

The coach or person attending to the injured skaters must fill out an Incident Report and submit to Cheryl Wiese (email Cheryl.tasc@gmail.com) or leave in the locked mail box at the TLC for pick up.

Club Office & Storage Rooms

Our Glenn Hall Arena office may be used by coaches to use to put on/take off skates & store personal items.

Coaches must sanitize their chair when finished.

Extra cleaning supplies (hand sanitizer, sanitizing wipes, disposable masks & gloves) are stored in the Glenn Hall Office & storage lockers at the TLC

Please notify Cheryl at Cheryl.tasc@gmail.com when supplies are running low.