



RETURN TO SKATING

Revised - February 22, 2021



Phase 2 - Return to Skating

MANDATORY FORMS

- SKATE CANADA ASSUMPTION OF RISK AND WAIVER (Must be handed in prior to stepping on the ice, only needs to be completed once)
- DAILY HEALTH SCREENING CHECKLIST (to be completed at home before coming to the rink)
- CONTACT TRACING LOG FOR SKATERS/COACHES/VOLUNTEERS (Daily-At Rink) Please check in before you skate.

**SESSIONS WILL
BE REGISTERED
THROUGH
UPLIFTER**

- **NO BUY ON'S WILL BE ALLOWED**
- **ALL SKATERS MUST BE REGISTERED TO BE ALLOWED ON THE ICE**
- **All invoices must be paid in full BEFORE skater is allowed on the ice.**
- **Only skaters on the Waitlist will be allowed to register if a spot become available.**
- **Skate Alberta has set a limit of 10 people maximum at ice surface including coaches and skaters.**
- **Spectators are allowed in the bleachers only.**

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).
- Skaters arrive ready to skate.
- Eat before you come. If you take food, ensure it is self-contained and do not share.
- Thoroughly wash your hands with soap and warm water.
- Thoroughly wash training clothes and accessories including water bottle, phone, gloves, skates, guards, blade rag, etc.
- Bring your filled water bottle from home
- Bring your own personal hand sanitizer, tissues etc.
- Use the washroom

AT THE ARENA

- Arrive at the Coke Centre no more than 15 minutes prior to your session
- Skaters will have an assigned chair to put on skates and leave skate bags etc.
- Respect social distancing guidelines at all times. **Minimum of 3 meters apart!**
- Masks must be worn at all times while at ice level except while the skaters are on the ice practicing.
- Avoid touching door handles, gates, benches, and all other common surfaces.
- Wash your hands and/or use hand sanitizer.
- Leave the facility immediately following your session
- **GET IN....TRAIN.....GET OUT!**

Screening of individuals

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
- Have returned from travel outside of Canada (must quarantine for 14 days at home)
- Have been in contact with someone with COVID-19 in the past 14 days

Personal Protective Equipment (PPE)

Coaches are required to wear a non-medical face mask or a face shield while coaching.

Masks are mandatory for anyone at ice level. Skaters **MUST** wear a non-medical face mask whenever they are not on the ice.

Masks are mandatory for all individuals.

Congregating in groups inside or outside the arena is not permitted.

Any individual attending to a non-family member for a medical emergency must wear appropriate PPE including a medical face mask and disposable gloves.

GPSC will provide masks and gloves and have them available at ice surface in case of a medical emergency.

Music / Technology / Equipment

- The Coaches will be responsible for the use of the music equipment. It will be cleaned between each use. Coaches may play music using Bluetooth technology.
- Harnesses are not allowed under the new distancing rules of 3 meters (9 feet).

Travel

- Transportation to and from the facility should be arranged so that only individuals from the same household or cohort members share rides.
- 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.
- Individuals who take public transportation to the facility must immediately upon arrival wash their hands thoroughly with soap and water.

Club Office

The Club office will remain closed to the public.

All administrative activities will be conducted online.

Illness Policy

A “participant” includes a skater, coach, volunteer, or parent / spectator.

1. Inform an individual in a position of authority (coach, GPSC supervisor) immediately 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.

2. Assessment

- a. Participants must complete the daily screening for symptoms before arrival at the facility
- b. Supervisors/coaches will visually monitor participants to assess any early warning signs as to their health status
- c. If Participants are unsure, they will be instructed to use the Alberta Health COVID-19 self-assessment tool

3. If a Participant is feeling sick with COVID-19 symptoms

- a. They should remain at home and contact Health Link at 811
- b. If they feel sick and/or are showing symptoms while at the facility, they will be sent home immediately and will be instructed to contact 811 or a doctor for further guidance
- c. No Participant may participate in a session if they are symptomatic

4. If a Participant tests positive for COVID-19

- a. The Participant will not be permitted to return to the facility until they are free of the COVID-19 virus as verified by a medical professional
- b. Any Participants who practice closely with the infected participant will also be removed from the facility for at least 14 days to ensure the infection does not spread further
- c. If any participant tests positive, the club will inform the Alberta-NWT/Nunavut Section Office of the positive case

Illness Policy continued

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

- a. As with the confirmed case, the Participant will be removed from the facility
- b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and contact Health Link at 811
- c. Other Participants who may have been exposed will be informed and removed from practice for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities

6. If a Participant has come in to contact with someone who is confirmed to have COVID-19

- a. Participants must advise their coach and/or the GPSC supervisor if they reasonably believe they have been exposed to COVID-19
- b. Once the contact is confirmed, the Participant will be required to follow the direction of Alberta Health Services

7. Quarantine or Self-Isolate if:

- a. Any Participant who has a member of their household who has travelled outside of Canada and has experienced any symptoms identified on the verbal health screening questionnaire within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate
- b. Any Participant with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate
- c. Any Participant from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate
- d. Any Participant who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility

First Aid

- Designated Responder (Base Coach) to oversee each session and activate response plan as needed.
- Coach is to be first point of contact for first aid if skater is on the ice Coach must be attired in a mask and gloves using proper protocols of donning of PPE before attending skater.
- Coach moves skater to secure spot off the ice.
- Coach contacts guardians and if needed Emergency responders. Coach to gather skater and their personal effects, and walk skater to meet their ride or hand off to parent.
- Coach is responsible to fill out the Incident Report form on the Skate Canada website. (No paper documents)
<https://skatecanada.wufoo.com/forms/qrkdnw40ve6pyn>

Hand Hygiene – Wash your hands often

How to wash your hands properly to avoid viruses

Before washing

- Keep nails short
- Remove wristwatch and rings

1



Wet hands with water, apply soap and rub hands palm-to-palm

2



Rub back of each hand with opposite palm

3



Rub fingertips in opposite palms to wash under nails

4



Rub between fingers

5



Rub each finger, thumb clasped in opposite hand

6



Scrub wrists

Information from the website of the prime minister's office

How to use hand sanitizer

HOW TO USE HAND SANITIZER



How to wear a mask

HOW TO WEAR A MASK?



It should **COVER YOUR MOUTH, NOSE AND CHIN**, with the coloured side facing outwards.



PINCH THE METAL EDGE OF THE MASK so that it presses gently on your nose bridge.



Remove a used mask **HOLDING ONLY THE EAR LOOPS**.



To be effective, **CHANGE YOUR MASKS REGULARLY OR IF SOILED OR WET**.



WASH YOUR HANDS WITH SOAP AND WATER after disposing the soiled mask properly into a bin.

Compliance Enforcement

- Coaches are to be the role models for the skaters and their parents.
- Maintaining social distancing where possible, ensuring all required forms are filled out correctly in advance of taking the ice and following all hand washing and hygiene practices.
- All individuals must comply with the most current version of the *Return to Play* protocols established by the Grande Prairie Skating Club and Skate Canada: Alberta-NWT/Nunavut and must adhere to all federal, provincial, and municipal regulations. Non-compliance may result in removal from training sessions without a refund.
- If the guidelines set by Skate Canada: Alberta-NWT/Nunavut and AHS are not followed, Grande Prairie Skating Club could be shut down.
- If any coach, skater or parent is found to be non compliant with the guidelines set by Skate Canada: Alberta-NWT/Nunavut and AHS, they will be asked to leave or not permitted into the facility.
- The Assumption of Risk and Waiver form must be completed by each participant (including staff, skaters, coaches, and volunteers) prior to participation in any activities. Arrive at the arena with it filled out.

Communication

The best form of communication between the club and the coaches is email.

The role of the coach with regard to communication with the skater is as follows:

- Ensure schedule is clearly communicated.
- Make sure the skater knows when to enter and exit the facility, where to be during ice resurfaces and how music will be played.
- The skaters must maintain social distancing requirements and practice safe hygiene/respiratory practices, the coach will ensure this takes place.

Cancellation and Refund Policy

If your skater develops COVID-19 symptoms, or is required to isolate due to close contact, your account will be credited for any unused sessions once the Club receives a copy of the notification letter from your school or health authority.

If the GPSC or Coke Centre or Alberta Health Services cancels programming due to an outbreak of COVID-19, your account will be credited for any unused sessions.

Let's stay safe together!



STAY SAFE

