

## Skate Melfort Return to Skating Guidelines - Sept 2020 (Covid 19)

Welcome back to skating!!

Skate Melfort would like to thank you for taking the necessary precautions and doing your part to limit the spread of Covid-19.

These guidelines are new for everyone, and we ask that you please have patience as we familiarize ourselves with new routines. Guidelines are changing frequently and we will update this information when changes occur. The most recent copy of the guidelines will be posted on the Skate Melfort website.

Skate Melfort must follow the highest standard of guidelines set by the following agencies:

Skate Canada national  
Skate Canada Saskatchewan  
Government of Canada  
Government of Saskatchewan  
The City of Melfort

***In consultation with these agency's documents, Skate Melfort will adhere to the following guidelines:***

- A maximum of 30 participants will be allowed on the ice, including skaters, coaches and programs assistants
- A maximum of 30 spectators will be allowed in the facility. **Only 1 spectator will be allowed per participant** to ensure that each skater can have a parent / guardian present with them. The Palace doors will be locked, so spectators must arrive at the same time as the participant. Spectators must sit in the designated seating areas and practice physical distancing.
- Participants and spectators must review a health screening questionnaire prior to arriving at the rink and must stay home if they answer yes to any of the questions. The health screening questionnaire can be found at the end of this document.
- Participants must bring a signed assumption of risk waiver to the first day of skating.
- Enter and exit the Northern Lights Palace through the main doors on the Southwest side of the building. This is the door across from the bowling alley, not the players entrance.
- Participants and spectators should arrive no more than 15 minutes prior to their scheduled ice time and should leave the facility promptly after their activity has ended.
- Participants and spectators must sanitize their hands upon entering and exiting the arena facility and should avoid contacting surfaces in the facility as much as possible.
- Participants must sign both the Skate Canada attendance record and the facility attendance record to facilitate contact tracing if required. Spectators must sign the facility attendance record. If using a pen provided by the facility, sanitize hands prior to use.
- Participants and spectators are expected to wear masks in the facility when physical distancing is difficult. Skaters can remove masks prior to going on the ice. Coaches and Program Assistants will continue to

wear masks for the duration of the on ice program. Hand sanitizer will be available on the ice and program leaders will be encouraged to sanitize often.

- Skaters may put their skates on in the designated dressing rooms as long as physical distancing occurs. This may require patience and waiting your turn. If skaters choose, they may arrive at the rink with skates on, ready to go.

## **CanSkate Program**

- All levels of CanSkate may participate.
- Skaters should be able to stand up on the ice on their own. This will minimize the need for physical contact between the skaters and the Coaches or Program Assistants.
- CanSkaters must wear a CSA approved helmet while on the ice.
- CanSkaters must be dressed appropriately and should wear mittens or gloves.
- All supplies, fun zone objects, etc. will be cleaned after each CanSkate program.
- Please ensure your child has gone to the bathroom **before** going on the ice, or is able to attend to themselves (along with a thorough hand washing).

## **STARSkate & Advanced CanSkate Program**

- Each skater should bring:
  - 1 small Kleenex pouch
  - 1 water bottle
  - 1 small hand sanitizer
  - 1 face maskThese items will be physically distanced on the boards - families can share amongst themselves as required.
- Coaches have styluses to access the music on the ipad. Skaters may also play their music if they sanitize their hands prior to using the ipad.
- If jump harness lessons are given, both coach and skater must wear masks
- Skaters must maintain physical distancing on the ice unless they are of the same family.

# Health Screening Questionnaire

This questionnaire should be completed by each individual daily prior to participation in each club activity. .

The answer to all questions must be “No” in order to participate in each club activity.

1. Do you have a fever? (a temperature of 37.8C or higher)

Yes  No

2. Do you have any of the following symptoms?

o Cough

Yes  No

o Shortness of breath

Yes  No

o Runny nose, sneezing or nasal congestion (not related to other known causes such as seasonal allergies, etc.)

Yes  No

o Sore throat

Yes  No

o Difficulty swallowing

Yes  No

o Lost sense of taste or smell

Yes  No

3. 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?

Yes  No

4. Have you had close contact in the past 14 days with anyone who is sick or a suspected / confirmed case of Covid-19?

Yes  No

If you answer “Yes” to any of these questions, they are not permitted to participate in any club activities.