

PERTH SKATING CLUB - COVID-19 PROTOCOLS

The Perth Skating Club has been busy navigating the current situation regarding COVID-19 and Return to Play standards provided by our governing bodies Skate Ontario and Skate Canada as well as guidelines set out by the Town of Perth, our local health unit and the Province of Ontario. The following is a list of protocols all skaters and spectators **MUST** follow to ensure the health and safety to all involved with our organization.

PARTICIPATION IN CLUB PROGRAMMING:

Skaters, coaches, volunteers and spectators of the Perth Skating Club should **not** enter the Community Centre to participate in club programming if they have:

- had flu-like symptoms, fever or cough in the past two weeks;
- been in contact with someone with COVID-19, someone with flu-like symptoms or if they have travelled outside the local area in the last two weeks;

Each skater is permitted one spectator within the arena. One parent or guardian **must** be available for each skater under the age of 18 either in the building stands or in the parking lot.

ARRIVING AT THE ARENA:

The Perth arena and Skate Ontario is allowing our membership to use the dressing rooms. There is a capacity restriction on each dressing room meaning **skaters will be assigned a dressing room until restrictions are lifted.**

Skaters must arrive at the arena **dressed** in their skating clothes (CanPowerSkate, please come dressed in bottom half of equipment pants, shin pads, socks etc., upon arrival put on upper equipment, skates, helmet and gloves.).

Skaters who can tie their own skates may use a dressing room. Skaters who require a parent to tie their skates should put skates on outside the arena/in their vehicle. Please ensure you have hard guards to enter.

Please arrive no more than 15 minutes before your scheduled session. Skaters and spectators should not congregate in common areas of the arena. It is the expectation that when your skater arrives, they will immediately proceed to the dressing room, maintaining a two metre (six foot) distance from other skaters.

Once all skaters and spectators have arrived, the Town of Perth will be locking the doors until 15 minutes before the next group is scheduled to take the ice. **There will be no "in and out" traffic permitted.**

Please, do your best to arrive on time for your skating session. Doors will be locked 5 minutes after the start of the session. *For example: Skaters arriving for 9:00am CanPowerSkate, should not arrive before 8:45am. Doors will be locked at 9:05am. The doors will be unlocked again at 9:45am to allow our Intro to STARSkaters / Juniors to enter before their session at 10:00am.*

ENTRY TO ARENA:

The Town of Perth has designated entry and exit points for the Perth Arena, see below:



Entering the arena each skater and spectator **must wear a mask**. Once skaters enter the ice surface, they may take their mask off. Spectators in the stands are required to wear their mask.

Upon entry to the arena, each skater, coach, volunteer and spectator must:

- Sanitize their hands with sanitizer provided by the Town of Perth at the front door,
- Check in with the parent volunteer at the front door and verbally complete the health screening questionnaire as required by Skate Ontario. Found here: <https://skateontario.org/wp-content/uploads/2020/08/Daily-Health-Screening-Questionnaire-3.0.pdf>
- Practice social distancing of two metres (six feet) from individuals not residing within their household.

Once skaters enter the arena, they are to proceed through the lobby to their assigned dressing rooms.

Skaters in dressing rooms 1, 2 3, 'girls' and 'referee', will enter the ice on the "home" side of the ice, and exit the ice on the "visitor" side of the ice.

Skaters in dressing rooms 4 and 5 (under bleachers), will enter and exit the ice at the bleacher side of the ice.

It is important skaters are mindful of being two metres (six feet) apart when entering and exiting the ice.

Spectators are to enter the arena and sit in the stands, two metres (six feet) apart from other spectators.

WHILE ON THE ICE:

- Skaters are asked to be prepared to stay on the ice for the **entire session**. Please use washroom facilities before entering the ice surface;
- All skaters and coaches must stay two metres (six feet) apart from coaches and other skaters **at all times**;
- Coaches are required to be 100% hands free while coaching;
- Coaches will remain in one spot, as much as possible, while coaching.

Skaters are encouraged to purchase a plastic caddy or large ziplock bag, that can be sanitized after each use, to bring their personal items to the ice to be kept in one place. Personal items **must not** be shared between skaters. A recommendation of items to bring to the ice include:

- Water bottle (with name on it),
- Kleenex,
- Disposable bag (ziplock) to dispose of kleenex at home,
- Hand sanitizer,
- Extra gloves/mitts,
- Room for guards,
- Anything else your skater will require while on the ice

We recommend skating clothes and gloves be washed after each use. Skaters who are putting skates on in the parking lot/vehicles are asked to only bring their caddy/ziplock bag into the arena.

Caddy example:



Music: Coaches will be the only individuals permitted to change the music on the session.

Harness: Currently, we will not be using the harness during our lessons.

If your skater begins to experience flu-like symptoms while on the ice, they will be asked to exit the arena immediately to limit possible infection to other members.

Sanitizing wipes will be provided by the skating club, coaches will wipe down high touch areas at the boards during each flood.

EXITING THE ARENA:

Once skaters have exited the ice, they must put their mask back on.

We ask skaters and spectators to immediately exit the arena through the designated door (below), no more than 15 minutes after their session.



FOR THE SAFETY OF ALL OUR MEMBERS:

If you show any of the following symptoms:

- Fever,
- Cough,
- Shortness of breath,
- Runny, stuffy, or congested nose,
- Sore throat,
- Difficulty swallowing,
- Lost sense of taste or smell,

please refrain from coming to our club programming. We ask you to be **symptom free for a minimum of 24 hours** before returning to the arena.

If any member (skater, volunteer, coach) tests positive for COVID-19 they must immediately report it to the Perth Skating Club. Any member who tests positive to COVID-19 must not return to regular programming until a negative COVID-19 test has been received and they are symptom free for at least 24 hours.

Skate Ontario's Return to Play protocols can be found here:

<https://skateontario.org/wp-content/uploads/2020/08/Return-to-Play-Protocols-Skate-Ontario-4.1.pdf>