

RETURN TO PLAY GUIDELINES & RECOMMENDATIONS FOR FIGURE SKATERS

BEFORE YOU SKATE

- Do Not skate if you:
 - o Exhibit any COVID-19 symptoms
 - o If you or someone in your household has been in contact with someone with COVID-19 in the last 14 days
 - o If you or someone in your household has travelled outside of Canada in the last 14 days
- It is highly recommended that if you are a person who has been identified as vulnerable or at risk, you should consider not participating in Skate Canada program or figure skating related activities.
- Skater, coaches, and parents/volunteers (if allowed) will have a daily verbal screening for symptoms upon arrival at the entrance of the facility.
- Make sure there is availability on your desired session. Numbers will be limited to the following:
 - o As of Sept 1, 2020
 - No more than 18 people, including coaches, allowed on or near the ice at any one time.
 - There must be 1 Skate Canada certified coach or choreographer included in your group. All physical distancing restriction apply to Pairs, Dance & Synchronized skaters.
- All session registration and payments must be online. No bookings or payments in person at the facility. Drop in/buy-on on participation is not allowed.

PREPARING TO SKATE

- Arrive no earlier than your scheduled time to enter the building. Arrival time will be approximately 15 min. before your scheduled session.
- Off-Ice Warm Up can only be done outside or in indicated areas where allowed and skaters must keep 1 2 metre distance with other skaters and coaches.
- Dressing room may be closed as this may differ from facility to facility. Skaters and coaches should be prepared to come dressed to skate with only the skates to be put on.
- If dressing rooms are not available, benches or chairs may be provided for skaters/coaches to put their skates on near the ice. Markings on the ground will show where skaters/coaches can sit so they are space out 2 metres apart.
- To protect yourself against infections”
 - o Wash our hands with disinfectant soap and hot water for at least 20 seconds before going on the ice of each session.
 - o Bring hand sanitizer. Each participant must bring their own hand sanitizer.
 - o Clean your equipment, including your skates, clothing, and water bottles regularly.
 - o Do not share any equipment (water bottles, clothing, gloves, facial tissue, towels) with other skaters/coaches.
 - o Used Facial Tissues must be put into the garbage can immediately after use. Do not put on boards, or anywhere else. You should use hand sanitizer immediately after blowing your nose.
- 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.

- Make sure you have enough water before leaving the house to avoid having to touch a tap or water fountain handle.
- Other than reusable water bottles, not other food or drink should be brought into a facility.
- Consider wearing a mask/and/or gloves while skating.
- If you cough or sneeze, do so in a tissue or in your sleeve. If you use a tissue immediately dispose of the tissue in a garbage can. You should use hand sanitizer immediately after coughing or sneezing.
- Avoid touching door handles, gates, benches and all other object where the virus could survive, if you touch something make sure to use had sanitizer immediately after.
- While waiting to g on the ice, stand at the designated physical distancing markers and stay away from others. Avoid putting equipment on the boards while waiting to go on the ice.

WHILE SKATING

- Avoid all physical contact, for example, shaking hands, high fiving or hugging with other skaters/coaches.
- Avoid touching your face during your skating session. Should you need to touch your face you must use hand sanitizer immediately after touching your face.
- Make special awareness a priority. Try to keep a 2 metre distance from other skaters and coaches while on the ice at all times.
- Do not touch any equipment, including music playing equipment. One designated person will operate all equipment for all skaters.
- Pairs & Dance skaters who do not live together, must not touch each other and stay 2 metres apart at all times while on and off the ice.
- Synchronized skaters must not touch each other and stay 2 metres apart at all times while on and off the ice.

AFTER SKATING

- Wash your hands carefully with hot water and disinfectant soap or with had sanitizer.
- Leave the arena immediately (within approximately 15 min) after your finish skating.