



Skate Martensville Return to Skate COVID-19 Guidelines

Skate Martensville would like to thank everyone for taking the necessary precautions in order to do our part to slow the spread of COVID-19 and allow our club to be open to as many of our skaters as possible. Please refer to the Skate Canada - Saskatchewan website (<https://skatecanadasaskatchewan.com/>) for any and all information regarding the provincial return to skate guidelines. It is our hope that we can all work together to follow these guidelines in order to keep our club open for the season.

These guidelines are subject to change dependent upon the Skate Canada - Saskatchewan or the Government of Saskatchewan guidelines. All skaters and their parents/guardians will be notified about any changes. Club executives and coaches have the authority to ask skaters, members, volunteers, coaches, etc. to leave if they are not following the protocols of Skate Martensville and the City of Martensville Sports Centre.

You should NOT come to the skating session and should contact either a coach or executive member if you are experiencing the following:

- Fever (temperature greater than or equal to 38.0 °C)
- New or worsening respiratory symptoms (i.e.: cough, shortness of breath or difficulty breathing, sore throat, runny nose, nasal congestion)
- New onset of **atypical** symptoms including: chills, aches and pains, headache, loss of sense of smell or taste, fatigue, nausea/vomiting, diarrhea

Anyone experiencing these symptoms must be sent home and should contact HealthLine 811 for further guidance.

*Note: If you have confirmed allergies and are experiencing any symptoms listed above, please contact HealthLine 811 for further guidance. Communicate with your coach or an executive member who will alert our COVID-19 Rep and determine on a case by case basis whether or not that skater can attend or if further testing is needed to confirm.

Additionally, you are NOT permitted to attend and should contact HealthLine 811 for further guidance if the following applies:

- 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?
- Have you had close contact with anyone who has a confirmed/probable case of COVID-19 in the last 14 days?

As directed by Sask Health, if a skater is observed having symptoms that align with COVID-19:

- The symptomatic skater will be asked to put a mask on and will be removed from any contact with the rest of the group (a mask will be available if needed).
- A parent/emergency contact will be notified and a coach/executive member will stay with the skater until that parent/emergency contact arrives.
- The parent/emergency contact will then be directed to take the skater home immediately, contact HealthLine 811 and follow the guidance received there.
- Facility staff will be notified immediately in order to have all areas occupied by the symptomatic skater cleaned and disinfected.
- Our club's COVID-19 rep will also be notified with the time and date of the incident to ensure that a communication is put forth to Sask Health regarding possible exposure.
- The rest of the team/families will be alerted and asked to monitor for symptoms and follow any direction from Sask Health should they develop any.

It is highly recommended as per the Skate Canada - Saskatchewan Return to Skating Guidelines, that if you are a person who has been identified as vulnerable or at risk that you do not participate in Skate Canada programs or figure skating related activities. This includes elderly individuals, immunosuppressed persons, and individuals living with chronic health conditions.

For further information regarding COVID-19 please visit:

Government of Saskatchewan at <http://www.saskatchewan.ca/COVID19> and Skate Martensville www.skatemartensville.ca to find the City of Martensville Sports Centre COVID-19 Protocol.

The amount of people allowed on the ice at one time has been limited by the Chief Medical Officer and Skate Canada - Saskatchewan to a maximum of 30 people, which includes skaters, coaches, program assistants, and volunteers.

Additionally, spectators/parents/guardians, etc. must not total more than the maximum gathering limits per the public health order per team/group at each activity and **MUST** ensure physical distancing between non-household members. In order to meet these restrictions we have to limit spectators. **1 spectator per skater will be allowed for all Skate Martensville sessions.**

The following protocol will apply to **ALL SKATERS**:

- It is expected that all persons attending the rink for Skate Martensville sessions/events and are not participating on ice, **wear a mask**. Masks will not be provided. (This includes skaters and coaches as they are entering/exiting the building and making their way to the dressing rooms. Skaters will not wear their masks while on the ice).
- Everyone **MUST** practice social distancing and stay 6 feet apart at all times from anyone who is not in their immediate household while inside the rink **AND** outside.
- Spectators are limited per session: **Only 1 spectator per skater will be allowed during all sessions.**
- Please arrive **no earlier than 15 minutes** prior to your skate time. Anyone arriving earlier will be asked to wait outside.
- Entrance to the rink will be the main doors that face east to the parking lot.
- Exit doors will be the east-facing doors along the dressing room hallway. Please exit out the door that is closest to your dressing room.
- All rink signage must be followed, including directional arrows and social distancing markers.
- Hand sanitizer will be available at the entrance and **MUST** be used prior to moving throughout the facility. Skaters are reminded to regularly wash/sanitize their hands and use proper hygiene practices. Sanitizer will be available on the ice if needed.
- **All guests/non-skaters to the club MUST scan a QR code with your phone/device to enter your attendance information. The QR code will be posted in the rink lobby. This is for the purpose of contact tracing only. You will be able to show the screen on your device to a volunteer or executive member in order to prove completion before entering the arena area. This is necessary for only ONE PERSON PER HOUSEHOLD.**
- **We ask that all SKATERS complete a Health Screen Assessment prior to EACH SESSION. The link will be provided to our skaters by email. The assessment must be completed before participating in any Skate Martensville sessions and can be completed up to 2 hours prior to arrival. If there is an executive member working at the entrance, please check in to verify your completed Health Screen Assessment is on file. If no one is there, a coach will be checking the file prior to each skater stepping on the ice.** The information collected is kept solely by Skate Martensville as a means for contact tracing, screening and monitoring requirements. Information will not be shared for any other purpose.
- No loitering in the lobby areas. Please move directly to your intended facility area.

- We ask that all skaters **come dressed and “ready to go”** (with the exception of skates). Personal belongings must be limited.
- Skaters will have access to dressing rooms for the purpose of putting on/removing their skates. Dressing room occupancy is limited and indicated by social distancing markers on the benches inside. Additional chairs will be placed in the hallway if space allows. Skaters are not to exceed these limits and are expected to maintain social distancing at all times. **Only 2 parents will be allowed in at a time and MUST wear a mask.** If a dressing room is full, you will have to wait in a socially distanced line for your turn.
- **Please know and follow the capacity limit(s) for your dressing room(s).** The dressing room assignments are listed under each specific group.
- All dressing rooms **MUST** be vacated within 15 minutes of the end time of their session to allow for cleaning and sanitizing. Please make sure you remove all garbage and belongings.
- If you do not need to assist your skater in the dressing room after their session, please wait **OUTSIDE** for your child(ren), and practice social distancing,
- Please bring a **FULL** water bottle with your skater. Water fountains will not be available. Skaters will not be allowed to share water bottles.
- An executive member or adult volunteer will ensure guidelines are met for the safety of all members.
- Skaters are encouraged to use the washroom **BEFORE** getting to the rink. Public washrooms will be available but everyone must exit the facility through the side doors and re-enter in order to follow directional arrows.
- A Skate Canada General Assumption of Risk and Waiver must be signed, this was provided in your registration package so no further action is necessary.
- All high-touch surfaces will be sanitized regularly by facility staff, and hand sanitizer will be available to all members in various locations throughout the facility.
- All PreStar and Star skaters must have suitable skate guards to protect their blades while walking around in and outside the rink. Guards are optional for CanSkate.
- Please exit the facility immediately afterwards. Any loitering or gathering in the lobby/halls will not be permitted.

The following protocol is specific to **CANSKATE SKATERS**:

- **CanSkate: Dressing Room #4; limit of 9 skaters (BEFORE your session).**
- **CanSkate: Dressing Rooms #4 & #5; each has a limit of 9 skaters (AFTER your session).**
- **When you arrive and are getting your skates on:** please limit your time in dressing room #4 so other skaters can take a turn. Unfortunately we don't have enough dressing rooms to accommodate everyone individually. Once you are ready, you need to **REMOVE ALL YOUR BELONGINGS**. If a parent is there we ask that they keep belongings with them in the stands or take them back to your vehicle. If the dressing room is full, you must wait your turn in the hall – while maintaining a social distance. There should be **NO** traffic in that hall other than your group waiting their turn.
- Please head out to the ice as soon as you are ready for your session and use the gate closest to your room to enter/exit the ice surface. A coach will be on the ice to greet you.
- Dressing Room #5 will be disinfected for use at the end of your session after the Star skaters leave.
- **We kindly ask that ONE parent/caregiver stay in attendance during the CanSkate session to help support your skater if needed (i.e. washroom breaks, skate re-tying, etc). Coaches will not be able to assist our younger skaters with these needs due to social distancing requirements.**

The following protocol is specific to **PRESTAR SKATERS:**

- **PreStar: Dressing Room #1; limit of 6 skaters.**
- Please wait in your dressing room until a coach, executive member or volunteer comes to get you. You may leave your skate bag in the dressing room.
- Please text Danny if you will be late or absent for your skate session

The following protocol is specific to **STAR SKATERS:**

- **Star: Dressing Room #5; limit of 9 skaters and Dressing Room #6; limit of 8 skaters.**
- Please go to whichever dressing room is not yet at capacity. When you are ready, you may head out to the ice using the gate closest to your dressing room to enter/exit the ice surface. You may leave your skate bag in the dressing room.
- Lockers are NOT to be used, if you previously had a locker ensure you didn't leave anything of importance inside. If you still have a key please return it to an executive member ASAP.
- Please keep personal items brought into the dressing room to a minimum. (Just a skate bag if possible).
- Skaters are to limit contact with the boards whenever possible, which means no stretching, drills, or standing at the boards. The use of boards for balance when getting on and off the ice is permitted.
- **Music will be operated by one specific person ONLY.** This person CANNOT be a skater. This includes connecting to the main system upstairs in the music room AND controlling the music from a Bluetooth device. It will have to be the responsibility of a coach or volunteer.
- If for any reason a Star skater will be absent or late for their session, please text Danny.
- Star skaters will be asked to exit the ice 5 minutes early (at 5:40) to avoid congestion in the dressing room hallway when CanSkaters start to arrive. Skaters will be able to make up this missed time since they are allowed to head out onto the ice when ready early.

The following protocol is specific to **COACHES, EXECUTIVE MEMBERS AND VOLUNTEERS:**

- Coaches will be using the referee dressing room located off the lobby.
- Masks are required for coaches and program assistants for CanSkate sessions while on the ice.
- Coaches are to practice social distancing from all other persons, on and off the ice.
- Only one person should be handling session equipment or supplies. These must be disinfected before and immediately after each session.
- Coaches should use verbal cues and non-contact demonstrations while instructing to maintain social distancing.
- All coaches, executive members, and volunteers will complete the online Health Screen Assessment before each session.
- Coaches will help to ensure all skaters have completed the online Health Screen Assessment when necessary.