

What to Expect at Skating

Summer 2020



Skate Canada Waiver

All participants must fill out a [Skate Canada Waiver](#) and email it to info@figure8skating.ca (preferred) or bring it to the first day of class. Skaters will not be able to participate without a waiver.

Mandatory Meeting

All registered skaters and their parent/guardian must attend the Parent/Skater Mandatory Meeting, to be held over Zoom on Monday, July 13 at 7:30 pm. In this meeting we will be going over the Return to Skating protocols and what to expect.

[Parent/Skater Mandatory Meeting Zoom Link](#)

Meeting ID: 823 8051 9921

Password: 147460

Onsite Health Screen

All participants will be required to submit an onsite health screen each day they come to class. The health screen will be completed online by clicking the link below. **Please save this link, as you will need it for each class.** The submission of the health screen will be checked by a volunteer before the skater will be able to participate.

[Figure 8 Onsite Health Screen Link](#)

Contact Tracing

Skater attendance will be taken each day by a volunteer prior to entering the facility. Parents/guardians who are planning on entering the building for more than 15 minutes will have to provide their contact information to a volunteer for contact tracing purposes.

Physical Distancing

All skaters must keep a 2 meter distance from each other and from coaches. We not currently operating as a sport cohort, and so this distance must be maintained. Parents/guardians should also maintain this distance from others not in their cohort family.

Masks

Masks will be worn by the coaches and by volunteers. Skaters are not required to wear masks on the ice as it is not recommended for intense physical activity. However, we recommend that

skaters wear masks while in the Meadows facility and not on the ice, provided that the skater is able to remove the mask safely prior to going on the ice. Wearing a mask helps to ensure safety in case the 2 meter distance is not maintained between skaters for any reason. Hand sanitizer should be used when putting on and removing masks. Please see [this video](#) with regards to mask wearing.

Skating Attire

Skaters should arrive **with their skates on and fully dressed in their skating attire**. Clean gloves **MUST** be worn every day, so we recommend that each skater has several pairs of gloves that can be switched out and to be washed between classes. Skating attire (leggings, jackets) should also be washed between classes.

The use of washrooms and dressing rooms is not recommended for changing into skating attire. In addition, it is recommended that skaters use the washroom prior to leaving home.

Bags and Belongings

It is recommended that skaters bring only the items they will need to the arena. If skaters are getting dropped off, then they will need to bring a small bag for their off ice items (running shoes, yoga mat, water bottle). If parents are staying, then off ice items can be passed to the skater once they are outside, to remove the need to bring a bag into the facility. If younger skaters need assistance removing skates, it is recommended that the parent meets the skater outside to remove skates. Coaches are unable to assist skaters with their skates.

Please do not bring food into the arena. Absolutely no sharing of food or water bottles.

Meadows Facility

Arena users are to enter through the West entrance of the Meadows facility only. Other entrances are restricted to other users of the facility or will be closed. We will have a table set up just outside the entrance, where skaters must check in for contact tracing, health screen verification and to use hand sanitizer. Parents/guardians will also need to check in at the table if they plan on coming into the building for more than 15 minutes, for contact tracing purposes.

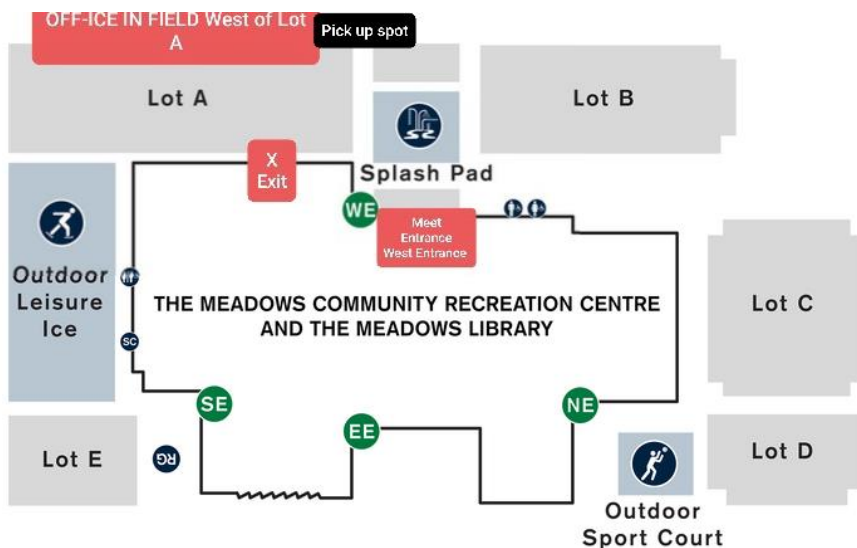
Coaches will set the skaters up in a line to do warm up activities as we wait for the host at the Meadows facility. Skaters and coaches will be led into the building by the host 15 minutes prior to ice time. For this reason, we are asking that **all skaters arrive 30 minutes prior to the start of skating** to ensure that we have enough time to check everyone in prior to being led into the building by the host. Please note that this may change as we see how the process works over the first week or so.

The dressing rooms are being used by the Meadows facility to separate different arena user groups so that they maintain physical distance from each other. We will have two dressing rooms, and there will be at least one coach per dressing room with the skaters. Coaches will

hold open dressing room doors for skaters. Skaters must physically distance while in the dressing room.

Parents are to continue to wait outside until just before the ice time begins. Parents will not be allowed in the dressing rooms or near ice level but will be allowed to go into the stands as a spectator. It is advised that the number of spectators is limited.

After our ice time, skaters will exit out of the emergency exit at ice level, so that they do not cross paths with the next arena user group. Parents will exit using the west entrance. Here is a map of the entrance/exits from the facility, as well as where we will be holding off ice classes, after skating.



The arena portion of the facility will be partitioned off so that other recreation centre users cannot come into the arena area.

Cleaning and Sanitation

The Meadows facility will be cleaning high touch point areas such as door bars and handles, on a regular basis. The facility staff will also be cleaning dressing rooms between each user group. The coaches will also be wiping down the boards where skaters will be instructed to place water bottles and skate guards at ice level (both before and after use). Hand sanitizing stations are available at various points in the facility including the entrance. Coaches will also be offering hand sanitizer prior to going on the ice, after coming off the ice, prior to off ice classes and after off ice classes.

We ask for your patience as we work through these new guidelines and protocols together.