



186-8120 No. 2 Road, Box #704, Richmond, B.C., V7C 5J8 Email: info@connaughtsc.ca

## **COVID-19 SAFETY PLAN - On Ice**

**UPDATED: March 4, 2021**

All parents, skaters, coaches, program staff and any individual(s) acting on behalf of the Connaught Skating Club are required to adhere to all aspects of this COVID-19 Safety Plan for on ice activities.

Anyone found to be in non-compliance with the measures outlined in this Plan may have their skating and/or coaching privileges suspended.

### **General**

- 1) The maximum total number of individuals permitted within any one ice surface and surrounding area during an on ice session is twenty-two (22). This total includes both coaches and skaters.
- 2) Each skater will be assigned to a training pod and will train with the same group of skaters in their assigned pod for the duration of each season. **To limit any potential cross-pod exposures, there will be no moving between assigned training pods.**
- 3) A Return to Skating waiver must be completed, signed and returned to the Club before your skater will be allowed back on the ice.
- 4) All individuals participating in training or entering the building on behalf of the Connaught Skating Club, including coaches and COVID Captains, must complete the online daily self-screening form, prior to entering the building.

If **ANY** of the questions in the daily self-screening apply, **YOU MUST NOT** enter the facility.

For greater clarity, skaters, coaches, volunteers and program staff **may not participate** if:

- They exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, shortness of breath or any other symptom(s) known to be associated with COVID-19, as identified by medical professionals;
  - They or someone in their household has been in contact with someone with COVID-19 in the last 14 days;
  - They or someone in their household has travelled outside of Canada in the last 14 days; OR
  - They have been directed by a public health official to self-isolate within the last 14 days.
- 5) Spectators are not allowed into the facility. Parents must, however, be readily available in the event their skater needs their assistance. Coaches are not able to look after skaters once they leave their session.
  - 6) All participants must register for all sessions via Uplifter **PRIOR** to attending their sessions. **Drop-ins are not permitted. Pre-registered buy-ons (24 hours in advance) are permitted with coach AND registrar approval only.**
  - 7) Each training **POD** will be assigned a daily COVID Captain who will:
    - Supervise the skaters;
    - Ensure all skaters wear their masks;
    - Check that the daily screening form has been appropriately completed by each skater in attendance; and
    - Use the provided disinfectant to wipe down any high touch area(s) as the pod leaves.



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## **PREPARING TO SKATE**

Skaters should line up to enter the facility approximately fifteen (15) minutes prior to their scheduled session.

Hand sanitizer must be used upon entering and exiting the building.

**A non-medical mask must be worn, in an appropriate manner, at all times while transiting through the facility; masks may be removed once the skater enters the ice surface.**

Skaters must enter/exit ice at staggered times and separate entrances. Entry / exit points for both the facility and the rink are clearly labelled. All participants must follow the proper flow of traffic within the building. i.e. only enter through an entrance and exit through an exit.

**Any skater who is demonstrating signs of illness will be asked to leave the facility** to ensure the health and safety of our coaches, skaters and their families.

**Do not bring your skater to the rink if they are sick.** The Club has developed a flexible temporary refund policy to ensure fees can be refunded in the event of illness.

**Off Ice warm up must only be done outside** or in indicated areas where permitted. Skaters and coaches must keep a minimum 2 metre distance between each other.

**Dressing rooms are not available.**

Richmond Ice Centre/Minoru - Benches or chairs may be provided for skaters and coaches to put their skates on outside. Alternatively, it is **recommended that skates are put on in the car** and skaters walked to the appropriate entrance with guards on.

Oval – Skaters may use the designated benches inside the rink to put skates on. A 2 metre distance between each skater must be maintained at all times.

Keep personal items to a minimum; only bring essential items into the rink.

### **To protect yourself and others against infections:**

- ✓ **Wash your hands** with disinfectant soap and hot water for at least 20 seconds before arriving for your session.
- ✓ **Bring hand sanitizer.** Each participant must bring their own hand sanitizer.
- ✓ **Clean your equipment**, including your skates, clothing and water bottles regularly.
- ✓ **Do not share any equipment** (water bottles, clothing, gloves, facial tissue, towels) with other skaters or coaches.
- ✓ Used facial tissues must be put into the garbage immediately after use. Do not put on the boards or anywhere else. You should use hand sanitizer immediately after blowing your nose.
- ✓ 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.
- ✓ **Wear clean clothes and gloves** for each day of training.
- ✓ Make sure you have **enough water** before leaving the house as water fountains are not available at the arena.



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- ✓ Other than reusable water bottles, **no other food or drink is** allowed into the facility.
- ✓ **Avoid touching door handles, gates, benches** and all other objects where the virus could survive. If you touch something, make sure to use hand sanitizer immediately after.
- ✓ While waiting to go 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**

Masks may be removed **only** once the skater enters the ice surface. Masks must be worn at all other times while inside the facility.

**Avoid all physical contact** with other skaters and coaches (for example, shaking hands, high fives or hugging).

**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 spatial awareness a priority.** 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.

### **AFTER SKATING**

**Put your mask on as you get off the ice and keep it on until you exit the facility.**

**Leave** the arena or proceed to your off ice class **immediately** after you finish skating.

**Wash your hands** carefully with hot water and disinfectant soap or with hand sanitizer.

Make sure **used clothing and gloves are washed immediately** when you return home from training.

**Thank you for your adherence to the Club's COVID Safety Plan and for doing your part to limit the spread of COVID-19.**

**We must work together to keep everyone in our communities safe and healthy.**