

RETURN TO PLAY PROTOCOLS FOR PARTICIPANTS IN SKATE CANADA PROGRAMMING AND FIGURE SKATING RELATED ACTIVITY

If you wish to skate, make sure that you follow the below recommendations:

BEFORE YOU SKATE

- Make sure that your city or region and Provincial Sport Organization allows skating based on the government health authorities' criteria for the progressive lifting of confinement measures and that your municipality permits the use of a skating rink.
- **All participants must sign the Skate Canada waiver before partaking in activities**
- Do not skate if you:
 - Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts. Please see the [Government of Manitoba's About COVID-19 page](#), The Symptoms of COVID-19 tab for the full list of symptoms.
 - Have travelled outside of province in the last 14 days.
 - Have been in contact with someone with COVID-19 in the last 14 days.
- Skaters will have a daily verbal screening for symptoms upon arrival at the building before participation.
- Skaters must submit to their coach (via the coaches preferred method of communication) their temperature reading and any COVID related symptoms several hours prior to each skating session.

PREPARING TO SKATE

- Skaters should come dressed to skate with only the skates to be put on.
- Benches or chairs will be provided for skaters to put their skates on near the ice should dressing rooms be closed. Markings on the ground will show where skaters can sit so they are spaced out 2 metres apart.
- To protect yourself:
 - Wash your hands upon arrival with disinfectant soap and water for at least 20 seconds or use hand sanitizer before going on the ice.
 - Sanitizer should also be supplied by your club upon entrance into the building, prior to entering the ice surface, and prior to exiting the ice surface.
 - Clean your equipment, including your skates, guards, clothing, skate bag and water bottles regularly.
 - Do not share any equipment (water bottle, clothing, gloves, facial tissue, towels) with other skaters.
 - No communal items like Kleenex boxes.
- Wear clean clothes and gloves for each day of training.

- Make sure you have enough water before leaving the house as water fountains will be closed in the facilities.
- Used Facial Tissues and/or Kleenex must put into the garbage can immediately after use. Do not put on the boards. Sanitize hands after disposing.
- If you cough or sneeze, do so in a tissue or in your sleeve, then wash or sanitize hands.
- 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.
- Off Ice Warm Up can only be done outside or in indicated areas where allowed and skaters must keep a 2 metre distance with other skaters.
- While waiting to go on the ice, stand at the designated social distancing markers and stay away from others. Avoid putting equipment on the boards while waiting to go on the ice.
- Any area exposed to personal items must be disinfected.

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 or blowing your nose.
- Make spatial awareness a priority. Keep a 2 metres 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.
- Should you begin to feel ill with any COVID symptoms tell a person in charge and leave the ice.

AFTER SKATING

- Leave the arena immediately after you finish skating.
- Make sure used clothing and gloves are washed immediately when you return home from training
- Should you begin to feel ill with COVID symptoms let your coach and/or COVID club lead know immediately.