

SKATER CHECKLIST (modified for Canmore Skating Club sessions at Canmore Rec Centre)

To be used to help skaters prepare for training

Before you leave home

- Review the COVID-19 Alberta Health Daily Checklist and **DO NOT leave home if you have any new onset (or worsening) of any COVID-19 Symptoms or you answer "yes" to any other question on the [COVID-19 Alberta Health Daily Checklist](#)** (latest version).
- Pre-Register for your session. Drop-ins must be requested at least 24 hours in advance.
- Complete and sign the **Skate Canada Assumption of Risk and Waiver** before your first session of the season.
- Check for facility / arena closures.
- Eat before you come, if you take food please ensure it is self-contained and **DO NOT SHARE**
- Thoroughly wash your hands and water bottle with soap and warm water
- Use clean training clothes and accessories including gloves, hard guards, blade rag etc. every day
- Bring a face mask (may be required to be worn inside the building unless actively engaged in physical activity)

Arrival at the Arena

- Arrive at facility no more than 15 minutes prior to scheduled session
- Warm up outside if possible, maintaining physical distance of 2m.
- Skaters are to arrive ready-to-train. Do not expect dressing rooms to be open. Put your skates and gloves on outside, in your vehicle, if possible. Leave your skate bag and shoes in your vehicle if possible.
- If dressing rooms are available there will be a maximum number of occupants clearly posted on the door. Maintain physical distancing within the dressing room.
- Enter (and exit) through established routes and follow signs
- Spectators may observe from the stands and should not be at ice level. Some volunteers may be required.
- Masks, feel free to wear inside the building. (Coaches will wear on ice while teaching. Skaters do not need to wear masks while on ice.)
- One water bottle filling station available. Try to bring your own water and water bottle.
- Wash your hands with soap & water or sanitize using hand sanitizer when you enter or exit the building
- Respect social distancing guidelines at all times – 2m on ice and 2m off ice.
- Sign in on the Attendance Sheet
- Arrive no earlier than 5 minutes to the side of the rink and stay in designated area
- DO NOT** share water bottles or personal items (tissues, gloves, hand sanitizer, etc.)

During floods

- Wash your hands with soap & water or sanitize using hand sanitizer immediately after getting off the ice
- Remain in your designated area. Tell a coach if you are going to the washroom. Do not wander around the facility.
- Arrive no earlier than 5 minutes to the side of the rink and stay in designated area

After on-ice Training is complete

- Wash your hands with soap & water or sanitize using hand sanitizer immediately after getting off the ice
- Sign-out on the Attendance sheet.
- Leave the facility immediately, exiting through established exits
- Cool down outside the building if possible, while maintaining physical distance of 2m or at home if weather prevents cooling down outside
- Thoroughly wash water bottles with soap and water
- Thoroughly wash all training clothes and accessories including phones, gloves, hard guards, blade rag etc.