

## SKATER CHECKLIST (modified for Canmore Skating Club sessions at Edge School for Athletes)

To be used to help skaters prepare for training

### Before you leave home

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- Review the Health Screening questionnaire and **DO NOT leave home if you are feeling unwell, showing signs of COVID-19 Symptoms (Fever – take your temperature, Cough, Shortness of Breath, Sore Throat or Runny Nose) or would answer “YES” to any part of the questionnaire. You will not be permitted to enter the building.**
- Pre-Register for your session and agree to the **Skate Canada Assumption of Risk and Waiver** online. MANDATORY (Drop-ins are not permitted at this time. Single sessions, if spots available, will be sold online “a la carte”.)
- Check for facility / arena closures. CSC will endeavor to text the mobile device number you provided at registration should we have any urgent messages to communicate to participants
- Eat before you come, if you take food please ensure it is self-contained, do not share
- Thoroughly wash your hands with soap and warm water
- Thoroughly wash water bottles with soap and warm water
- Use clean training clothes and accessories including gloves, hard guards, blade rag etc. every day
- Bring a face mask (must be worn inside the Edge unless actively engaged in physical activity)
- Use the washroom.

### Arrival at the Arena

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- Arrive at facility no more / no less than 10 minutes prior to scheduled session
- Register with the coach taking attendance
- Warm up (off-ice) will be led by CSC coaches outside on the Edge’s “Turf field”. Maintain physical distance of 2m.
- Enter through established entrances and follow signs
- You will be assigned a dressing room by the coaches. Leave everything but essentials in the dressing room.
- If you are skating on the second session only, you may warm up in the parking lot. Wait outside or just inside the building entrance for a coach to come and check you in and assign you to a dressing room
- Wash your hands with soap & water or sanitize using hand sanitizer
- Respect social distancing guidelines at all times – on and off the ice
- DO NOT share water bottles or personal items (tissues, gloves, hand sanitizer, etc.)
- Arrive no earlier than 5 minutes to the side of the rink and stay in designated area
- No spectators (no Parents / Guardians / public) allowed inside arena during current phase

### During floods

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- Wash your hands with soap & water or sanitize using hand sanitizer immediately after getting off the ice
- Remain in your dressing room. 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

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- Wash your hands with soap & water or sanitize using hand sanitizer immediately after getting off the ice
- Sign-out with Kendra (or coach taking attendance)
- Leave the facility immediately, exiting through established exits
- Cool down outside the building if possible, while maintaining physical distance of 2m. Cool down 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.