

## 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

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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. (Drop-ins are not permitted at this time.)
- 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 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 building unless actively engaged in physical activity)

### Arrival at the Arena

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- Arrive at facility no more than 15 minutes prior to scheduled session
- Warm up outside if possible, maintaining physical distance of 2m.
- No dressing rooms. Put your skates and gloves on outside, in your vehicle, if possible. Leave your skate bag and shoes in your vehicle if possible. (Dressing rooms are scheduled to be available Sept 14; check list will be updated.)
- Enter (and exit) through established routes and follow signs
- Masks, in general, to be worn 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 – on and off the ice
- Register with the coach or volunteer for Contact Tracing Attendance
- 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 at this time. Some volunteers will be required.
- DO NOT** share water bottles or personal items (tissues, gloves, hand sanitizer, etc.)

### 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 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

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- Wash your hands with soap & water or sanitize using hand sanitizer immediately after getting off the ice
- Sign-out with coach or volunteer for Contact Tracing
- 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.