

RETURN TO SKATING

SKATER CHECKLIST (RECOMMENDED) (TRAINING REQUIREMENTS)

To be used to help skaters prepare for training

Before you leave home

- DO NOT leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose)
- Check for facility / arena closures. Noralta social media and/or Website.
- 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
- Thoroughly wash training clothes and accessories including gloves, hard guards, blade rag etc.
- Warm up at home, if whether prevents warming up outside
- Use the washroom
- Sign Skate Canada Assumption of Risk and bring a signed copy to the arena prior to or at the first session you are registered for

Arrival at the Arena

- Arrive at facility no more than 30 minutes prior to scheduled ice session
- Warm up outside if possible, maintaining physical distance of 2m
- Sign in for contact tracing & screening before entering arena, skaters under the age of 16 require a guardian, skaters 16 and over may sign themselves in
- Wait in assigned areas for contact tracing screening prior to entering arena, respecting social distancing of 2 meters
- Place your skates / gloves on only in specifically assigned area, do not use other skaters chairs and/or equipment
- Wash your hands with soap & water or sanitize using hand sanitizer
- Respect social distancing guidelines at all times
- DO NOT share water bottles or personal items
- Arrive no earlier than 5 minutes to the side of the rink and stay in designated area, a coach will walk you to assigned areas
- No public spectators allowed (Parents / Guardians only)

During floods

- Do not touch arena door handles when entering/exiting the ice
- Wash your hands with soap & water or sanitize using hand sanitizer immediately after getting off the ice
- Adhere to club or skating school procedures for flood breaks and in between sessions, go to your assigned seat and stay there for the break
- 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
- Leave the facility within 10 minutes following on-ice training
- Exit through established exits not touching doors where possible
- 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.