



SKATECANADA
PATINAGECANADA

RETURN TO SKATING
GUIDELINES



TABLE OF CONTENTS

INTRODUCTION.....	2
ASSESS YOUR SITUATION	2
REVIEW YOUR PROVINCIAL AND MUNICIPAL GOVERNMENTS’ RESTRICTIONS.....	2
PHYSICAL DISTANCING.....	3
What does physical distancing mean?.....	3
Here's how you can practise physical distancing:	3
HYGIENE	4
Wearing masks or face coverings	4
CLEANING.....	4
Create a cleaning procedure.....	4
PROGRAMMING CONSIDERATIONS.....	5
Planning:	5
During sessions:	6
Post sessions:	6
COMMUNICATION	6
CONTACT INFORMATION.....	7
REMINDER.....	7



INTRODUCTION

As the COVID-19 response varies from location to location, there is no standard approach that applies to all sections, clubs, skating schools and coaches. However, Skate Canada has developed the **Return to Skating Guidelines** as a tool to assist as programming reopens. The guidelines follow recommendations from the Public Health Agency of Canada to help limit the spread of COVID-19 and ensure all participants feel safe while participating in skating activities.

Thank you for taking the necessary precautions and doing what you can to limit the spread of COVID-19. By working together and going the extra mile, as an organization and as neighbours, we can make a difference.

Any questions, comments or concerns, can be directed to info@skatecanada.ca or 1-888-747-2372.

ASSESS YOUR SITUATION

Since each province's reopening plan differs, it is the responsibility of all sections, clubs, skating schools and coaches to abide by the various requirements outlined by their provincial and municipal governments. The timeline for reopening will vary depending on the jurisdiction. Therefore, not all clubs and skating schools will resume operations simultaneously.

Before skating resumes, all sections, clubs, skating schools and coaches must review their local government and health agency's COVID-19 response and develop appropriate practices, policies and procedures for their jurisdictions.

It is the responsibility of all members and registrants to abide by policies and procedures designed to ensure a safe environment for all.

By following these guidelines as well as those from provincial and municipal governments and health agencies, skaters and their families will be able to make informed decisions as to when they can return to the ice.

REVIEW YOUR PROVINCIAL AND MUNICIPAL GOVERNMENTS' RESTRICTIONS

Information surrounding COVID-19 is constantly changing and conditions are different based on geographic region.

Therefore, Skate Canada sections, clubs, skating schools and coaches can resume only if permitted by the jurisdiction they are located in. This means that all members and registrants must follow the precautions outlined by their provincial and municipal governments and their local venue operators.



- Review the provincial and municipal governments current business reopening guidelines.
- Everyone must adhere to the provincial and municipal governments guidelines when developing reopening policies and procedures.
- Follow guidelines on numbers of people allowed in the facility at one time and physical distancing requirements.
- Designate an individual to monitor provincial and municipal government websites for updates or changes to guidelines.

PHYSICAL DISTANCING

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. With patience and cooperation, we can all do our part.

What does physical distancing mean?

This means making changes in your everyday routines in order to minimize close contact with others, including:

- Avoid crowded places and gatherings.
- Avoid common greetings, such as handshakes, a kiss or a hug.
- Limit contact with people at higher risk (e.g. older adults and those in poor health).
- Keep a distance of at least 2 arms lengths (approximately 6 feet) from others.

Here's how you can practise physical distancing:

- Greet with a wave instead of physical contact.
- Conduct virtual meetings with staff, skaters and parents.
- Post signage reinforcing social distancing and illness prevention measures. (The [Public Health Agency of Canada](#) has free posters and handouts available on their website.)
- Locker rooms should be closed; skaters and coaches should arrive at the rink dressed and ready to take the ice.
- Put skates on in the car, if possible. Or use tape to mark areas where skaters can put on/take off skates, if necessary. Use open areas like outside, lobbies, hallways, spectator areas, etc.
- Keep all personal equipment in a secure bag or leave it in the car.
- Limit coach/skater contact during lessons. Coaches should use verbal cues when instructing students rather than physical contact.
- All warm-ups should be done outside of the building, weather permitting.
- Skaters should enter/exit ice at staggered times and separate entrances. Clearly label entry/exit and flow through the building.
- Lesson plans should be adopted to ensure skaters and coaches are keeping a distance of at least 2 arms lengths. Utilize markers on the ice and new activities to ensure spacing is maintained.
- Discourage gathering in groups in the lobby or bathrooms.



HYGIENE

If faced with symptoms of respiratory illness such as fever, cough or difficulty breathing, please stay at home and do not attend any Skate Canada activities. Consult a physician or public health authorities and follow their instructions. Limit contact with others and avoid interaction with individuals who are ill.

Proper hygiene can help reduce the risk of infection or spreading infection to others:

- Wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food.
 - Use alcohol-based [hand sanitizer](#) if soap and water are not available.
- When coughing or sneezing:
 - Cough or sneeze into a tissue or the bend of your arm, not your hand.
 - Dispose of any tissues you have used as soon as possible in a lined waste basket and wash your hands afterwards.
- Avoid touching your eyes, nose, or mouth with unwashed hands.

Wearing masks or face coverings

Medical masks, including surgical, medical procedure face masks and respirators (like N95 masks), must be kept for health care workers and others providing direct care to COVID-19 patients.

Masks alone will not prevent the spread of COVID-19. You must consistently and strictly adhere to [good hygiene](#) and [public health measures](#), including frequent [hand washing](#) and [physical \(social\) distancing](#).

CLEANING

Coronaviruses are one of the easiest types of viruses to kill with the [appropriate disinfectant](#) product when used according to the label directions. Surfaces frequently touched with hands are most likely to be contaminated. These include doorknobs, handrails, elevator buttons, light switches, cabinet handles, faucet handles, tables, countertops and electronics.

Skate Canada activities take place in third-party buildings, such as municipal or private facilities. Thus, it is important that all clubs and skating schools communicate with venue partners in advance on what their cleaning strategy is and how you can help implement and contribute to a clean environment.

Create a cleaning procedure

- Operators of community settings should develop or review protocols and procedures for cleaning public spaces. This will help determine where improvements or additional cleaning may be needed.
- Some items that could be included in cleaning procedures are:
 - Create a cleaning schedule to ensure cleaning is done between each activity.
 - Disinfect all equipment between usage (i.e. teaching aids, harnesses, etc.).



- Keep sanitizing wipes next to high traffic surfaces like skater on/off, the music player, door handles, etc.
- Remove all porous or plush teaching aids that are difficult to clean.
- Wipe down door handles, and other frequently touched surfaces.
- Require skaters and parents to wipe down their assigned area before/after use.
- Limit personal items in the venue.
- Do not share water bottles, tissue boxes or any other personal items.
- Ensure easy access to garbage cans for disposal of tissues, etc.
- Encourage frequent hand washing.
- Read and follow manufacturer's instructions for safe use of cleaning and disinfection products (e.g. wear gloves, use in well-ventilated area, allow enough contact time for disinfectant to kill germs based on the product being used).
- Wash hands with soap and water or use alcohol-based hand sanitizer after removing gloves.
- Use damp cleaning methods such as damp clean cloths, and/or a wet mop. Do not dust or sweep which can distribute virus droplets into the air.
- Contaminated disposable cleaning items (e.g. mop heads, cloths) should be placed in a lined garbage bin before disposing of them with regular waste. Reusable cleaning items can be washed using regular laundry soap and hot water (60-90°C). Clean and disinfect surfaces that people touch often.
- In addition to routine cleaning, surfaces that are frequently touched with hands should be cleaned and disinfected more often, as well as when visibly dirty.
- Shared spaces such as coaches' room, office area, dressing rooms, kitchens and bathrooms should also be cleaned more often.

PROGRAMMING CONSIDERATIONS

Planning:

- Conduct registration using an online format. If registration does need to take place in person consider using a plexiglass barrier for places like registration tables and offices.
- All participants should be briefed on any new policies or protocols before arriving at the venue.
- Anyone participating in the activity (athlete, volunteer, official, etc.) should proactively and regularly check their health status (including taking their temperature and monitoring for any symptoms) in advance of arriving at the venue. Anyone due to participate who is feeling ill should not come to the venue.
- Schedule sessions to allow for skaters to exit and enter with minimal overlap or contact.
- Identify, educate and train all volunteers or coaches on roles at the arena to reinforce expectations and guidelines.
- Communicate with all families the new expectations and guidelines for Return to Skating prior to first day. Revisit, as necessary.



During sessions:

- Establish traffic flow patterns to discourage gatherings. Work with the facility operator for suggestions.
- Suggest skaters arrive “rink ready”.
- Warm-ups can occur outdoors in a safe area, where social distancing can be followed.
- Consider designating entry and exit doors that are different as well as staggered entry/departure.
- Encourage constant movement on the ice.
- All skaters must bring their own personal items (gloves, facial tissues, water bottles, etc.)
- Utilize lanes for class/group work.
- Use verbal cues and drawings on ice to enhance learning.
- Use verbal incentives and praises.
- Avoid hands-on assistance. Coaches should use verbal cues when instructing students rather than physical contact.
- For team skating, consider side by side (individual) practice activities and exercises.
- Limit coach/skater contact during lessons.
- Lesson plans may be adapted to ensure skaters and coaches are practicing physical distancing.

Post sessions:

- Encourage a timely departure to clear the area for the next session.
- Suggest cool down activities to be performed at home or in an outdoor safe area, where social distancing can be followed.
- At the end of each session disinfect all equipment and surfaces.

COMMUNICATION

Provide accurate and timely communication in advance of any skating activity to help ensure that all participants are aware of expectations. The below points are considerations for a communication strategy:

- Create a communication plan to optimize planning, organization and execution.
- Appoint a COVID-19 lead to communicate with skaters/parents and other stakeholders.
- Appoint a COVID-19 lead to monitor government developments regarding COVID-19 and how those changes may apply to your situation.
- Update skaters/parents with any new policies and procedures through email or another virtual method.
- Consider developing a dedicated page on your website for COVID-19 updates and direct skaters/parents there for information.
- Consider hosting a virtual meeting to review procedures and policies.



CONTACT INFORMATION

Due to the fluidity of COVID-19, Skate Canada has created a [dedicated webpage](#) as a primary resource for our members and registrants.

We would like to thank all of you for your dedication, patience and understanding as we work collectively through this unprecedented time.

If you have questions, please do not hesitate to reach out to us at info@skatecanada.ca or 1-888-747-2372.

REMINDER

These Guidelines are provided as a tool to assist you in developing a location specific approach for skating programs as required in your local jurisdiction. We expect that there will be variations across the country. These guidelines have been developed considering best practice recommendations from a variety of sources. They may not address all that will be required depending on your location.