

RETURN TO SKATING

Parent & Skater

Training & Overview

Version: 08APRIL2021



AGENDA

- ▶ Club Programming – Skate Canada Phase 2
 - ▶ Facility Coordination – “New” Skating Experience
 - ▶ Skating/Training Activities
 - ▶ COVID-19 Response Plan
 - ▶ Self-screening Measures, Tracking/Tracking
 - ▶ First Aid / Emergencies
 - ▶ Compliance Enforcement
 - ▶ Communication
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- A series of white diagonal lines of varying lengths and thicknesses are positioned in the bottom right corner of the slide, creating a modern, abstract graphic element.

CLUB PROGRAMMING – SKATE CANADA PHASE 2



- ▶ Phase 1 – Return to Train – allowed for Clubs to return to the ice for individual skating only, no group programs

★ Phase 2 – Return to Modified Skating

Conditions – All Return to Modified Skating conditions are met.

Restrictions – Group Programming and teams are allowed with Section & Public Health restrictions in place. All Skaters will be socially distanced once on the ice

- ▶ Phase 3 – Return to Skating

Conditions – Social Distancing restrictions have been lifted

Restrictions – None

FACILITY COORDINATION “NEW” SKATING EXPERIENCE

Before you Leave Home:

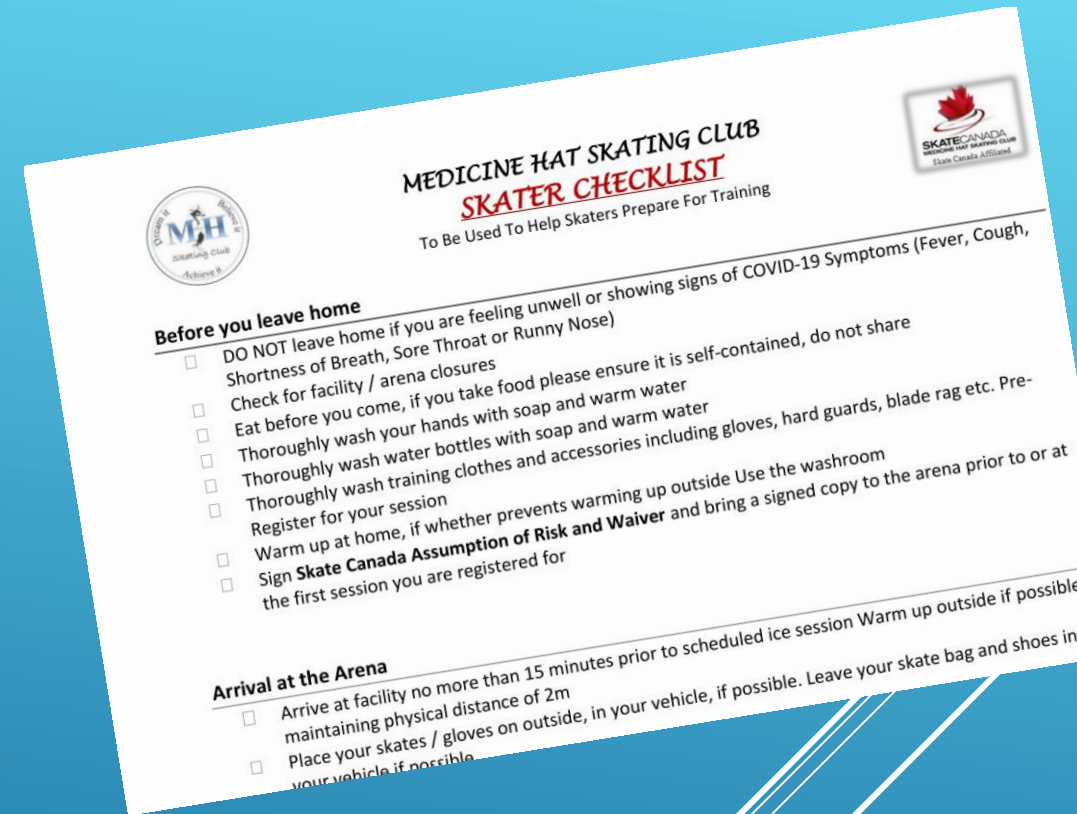
- ▶ **DO NOT COME IF YOU ARE NOT FEELING WELL.**
- ▶ Warm-up and stretch at home if possible. Use the Skater Checklist from our website to help you be ready to hit the ice.
- ▶ Complete the Online Health Assessment through our RAMP app (no more than 3 hrs before your scheduled ice time). EVERYONE who will be in the rink, Coaches, Parents, Skaters, Volunteers must complete the Health Form. Health Screening will be confirmed through the RAMP application.

Arrival at the Arena:

- ▶ All skaters are to wait outside or in the entry way of FLC main doors. You are welcome to stretch and warm-up outside, weather permitting. If you are super early wait in your vehicle. Do not block the main doors of FLC.
- ▶ Health Screening and attendance will be verified upon entry, no earlier than 15 minutes prior to your ice time.
- ▶ All skaters will be provided a basket for personal use and then directed to their assigned dressing room/bench
- ▶ **Face Masks are required by everyone** to enter the rink. Please sanitize your hands as you enter the rink doors. Once inside please go directly to the assigned dressing room.

After On-Ice Training is Complete:

- ▶ Put your mask on. Remove your skates quickly and collect all your belongings.
- ▶ Be sure to sanitize your hands on your way out.
- ▶ Follow signage to the back doors, exiting towards the football stadium. You will not be permitted to exit through the front door



The image shows a "SKATER CHECKLIST" form from the Medicine Hat Skating Club. The form is titled "MEDICINE HAT SKATING CLUB SKATER CHECKLIST" and includes the subtitle "To Be Used To Help Skaters Prepare For Training". It features the club's logo on the left and the Skate Canada logo on the right. The checklist is divided into two main sections: "Before you leave home" and "Arrival at the Arena". The "Before you leave home" section includes items such as "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", "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. Pre-Register for your session", "Warm up at home, if whether prevents warming up outside Use the washroom", and "Sign Skate Canada Assumption of Risk and Waiver and bring a signed copy to the arena prior to or at the first session you are registered for". The "Arrival at the Arena" section includes items such as "Arrive at facility no more than 15 minutes prior to scheduled ice session Warm up outside if possible maintaining physical distance of 2m" and "Place your skates / gloves on outside, in your vehicle, if possible. Leave your skate bag and shoes in your vehicle if possible".

MEDICINE HAT SKATING CLUB
SKATER CHECKLIST
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
- ☐ 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. Pre-Register for your session
- ☐ Warm up at home, if whether prevents warming up outside Use the washroom
- ☐ Sign **Skate Canada Assumption of Risk and Waiver** 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 15 minutes prior to scheduled ice session Warm up outside if possible maintaining physical distance of 2m
- ☐ Place your skates / gloves on outside, in your vehicle, if possible. Leave your skate bag and shoes in your vehicle if possible

Available on our Website Under COVID-19

AT THE RINK



1. BEFORE you arrive at FLC and before you enter the building make sure you have completed the RAMP Health Screening questionnaire. Do NOT come if you are sick.
2. Skaters will be allowed into rink 15 minutes before your ice time. Please do NOT stand right at the front doors. Blocking the door effects others trying to get into the building. There is an open area just inside the doors as you walk in or wait in your vehicle if you are super early.
3. **Face Coverings are required.** Come in through the sliding doors and stay to the right-hand side of the hallway. There are 2 sanitizer stations available. Please sanitize your hands before you enter through the rink doors.
4. Once checked in you will be provided a numbered basket for your personal items while on the ice. The basket will be used for your Skaters facemask and water bottle while they are on the ice.
5. Attendance will be completed by MHSC Staff, Health Screening confirmed for tracing purposes. Hand in any documents that need to be handed in at this time.
6. Be mindful of keeping 2 meters between you and the next skater. While entering the building, getting laced up and while on the ice. Social Distancing is mandatory as all of our programs are NOT in a cohort.
7. Dressing rooms will be assigned by the FLC staff. Skaters will be guided to the assigned dress room to put their skates on and store their jacket. Personal items should be kept to a minimum if possible please leave extra bags/backpacks at home or in the vehicle. Do not share food or personal items.
8. Do not use the Home/Away benches or benches in the hallways to put skates on. Home and Away benches will be used during the practice to hold personal water bottles additional emergency equipment and personal items of the other Skaters.

SAFE ZONE & SPECTATORS

The Northside of the area is reserved for Skaters, Coaches, Volunteers and Staff ONLY after assisting Skaters. This will be known as the "safe zone" during the relaunch. Parents/Guardians are not allowed into FLC at this time.

Following Skate Canada and Provincial guidelines, EVERYONE that is staying at the rink is required to complete the Health Screening questionnaire prior to accessing the facility. Screening can be completed online after completing the Skater's questions or with a MHSC Staff member or volunteer either in writing or verbally at the rink.

Under the current guidelines we are allowed to have a maximum of 10 people at ice level. Including Skaters, Coaches, Volunteers, Family members and Volunteers.

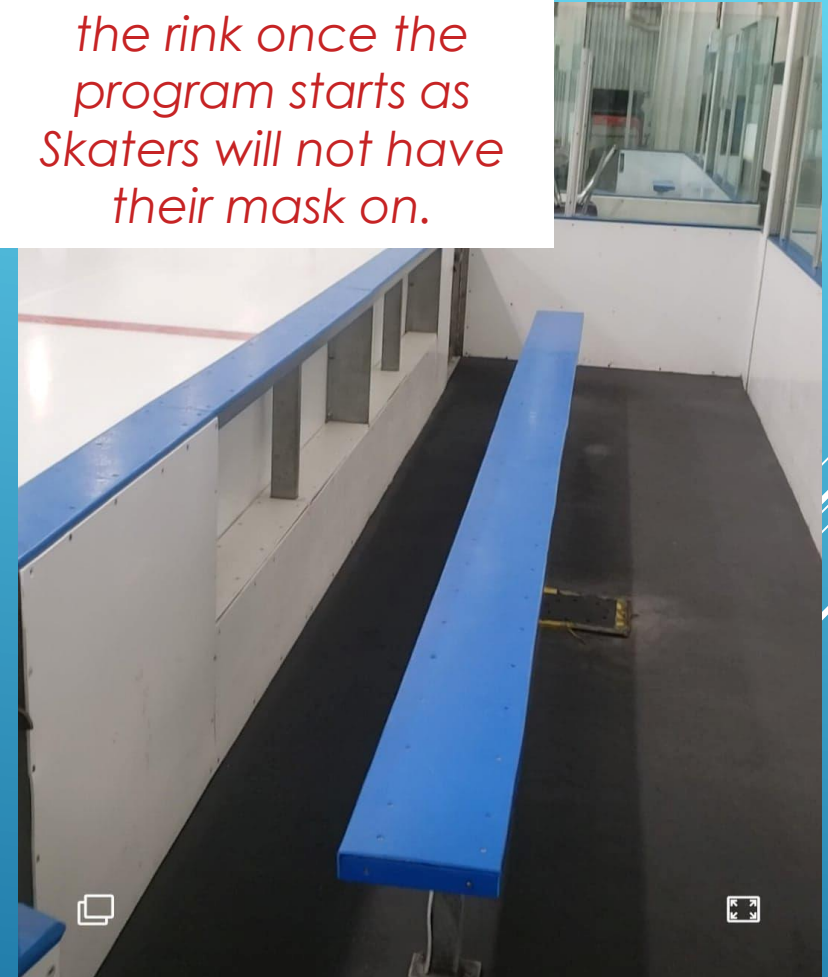
NO PUBLIC SPECTATORS are allowed at this time.

If your skater requires help with their skates please put their skates on in the vehical and then bring them to the FLC front doors with their skate guards on.

FLC has a COVID Marshal and this person's job is to make sure everyone is following the rules. Please follow the rules for everyone's safety.

SKATERS & STAFF ONLY

Only Skaters are allowed on this side of the rink once the program starts as Skaters will not have their mask on.



COVID RAPID RESPONSE PLAN

Skaters, Coaches, Staff, Volunteers, Parents or Guardians cannot come to the skating rink or attend programming if they are sick or feel unwell, even if the symptoms resemble a mild cold. They should remain at home and contact Health Link at 811 for guidance.

If a skater develops symptoms once they have arrived at the facility:

- ▶ The participant will be isolated from others immediately, be instructed to put a mask and sanitize their hands. Arrangements will be made for a safe travel home
- ▶ MHSC's Rapid Response is activated. Depending on the situation programming may be paused to allow for cleaning and consideration for the suspension or temporary cancellation of the class will be discussed
- ▶ All equipment and surfaces that may have come into contact with the symptomatic participant will be cleaned and disinfecting thoroughly and the program may resume if applicable
- ▶ Everyone will be required to perform hand hygiene
- ▶ No one is allowed to participate in a practice or activity if they are symptomatic

If a Skater has been tested for or has tested positive for COVID-19:

- ▶ After you have been contacted by Alberta Health Services (AHS) or Public Health with your result we ask you to notify the Club by email. Your Skater will be removed from their scheduled classes and the Skater's account will be credited for classes missed due to COVID
- ▶ MHSC will notify the Skate Canada Section and the facility as required.
- ▶ If contacted by Public Health or AHS MHSC will comply with all requests providing all requested documents to assist in contact tracing.

If a Skater has come in to contact with someone who is confirmed to have COVID-19:

- ▶ Anyone who thinks that they have come into contact with a confirmed case of COVID-19 or any person who has even mild symptoms to stay home and contact Health Link at 811 and completed the online AHS assessment.
- ▶ Participants are asked to advise the Club if they reasonably believe they have been exposed to COVID-19. Other Skaters who may have been exposed will be discreetly informed and removed classes for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities
- ▶ Once the contact is confirmed, the Participant will be required to follow the direction of AHS/Public Health.
- ▶ The facility area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched

Confidentiality will be maintained at all times

If a COVID-19 test and been confirmed positive and may one of our skaters the Club will be contacted by AHS or Public Health. MHSC will follow the direction from authorities, any requested documents and contract tracking sheets will be provided if required.

The participant that is required to isolate away from the rink must do so until they are cleared by a health professional. A written note is required to return to programming.

MHSC will follow Skate Canada: Alberta-NWT/Nunavut Outbreak Procedure and the Skate Canada: Alberta-NWT/Nunavut Illness Policy. Hard copies of these protocols are posted on our website for viewing any time. Contact the Club office if you have any questions regarding these documents

FACE COVERINGS?

- ▶ A face covering is required at all times. This includes the dressing rooms and while walking to the ice
- ▶ Skaters are not required to wear a face mask while training although you may choose to do so. *Public Health recommends that masks should NOT be worn when conducting intense physical activities.*
- ▶ Skaters are required to have a face mask available for situations where skaters cannot consistently maintain 2 meters distance from Coaches, Program Assistance or other skaters.
- ▶ Skaters are being provided a numbered basket to put their masks and water bottle while on the ice. The Skater will take their mask off at the boards and put it in the basket while they are on the ice.



PROPER HAND HYGIENE

- ▶ How to wash hands using soap and water:
 - ▶ Turn on water faucet.
 - ▶ Completely wet hands with water.
 - ▶ Dispense soap into the palm of one hand.
 - ▶ Scrub all surfaces of the hands, including between the fingers, vigorously for at least 20 seconds.
 - ▶ Rinse hands under running water.
 - ▶ Dry hands with paper towel and discard.
 - ▶ Using a clean paper towel, turn off water faucet.
- ▶ How to wash hands using waterless alcohol hand sanitizer:
 - ▶ Apply an adequate amount of hand gel or foam into the palm of one hand. Do not use water.
 - ▶ Spread the product over all surfaces of both hands, including all surfaces of all fingers.
 - ▶ Rub hands together until dry.

It is recommended to use an alcohol-based hand sanitizer with at least 60% alcohol.



When using alcohol-based hand sanitizer:



CLEANING

- ▶ On the rink bench you will also find the following items for immediate access:

Lysol wipes

Hand Sanitizer

Emergency Kit

- ▶ The following items are available in the Club office for your use:

Lysol wipes

Hand Sanitizer

Adult Face Shields

Adult Masks

Child Masks

Disposable Gloves

Digital Thermometer

- ▶ All equipment is required to be cleaned after use. Only the Coach or another delegated person is allowed to use the music player. Any items that are required for a class will be cleaned between uses.
- ▶ PLEASE bring your own labeled and full water bottles from home. There is no water fountains/fill stations in FLC.
- ▶ All training clothes, gloves, water bottles, skates must be kept clean. It is recommended all items of clothing be immediately washed and skates/guards sanitized, prior to re-entering the facility.


MEDICINE HAT SKATING CLUB
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 Email: mhskate1979@gmail.com Website: www.mhskatingclub.com

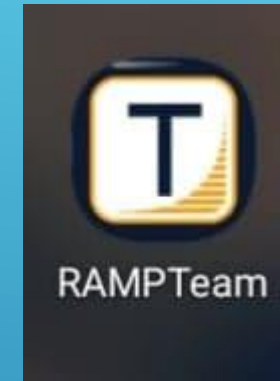

CLEANING LOG FOR MEDICINE HAT SKATING CLUB
 SKATE CANADA: ALBERTA-NWT/NUNAVUT
 FACILITY LOCATION: MEDICINE HAT FAMILY LEISURE CENTRE
 DATE: _____

LOCATION	CLEANING DETAILS	RESPONSIBILITY	FREQUENCY	COMPLETED BY: Initials
Facility: Top of Boards/Benches	Wipe with 1-2 Lysol wipes to wipe down item	Office, Volunteers, Coaches, Older Skaters	As Needed & Between programs	
Facility Washrooms		N/A FACILITY	Between each user	
Facility Dressing Rooms		N/A FACILITY	Between each user	
All Door Handles: - External, Internal (not arena facing), Internal (arena facing), Eating areas		N/A FACILITY	Between each user, or as required	
Club high use areas; Additional wipe down of arena doors: - Main door, Dressing room, handles, if used		N/A	Between each	

RAMP INTERACTIVE HEALTH SCREENING

- ▶ Needs to be completed no more than 3 hours prior to your ice time. Be advised these are date and time stamped.
- ▶ Do NOT come to the rink if you are ill in any way. Stay home and call 8-1-1 for instructions on your next steps. We all have to work together to keep each other healthy.
- ▶ RAMP InterActive invitations including download instructions will be emailed out prior to the start of each program. Follow the instructions in the email to find, install and create your account. Emails will be sent to the account used to log into your Uplifter account. If you would like your Skater to have access to the app and complete their own questionnaires please send an email to the Club office.
- ▶ New access codes and invitations will be sent out with every new program registration. If you already have access to RAMP with your Uplifter account email you will not have to do anything except log into your RAMP app. Your new program will be already loaded.

Please let us know if you have any questions or problems.



SKATE CANADA WAIVER

- ▶ All Skaters, Coaches, Volunteers and Staff are required to review and sign the Skate Canada Assumption of Risk and Waiver prior to stepping on the ice.
- ▶ Please ensure you have the document filled out and ready to hand into MHSC Staff, Coach or Volunteer.
- ▶ This document is valid for the entire season. Should an amendment be published the updated version will be forward to everyone.
- ▶ Page 3 has a list of various activities your skater may be participating in this season. This includes things like regular classes, off ice, seminars, and even working as a program assistant. Please check all the relevant boxes. If you are not sure please ask.
- ▶ If you have any questions regarding the content of the Waiver please let us know by email (mhskate1959@gmail.com) and we will forward your questions to Skate Canada for a response.

SKATE CANADA ASSUMPTION OF RISK AND WAIVER

PLEASE READ CAREFULLY:

1. ACKNOWLEDGMENT OF INHERENT RISK

I understand that participation in skating, figure skating, and any other sporting activities listed in the enclosed appendix (hereinafter the "Sports Activity") is voluntary, and involves inherent risk during participation, including the risk of possible accidents, physical injury, or exposure to the COVID-19 virus or other infections or infectious diseases as a result of attending training, club events or competitive events. I freely accept and fully assume all such risks, dangers and hazards, including but not limited to personal injury, disease transmission, death, property damage or loss, resulting from my participation. I have carefully considered the risks involved, and I have full confidence that reasonable precautions will be taken to ensure the safety and well-being of myself (or my son/daughter/ward).

remainder shall not thereby be

n of Risk and Waiver and I fully
given up substantial rights by
voluntarily without inducement.

participant named below and that

2. WAIVER

I do for myself (or my child), and our respective hereby waive, release, and forever discharge Skate Territories/Nunavut Association (Skate Canada: Canada: Alberta-NWT/Nunavut Section, Medicine employees, servants, representatives, volunteer "Representatives") of and from any actions, cause recourse whatsoever ("Claims") that I have or may my child's participation in the Sports Activity contain of personal injury, illness or disease transmission, I and I do hereby discharge the Representatives from contract or breach of any statutory or other duty of

3. INDEMNIFICATION

I further agree to fully indemnify and defend Skate Section, all Regions of Skate Canada: Alberta-NWT, of their Representatives from and against any and Canada: Alberta-NWT/Nunavut Section, all Regions of Medicine Hat Skating Club and any of their Representatives against any loss, costs, damages, or expenses incurred by me or my child in connection with my or my child's participation in the Sports Activity, whether or not such loss, costs, damages, or expenses are caused in whole or in part by the negligence of me or my child, or by the negligence of any other person or corporation which provisions of any statute or otherwise from the Reg

4. SEVERABILITY

The provisions of this Assumption of Risk and Waiver

Appendix

Additional Description of Sports Activity

Please indicate any and all programming you will be participating in by checking the box beside the program name, multiple options may be selected. If you are unsure please consult with a member of the Medicine Hat Skating Club.

- ☐ STARSSkate programming and activities
- ☐ Competitive Skate programming and activities Athlete Development seminars, training and camps Assessment Days & Events
- ☐ CanSkate programming and activities
- ☐ Coaching for one or more of the following training programs or events offered by the Medicine Hat Skating Club, including on- and off-ice training, whether taking place indoor or outdoors:
 - Learn to Skate programming and activities
 - STARSSkate programming and activities
 - Competitive Skate programming and activities
 - CanPowerSkate programming and activities
 - Athlete Development seminars, training and camps
 - Assessment Days & Events
- ☐ Volunteering for or with the Medicine Hat Skating Club, including, but not limited to:
 - Volunteer opportunities related to training programs or events offered by the Ice Palace Skating Club
 - Social events organized by the Medicine Hat Skating Club
 - Volunteer opportunities offered by the Medicine Hat Skating Club at outside events or locations, including but not limited to Bingos and Casinos
- ☐ Acting as a Program Assistant for Learn to Skate programming and activities offered by the Medicine Hat Skating Club.
- ☐ Other: _____

FIRST AID

- ▶ If First Aid is required the first point of contact will be a parent/guardian/member of the family cohort of the Skater. In the event a parent/guardian is not available a member of the Club (Staff or Coach) will attend to a Skater. The MHSC member must wear appropriate Personal Protective Equipment (PPE) including a disposable mask, disposable gloves and face shield. The Skater will be required to put on a mask PRIOR to assisting the Skater. Another MHSC Staff member will contact the Skater's emergency contact if they are not in the building.
- ▶ Proper hand washing and PPE doffing should take place immediately following any physical interaction. All items are to be discarded in a sealed garbage can with bag.
- ▶ In the event that a Skater becomes ill or symptomatic during a program the Skater will be required to put on a disposable mask and will be removed immediately. Facility guidelines will be followed. FLC has allocated a room for isolation, if that room is in use the referee room or a dressing room will be used. Depending on severity, and if at all possible the individual will be removed from the building to wait for transport outside while donning a mask and being accompanied by Staff/Volunteer/Coach who will be wearing appropriate PPE.
- ▶ A emergency kit can be found on the bench during all programs and is to be used in an emergency ONLY. Additional supplies can be found in the Club office.
- ▶ Emergency kit includes:
 - ▶ Coach Bag – Adult face shield, Adult disposable face mask, a pair of medium disposable gloves.
 - ▶ Skater Bag #1 CHILD – Child disposable face mask
 - ▶ Skater Bag #2 Adult – Adult disposable face mask



COMPLIANCE ENFORCEMENT

- ▶ Be a good role model for those around you. There is always someone watching.
- ▶ Facemasks are MANDATORY. Additionally, maintaining social distancing where possible inside the rink and inside FLC
- ▶ Complete required screening forms are filled out in advance of arriving at the rink to help with traffic flow at the FLC.
- ▶ Follow handwashing and hygiene practices.
- ▶ The FLC COVID enforcement team has the authority to eject anyone from the building temporally or permanently for noncompliance
- ▶ In addition to the increased risk and potential of a COVID infection or outbreak any or all programs/classes can be cancelled or users can be ejected from the facility. If guidelines set by Alberta Health Services, the Government of Alberta or the City of Medicine Hat are not followed groups that utilize the ice surface. Noncompliance can affect the entire facility and other groups running programs inside FLC like Medicine Hat Minor Hockey or Waves Swim Club
- ▶ If any registered member of the Medicine Hat Skating Club or their relation is found to be noncompliant with guidelines you/they may be asked to leave the facility. Depending on the severity of the transgression you may be suspended from the Skating Club, without refund. If deemed fit by the team at FLC or the City of Medicine Hat you may also be expelled from the building and not be permitted back

COMMUNICATION

Communication is imperative during this time. Please feel free to reach out to the MHSC Team at any time. Ensure your email address and contact information is up to date at all times. This is required for contact tracing.

▶ **IF THERE IS A CONFIRMED COVID TEST:**

- ▶ All reporting will be done by email to ensure a paper trail has been established. This includes but is not limited to the notification of Medicine Hat Public Health, City of Medicine Hat Family Leisure Center, Skaters/Parents/Guardians, Coaches, Staff, Skate Canada: Alberta-NWT/Nunavut Section Office. *Confidentiality will be maintained unless required by law.*
- ▶ Initial contact may be done via a phone call. Once completed a follow-up email will be sent to ensure communication is clear and documented
- ▶ Notice and additional information will be sent out by email as directed by the Health Authorities. Whoever is an active skater, posted on the Club Facebook group page, and posted on the Club website.
- ▶ The Skate Canada Illness Policy – Page 23-24 of the Phase 1 Playbook will be followed in the event a skater falls ill. A copy of this is posted on the Skate Canada section website and the MHSC website under COVID-19.
- ▶ The MHSC board and Coaching staff have the right to modify, restrict, postpone or cancel training sessions based on the evolving COVID-19 pandemic.
- ▶ The decision to modify, postpone or cancel Club programming and/or activates will be made by the Medicine Hat Skating Club Board President or delegated representative if required at short notice otherwise it will be the decision of the Board of Directors. Notification of the same will be sent out by email, posted on the Club Facebook group page and club website
- ▶ If you have any questions, concerns or comments please feel free to contact the Club by email at mhskate1959@gmail.com. If it is an emergency please call the Club office at 403-529-0092, if there is no answer please leave a message and a member of the team will return your call as soon as possible.

CLUB CONTACT INFORMATION

Phone: 403-529-0092

Email: mhskate1952@gmail.com

Facebook: Private Messenger

<https://www.facebook.com/MedicineHatSkatingClub/>

