

RETURN TO PLAY GUIDELINES & RECOMMENDATIONS FOR FIGURE SKATERS

If you wish to skate, make sure that you follow the below recommendations:

BEFORE YOU SKATE

- Make sure that your city or region and Provincial Sport Organization allows skating based on the government health authorities' criteria for the progressive lifting of confinement measures and that your municipality permits the use of a skating rink and/or the approved operation of a private facility.
- Do not skate if you:
 - Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts.
 - If you or someone in your household has been in contact with someone with COVID-19 in the last 14 days.
 - If you or someone in your household has travelled outside of Canada in the last 14 days.
- It is highly recommended that if you are a person who has been identified as vulnerable or at risk, as described below, you should consider not participating in Skate Canada Programs or figure skating related activities. It may be defined that a vulnerable or at risk person is:
 - A vulnerable or at risk person (especially elderly individuals), who are immunosuppressed, individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma.
- Skaters, coaches, parents(if allowed) and volunteers will have a daily verbal screening for symptoms upon arrival at the entrance of the facility. The daily screening can be executed by either the club or the facility. Clubs and facility to decide on who conducts to the daily screening.
- Make sure there is availability on your desired session. Numbers will be limited to the following:
 - Numbers during phase one will be limiting to the following: no more than 10 people, including coaches, allowed on or near the ice at any one time.
 - In accordance with Skate Canada regulations, there MUST be 1 Skate Canada certified coach or choreographer included in your group of 10. As well, please keep in mind that all physical distancing restrictions apply to Pairs, Dance and Synchronized skaters.
- All session registration and payments must be online. No bookings or payments in person at the facility. Drop in/buy on participation is not allowed.

PREPARING TO SKATE

- Arrive no earlier than your scheduled time to enter the building. Arrival time will be approximately 15 minutes before your scheduled session.

- Off Ice Warm Up can only be done outside or in indicated areas where allowed and skaters must keep a 2 metre distance with other skaters and coaches.
- Dressing rooms may be closed as this may differ from facility to facility. Skaters and coaches should be prepared to come dressed to skate with only the skates to be put on.
- If dressing rooms are not available, benches or chairs may be provided for skaters and coaches to put their skates on near the ice. Markings on the ground will show where skaters and coaches can sit so they are spaced out 2 metres apart. This process to be discussed between the facility and the club.
- To protect yourself against infections:
 - Wash your hands with disinfectant soap and hot water for at least 20 seconds before going on the ice for each session.
 - Bring hand sanitizer. Each participant must bring their own hand sanitizer.
 - Clean your equipment, including your skates, clothing and water bottles regularly.
 - Do not share any equipment(water bottles, clothing, gloves, facial tissue, towels) with other skaters or coaches.
 - Used Facial Tissues must put into the garbage can immediately after use. Do not put on the boards or anywhere else. You should use hand sanitizer immediately after blowing your nose.
- Wear clean clothes and gloves for each day of training. Make sure used clothing and gloves are washed immediately when you return home from training.
- Make sure you have enough water before leaving the house to avoid having to touch a tap or water fountain handle.
- Other than reusable water bottles, no other food or drink should be brought into a facility.
- Consider wearing a mask and/or gloves while skating.
- If you cough or sneeze, do so in a tissue or in your sleeve. If you use a tissue immediately dispose of the tissue in a garbage can. You should use hand sanitizer immediately after coughing or sneezing.
- Avoid touching door handles, gates, benches and all other objects where the virus could survive. If you touch something, make sure to use hand sanitizer immediately after.
- While waiting to go on the ice, stand at the designated physical distancing markers and stay away from others. Avoid putting equipment on the boards while waiting to go on the ice.

WHILE SKATING

- Avoid all physical contact, for example shaking hands, high fiving or hugging, with other skaters and coaches.
- Avoid touching your face during your skating session. Should you need to touch your face you must use hand sanitizer immediately after touching your face.
- Make spatial awareness a priority. Try to keep a 2 metres distance from other skaters and coaches while on the ice at all times.

- Do not touch any equipment, including music playing equipment. One designated person will operate all equipment for all skaters.
- Pairs & Dance skaters who do not live together, must not touch each other and stay 2 metres apart at all times while on and off the ice.
- Synchronized skaters must not touch each other and stay 2 metres apart at all times while on and off the ice.

AFTER SKATING

- Wash your hands carefully with hot water and disinfectant soap or with hand sanitizer.
- Leave the arena immediately (within approximately 15 minutes) after you finish skating.