



Silver Blades COVID-19 Protocols

The Acknowledgement, Release, Indemnity, and Assumption of Risk regarding COVID-19 form must be completed by each participant in club activities (including staff, skaters, coaches and volunteers).

All individuals taking part in club activities must self-screen in accordance with current public health guidelines before each training session. Individuals must not attend any training sessions or club activities if they:

- Exhibit any COVID-19 symptoms, such as fever, cough, difficulty breathing, sore throat, trouble swallowing, runny nose, loss of taste or smell, nausea, vomiting, diarrhea or not feeling well
- Have been in contact with someone with an active case of COVID-19 in the past 14 days
- Have returned from travel outside of Canada in the past 14 days

In addition, all individuals must complete a [Health Screening Questionnaire](#), which should be filled out at home before coming to the arena. The completed Health Screening Questionnaire must be shown at the entry booth each time a skater or parent/guardian enters the arena. Only 1 person per skater is allowed to enter the arena. Attendance will be taken for the skater and the one person (parent/guardian). That person is permitted to stay for the duration of the training session but must remain in the stands until their skater is ready to leave the facility.

Upon entry, all individuals must wear a face mask in all open areas of the facility, except when on the ice. During Canskate sessions, coaches and Program Assistants must wear masks when on the ice.

All individuals who enter or use the facility must maintain a physical distance of at least 2m from any other person who is using the facility unless they are from the same household or social circle.

All individuals must sanitize hands upon entry to the facility and are encouraged to carry their own alcohol-based hand sanitizer and wash hands often. All individuals should practice proper respiratory etiquette by coughing or sneezing into their sleeve or arm and using a tissue.

Individuals must use designated entry and exit doors and follow facility guidelines to manage the flow of people within the facility. Spectators and participants are not allowed to linger in the front entrance or hallway and are asked to leave promptly after the training session to allow others the opportunity to utilize the facility.

Canskaters should arrive at the rink no more than 15 minutes before their booked start time, wearing their skating clothes, with skates, masks and hard guards on prior to entering the facility. There will be limited room in the change rooms and very little time so Canskaters are strongly encouraged to arrive dressed and ready to go!

Group A and B skaters should arrive at the rink no more than 15 minutes before their booked start time and are encouraged to arrive wearing their skating clothes. Change rooms are available for use but all

participants must adhere to the maximum number of individuals allowed in each change room, which is posted on the door. When change rooms are full, skaters can use the benches along the change room hallway while keeping a distance of 2m from others.

Skaters and coaches may carry their own water bottle, hand sanitizer, tissue box, etc. into the arena. No sharing of these items is permitted. Water fountains may be closed.

Space for warm ups, cool downs and off-ice classes is not available at this time. Skaters are encouraged to warm up at home before they arrive at the rink or outside of the facility on the lawn.

During on-ice sessions, participants are required to maintain a physical distance of at least 2m from any other person unless they are part of the same household or social circle. Skaters are not required to wear a face mask while skating but it's recommended that any winter gloves that are worn should be washed daily.

Coaches and skaters must sanitize their hands before and after touching music equipment during on-ice sessions.

The use of the harness is permitted only if both the skater and coach wear a face mask and sanitize their hands before and after use. The harness must be disinfected or sanitized before and after each use using a spray or wipe.

Coaches and skaters that skate at multiple locations are encouraged to use a new face mask and gloves at each location and if possible, manage schedules to avoid entering different facilities on the same day.

Any individual who becomes ill while at the facility must be removed from club activities. The individual must put on a face mask if not wearing one and be isolated from all others in a well-ventilated area, or outside. The individual will be sent home immediately, in a private vehicle if possible. Arena staff must be informed right away as well as a member of the COVID-19 Oversight Group. The individual should contact Toronto Public Health regarding self-isolation and testing.

The purpose of the COVID-19 Oversight Group is to oversee the implementation of safety and health guidelines within the club. The group consists of the following individuals: Richelle Colbear, Laura Goode, Andrea Horcsok, Colleen O'Brien, Tanis Tuomi and Kevin Walker. Members of the oversight group can be reached at board@silverblades.ca .