

2020

# Cochrane Skating Club



Return to Play  
Phase Two CanSkate  
Updated August 30, 2020



**ONLY THE BEST  
can bring out their best**

With the Government of Alberta allowing ice rinks to reopen, Cochrane Skating Club has taken a thoughtful approach to a phased reopening that prioritizes the health and safety of our members. We are committed to ensuring our programs adhere to all federal, provincial, municipal, and facility regulations as well as to those required by Skate Canada Alberta/NWT/Nunavut (“the Section”)

Phase Two will consist of fall and winter CanSkate programs. At this time the club is not permitted to operate Pre-CanSkate (learn to skate).

Cochrane Skating Club will communicate updated information and subsequent versions of these protocols as they become available. We look forward to resuming CanSkate in a safe environment.

Item	Protocol
Education	All skaters, coaches, volunteers, and parents must read the Cochrane Skating Club Phase Two CanSkate Protocol Handbook. This information will also be provided during the mandatory CanSkate parent meetings.
Self-screening measures for skaters, coaches, volunteers, and spectators	<p>Individuals must not attend any training sessions or club activities if they:</p> <ul style="list-style-type: none"> <li>• Exhibit COVID-19 symptoms, such as fever, cough, difficulty breathing, or other symptoms identified by Alberta Health Services.</li> <li>• Have been in close contact with a confirmed case of COVID-19</li> <li>• Have been in close contact with a symptomatic close contact of a confirmed case of COVID-19 in the last 14 days</li> <li>• Have travelled outside of Canada in the last 14 days</li> <li>• Are legally required to self-isolate. For mandatory isolation requirements, please refer to <a href="https://www.alberta.ca/isolation.aspx">https://www.alberta.ca/isolation.aspx</a></li> </ul> <p>Those who are considered a vulnerable or high-risk individual are advised of the increased risk of participation and encouraged to take additional precautions and use PPE, where possible.</p>

Item	Protocol
Screening of participants	Each skater must complete and return a hard-copy health screening form DAILY before participating in club activities. Skaters under the age of 12 will require an adult to assist with this process. Forms are to be given to the Health and Safety Volunteer upon entering the arena.
Retention of information and privacy	Participant attendance and health screening logs, as well as spectator logs, will be stored securely and disposed of after four weeks.
Signage	SLSFSC will post COVID-19 signage at the facility entrance. In addition, Cochrane Skating Club will post Skate Canada COVID-19 signage at the ice entrance.
Personal hygiene	Skaters, volunteers and coaches must: <ul style="list-style-type: none"> <li>● Wash or sanitize hands immediately upon entry to the facility and immediately after each session.</li> <li>● Follow personal hygiene etiquette at all times (cough/sneeze into arm or tissue, immediately place tissues into facility garbage bin)</li> <li>● Not spit on the ice, in the arena, or outside the arena.</li> <li>● Wash or sanitize all training clothes, gloves, water bottles, guards after each use and before re-entering the facility. Clothing items which cannot be washed, such as down coats, must not be worn again for 48 hours.</li> </ul>
Cleaning/disinfecting	SLSFSC staff will implement a regular cleaning schedule as outlined in the Facility Cleaning Plan. Hand sanitizer stations will be provided by SLSFSC.
Physical distancing	All participants (skaters, coaches, volunteers) are required to maintain a distance of 2 meters at all times.
CanSkate age and ability requirements	Skaters must be 4 on or before the program start date. Skaters must be able to get up without assistance, stand, and shuffle forward. Skaters must also be able to follow verbal instructions. If coaches determine a skater is unable to maintain physical distance or follow verbal instructions, Cochrane Skating Club reserves the right to withdraw the skater from the program. Pro-rated refunds for remaining classes will be processed in accordance with the CanSkate Fee and Refund Policy.

Item	Protocol
PPE	<p>Coaches are required to wear a face covering or face shield while coaching.</p> <p>Program Assistants (PAs) are required to wear a face covering while assisting with programs.</p> <p>Skaters are encouraged to wear a non-medical face mask whenever they are not on the ice. Wearing a face mask during training is optional, however, Public Health recommends that masks not be worn during intense physical activities.</p> <p>PPE (gloves and a medical mask) will be provided to coaches for first-aid use. Emergency PPE will be stored in the coaches' room and will be taken rink-side by a coach during on-ice training.</p>
Parents / Spectators	<p>CanSkate spectators are limited to one parent/guardian per skater. Please email <a href="mailto:safety@cochranskatingclub.ca">safety@cochranskatingclub.ca</a> if you have extenuating circumstances which make this difficult.</p> <p>Spectators who enter the ice area or remain in the lobby longer than 15 minutes must sign in with the Health and Safety Volunteer.</p> <p>Spectators are required to maintain 2 meters of distance from anyone not in their family or cohort when in the stands or lobby.</p> <p>Spectators must follow facility entrance/exit requirements.</p> <p>Spectator seating will be cleaned daily and is used at the spectator's own risk.</p> <p>The wearing of Personal Protective Equipment (PPE) shall be in accordance with the more restrictive of provincial, municipal or facility guidelines and may vary as conditions change.</p>
Washrooms	Skaters and spectators must only use the lobby washroom.
Size of training groups	On-ice training groups will be limited to 25 skaters. The total number of participants, including skaters, coaches, and volunteers, must not exceed 35.

Item	Protocol
Skates on / off	All CanSkaters must arrive fully dressed and prepared to skate. Dressing rooms will not be open.
Entry / exit	<p>Participants may enter the facility no more than 15 minutes prior to their scheduled training session.</p> <p>CanSkaters and one parent/guardian must use the designated front entry door as instructed by SLSFSC.</p> <p>CanSkaters and one parent/guardian will line up in the lobby, maintaining a distance of 2 meters from other families. Skaters and parents are to wait in line until the ice entrance is opened.</p> <p>Following the session, skaters will be dismissed to designated exits near dressing rooms.</p>
Size of training groups	On-ice training groups will be limited to 25 skaters. The total number of participants, including skaters, coaches, and volunteers, must not exceed 35.
Coaching	It is recommended coaches instruct from one spot on the ice or at the edge of the ice. If required to move, a minimum distance of 2 meters must be maintained between the coach and skater. There will be no physical contact with the skater unless medical attention is required.
Transportation	<p>Transportation to and from the arena should be arranged so that only individuals from the same household or cohort members share rides. Individuals who take COLT or other public transit to the facility must immediately wash their hands with soap and water upon entrance to the arena.</p> <p>Participants should not seek sport, physical activities, and recreation opportunities in other regions or provinces.</p>
Compliance with regulations	All individuals must comply with the most current version of the Return to Play protocols established by Cochrane Skating Club and Skate Canada: Alberta - NWT/Nunavut and must adhere to all federal, provincial, municipal, and facility regulations. Non-compliance may result in removal from training sessions without a credit or refund.

Item	Protocol
Waiver	The Assumption of Risk and Waiver form must be completed and submitted by each participant (skater, coach, volunteer) prior to participation in any program (signed once per year).
Reporting procedure	<p>If a participant, coach or volunteer has health symptoms and are not sure if they should attend skating or send their skater please contact <a href="mailto:safety@cochraneskatingclub.ca">safety@cochraneskatingclub.ca</a></p> <p>If a participant, coach, or skater has COVID-19 or has been in contact with someone confirmed to have COVID-19 please contact <a href="mailto:safety@cochraneskatingclub.ca">safety@cochraneskatingclub.ca</a> so additional cleaning/sensitization of the facility can occur and other necessary protocols can be activated. All reasonable efforts to maintain confidentiality will be taken.</p>

**References:**

[CanSkate Fee and Refund Policy](#)

[Skate Canada Waiver](#)

[Health Screening Questionnaire](#)