

2020

Cochrane Skating Club



Return to Play
Phase Two – Advanced
CanSkate and STARSkate
Updated August 30, 2020



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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 Advanced CanSkate and STARSkate programs.

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

Item	Protocol
Education	All skaters, coaches, volunteers, and parents must read the Cochrane Skating Club Phase Two Protocol Handbook. This information will also be provided during the mandatory STARSkate parent meeting on September 16th.
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"> ● Exhibit COVID-19 symptoms, such as fever, cough, difficulty breathing, or other symptoms identified by Alberta Health Services. ● Have been in close contact with a confirmed case of COVID-19 in the last 14 days ● Have been in close contact with a symptomatic close contact of a confirmed case of COVID-19 in the last 14 days ● Have travelled outside of Canada in the last 14 days ● For mandatory isolation requirements, please refer to https://www.alberta.ca/isolation.aspx <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>
On-site screening of participants	Each participant must complete a daily online health screening form before participating in any club activities. Skaters under the age of 12 will require an adult to assist with this process.

Item	Protocol
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.
Personal hygiene	<p>Skaters, volunteers and coaches must:</p> <ul style="list-style-type: none"> • Wash or sanitize hands immediately upon entry to the facility and immediately after each session. • Follow personal hygiene etiquette at all times (cough/sneeze into arm or tissue, immediately place tissues into facility garbage bin) • Not spit on the ice, in the arena, or outside the arena. • 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.
Cleaning/disinfecting	<p>SLSFSC staff will implement a regular cleaning schedule as outlined in the Facility Cleaning Plan template.</p> <p>Hand sanitizer stations will be provided by SLSFSC.</p>
PPE	<p>Coaches are required to wear a face covering or face shield while coaching.</p> <p>PAs are required to wear a face covering while assisting with programs. PAs are responsible for providing their own masks.</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>
Washrooms	Skaters must only use the washroom in the designated dressing room. SLSFSC will clean washrooms after each ice booking.

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Physical distancing	All participants (skaters, coaches, volunteers) are required to maintain a distance of 2 meters at all times.
Personal items	<p>Personal items must be stored in a bag at all times. Bags must be kept in designated spots in dressing rooms or given to a parent. Bags are not to be left in the lobby. Personal items are limited to</p> <ul style="list-style-type: none"> ● Water bottle ● Tissues ● Cell phone ● Clean jacket/mittens if scheduled to PA ● Backpack, if walking directly from school ● Clean sneakers ● Face mask ● Snack
Entry / exit	<p>Participants will complete the online screening form before arriving at the arena.</p> <p>Skaters, coaches, parents, and volunteers must use entry and exits doors as instructed by Spray Lakes. Participants are to check in with the health and safety volunteer before proceeding to the designated waiting area. Enter and exit ice as instructed by coaches.</p>
Skates on / off	When possible, it is recommended skaters arrive with skates on. Designated dressing rooms will be available, if needed. Dressing rooms are subject to a maximum number of skaters as instructed by SLSFSC. The lobby is not to be used for putting on or removing skates, or for bag storage.
Warm up / Cool down	Advanced CanSkate, Junior, and Intermediate skaters must warm up at home or outside the arena. Senior skates may use the designated area if physical distance is maintained.
Transportation	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. Participants should not seek sport, physical activities, and recreation opportunities in other regions or provinces.

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Parents / Spectators	<p>Spectators are subject to a capacity limit of 100.</p> <p>Spectators may include minor children, however children must remain seated with caregivers.</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>
Size of training groups	<p>On-ice training groups will be limited to 25 skaters. The total number of participants, including skaters, coaches, and volunteers, must not exceed 35.</p>
Coaching	<p>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.</p>
Music / Technology	<p>Skaters are not permitted to use the music equipment. Each coach will be assigned an iPod and will be the only person permitted to touch the device.</p> <p>Sanitizing wipes will be provided and must be used if common surfaces are touched.</p>
Multiple facilities / registration	<p>Skating at multiple facilities is not permitted during CSC programming.</p>

Item	Protocol
Compliance with regulations / Waiver	<p>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.</p> <p>The Assumption of Risk and Waiver form must be completed and submitted by each participant (skater, coach, volunteer) prior to participation in any program.</p>
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 safety@cochraneskatingclub.ca</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 safety@cochraneskatingclub.ca 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>
Volunteer expectations	<p>Families will be scheduled to volunteer on a rotating basis on the days for which their skater is registered. Frequency of scheduling depends on the number of sessions for which the skater is registered, the number of skaters registered for those sessions, and section protocols, which are fluid and subject to change. Volunteers do not need to be parents, however, all volunteers must have completed safety training. Health screening volunteers must be 18+. Each volunteer shift cancelled or missed will result in a \$25 charge to the skater's Uplifter account. The volunteer picking up the cancelled or missed shift will be credited \$15. COVID related volunteer hours do not count towards regular volunteer commitments.</p>



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References:

[Fee, Refunds, and Commitments Policy](#)

[Skate Canada Waiver](#)

[Health Screening Questionnaire](#)