



Skate Regina 2020 – 2021

COVID-19 Guidelines

Balfour Arena

Last Updated: Jan 1/2021

Our goal is to minimize the risk of illness to you, your children and family, and our staff. Please take the time to read the following COVID-19 Guidelines and discuss them with your child. We thank you in advance for following these guidelines.

This protocol is subject to change as required with changes from the City of Regina and Saskatchewan Health Authority.

Off-Ice Protocols:

- ❖ Spectators are allowed in the facility to a maximum of **1** spectator per participant. Spectators may utilize the lobby viewing area. Spectators are asked to avoid congregating in front of the dressing rooms to avoid congestion.
- ❖ Masks are mandatory for all skaters and parents anywhere within the building, including when on the ice.
- ❖ Please encourage your skaters to practice good hand hygiene before entering and leaving the facility. There will be hand sanitizer available at the rink for your use.
- ❖ **If you, or your skater are experiencing any symptoms of illness, please stay home!**
Please refer to the verbal health screening questionnaire on the 3rd page.
- ❖ Please arrive no more than 10 minutes prior to the scheduled start time. Please take skates off and exit the building as quickly as possible when your session is complete.
- ❖ There are specific dressing room assignments. It is very important that skaters follow this dressing room assignment. There is no switching of dressing rooms allowed due to the cleaning protocols of the SHA.
- ❖ The Washroom services will be fully operational and cleaned frequently.



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On-Ice Protocols:

- ❖ Skaters are always to maintain a 3-metre distance from others. Coaches will help encourage skaters to remember to physical distance.
- ❖ All skaters and coaches will be required to wear a mask for the full duration of the ice session.
- ❖ A maximum of 8 skaters are allowed on the ice. Coaches are not included in the training group numbers.
- ❖ If you need to blow your nose, please ensure you throw your tissue directly into the garbage and use hand sanitizer.
- ❖ Sharing of water bottles and personal equipment is not permitted.
- ❖ Only the Skate Regina iPod can be used to play music. Personal devices are not allowed. Coaches will be provided a stylus pen to use with the iPod and a sanitizing spray and wipes will be available.



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Health Screening Questionnaire (Can be answered verbally)

1. Do you have a fever? (Temperature of 37.8 °C or higher)

- Yes No

2. Do you have any of the following symptoms?

- Cough

- Yes No

- Shortness of Breath

- Yes No

- Runny Nose, Sneezing or Nasal Congestion (not related to other known causes such as seasonal allergies, etc.)

- Yes No

- Sore Throat

- Yes No

- Difficulty Swallowing

- Yes No

- Lost sense of Taste or Smell

- Yes No

3. Have you or someone in your household travelled outside of Canada or had close contact with anyone who has travelled outside of Canada in the past 14 days?

- Yes No

4. Have you had close contact in the past 14 days with anyone who is sick or a suspected/confirmed case of COVID-19?

- Yes No

If an individual answers "Yes" to any of these questions, they are not permitted to participate in the club activity.