



## Skate Regina 2020 – 2021

### COVID-19 Guidelines

#### \*Co-operators Centre Arena\*

*Last Updated: Oct 20/2020*

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 Co-operators Centre and Saskatchewan Health Authority.*

#### **Off-Ice Protocols:**

- ❖ Spectators are allowed in the facility to a maximum of **1** spectator per participant. Spectators must remain in the upstairs viewing area and are expected to practice physical distancing guidelines. If your skater needs help tying their skates, parents can assist them in the dressing rooms or rink side chairs, but they must go upstairs immediately after.
- ❖ We are strongly recommending that all skaters and parents wear a face mask anywhere within the building, except on the ice. Skaters will remove their face mask just before proceeding to the ice surface.
- ❖ 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 15 minutes prior to the scheduled start time. Please take skates off and exit the building as quickly as possible when your session is complete.
- ❖ Dressing rooms will be available with a maximum of 9 people per dressing room. There will also be rink side chairs available when dressing rooms are full.
- ❖ Please do not bring any valuables and keep your dressing room or chair area tidy.
- ❖ The Washroom services will be fully operational and cleaned frequently.



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#### **On-Ice Protocols:**

- ❖ Skaters are always to maintain a 2-metre distance from others. Coaches will help encourage skaters to remember to social distance.
- ❖ On-Ice masks are optional for the skaters. Coaches will be wearing a mask on all sessions.
- ❖ 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.***