



Skate Regina 2020 – 2021

COVID-19 Guidelines

Doug Wickenheiser 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 City of Regina and Saskatchewan Health Authority.

Off-Ice Protocols:

- ❖ Currently, spectators are not allowed in the Doug Wickenheiser Arena. If your skater needs help tying their skates, parents can come in to help their skater, but they must leave immediately after skates are on.
- ❖ 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 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. The City of Regina has worked hard to ensure we can run our programming but will need to continuously clean the dressing rooms and lobby areas. Let's do our part to help the rink staff!
- ❖ There are specific dressing room assignments. We will have this assignment available at the Skate Regina bulletin board in the arena lobby. 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 2-metre distance from others. Coaches will help encourage skaters to remember to social distance.
- ❖ On-Ice masks are optional. 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.