

# Return to Skating Guidelines<sup>(updated July 7)</sup>

Please refer to the SCNL website for up to date information and full guidelines - <http://skatenl.com/covid-19/>

## **Important Notes for Summer Academy Participants/Parents**

- All current Public Health Restrictions, Skate Canada NL Return to Skating Guidelines, and Paradise Double Ice Complex Guidelines will be strictly applied and enforced.
- All shared spaces such as: Viewing Rooms, Dressing Rooms, Common areas will be closed.
- One parent/guardian will be permitted inside the arena.
- Skaters will arrive rink-ready (attire, skates on etc..). Skate Guards are a **MUST**. Skaters will not be permitted to enter building without protective guards.
- All individuals entering the building (skaters and parent/guardian) will check in at main entrance beginning 10 min prior to start of session. Following session, all individuals will immediately exit through the side doors of building. Please ensure that there is a pick up person on time as we cannot provide supervision and skaters will have to leave the building immediately following session.
- Sanitizing stations will be located at all entry and exit points.
- There will be a maximum of 30 individuals on the ice surface at any time (includes skaters and coaches).
- Skaters will be instructed to keep their distance as much as possible throughout the sessions.
- Used tissue must go directly into the covered garbage cans after use. No used tissues allowed on the rink boards. Wash or sanitize hands after disposal.
- Skaters should leave unnecessary personal items at home. A small bag may be kept in stands/bleachers if necessary.
- Skaters/coaches are required to send music via email to [2020nlskatingacademy@gmail.com](mailto:2020nlskatingacademy@gmail.com) CD's will not be accepted.
- 30 min Cleaning and Sanitizing will take place between groups (entry/exit doors, touchpoints, boards, bleachers etc...)
- Skaters are asked to bring their own personal hand sanitizer as an extra precaution.
- Washrooms will be open in main entrance/1<sup>st</sup> floor only (outside ice pads).
- Water fountains/filling stations will not be open. Participants must bring own water bottle and not share with others.
- Skaters, coaches, volunteers and program staff **MUST NOT** participate if they:
  - Exhibit any COVID-19 symptoms, as identified by health experts. Please see the Government of NL About COVID-19 page, The Symptoms of COVID-19 tab for the full list of symptoms <https://www.gov.nl.ca/covid-19/covid-19-symptoms-treatment/>
  - Have been in contact with someone with COVID-19 in the last 14 days
- It is **highly recommended** that if you are a person who has been identified as vulnerable or at risk that you do not participate in Skate Canada Programs or related activities. Vulnerable or at-risk persons include: <https://www.gov.nl.ca/covid-19/files/Supporting-Vulnerable-Populations.pdf>
- Skating Academy Staff have the authority to ask individuals that are not following the Public Health, SCNL and/or facility guidelines to leave.

Looking forward to seeing skaters and coaches back on the ice but please be assured that safety is always our top priority.

*Skate Canada NL*