

2021

Cochrane Skating Club



Return to Play

CanSkate

Updated February 27, 2021



**ONLY THE BEST
can bring out their best**

With the Government of Alberta allowing youth sports to reopen, Cochrane Skating Club is 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”)

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

Item	Protocol
Education	All skaters, coaches, volunteers, and parents must read the Cochrane Skating Club CanSkate Protocol Handbook. This information will also be provided during the mandatory CanSkate parent meetings.
Screening of participants	Each skater must complete and return a hard-copy health screening form DAILY before participating in club activities. Skaters under the age of 12 will require an adult to assist with this process. Forms are to be given to the coach upon entering the arena.
Signage	SLSFSC will post COVID-19 signage at the facility entrance.
Personal hygiene	Skaters, PAs, and coaches must: <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	SLSFSC staff will implement a regular cleaning schedule. Hand sanitizer stations will be provided by SLSFSC.

Item	Protocol
CanSkate age and ability requirements	Skaters must be 4 on or before the program start date. Skaters must be able to get up without assistance, stand, and shuffle forward. Skaters must also be able to follow verbal instructions. If coaches determine a skater is unable to maintain physical distance or follow verbal instructions, Cochrane Skating Club reserves the right to withdraw the skater from the program. Pro-rated refunds for remaining classes will be processed in accordance with the CanSkate Fee and Refund Policy.
PPE	<p>Coaches and Program Assistants (PAs) are required to wear a face mask at all times.</p> <p>Parents are required to wear a face mask while dropping off and picking up their skater.</p> <p>Skaters must wear a face mask whenever they are not on the ice. Wearing a face mask on-ice is optional.</p> <p>PPE will be provided to coaches for first-aid use.</p>
Parents / Spectators	Spectators are not permitted at this time.
Washrooms	Skaters must only use the lobby washroom.
Skates on / off	All CanSkaters must arrive fully dressed and prepared to skate. Dressing rooms will not be open.
Entry / exit	<p>Participants may enter the facility no more than 5 minutes prior to their scheduled ice time.</p> <p>CanSkaters and one parent/guardian must use the designated front entry door.</p> <p>CanSkaters and one parent/guardian will line up by an orange pylon, maintaining a distance of 3 meters from other families, until the ice entrance is opened. Parents must leave via the designated side doors as soon as their skater is on the ice.</p> <p>Following the session, skaters will be dismissed to the same entrance they used to enter the ice. Please immediately leave the arena via the side doors.</p>

Item	Protocol
Size of training groups	When the ice is divided, the total number of participants, including skaters, coaches, and PAs, must not exceed 20.
Coaching	A minimum distance of 3 meters must be maintained between the coach and skater. There will be no physical contact with the skater unless medical attention is required.
Retention of information and privacy	Participant attendance and health screening forms will be stored securely and disposed of after four weeks.
Waiver	The Assumption of Risk and Waiver form must be completed and submitted by each participant (skater, coach, volunteer) prior to participation in any program (signed once per year).
Reporting procedure	If a skater is diagnosed with 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.

References:

[CanSkate Fee and Refund Policy](#)

[Skate Canada Waiver](#)

[Health Screening Questionnaire](#)