

## SKATER CHECKLIST

To be used to help skaters prepare for training

### Before you leave home

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- DO NOT leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose)
- Check for facility / arena closures
- Eat before you come, if you take food please ensure it is self-contained, do not share
- Thoroughly wash your hands with soap and warm water
- Thoroughly wash water bottles with soap and warm water
- Thoroughly wash training clothes and accessories including gloves, hard guards, blade rag etc.
- Pre-Register for your session (pickups are not allowed at this time)
- Warm up at home, if whether prevents warming up outside
- Use the washroom
- Sign **Skate Canada Assumption of Risk and Waiver** either online or bring a signed copy to the arena prior to or at the first session you are registered for

### Arrival at the Arena

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- Arrive at facility 20-25 minutes prior to scheduled ice session
- Warm up outside if possible, maintaining physical distance of 2m
- Place your skates / gloves on outside, in your vehicle, if possible. Leave your skate bag and shoes in your vehicle if possible
- Enter through established entrances and follow signs
- Wash your hands with soap & water or sanitize using hand sanitizer
- Respect social distancing guidelines at all times
- Prior to first session submit signed **Skate Canada Assumption of Risk and Waiver** in designated area (if not completed online)
- Register for Contact Tracing Attendance
- DO NOT share water bottles or personal items
- Arrive no earlier than 5 minutes to the side of the rink and stay in designated area
- No spectators allowed at this time. If a parent/guardian is required to tie skates etc, we ask that this be done before entering the arena if possible. If not, the parent/guardian must not be in the arena for more than 15 min.

### During floods

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- Wash your hands with soap & water or sanitize using hand sanitizer immediately after getting off the ice
- Adhere to club or skating school procedures for flood breaks and in between sessions
- Arrive no earlier than 5 minutes to the side of the rink and stay in designated area

### After on-ice Training is complete

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- Wash your hands with soap & water or sanitize using hand sanitizer immediately after getting off the ice
- Leave the facility immediately following on-ice training
- Exit through established exits
- Cool down outside the building if possible, while maintaining physical distance of 2m. Cool down at home if weather prevents cooling down outside
- Thoroughly wash water bottles with soap and water
- Thoroughly wash all training clothes and accessories including phones, gloves, hard guards, blade rag etc.