



## **Maple Ridge Skating Club COVID-19 Safety Plan**

The health and well-being of our skaters, coaches, and parents is our top priority at the Maple Ridge Skating Club. During these unprecedented times we have implemented measures set out by the Provincial Health Authority, Skate Canada BC/YK, viaSport BC, and local ice facilities to keep you safe.

1. Anyone displaying symptoms of COVID-19 will not be permitted to skate. If you are feeling unwell, have a fever, chills, shortness of breath, a sore throat, painful swallowing, stuffy or runny nose, loss of sense of smell, headache, or body aches you should stay home and self-isolate.
2. You will not be permitted to skate if you have been in contact with someone with COVID-19 in the last 14 days, are living with someone who is showing symptoms, are considered at risk or vulnerable, or have traveled outside of Canada and have not quarantined for the full 14 days. If someone you live with travels outside of Canada you must quarantine for the full 14 days and will not be permitted to skate during this time. If you live with someone who regularly travels outside of Canada, you must quarantine every time they return.
3. All skaters, coaches, volunteers, parents, and guardians will be verbally screened by an adult supervisor before each session for COVID-19 symptoms. If you are unwell for any reason you will be asked to leave.
4. A volunteer adult supervisor will ensure social distancing guidelines are being adhered to before, during, and after each session. They will also monitor traffic flow and ensure that high touch areas are being cleaned frequently.

5. Physical distancing measures will be implemented both on and off the ice at all times. Skaters and coaches are to keep 6 feet apart and will be expected to maintain this physical distance for the duration of the session and while they are in the rink.

6. Skaters will be permitted in the facility 15 mins prior to their ice time and must exit no more than 10 mins after their ice session. Skaters are encouraged to arrive and leave wearing their skates (with guards).

7. Skaters must enter the facility through the main entrance. There will be signs directing skaters to and from their designated ice surface. Skaters will exit the facility at the nearest emergency exit door.

8. One parent or guardian is permitted in the rink with each skater. No siblings will be allowed. If the parent or guardian is staying to watch, they must remain in the stands, socially distanced from other spectators. No in and out privileges.

9. We strongly encourage skaters to arrive wearing their skates and skating attire. There will be no gathering allowed in the main lobby. If possible a designated dressing room may be available to put skates on.

10. Any off ice warm ups must be done outside or in indicated areas where allowed. Skaters and coaches must maintain physical distance of 2 meters while warming up.

11. All belongings are to be kept in the designated area and removed when you leave the rink. This area will be disinfected after each session. No skates or skate bags will be permitted to be stored in the coach's room. Skaters, coaches, and volunteers are encouraged to leave unnecessary personal items at home.

12. Hand sanitizer and disinfecting wipes will be available. Each participant must also bring their own hand sanitizer. Skaters and coaches must wash or sanitize their hands prior to going on the ice for each session.

13. Records of attendance will be kept by the supervisor so that skaters, coaches, and volunteers can be contacted should they be exposed to an infected person.

14. The number of skaters and coaches on each session will be limited to comply with the facility guidelines and or the guidelines set out by the BC/YK Skate Canada Section.
15. All session registration and payments must be completed online. No payments will be accepted at the facility. No “Buy On” participation will be permitted at this time. You must register for and skate on your sessions only.
16. Personal protective equipment is optional. If you would like to use PPE please bring your own and discard of it properly in the garbage when you leave the rink. PPE should not obstruct or inhibit skating ability and vision.
17. Signs will be posted throughout the rink to remind you of important safety measures such as physical distancing, and proper hand hygiene.
18. Skaters are not permitted to use the music device at any time during the session. The music will be operated by one person only.
19. All high touch areas have been identified and will be cleaned frequently by facility staff as well as our session supervisor.
20. If the harness is to be used the skater must be able to, without help, get in, tighten, and get out of the harness. It is recommended that the harness operator wear a mask and gloves. The skater must disinfect the harness after use. The harness portion of a lesson should be kept under 15 minutes.
21. Used facial tissues must be disposed of in the garbage immediately after use. No used tissues allowed on the rink boards.
22. The water fountain at the rink will be disabled. Skaters will be required to bring their own water bottles with an adequate supply of water. There will be no vending machines and no concession. No food is permitted in the rink.

These guidelines will allow us to create a positive and safe environment for our skaters and their families. Thank you for your participation and cooperation.

~ The Maple Ridge Skating Club