

SKATER CHECKLIST

To be used to help skaters prepare for training

Before you leave home

- 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.
- Complete Health Questionnaire online at least 1 hour prior to your session
- Warm up at home
- Use the washroom!

Arrival at the Arena

- Arrive at facility 20-25 minutes prior to scheduled ice session
- 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 with Club Representative for Contact Tracing Attendance
- DO NOT share water bottles or personal items
- Arrive to the side of the rink **once** Zamboni horn has sounded
- No spectators allowed

During floods

- Stay in designated area (dressing room or stand)

After on-ice Training is complete

- 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.