

Nechako Figure Skating Club



Return to Play Guidelines

What you need to do and what we are doing!

RETURN TO PLAY GUIDELINES & RECOMMENDATIONS FOR NFSC PARTICIPANTS

If you wish to skate, make sure that you follow the below recommendations:

BEFORE YOU SKATE

Do not enter the building if you:

- Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts.
- If you or someone in your household has been in contact with someone with
- If you or someone in your household has travelled outside of Canada in the last 14 days.
- If you have been asked by a health official to isolate.

It is highly recommended that if you are a person who has been identified as vulnerable or at risk, as described below, you should consider not participating NFSC Programs or figure skating related activities. It may be defined that a vulnerable or at risk person is:

- A vulnerable or at risk person (especially elderly individuals), who are immunosuppressed, individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma.
- You may want to consider any vulnerable or at risk persons in your household or persons you have frequent contact with as well.

Skaters, coaches, and volunteers will have a daily verbal screening for symptoms upon arrival at the entrance of the facility.

Make sure there is availability on your desired session. Numbers per session for figure skating will be limited to 14 people, including coaches, allowed on or near the ice at any one time. Numbers per session for Learn to Skate programs will be limited to 30 people, including coaches, allowed on or near the ice at any one time. All session registration and payments must be online. No bookings or payments in person at the facility. Buy on will be permitted when booked online at least 24 hours prior to the scheduled session.

PREPARING TO SKATE

- Arrive no earlier than your scheduled time to enter the building. Arrival time will be 15 minutes before your scheduled session. **Be on time.** We will have a volunteer screening all entries for our session. If you are late and miss the screening, you will not be permitted to enter the building or skate, with no refund or credit for the session.
- **Only one parent/guardian/caretaker per family will be permitted to enter the building to tie skates (if needed). Once skates are tied, parents may choose to sit in their child's assigned seat or they may leave the building. No other family members, friends or guests may enter the building with the skater/family.**
- Skaters should bring the following items to a session: skates, guards, gloves, filled reusable water bottle, tissues, hand sanitizer and a mask (optional). Phones will be permitted so long as they are not used except for emergencies.
- Self led off ice warm up can only be done outside and skaters must keep a 2 metre distance with other skaters and coaches.
- Skaters must come dressed to skate with only the skates to be put on.

- Chairs will be provided for skaters and coaches to put their skates on near the ice. Markings on the ground will show where skaters and coaches can sit so they are spaced out 2 metres apart.
- To protect yourself against infections:
 - Bring hand sanitizer. Each participant must bring their own hand sanitizer.
 - Clean your equipment, including your skates, clothing and water bottles regularly.
 - Do not share any equipment (water bottles, clothing, gloves, facial tissue, towels) with other skaters or coaches.
 - Used Tissues must put into the garbage can immediately after use. Do not put on the boards or anywhere else. You should use hand sanitizer immediately after blowing your nose.
- Wear clean clothes and gloves for each day of training. Make sure used clothing and gloves are washed immediately when you return home from training.
- Make sure you have enough water before leaving the house as we will not be permitting use of the fountains/filling stations.
- Other than reusable water bottles, no other food or drink can be brought into a facility.
- Consider wearing a mask and/or gloves while skating.
- If you cough or sneeze, do so in a tissue or in your elbow/sleeve. If you use a tissue immediately dispose of the tissue in a garbage can. You should use hand sanitizer immediately after coughing or sneezing.
- Avoid touching door handles, gates, benches and all other objects where the virus could survive. If you touch something, make sure to use hand sanitizer immediately after.
- While waiting to go on the ice, stand at the designated physical distancing markers and stay away from others. Avoid putting equipment on the boards while waiting to go on the ice.

WHILE SKATING

- Avoid all physical contact, for example shaking hands, high fiving or hugging, with other skaters and coaches.
- Avoid touching your face during your skating session. Should you need to touch your face you must use hand sanitizer immediately after touching your face.
- Make spatial awareness a priority. Try to keep a 2 metres distance from other skaters and coaches while on the ice at all times.
- Do not touch any equipment, including music playing equipment. One designated person will operate all equipment for all skaters.

AFTER SKATING

- Wash your hands carefully with hot water and disinfectant soap or with hand sanitizer.
- Leave the arena immediately (within approximately 15 minutes) after you finish skating.

NOTE: Anyone who is not complying with all facility, government and club protocols will be asked to leave the facility.

NFSC is doing the following:

- Following guidelines as set forth by Skate Canada, BC/YK Section, government authorities and the District of Vanderhoof.
- Our staff will be maintaining physical distancing when coaching skaters so you will not see any hands on instruction.
- The use of the harness will be limited to one staff member per day. The harness will be sanitized between each use.
- We will do on ice group classes in formats that we are able to follow physical distancing standards.
- We will appoint a Covid-19 point person to communicate with you in the event of a possible outbreak. We will let you know who this person is, once appointed.
 - In the event of a possible outbreak we will consult with local health authorities, the District of Vanderhoof and we will notify you via email or phone/text with all information including next steps.
- If a skater is injured on the ice, they will be attended to by a coach. We ask that others (including parents) keep their distance unless your assistance is requested.
- In the event of an emergency or fire alarm, etc – all persons should proceed outside immediately or follow the instruction of rink or emergency personnel. Personal belongings are to be left behind.

NFSC Illness Policy

Navigating through illness and skater absences with the fall flu season now upon us is going to look a little differently this year. This is obviously not a typical cold/flu season where we are able to allow skaters to attend skating unwell or to be away one day only if they are feeling unwell.

Often cold/flu symptoms are similar to COVID 19 symptoms, therefore it is important that we be vigilant when it comes to fever, dry cough and tiredness/fatigue as these are the most common COVID 19 symptoms. Other symptoms include runny nose, aches and pains, sore throat, diarrhea, conjunctivitis, headache, loss of taste or smell, and/or a rash on the skin, or discolouration of fingers and toes. It is a broad range of symptoms that we are required to take very serious precautions with.

If your skater is presenting with symptoms we request that you seek a health assessment. A health assessment includes calling 811, the COVID hotline or seeking direction from a physician/health professional and following their recommendations. If your skater is unwell it is a mandatory 48 hour leave from skating. If you have had your child tested for covid (with a negative result) or a health professional has cleared your son or daughter to return to activities, they may return to skating once symptoms have improved and the child feels well enough. Otherwise they may return once they have been 48 hours symptom free.

This is for the safety and wellness of our club members and will enable us to continue skating while we work through this difficult time. Please notify the club/coach as quickly as possible should your child present symptoms from the list, as there is a lot of time and effort that goes into scheduling skating lessons/sessions for the week. We appreciate your understanding in this matter