



## **NBCCS** **COVID 19 SAFETY PLAN**

Please see the BC/YK Section website to see all Return to Figure Skating Guidelines:

<https://www.skatinginbc.com>

Skate Canada BC/YK COVID-19 Information has multiple documents under “resources” at the bottom of the page

**DO NOT come to the arena if you are showing any cold / flu / COVID signs / allergies that match possible COVID-19 symptoms.**

**Symptoms include:**

**fever, chills, headache, cough, sore throat, shortness of breath and new muscle aches.**

**You must PRINT the “Assumption of Risk Waiver”- Both the skater and Parent /Guardian are required to sign it.**

**Skaters must bring the waiver on the first skating session they are registered for and hand it to a member of the coaching team before entering the ice.**

[Assumption of Risk Waiver](#)

**To mitigate risks related to its facilities CN Centre/Community Arenas/Exhibition Park is implementing the following facility admission and access protocols:**

1. Access will be limited to those participating in the booked activity i.e. participants, instructors, coaches.
2. Participants should arrive no earlier than 10 minutes before your scheduled session and will be dropped off in the nearby parking lots.
3. Designated separate entrance and exits will be located to the exterior of the facility.
4. At the entrance, signs are installed to inform patrons that: a. Patrons must not enter if they suspect they have COVID-19 or if they have any of the known COVID-19 symptoms b. Patrons

must maintain physical distance of 2 metres from other patrons and staff c. On arrival, patrons must disinfect their hands with hand sanitizer. Avoid the facility if they are at high-risk of COVID-19 contraction or severe illness.

5. Participants must come dressed in full gear including skates (with skate guards) or shoes and a full water bottle.

6. A COVID Ambassador will be a visible presence (e.g. armband signifier): this individual (parent/coach/volunteer/instructor) would oversee adherence to the return to play plan, facility guidelines, and ensure that COVID protocols are being followed.

**7. Parents and/or siblings will not be permitted access into the facility at this time** (this will change in the future as the province enters different phases of reopening).

8. Player/participant dressing rooms are not available for use at this time.

9. Participants will go to the designated seating locations in the foyer.

10. Seating will be used to tie skates, fasten helmets, and remove skate guards.

11. Skate guards/shoes and equipment bag will be left in the designated seating area as the participant takes to the ice.

12. NO SPITTING ANYWHERE IN THE FACILITY OR ON THE ICE.

13. On ice access will be regulated. Player benches are not to be used. Participants must place their own labelled water bottles in the assigned designated area.

14. The facility will not be permitting use of the water filling stations.

15. No other food or drink can be brought into the facility

16. General public will not be permitted access to the venue without a pre-scheduled meeting. All guests must report to the Administrative office for approved access into the venue.

17. Facility access is provided with separate entry and exit points. Entrances will have signage and floor markings to encourage physical distancing and to control access through the facility.

18. Signage, floor markings and barriers are installed to guide patrons in and out of the facility and to each of the rentable spaces.

19. Capacity signage will be posted in all areas including washrooms and other accessible areas of the facility.

20. Vending machines will be stocked and accessible in each of the operating arenas.

21. Lounge seating will be removed from all common areas.

22. Change room/shower areas remain off limits at this time.

23. There will be NO DRYLAND TRAINING SPACE PROVIDED in the facility at this time. Self-led off-ice warm up can be done outside.

## **NBCCS Figure Skaters should bring the following items to each session**

1. A basket (plastic that can be cleaned daily) for all items listed below will be brought to ice/boards.

2. A bottle of hand sanitizer (either pump or squeeze bottle).

3. A water bottle that must be washed at home daily.

4. A clean pair of gloves /mitts. You should wash your gloves /mitts daily if possible or have enough pairs for one week (then wash all at the end of the week). Wash them with laundry detergent on the warmest water setting.

5. Kleenex. Bring a zip lock bag clearly marked with "Kleenex" in it. This will only be for clean unused Kleenex.

6. Garbage bag. Bring a zip lock bag clearly marked "garbage". This will be for your dirty Kleenex or dirty wipes if a garbage bin is not easily accessible.

7. Mask/face covering. Bring a zip lock bag clearly marked "Mask". You may need to wear this if you cannot physically distance. Any skater wanting to go into the harness MUST wear a mask/face covering (the coach must also wear one to use the harness). Be sure to try masks at home while doing your off-ice jumps. You may want a mask that ties up around your head rather than elastic around the ears so that it does not fly off. Please wash reusable items after each use with laundry detergent in the warmest water setting.
8. First aid items. Bring a zip lock bag clearly marked "First Aid". You should have some band aids, blister band aids etc.
9. Disinfectant wipes. Bring a zip lock bag clearly marked with disinfectant wipes in it. You may want to wipe down the arena boards before you place your basket of items down. You may want to wipe bathroom surfaces down before use.
- If you need to sit down in the stands to put on a band aid you must wipe it down right after. All garbage, used Kleenex, wipes, band aids, masks etc must be taken home with you in your garbage zip lock bag.

\*Due to the evolving situation with Covid 19 these guidelines could change at any time. We will notify our members via email and on our website as changes occur.