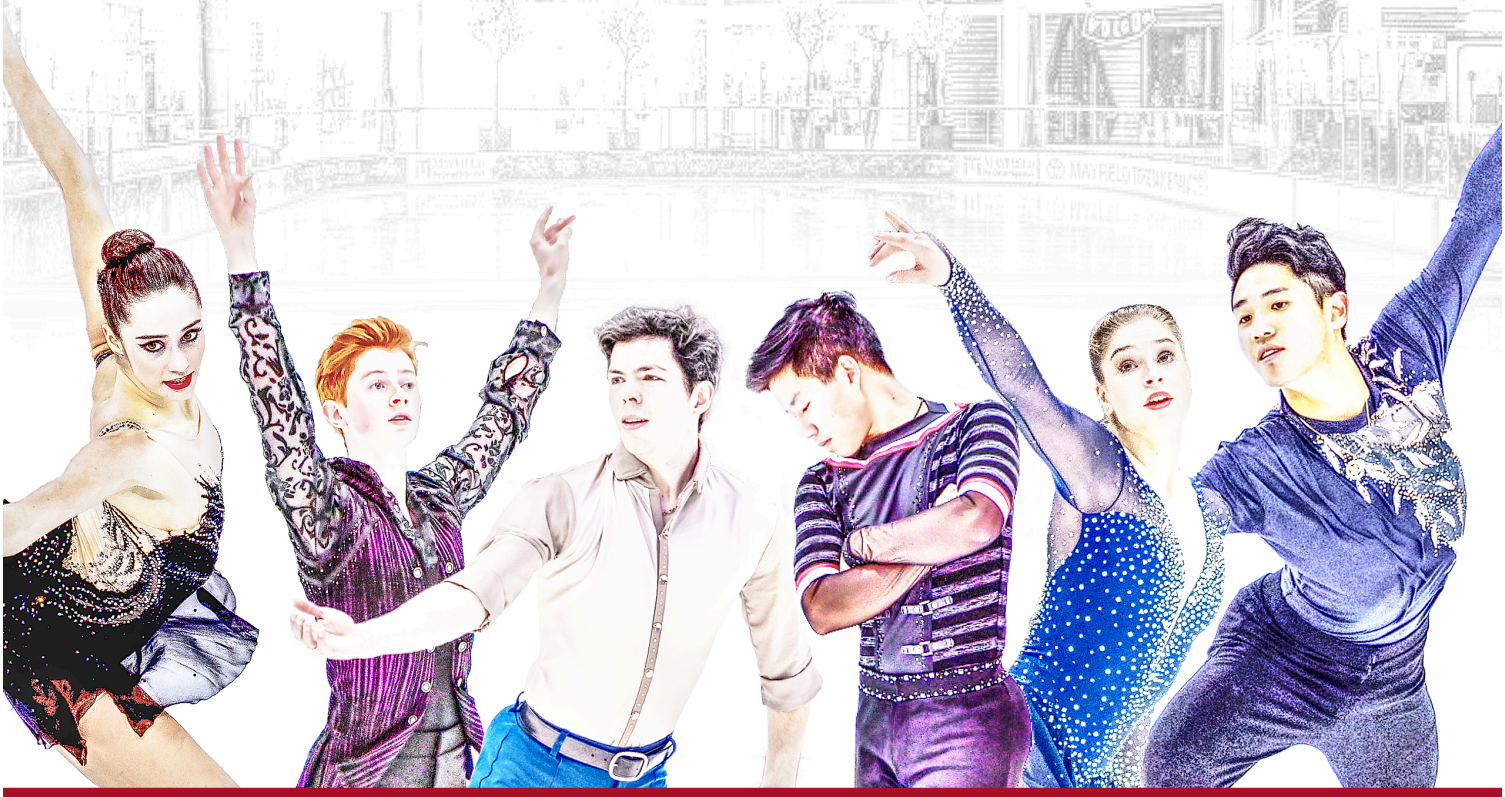
RETURN TO PLAY

CANSKATE
JUNIOR ACADEMY
JUMP START



ICEPALACE
FIGURE SKATING CLUB

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The Ice Palace Figure Skating Club has taken a thoughtful approach to a phased reopening that prioritizes the health and safety of our members. We are committed to ensuring that all of our activities adhere to all federal, provincial, and municipal regulations and will take every precaution to ensure the health and safety of our members.

As a precaution, we will be restricting the number of skaters on the ice below the maximum allowed by Skate Canada: Alberta-NWT/Nunavut and the Government of Alberta. We will evaluate the success of each phase as we gradually return to regular programming.

The Ice Palace Figure Skating Club will communicate updated information and subsequent versions of these protocols as they become available. We are excited to be back on the ice and encourage everyone to work together to ensure a safe environment.

Item	Protocol
Education	All skaters, parents, and coaches must attend an information session to receive education on new safety and hygiene protocols within the club as well as information on ways to limit the spread of COVID-19.
Self-screening measures	Individuals must not attend any classes or club activities if they: • Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts • Have returned from travel outside of Canada (must quarantine for 14 days at home) • Have been in contact with someone with COVID-19 in the past 14 days Those who are considered a vulnerable or at-risk individual (elderly persons, weakened immune system or medical conditions such as heart disease, lung disease, cancer etc.) are advised of the increased risk of participation and take additional precautions and use of PPE where possible.
Screening of individuals	Each participant (skaters, coaches, volunteers) must complete an on-site verbal screening on a daily basis before participating in any club activities. Attendance will be logged for contact tracing purposes. Children and youth may need a parent to assist them during the screening process. See Appendix A for *Health Screening Questionnaire*.
Personal Hygiene	• Wash or sanitize hands upon entry to facility and immediately after each class • Skaters should not touch door handles, gates, benches, or other common surfaces • Personal hygiene etiquette must be practiced at all times (cough / sneeze into arm or tissue, immediately place used tissues into the facility garbage bins) • All skating clothes, gloves, water bottles, and skates must be kept clean. Make sure all items of clothing are immediately washed and skates /guards sanitized, prior to re-entering the facility
Cleaning / Disinfecting	The arena staff will implement a cleaning schedule to ensure disinfecting at regular intervals in accordance with Public Health guidelines. A disinfectant spray will be used on all high touch areas, doors, equipment, chairs, etc. Hand sanitizer stations are located throughout the facility including near the ice surface.
Personal Protective Equipment (PPE)	Coaches are required to wear a non-medical face mask while coaching. Skaters are required to wear a non-medical face mask whenever they are not on the ice. Wearing a face mask during skating is optional. Any individual attending to a non-family member for a medical emergency must wear appropriate PPE including a medical face mask and disposable gloves

Item	Protocol
Physical Distancing	Skaters are required to maintain a physical distance of 2 metres with skaters and coaches at all times on the ice and within the facility. There will be a supervisor who makes sure that social distancing guidelines and traffic flow are being followed.
Dressing Rooms	Dressing rooms will not be used at this time. Skaters must enter the building wearing their skates and guards to protect their blades. Personal items and skating bags should not be brought into the facility.
Entry / Exit to facility	Participants may enter the facility no more than 15 minutes prior to their scheduled class and must leave immediately following the completion of their class. Individuals shall use the designated entry and exit doors and follow the one-way flow patterns established by the facility.
Parents / Spectators	All parents and spectators are required to wear a non-medical face mask and follow guidelines with respect to physical distancing. A parent should assist their child during the screening process and help remove their skate guards before they go on the ice. The parent should be waiting at the exit / pick-up spot 5 minutes before the class ends and help their child with their guards.
Coaching	All coaching will be done using verbal cues. There should be no physical contact with the skater unless medical attention is required. A minimum of 2 metres must be maintained between the skater(s) and the coach at all times.
Travel	Transportation to and from the facility should be arranged so that only individuals from the same household or cohort members share rides. Individuals who take public transportation to the facility must immediately upon arrival wash their hands thoroughly with soap and water.
Club Office	The Club office will be closed to the public. All administrative activities will be conducted online.
Compliance with regulations / Waiver	All individuals must comply with the most current version of the *Return to Play* protocols established by the Ice Palace Figure Skating Club and Skate Canada: Alberta-NWT/Nunavut and must adhere to all federal, provincial, and municipal regulations. Non-compliance may result in removal from our programs without a refund. The Assumption of Risk and Waiver form must be completed by each participant (including staff, skaters, coaches, and volunteers) prior to participation in any activities. See Appendix B for *Assumption of Risk and Waiver.*

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APPENDIX A
HEALTH SCREENING QUESTIONNAIRE

The questions below will be asked **verbally** by the Ice Palace supervisor to each individual prior to participating in each skating class.

If an individual answers YES to any of the questions, they will not be allowed to participate in the session. Children and youth may need a parent to assist them during the screening process.

1.	Do you/your child have any new onset (or worsening) of any of the following symptoms?	**CIRCLE ONE**	
	Fever	YES	NO
	Cough	YES	NO
	Shortness of breath / Difficulty breathing	YES	NO
	Sore throat	YES	NO
	Chills	YES	NO
	Painful swallowing	YES	NO
	Runny nose / Nasal congestion	YES	NO
	Feeling unwell / Fatigued	YES	NO
	Nausea / Vomiting / Diarrhea	YES	NO
	Unexplained loss of appetite	YES	NO
	Loss of sense of taste or smell	YES	NO
	Muscle / joint aches (unrelated to training)	YES	NO
	Headache	YES	NO
	Conjunctivitis (commonly known as pink eye)	YES	NO
2.	Has the person attending the activity / facility travelled outside of Canada in the last 14 days?	YES	NO
3.	Have you/your child had close, unprotected* contact (face to face contact within 2 metres/6 feet) with someone who has travelled outside of Canada in the last 14 days and who is ill**?	YES	NO
4.	Have you/your child attending the program or activity had close unprotected* contact (face to face contact within 2 metres/6 feet) in the last 14 days with someone who is ill**?	YES	NO
5.	Have you/your child or anyone in your household been in close, unprotected* contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	YES	NO

* "unprotected" means close contact without appropriate personal protective equipment

** "ill" means someone with COVID-19 symptoms on the list above.

If you have answered YES to any of the above questions, do not participate. Proceed home and use the AHS Online Health Assessment Tool to determine if testing is recommended.

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APPENDIX B

SKATE CANADA ASSUMPTION OF RISK AND WAIVER

PLEASE READ CAREFULLY:

1. ACKNOWLEDGMENT OF INHERENT RISK

I understand that participation in skating, figure skating, and any other sporting activities listed in the enclosed appendix (hereinafter the "Sports Activity") is voluntary, and involves inherent risk during participation, including the risk of possible accidents, physical injury, or exposure to the COVID-19 virus or other infections or infectious diseases as a result of attending training, club events or competitive events. I freely accept and fully assume all such risks, dangers and hazards, including but not limited to personal injury, disease transmission, death, property damage or loss, resulting from my participation. I have carefully considered the risks involved, and I have full confidence that reasonable precautions will be taken to ensure the safety and well-being of myself (or my son/daughter/ward).

2. WAIVER

I do for myself (or my child), and our respective heirs, executors, administrators, successors and assigns, hereby waive, release, and forever discharge Skate Canada and/or Skate Canada: Alberta-Northwest Territories/Nunavut Association (Skate Canada: Alberta-NWT/Nunavut Section), all Regions of Skate Canada: Alberta-NWT/Nunavut Section, Ice Palace Figure Skating Club, their officers, partners, agents, employees, servants, representatives, volunteers, coaches, officials, successors and assigns (the "Representatives") of and from any actions, causes of action, complaints, demands and claims or any recourse whatsoever ("Claims") that I have or may have in the future in any way connected with my (or my child's) participation in the Sports Activity contemplated herein, whether in law or in equity, in respect of personal injury, illness or disease transmission, loss of life, or property damage of any kind or nature, and I do hereby discharge the Representatives from any such liability. This includes negligence, breach of contract or breach of any statutory or other duty of care.

3. INDEMNIFICATION

I further agree to fully indemnify and defend Skate Canada and/or Skate Canada: Alberta-NWT/Nunavut Section, all Regions of Skate Canada: Alberta-NWT/Nunavut Section, Ice Palace Figure Skating Club and any of their Representatives from and against any and all Claims brought against Skate Canada and/or Skate Canada: Alberta-NWT/Nunavut Section, all Regions of Skate Canada: Alberta-NWT/Nunavut Section, Ice Palace Figure Skating Club and any of their Representatives, including all related costs and expenses, and against any loss, costs, damages, or expenses which Skate Canada and/or Skate Canada: Alberta-NWT/Nunavut Section, all Regions of Skate Canada: Alberta-NWT/Nunavut Section, Ice Palace Figure Skating Club and any of their Representatives may sustain, suffer, incur, or be liable for resulting from, arising from, or in any way related to my (or my son/daughter/ward's) participation in the Sports Activity. I also agree and undertake not to make any claim or take any proceedings against the Representatives set out above, or any other person or corporation which might claim contribution or indemnity under the provisions of any statute or otherwise from the Representatives set out above.

4. SEVERABILITY

The provisions of this Assumption of Risk and Waiver shall be deemed severable and if any provision or

portion thereof is held invalid, illegal or unenforceable for any reason, the remainder shall not thereby be invalidated, but shall remain in full force and effect.

Acknowledgement: I am aware of the nature and effect of this Assumption of Risk and Waiver and I fully understand all of the terms and conditions above. I understand that I have given up substantial rights by signing this Assumption of Risk and Waiver and I am signing it freely and voluntarily without inducement.

Parent/Guardian: I certify that I am the parent or legal guardian of the participant named below and that I am entitled to his or her custody and control. I understand the aforesaid inherent risks that could arise from these activities, I grant permission for my son/daughter/ward to participate in the Sports Activity and other activities incidental thereto and I execute this Assumption of Risk and Waiver on behalf of myself and my son/daughter/ward.

Participant's Name: _____ **Date of Birth (D/M/Y):** ____/____/____

Participant's Signature: _____

Parent/Guardian Name(s): _____ / _____

Parent/Guardian Signature(s): _____/ _____

Date (D/M/Y): ____/____/____

Appendix

Additional Description of Sports Activity

CanSkate programming and activities
Junior Academy and JumpStart programming and activities
Junior Academy and JumpStart seminars, training, and camps
STARSkate programming and activities
Assessment Days & Events

Participant's Name: _____

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APPENDIX C
ILLNESS POLICY

A "participant" includes a skater, coach, volunteer, or parent / spectator.

1. **Inform an individual in a position of authority (coach, Ice Palace supervisor) immediately** if you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, and loss of appetite.

2. **Assessment**
    a. Participants will have a daily verbal screening for symptoms upon arrival at the facility
    b. Supervisors/coaches will visually monitor participants to assess any early warning signs as to their health status
    c. If Participants are unsure, they will be instructed to use the Alberta Health COVID-19 self-assessment tool

3. **If a Participant is feeling sick with COVID-19 symptoms**
    a. They should remain at home and contact Health Link at 811
    b. If they feel sick and/or are showing symptoms while at the facility, they will be sent home immediately and will be instructed to contact 811 or a doctor for further guidance
    c. No Participant may participate in a session if they are symptomatic

4. **If a Participant tests positive for COVID-19**
    a. The Participant will not be permitted to return to the facility until they are free of the COVID-19 virus as verified by a medical professional
    b. Any Participants who practice closely with the infected participant will also be removed from the facility for at least 14 days to ensure the infection does not spread further
    c. If any participant tests positive, the club will inform the Alberta-NWT/Nunavut Section Office of the positive case

5. **If a Participant has been tested and is waiting for the results of a COVID-19 test**
    a. As with the confirmed case, the Participant will be removed from the facility
    b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and contact Health Link at 811
    c. Other Participants who may have been exposed will be informed and removed from practice for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities

6. **If a Participant has come in to contact with someone who is confirmed to have COVID-19**
    a. Participants must advise their coach and/or the Ice Palace supervisor if they reasonably believe they have been exposed to COVID-19
    b. Once the contact is confirmed, the Participant will be required to follow the direction of Alberta Health Services

7. **Quarantine or Self-Isolate if:**
    a. Any Participant who has a member of their household who has travelled outside of Canada and has experienced any symptoms identified on the verbal health screening questionnaire within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate
    b. Any Participant with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate
    c. Any Participant from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate
    d. Any Participant who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility

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APPENDIX D
SKATER CHECKLIST

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)
- ☐ Eat before you come. If you take food, ensure it is self-contained and do not share.
- ☐ Thoroughly wash your hands with soap and warm water
- ☐ Thoroughly wash training clothes and accessories including water bottle, phone, gloves, skates, guards, blade rag, etc.
- ☐ Use the washroom

AT THE ARENA

- ☐ Put your skates on outside or in your vehicle. Leave your skate bag and shoes in your vehicle if possible.
- ☐ Arrive at the facility no more than 15 minutes prior to your session
- ☐ Wash your hands with soap and water or sanitize using hand sanitizer
- ☐ Register with the Ice Palace supervisor for Contact Tracing Attendance
- ☐ Respect social distancing guidelines at all times
- ☐ Avoid touching door handles, gates, benches, and all other common surfaces
- ☐ Follow all guidelines and procedures established by the facility and by the Ice Palace Figure Skating Club

AFTER SKATING IS COMPLETE

- ☐ Wash your hands with soap and water or sanitize using hand sanitizer immediately after getting off the ice
- ☐ Leave the facility immediately following your session
- ☐ Throughly wash all training clothes and accessories including water bottle, phone, gloves, skates, guards, blade rag etc.