



RETURN TO PLAY

CANSKATE
JUNIOR ACADEMY
JUMP START



ICEPALACE
FIGURE SKATING CLUB

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The Ice Palace Figure Skating Club is 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. We are excited to be back on the ice and encourage everyone to work together to ensure a safe environment.

Item	Protocol
Self-screening measures	<p>Individuals must not attend any classes or club activities if they:</p> <ul style="list-style-type: none"> • 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 • Have been in contact with someone with COVID-19 in the past 14 days <p>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.</p>
Screening of individuals	Each participant must complete an on-site verbal screening before participating in any club activities.
Entry / Exit to facility	<p>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.</p> <p>Individuals shall use the designated entry and exit doors and follow the one-way flow patterns established by the facility.</p>
Dressing Rooms	Dressing rooms will not be used at this time. Skaters must enter the building wearing their skates with guards to protect their blades.
Parents / Spectators	<p>There will be no spectators allowed in the facility. One parent is permitted to enter the facility to drop off their child near ice level and then return for pick up at the conclusion of the skating session.</p> <p>The parent should help remove their child's skate guards before they go on the ice and should return 2 minutes before the class ends to wait at the pick-up spot with the guards.</p>
Cleaning / Disinfecting	<p>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.</p> <p>Hand sanitizer stations are located throughout the facility including near the ice surface.</p>
Personal Protective Equipment (PPE)	<p>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.</p> <p>Coaches are required to wear a non-medical face mask at all times.</p>
Physical Distancing	Skaters are required to maintain a physical distance of 3 metres with skaters and coaches at all times. There will be a supervisor who makes sure that social distancing guidelines and traffic flow are being followed.
Coaching	All coaching will be done using verbal cues. There should be no physical contact with the skater unless medical attention is required.

Item	Protocol
Personal Hygiene	<ul style="list-style-type: none"> • 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
Club Office	The Club office will be closed to the public. All administrative activities will be conducted online.
Compliance with regulations / Waiver	<p>All individuals must comply with the most current version of these <i>Return to Play</i> protocols established by the Ice Palace Figure Skating Club and must adhere to all federal, provincial, and municipal regulations. Non-compliance may result in removal from our programs without a refund.</p> <p>An Assumption of Risk and Waiver form must be completed by each participant (including staff, skaters, coaches, and volunteers) prior to participation in any activities.</p>

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