



# RETURN TO PLAY PHASE THREE



**ICEPALACE**  
FIGURE SKATING CLUB

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The Ice Palace Figure Skating Club is committed to ensuring 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	<p>All attendees, including participants, parents, and coaches must screen themselves using the Alberta Health Daily Checklist before arriving at the facility. Individuals must not attend any training sessions or club activities if they:</p> <ul style="list-style-type: none"> <li>• Exhibit any COVID-19 symptoms</li> <li>• Are legally required to quarantine or isolate</li> </ul>
Personal Protective Equipment (PPE)	<p>All individuals are required to wear a non-medical face mask whenever they are in or near the participant areas (rink area, dressing rooms, chairs, and warm-up area). Wearing a face mask during training is optional.</p>
Parents / Spectators	<p>Parents should proceed directly upstairs to the spectator area upon entering the facility. Wearing a mask in the spectator area is recommended but not mandatory. Parents are not permitted in the participant areas unless assisting their child with skate tying.</p>
Physical Distancing	<p>Skaters are required to maintain a physical distance of 2 metres with skaters and coaches whenever they are in the participant areas or on the ice.</p>
Warm-up	<p>There is an area designated for warm-up upstairs at TRC. Skaters must wear masks while warming up and must remain a minimum of 2 metres apart at all times.</p>
Coaching	<p>Coaching should be done using verbal cues as much as possible and should avoid physical contact with the skater unless medical attention is required.</p> <p>Coaches are required to wear masks when coaching children 11 years of age and younger.</p>
Cleaning / Disinfecting	<p>All skaters should sanitize their hands before and after following each training session</p> <p>The arena staff will follow a cleaning schedule to ensure disinfecting at regular intervals. A disinfectant spray will be used to spray all high touch areas, doors, equipment, chairs, etc. Hand sanitizer stations are located throughout our facilities.</p>
Technology / Equipment	<p>The coaches will play music for the skaters by using a Bluetooth connected device or CDs.</p> <p>Any use of technology (iPads / Dartfish etc.) must adhere to physical distancing protocols by remaining 2 metres apart.</p> <p>The use of harness is permitted following the guidelines set out by Skate Canada: Alberta-NWT/Nunavut.</p>
Club Office	<p>The Club office is closed to the public at this time. All administrative activities will be conducted online.</p>
Compliance with regulations / Waiver	<p>All individuals must comply with the most current version of the <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 training sessions without a refund. An Assumption of Risk and Waiver form must be completed by each participant (including staff, skaters, and coaches) 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*

- STARSkate programming and activities
- Competitive Skate programming and activities
- Athlete Development seminars, training, and camps
- Assessment Days & Events
- AdultSkate programming and activities

Participant's Name: \_\_\_\_\_