



Salmon Arm Skating Club COVID-19 Return to Skate Plan

Physical Distancing

By practicing safe physical distancing we can help reduce the spread of illness. SASC will be making changes in our programming to ensure we minimize close contact between Skaters and Coaches to encourage our participants to stay healthy. Here's how we plan to do that:

Greeting each other with waves and smiles instead of hugs and handshakes.

Posting signs in the arena to encourage social distancing and illness prevention measures.

Skaters will be required to come dressed and ready to go. Dressing rooms will be open 10 minutes before their scheduled ice time for skate tying only, rooms will be left open so Skaters are asked to leave all personal belongings at home.

If a Skater needs help tying their skates, a parent can do so outside the arena and send the Skater in with their hard guards on their blades.

Skaters will keep all personal belongings in vehicles or at home- including cell phones, skating bags, purses and backpacks. Nothing is to be stored in the Skaters assigned dressing room.

Skaters and Coaches will rely on verbal cues as much as possible and avoid physical contact. If contact is required it will be discussed ahead of time, both Coaches and Skaters will be encouraged to wear PPE.

Skaters will only enter the building, parents are not permitted. There will be a designated entrance to avoid congestion.

Lesson plans will be adapted to ensure a space of 6 feet between each skater.

There will be no gathering in the lobby or bathrooms.

Hygiene

The arena will provide hand sanitizer available upon entrance to the rink for Skaters to use when they arrive.

Frequent hand washing can reduce the spread of COVID-19, Skaters will be encouraged to wash their hands for 20 seconds with soap and warm water, especially after using the washroom.

When coughing or sneezing a skater should cough into a tissue or their elbow, not their hand and dispose of any used tissues in a lined garbage can immediately after use.

Skaters should not touch their eyes, nose or mouth with unwashed hands.

Masks for regular programming are not necessary, but will be personal preference of a Skater or Coach.

Cleaning

The arena has outlined a cleaning policy- the following will be done by arena staff:

Washrooms will be fully cleaned (counters, faucets, towel dispensers, soap dispensers, toilets, cubicle doors) twice a day or when visibly dirty.

Touch point cleaning of door handles will be done twice a day or when visibly dirty.

Dressing rooms and the top rail of the players bench area will be done after each ice session.

Facility doorknobs will be cleaned frequently.

Below are the responsibilities of Coaches or a volunteer:

The Coaches Room will be cleaned with a disinfectant after each use- including a wipe down of all touched surfaces and chairs.

Any Teaching Aids (harness or pylons) will be cleaned after each use and stored properly.

Sanitizer wipes will be available to wipe down bench gates and music booth after each use.

Programming Considerations

Registration will be conducted online this year- paper copies of registration will not be accepted.

Fees may be paid by ETransfer to avoid the use of cash. If cash or cheque are required please contact the Membership Coordinator.

Upon registration a written Health Questionnaire will be required.

Anyone participating in our programming this year will be required to regularly check their health status. Upon arrival to the rink a Skater will sign in and a Verbal Health Check will be required.

If a Skater is feeling ill, they will be required to stay home. If they exhibit symptoms upon arrival they will be required to go home.

Traffic flow will be clearly marked upon entry to the Arena. Skaters will be required to follow the guidelines to their assigned dressing room.

Upon finishing their session, Skaters will have 10 minutes to exit the arena back through their assigned dressing room and down the hall to the main entrance. Parents can meet their Skaters outside after their session is complete.

Skaters will be required to come to the rink fully dressed. Dressing rooms will be available to tie skates only. Skaters will not be able to store any personal belongings in the dressing room as the doors will remain open at all times to avoid any additional touchpoints.

Skaters must all bring their own gloves and clearly labelled water bottles. Fountains won't be available.

Once a Skater's session is finished, they will have 10 minutes to exit the arena.

Parents will not be permitted inside the arena.

Any cool down stretching should be done outside or at home.

Communication

SASC will designate Angela Inglis to be the COVID-19 Lead and Program Ambassador. This person will be required to communicate any information to Skaters/Parents/Coaches. They will monitor government developments and update SASC on how they affect our programming.

Parents and Skaters will be kept up to date online via e-mail, Facebook and our Website depending on the information communicated.

Coaches Safety Plan

Coaches who exhibit symptoms of COVID-19 (including fever, cough, sore throat, sneezing) should immediately notify our COVID-19 Lead and leave the arena. If a coach is exhibiting these symptoms at home, the coach should remain at home. In both cases the coach should contact a physician for further instruction.

Coaches may need to isolate for 10-14 days depending on the advice of their physician.

Anyone who was in proximity to the Coach experiencing these symptoms will be required to self monitor.

Support

We are all extremely excited to be back on the ice this year and in order to make that happen SASC will be strictly following all policies and procedures outlined by the Shaw Centre. We kindly ask each family to support us in this endeavour. It's going to take every one of us working together to ensure a successful season and we're counting on your understanding at this time. Verbal or physical abuse towards Coaches, Volunteers, or Arena Staff will not be permitted. Thank you all for your understanding.

Contact Information

If you have any questions regarding the club or the policies outlined above, please contact Angela Inglis at salmonarmskatingclub@gmail.com