

Thank you for joining the PGFSC CanSkate program! We are excited to have you on board.

Coivd Protocols:

- Here is a link to our covid page: <https://pgfsc.uplifterinc.com/pages/COVID-19>.
- On the covid page- please be sure to read over the illness policy and the waiver.
- Spectators are not permitted at this time. The City of Prince George requires that once parents finish tying skates, they exit the building, and may return to remove skates at the conclusion of the session.
- Only one parent or caregiver per family will be admitted to tie or remove skates.
- Siblings, guests, etc, are not permitted in the building.
- Everyone entering the building must wear a mask properly for the duration of their visit.
- Skaters may remove their masks once they put their helmet on, and must put it back on when the helmet comes off at the end of the session.
- A reminder that we are strictly no contact. Your skater must be able to get up and skate on their own. If they aren't able to do this, unfortunately we will have to withdraw them from the program and refund your money. The insurance portion (\$45)of the fee is non-refundable.

Equipment:

- CSA approved hockey helmet (other types of helmets are not permitted)
- Warm clothing including gloves or mittens
- Skates
- Reusable bottle of water (or generic, but it must be marked with the skaters name)

Entry Procedure:

- Entry time is 5:45 pm.
- Line up at the Kin 2 entry point- it is near the barns, to the far right of the building (toward the oval).
- Here is a link to the City's arena map, etc:<https://www.princegeorge.ca/Things%20to%20Do/Pages/Recreation%20and%20Activities/ArenasandSkating.aspx>
- Each participant will be screened and then admitted to the facility.
- Please sanitize your hands and make your way to the seating area inside of the arena (to your left of the entry door)
- Get your child ready to get on the ice, and then proceed to the marked exit.

End of Session Procedure:

- You will be readmitted to the building at the conclusion of the session.
- Please sanitize your hands.
- Assist your child
- Exit the premises through the marked exit.

CanSkate Info:

- Session format: warm up, lesson time, group activity, and finally cool down, all to great music!
- Skaters will learn skills in a progressive format in each focus area: control, balance and agility.
- Assessments will take place during their sessions on February 25, March 4 and March 11.
- Report cards will be handed out on the final day: March 18th.

Please follow the direction of our volunteers.