



Return to Play Guidelines

What you need to do and what we are doing!

RETURN TO PLAY GUIDELINES & RECOMMENDATIONS FOR PGFSC PARTICIPANTS

If you wish to skate, make sure that you follow the below recommendations:

BEFORE YOU SKATE

Do not skate if you:

- Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts.
- If you or someone in your household has been in contact with someone with
- If you or someone in your household has travelled outside of Canada in the last 14 days.

It is highly recommended that if you are a person who has been identified as vulnerable or at risk, as described below, you should consider not participating PGFSC Programs or figure skating related activities. It may be defined that a vulnerable or at risk person is:

- A vulnerable or at risk person (especially elderly individuals), who are immunosuppressed, individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma.
- You may want to consider any vulnerable or at risk persons in your household or persons you have frequent contact with as well.

Skaters, coaches, and volunteers will have a daily verbal screening for symptoms upon arrival at the entrance of the facility.

Make sure there is availability on your desired session. Numbers will be limited to 16 people, including coaches, allowed on or near the ice at any one time. All session registration and payments must be online. No bookings or payments in person at the facility. Buy on will be permitted when booked online at least 24 hours prior to the scheduled session.

REFUND POLICY

- All refunds will be given as a club credit which can be used toward future club programming. This includes if the arena/facility is forced to close.
- If your skater is sick and unable to attend a session they registered for, they will not be permitted to return to our sessions for a minimum of 14 days, unless we are provided with a valid doctors note. Any sessions you're not able to attend as a result of illness or our mandatory quarantine will be given as a club credit which can be used toward future club programming.
- If your skater is unable to attend a session they registered for because you have an appointment, etc, we require 48 hours notice. If you do not cancel with the appropriate notice, you will **not** be given a club credit for the session.

PREPARING TO SKATE

- Access will be limited to those participating in the booked activity: skaters, coaches and volunteers.
- Participants will be dropped off in the nearby parking lots.
- Designated separate entrance and exits will be located to the exterior of the facility. Upon arrival patrons must disinfect their hands.
- Participants must come dressed, including skates and skate guards.

- Parents/Siblings, etc, will not be permitted access to the facility.
- User Group access into office space will be limited to administrative and coaching staff only. The PGFSC office will not be available as a viewing area to any board member, etc.
- Arrival time will be 15 minutes before your scheduled session. Be on time. We will have a volunteer screening all entries for our session. If you are late and miss the screening, you will not be permitted to enter the building or skate, with no refund or credit for the session.
- Dressing rooms are not available for use at this time.
- Skaters will go to the designated seating locations in the foyer. Skate guards/equipment bag will be left in that area when the skater takes the ice.
- Skaters may bring: labelled full bottle of water, tissues (if used, must be immediately thrown into a garbage can), hand sanitizer, and a mask (if desired). These items will be placed along the boards in a designated area. It is recommended you get a plastic basket or a bag (that can be sanitized) for ease of carrying the belongings onto the ice.
- Players benches may not be used.
- Self led off ice warm up can only be done outside and skaters must keep a 2 metre distance with other skaters and coaches.
- Dryland sessions will take place via zoom. Late entries to zoom dryland will not be permitted past a 2 min grace period.
- To protect yourself against infections:
 - Wash your hands with disinfectant soap and hot water for at least 20 seconds before going on the ice for each session.
 - Bring hand sanitizer. Each participant must bring their own hand sanitizer.
 - Clean your equipment, including your skates, clothing and water bottles regularly.
 - Do not share any equipment (water bottles, clothing, gloves, facial tissue, towels) with other skaters or coaches.
 - Used Tissues must put into the garbage can immediately after use. Do not put on the boards or anywhere else. You should use hand sanitizer immediately after blowing your nose.
- Wear clean clothes and gloves for each day of training. Make sure used clothing and gloves are washed immediately when you return home from training.
- Make sure you have enough water before leaving the house as we will not be permitting use of the fountains/filling stations.
- Other than reusable water bottles, no other food or drink can be brought into a facility.
- Consider wearing a mask and/or gloves while skating.
- If you cough or sneeze, do so in a tissue or in your elbow/sleeve. If you use a tissue immediately dispose of the tissue in a garbage can. You should use hand sanitizer immediately after coughing or sneezing.
- Avoid touching door handles, gates, benches and all other objects where the virus could survive. If you touch something, make sure to use hand sanitizer immediately after.
- While waiting to go on the ice, stay in the designated area, following physical distancing markers and stay away from others. Avoid putting equipment on the boards while waiting to go on the ice.

WHILE SKATING

- Avoid all physical contact, for example shaking hands, high fiving or hugging, with other skaters and coaches.
- Avoid touching your face during your skating session. Should you need to touch your face you must use hand sanitizer immediately after touching your face.
- Make spatial awareness a priority. Try to keep a 2 metres distance from other skaters and coaches while on the ice at all times.
- Only one skater will be permitted at the boards at a time (water breaks, etc).
- Do not touch any equipment, including music playing equipment. One designated person will operate all equipment for all skaters.

AFTER SKATING

- Wash your hands carefully with hot water and disinfectant soap or with hand sanitizer.
- Leave the arena immediately (within approximately 15 minutes) after you finish skating.

NOTE: Facility guidelines and protocols must be followed for the safety of all arena staff, PGFSC staff/volunteers and the greater community; any violation could result in the termination of our booking contract with the City!

PGFSC is doing the following:

- Following guidelines as set forth by Skate Canada, BC/YK Section, government authorities and the City of Prince George.
- We will have one adult volunteer per session (this position will be rotated through interested parents daily):
 - Session Leader – this person will do sign in and screening at the arena entrance prior to entry, they will run the entry and exit gates on the ice (ensuring physical distancing is being adhered to), and they will supervise or assist skaters who need to leave the ice. A mask, gloves and all necessary supplies will be provided.
 - The session leader is not permitted to let “late” skaters, other users, parents/ family members/friends into the building.
 - We need a full accounting of our entries to the arena every day so if you notice anyone who is not a volunteer, coach or participant inside the facility (with our group), please make note of their name on our attendance list.
 - Volunteers are not permitted to take photos/videos of sessions (this includes your own skater).
 - If you are unable to attend your scheduled volunteer session, please arrange with another parent to take your place.
- Our staff will be maintaining physical distancing when coaching skaters so there will be no hands on instruction.
- The use of the harness will be limited to one staff member per day. The harness will be sanitized between each use. The staff member will wear a mask and gloves during this time.

- We will be doing private lessons in a one on one format, with some 2 person or 3 person groups as needed (depending on numbers) This may need to be a consideration for your budget. Any private group lessons will follow physical distancing.
- We will do on ice group classes in formats that we are able to follow physical distancing standards.
- We have appointed Amber Friess as our Covid-19 point person to communicate with you in the event of a possible outbreak. Her email is: amber.friess@gmail.com or her cell is 250-961-8844.
 - In the event of a possible outbreak we will consult with local health authorities, the City of Prince George and we will notify you via email or phone/text with all information including next steps.
- If a skater is injured on the ice, they will be attended to by a coach. We ask that volunteers keep their distance unless your assistance is requested. This includes if the skater is your child.
- In the event of an emergency or fire alarm, etc – all persons should proceed outside immediately or follow the instruction of rink or emergency personnel. Personal belongings are to be left behind.

PGFSC ILLNESS POLICY

In this policy, “Participant” includes an employee, volunteer, skater, or persons entering the facility for PGFSC activities.

PLEASE NOTE THIS INFORMATION WAS TAKEN FROM AND PROVIDED BY SKATE CANADA BRITISH COLUMBIA/YUKON

1. Inform an individual in a position of authority (coach, club administrator for PGFSC) 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 or loss of appetite.
2. **Assessment**
 - a. Participants must have daily verbal screening for symptoms upon arrival at the entrance of the facility.
 - b. Administrators/coaches will visually monitor participants to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.
 - c. If participants are unsure please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool.
3. **If a participant is feeling sick with COVID-19 symptoms**
 - a. They should remain at home and contact Health Link BC at 8-1-1
 - b. If they feel sick and/or are showing symptoms while at work/practice/activity, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
 - c. NO participant may participate in a practice/activity if they are symptomatic
4. **If a participant tests positive for COVID-19**
 - a. The participant will not be permitted to return to the workplace, practice, facility until they are free of the COVID-19 virus **as verified by a medical professional**.
 - b. Any participants who work/practice closely with the infected participant will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
 - c. Close off, clean and disinfect their work/practice/facility are immediately and any surfaces that could have potentially been infected/touched.
 - d. If any participant tests positive, the club/skating school must inform the BC/Yukon Section office of the test positive case by emailing bcyksection@skatingbc.com

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 must be removed from the workplace/practice/facility.
- b. The Public Health Agency of Canada advises that any person who has even mild symptoms is to stay home and call the Public Health Authority of BC.
- c. Other participants who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by the Health Authorities.
- d. The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

6. If a participant has come into contact with someone who is confirmed COVID-19

- a. Participants must advise their coach/club administrator if they reasonably believe they have been exposed to COVID-19.
- b. Once the contact is confirmed, the participant will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by Public Health Authorities. Participants who may have come into close contact with the participant will also be removed for the workplace/practice/activity for at least 14 days.
- c. The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

7. Quarantine or Self-Isolate if:

- a. Any participants or someone from your household who has travelled outside of Canada within the last 14 days is not permitted to enter any part of the facility and must quarantine or self-isolate.
- b. Any participant who has a member of their household that has travelled outside of Canada within the last 14 days is not permitted to enter any part of the facility and must quarantine or self-isolate.
- c. Any participant with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- d. 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.
- e. 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.

PGFSC Health Screening Questionnaire

This questionnaire must be completed VERBALLY upon arrival to the facility daily.

The answer to all the questions must be “NO” in order to participate in each club activity.

1. Do you have a fever (a temperature of 37.8 C or higher)

YES _____ NO _____

2. Do you have any of the following symptoms?

COUGH

YES _____ NO _____

Shortness of Breath

YES _____ NO _____

Runny nose, sneezing or nasal congestion (not related to other know causes such as seasonal allergies etc)

YES _____ NO _____

Sore throat

YES _____ NO _____

Difficulty Swallowing

YES _____ NO _____

Lost sense of taste or smell

YES _____ NO _____

3. Have you or someone in your household travelled outside of Canada or had close contact with anyone that has travelled outside of Canada in the past 14 days?

YES _____ NO _____

4. Have you had close contact in the past 14 days with anyone with a new cough, fever or difficult breathing or a confirmed case of COVID-19?

YES _____ NO _____

If an individual answer “YES” to any of these questions, they are NOT permitted to participate in any club activities.