



## **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 enter the building 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.

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

Numbers during phase one will be limiting to 24 people, including coaches, allowed on the ice at any one time. We will have up to 2 volunteer session leaders per session to assist skaters and act as a covid ambassador.

### **REFUND POLICY – for Covid related reasons**

- Refunds will only be given for authority mandated quarantine, or forced closures.
- 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.

### **PREPARING TO SKATE**

- Entry 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.
- All who enter are required to wear a mask PROPERLY for the duration of your visit to the arena.
- Skaters may remove their mask once on the ice, but must put it back on prior to leaving the ice. Note – those wearing helmets may take off their mask when the helmet goes on, but must mask up when the helmet comes off.
- **Only one parent/guardian/caretaker per family will be permitted to enter the building to tie skates (if needed). Once skates are tied, parents must exit the building. No other family members, friends or guests may enter the building with the skater/family.**
- Skaters should bring the following items to a session: skates, guards, gloves, filled reusable water bottle, tissues, binder, hand sanitizer and a mask. Phones will be permitted so long as they are not used except for emergencies.
- Self led off ice warm up can only be done outside.
- Skaters and coaches must come dressed to skate with only the skates to be put on.
- If dressing rooms are not available, benches or chairs may be provided for skaters and coaches to put their skates on near the ice. Markings on the ground will show where skaters and coaches can sit so they are spaced out 2 metres apart.
- To protect yourself against infections:
  - Wash your hands with disinfectant soap and hot water for at least 20 seconds after you use the washroom.
  - Use hand sanitizer upon entry and exit.

- p Use dedicated entrances and exit doors.
  - o Clean your equipment, including your skates, clothing and water bottles regularly.
  - o Do not share any equipment (water bottles, clothing, gloves, facial tissue, towels) with other skaters or coaches.
  - o 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.
- 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, stand at the designated physical distancing markers and stay away from others.

#### **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.

#### **AFTER SKATING**

- Leave the arena immediately (within approximately 15 minutes) after you finish skating.

**NOTE: Anyone who is not complying with all facility, government and club protocols will be asked to leave the facility.**

#### **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 up to two adult volunteers per session (these positions will be rotated through interested parents daily):
  - o Session Leader – this person will do sign in and screening at the entry door, they will run the entry and exit gates on the ice (ensuring physical distancing is being adhered to), helping with sanitization, and they will supervise or assist skaters who need to leave the ice. A mask, gloves and all necessary supplies will be provided.

- Our staff will do their best to maintain physical space during lessons. Hands on instruction will be avoided.
- The use of the harness will be limited to one staff member per day. The harness will be sanitized between each use.
- 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](mailto: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/parents keep their distance unless your assistance is requested.
- 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.

Updated March 30, 2021