## **SKATER CHECKLIST**

To be used to help skaters prepare for training

**Before you leave home**

* DO NOT leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose)
* Check for facility / arena closures
* Eat before you come, if you take food please ensure it is self-contained, do not share
* Thoroughly wash your hands with soap and warm water
* Thoroughly wash water bottles with soap and warm water
* Thoroughly wash training clothes and accessories including gloves, hard guards, blade rag etc.
* Pre-Register for your session
* Warm up at home, if whether prevents warming up outside
* Use the washroom
* Sign **Skate Canada Assumption of Risk and Waiver** either online or bring a signed copy to the arena prior to or at the first session you are registered for

**Arrival at the Arena**

* Arrive at facility no more than 15 minutes prior to scheduled ice session
* Warm up outside if possible, maintaining physical distance of 2m
* Place your skates / gloves on outside, in your vehicle, if possible. Leave your skate bag and shoes in your vehicle if possible
* Enter through established entrances and follow signs
* Wash your hands with soap & water or sanitize using hand sanitizer
* Respect social distancing guidelines at all times
* Prior to first session submit signed **Skate Canada Assumption of Risk and Waiver** in designated area (if not completed online)
* Register for Contact Tracing Attendance
* DO NOT share water bottles or personal items
* Arrive no earlier than 5 minutes to the side of the rink and stay in designated area
* No public spectators allowed during Phase 1 (Parents / Guardians only)

**During floods**

* Wash your hands with soap & water or sanitize using hand sanitizer immediately after getting off the ice
* Adhere to club or skating school procedures for flood breaks and in between sessions
* Arrive no earlier than 5 minutes to the side of the rink and stay in designated area

**After on-ice Training is complete**

* Wash your hands with soap & water or sanitize using hand sanitizer immediately after getting off the ice
* Leave the facility immediately following on-ice training
* Exit through established exits
* Cool down outside the building if possible, while maintaining physical distance of 2m. Cool down at home if weather prevents cooling down outside
* Thoroughly wash water bottles with soap and water
* Thoroughly wash all training clothes and accessories including phones, gloves, hard guards, blade rag etc.