## **CANSKATER & POWERSKATER 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
* Thoroughly wash your hands with soap and warm water
* No water bottles allowed; no water fountains available
* On-line registration only
* Use the washroom
* During your registration you have accepted **Skate Canada Assumption of Risk and Waiver**

**Arrival at the Arena**

* Arrive at facility no more than 15 minutes prior to scheduled ice session
* Come into the arena fully dressed including skates. Leave your skate bag in the vehicle.
* Enter designated arena entrance
* Sanitize your hands using hand sanitizer
* Respect social distancing guidelines at all times; wear a mask in the lobby and hallways
* Get logged in and complete health screening and temperature checked
* Skaters head straight to the side of the rink and stay in designated area
* Spectators head straight to the stands and take a seat either social distancing or wearing a mask
* One spectator per participant
* There are limited spectator spaces; spectators are not allowed at ice level unless invited by a coach

**After on-ice Training is complete**

* Sanitize using hand sanitizer immediately after getting off the ice
* Leave the facility immediately following on-ice training
* Exit through the designated exit doors
* Thoroughly wash all training clothes and accessories including phones, gloves, hard guards, blade rag etc.