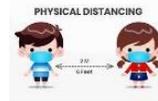
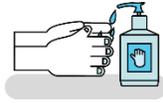




Upper Canada SC COVID Protocols, Restrictions and Screening



- Skate Ontario Acknowledgment, Release, Indemnity and Assumption of Risk regarding COVID-19 (COVID-19 Waiver) must be signed before skaters will be permitted to skate.
<https://skateontario.org/wp-content/uploads/2020/07/Skate-Ontario-Waiver-2.0-.pdf>
- Skaters and parents/guardians of skaters under the age of 18 years old will be presented with the COVID-19 Waiver during the registration process as one of the required policies. Skaters and parents/guardians of skaters under 18 must review and sign digitally to complete registration.
- Registration is to be completed online only.
- Payment Method: E-transfer only. Send payment to uppercanadaskating@bellnet.ca. The Club is set up for autodeposit. No password is required.
- Must self-screen in accordance with current public health guidelines before heading to the club. Individuals must stay home and not attend any club activities if they exhibit any one of the COVID-19 symptoms.
- Skaters must enter the arena through the **Main Arena Door** on Church Avenue and NOT the main entrance to the community centre.
- One parent/guardian/adult per skater under the age of 18 is allowed to accompany skater to the Check-In area. No Siblings are allowed to accompany parent and skater to the check in area.
- Parent/guardian/adult must leave the arena after the skater checks in. It is recommended that parents/guardians (especially those of young children) to remain close by and can come to the arena quickly if needed.
- **Skate Guards will be necessary** – Make sure your skater has them to walk from the car, through the arena to the ice. Change/Dressing rooms **will be closed**.



Skate Guards

- Skaters must arrive not earlier than 15 minutes before start of session. Skaters must arrive in the skating clothes, skates (with hard skate guards on) and helmet (if required).
- Skaters will be directed by coaches and/or program assistants when to go on the ice.



- Skaters should leave the facility immediately after their session with skates and guards on.
- Personal items including skating bags should not be brought into the arena. Skaters and coaches may bring their own water bottle, tissue box etc. into the arena.
- Verbal screening will be taken at the arena entrance.
- All individuals must wear masks into the arena.
- Coaches and Program Assistants will wear masks on the ice.
- Skaters may remove their mask to skate, but as soon as skaters leave the ice surface, they must put the mask back on. This includes stepping off the ice to tie skates, rest or going to the bathroom. Bring a small plastic bag to keep the mask in.
- Skater who needs to go to the bathroom must put his/her mask back on and is to return promptly to his/her group on the ice.
- CanSkaters are recommended to wear a shield on ice. A face shield can be put on their helmets using some medium plastic for the shield, velcro or tape to attach to the helmet.
- Must bring their own gloves and helmet (if required). Gloves or helmet will not be provided or be available for borrowing.
- **CanSkate 1-6** - Skater must be able to skate forward, backwards and stop; or have passed our Pre-CanSkate program.
- **Teen/Adult Learn to Skate** - Skater must be able to move/skate forward without assistance.
- Coaches will maintain a distance of 2m from skaters at all times. Hands-on coaching is prohibited.
- Pre-School and PreCanSkates will not be offered at this stage. Keep checking the website for updates.
- Review the detailed COVID protocols on our website.