

# RETURN TO SKATING

## HEALTH SCREENING QUESTIONNAIRE (MANDATORY)

This questionnaire must be completed verbally by each individual **prior** to participation in EACH training session, whether at your Skate Canada Club or Skating School or with a Skate Canada Professional Coach at another training location. A Club or Skating School employee or volunteer may administer the questionnaire but must have received training as outlined in the Club and Skating School Protocol Checklist

Information must be recorded and initialed by the individual responsible for tracking attendance on the Contact Tracing Log.

If an individual answers **YES** to any of the questions, they **must** not be allowed to participate in the sport or activity. Children and youth will need a parent to assist them to complete this screening tool.

1.	Does the person attending the activity, have any of the below symptoms?	CIRCLE ONE	
		YES	NO
	Fever	YES	NO
	Cough	YES	NO
	Shortness of breath / Difficulty breathing	YES	NO
	Sore throat	YES	NO
	Chills	YES	NO
	Painful swallowing	YES	NO
	Runny nose / Nasal congestion	YES	NO
	Feeling unwell / fatigued	YES	NO
	Nausea / Vomiting / Diarrhea	YES	NO
	Unexplained loss of appetite	YES	NO
	Loss of sense of taste or smell	YES	NO
	Muscle / joint aches (unrelated to training)	YES	NO
	Headache	YES	NO
	Conjunctivitis	YES	NO
2.	Have you, or anyone in your household, travelled outside of Canada and have or had any of the above symptoms in the last 14 days?	YES	NO
3.	Have you, or your children attending the program had close, unprotected contact (face to face contact within 2 metres/ 6 ft) with someone who is ill with cough and / or fever?	YES	NO
4.	Have you, or anyone in your household been in close, unprotected contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	YES	NO

If you have answered YES to any of the above questions do not participate. Proceed home and use the [AHS Online Health Assessment Tool](#) to determine if testing is recommended

# Fliteway Phase 1 Protocols

July 1<sup>st</sup>, 2020

## Before Coming To The Arena

- Go to the washroom
- Try to eat at home before you come
- Check emails for any changes (before 10:00 am)
- Warm-up at home before coming to the arena
- Try to come just in enough time to put your skates on
- If possible and the schedule permits, put your skates on in the car or at home before coming
- Come changed with your skating cloths on
- Bring 1 bag (skates, bug spray, water bottle, hand sanitizer)
- Put sun screen on at home

## Once you arrive at the arena

- Physical distancing is mandatory at all times!!!!!!!!!!!!!!
- If you didn't warm-up at home, warm-up outside (using social distancing)
- Once entering the arena skaters will wait in the assigned area before going on the ice (bags in hand)
- Once the group on the ice has cleared the area, the next group will go on
- We will instruct the skaters on where to place their skate bags (TBA)
- Do not touch anyone else's belongings (remain 2m apart)
- Skaters should wear masks as they enter the building and until they are on the ice

## During the session

- We may use hand sanitizer when the skaters first come on the ice
- Skate guards should be placed inside your skate bag (unless instructed differently)
- Skaters must keep moving the entire session
- Skaters should avoid leaning or resting against the boards
- No water bottles, phones, tissue boxes allowed by the ice surface (must be kept in skate bag)
- Only Coaches will be allowed to touch the iPod for the first 2 weeks

## After the session

- Skaters will have 5 minutes to leave the area
- Pick-up your skate bag and proceed to the signed area to take your skates

## Off-ice Classes

- All classes will be outside unless it is raining
- Skaters will need bug spray, sunscreen, water bottle, and hand sanitizer, hat
- Everything should fit into one bag and all items should be kept in their bag
- Skaters may take their bag with them when they go outside