



Glengarry Skating Club

Penticton, BC

**Covid-19 Return-to-Play Guidelines**

The Glengarry Skating Club (GSC) guideline to Covid-19 Return-to-Play are based on and follow all the requirements of the **Skate Canada BC/YK Return to Play for Figure Skating Guidelines** created in association with **viaSport**, and the **City of Penticton McLaren Arena Use Group COVID-19 Guidelines**. They have been created with the intention of following a 2 metre physical distancing protocol at all times, and have been thought through with the idea of our specific facility, which is McLaren Park Arena, located on King Street in Penticton, BC, and is operated by the City of Penticton.

It is the intention of the GSC to return to our sport and facility in a manner which keeps our skaters, coaches, employees, contractors, parents, and facility operators safe.

### **Number of Users**

We are currently limited to ~~40~~ **14** people on or near the ice surface. The Glengarry SC has decided to allocate these spots to ~~8~~ **11** skaters and ~~2~~ **3** coaches. This may change as we move forward. The GSC will follow all user guidelines as issued by Skate Canada BC/YK and update on an ongoing basis.

We will be using dressing rooms, as the hallway at McLaren Arena is rather narrow. We are planning to use all 4 dressing rooms, with current skaters occupying dressing rooms at one end of the hallway (ie; 1 & 2) while skaters who are preparing to get on the ice use the dressing rooms at the other end (ie; 3 & 4). We will be limiting skaters to 4 per dressing room, and will be using tape to mark off where skaters are to sit in order to maintain 2m between them while they are in the dressing rooms. **The meeting room at the south end of McLaren Park Arena will also be used in a dressing room capacity. It will be limited to 6 skaters.** The doors to the dressing rooms are to remain propped open at all times. Restrooms in the dressing rooms are being closed by the City of Penticton, so all skaters and coaches will need to use one of the 3 main restrooms off the hallway.

Spectators/parents will not be permitted in the building. If a skater needs help to tie their skates, they will need to have them put on in the parking lot, and walk in with them on.

Our 2 on-ice coaches will be using the Glengarry SC office located at the south end of McLaren Arena. As these two people are married and live together, there is no need for them to maintain a physical distance of 2m from one another. Our 3<sup>rd</sup> coach, who will be running our dryland training sessions for the Summer 2020 season will use the small dressing room (labeled 'Girls Change Room'). This 3<sup>rd</sup> coach will also act as our designated adult to control the traffic flow between sessions in order to ensure that a 2m distance is kept between all skaters and coaches while we are turning over sessions.

### **Prompt Drop-off & Pick-up**

Parents are being asked to respect all drop-off and pick-up times, and to wait outside the rink for their skater. As we are being limited to the number of people in the arena, and are monitoring how traffic will flow in and out of the building, we will be unable to allow skaters to

remain in McLaren Arena after their designated time. Skaters will need to leave the building and wait for their parents outside (and unsupervised) if the parents are running late.

### **Face Coverings (referred to as 'Mask')**

The Glengarry Skating Club Board of Directors has decided to require masks to be worn while inside McLaren Park Arena, in all areas other than while on the ice surface itself. (Dressing rooms, the main hallway, bleachers, bathrooms, lobby, etc.) This applies to all skaters, coaches, volunteers, or parents who enter the building. Masks can be made of any type of fabric that covers the mouth & nose of the wearer. Examples:

- Standard white working dust mask (Rona)
- Surgical mask (Canadian Tire)
- Buff (Canadian Tire)
- Homemade fabric mask

The GSC Board of Directors understands that this step is above and beyond what is required from both Skate Canada BC/YK and the City of Penticton. In order to keep a safe environment for our employees, contracts, and clients, this is the decision that has been made. It will remain in place for the 8 weeks of our Summer 2020 season, and will be revisited in September 2020.

### **Use of Restrooms**

The GSC will be limiting the use of the main restrooms to one person at a time. As such, we are asking the City of Penticton to ensure that the Accessible Restroom (south end of McLaren Arena) is also available in case the main restroom is occupied.

### **Dryland Classes**

Dependant on weather, all of Glengarry's dryland classes for the Summer 2020 season are planned to be held outside, and follow 2m distancing guidelines. During inclement weather, we will hold those classes inside, with participants spread out down the hall way at 2m intervals, while the coach directs from the lobby. As the other group will be on the ice surface at this time, we don't anticipate a conflict in distancing. If someone needs to pass, we will ask all skaters to step back to create a much distance as possible. If the classes are held inside, we will also ensure that the 3 sets of doors are propped open to increase air flow, and that all participants wear masks.

### **Music Equipment**

Only the 2 coaches who are on ice are permitted to use the music equipment. As these two people are married and live together, there is no need for them to maintain a physical distance of 2m from one another, or to clean the equipment between users.

### **Screening**

All skaters and coaches will be required to participate in a verbal Covid-19 screening each time they arrive at the arena for their session. Any person who seems to be ill, or who has been in contact with an ill person will be refused entry. This is as per the Skate Canada BC/YK & viaSport guidelines.

### **Flow of Users**

Our assigned Dryland Coach for the day will run our outdoor dryland classes, and manage our traffic flow throughout the building during session change overs. This adult will be responsible for ensuring that a 2m physical distance is kept while skaters are:

1. Entering the building and screening (only enter at the west door – by the lobby)
2. Moving from the entrance to their assigned dressing room
3. Moving from the dressing room to the ice surface
4. Moving from the ice surface to their assigned dressing room
5. Moving from their assigned dressing room to outside for their dryland session
6. Moving back inside McLaren to wait for parent pick-up (only exit at the south door - by the GSC office)

### **On-Ice Protocols**

The following protocols will be put in place and managed by the two coaches who are on the ice surface at McLaren Arena.

1. Only the NW ice gate will be used to enter the ice by skaters. Physical distancing marks will be used to ensure proper spacing before the session.
2. Only the SW ice gate will be used to exit the ice by skaters. Physical distancing marks will be used to ensure proper spacing as skaters wait to file through the gate.
3. Only a skaters' own water bottle may be brought to the ice. No other food or drink is permitted. There will be markers on the player benches boards for placement of water bottles, guards, and tissue.
4. All used tissues MUST be disposed of immediately after use. We will ensure that there are garbage bins in each of the player benches that are accessible for the skaters.
5. Gloves MUST be worn at all times. We suggest that gloves are washed after each session when the skater returns home.
6. Skaters and coaches are to ensure that a 2m distance is being kept while on the ice at all times. There will be no dance partnering lessons or jump harness lessons as these two types of lessons require close contact between the coach and skater.
7. Only the 2 coaches may use the music equipment. Skaters are to request to a coach if they would like to skate their program, and the coach will use the equipment to select their music file.

### **GSC Group Lockers**

The Glengarry SC group lockers located at the south end of the building will be unavailable during this time.

### **Summary**

The Glengarry Skating Club is committed to keeping our entire team safe during this time. Please remain flexible to our guidelines, as they may change as we follow directives that are issued by:

1. Skate Canada BC/YK
2. viaSport

### 3. City of Penticton

If you see an item that we can do better on, please let us know. We're happy to review the protocols that we have put into place, and adjust to improve.

Welcome back & happy skating!