



Glengarry Skating Club

Penticton, BC

Covid-19 Return-to-Play Guidelines

Spring 2021 at the Okanagan Hockey Training Centre

The Glengarry Skating Club (GSC) guidelines 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 & Skate Canada BC/YK Section CanSkate Program Requirements and Delivery Standards with Covid-19 Considerations** created in association with **viaSport**, and the **Spectra Covid-19 Policies & Procedures at the SOEC Complex Facilities**. 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 the Okanagan Hockey Group Training Centre, located at the SOEC campus in Penticton, BC, and is operated by the Spectra Venue Management.

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 limiting participants to the following numbers of people on the ice:
CanSkate & Star Academy sessions; 25 skaters on ice (including participants & coaches)
CanPowerSkate sessions; 18 skaters & 2 coaches
StarSkate & CompetitiveSkate sessions; 18 skaters & 4 coaches
This may change as we move forward. The GSC will follow all user guidelines as issued by Skate Canada BC/YK & Spectra and update on an ongoing basis.

We will be using the 4 dressing rooms and the OHTC Warmup Area to seat participants while waiting to get on the ice. We are planning to use all 4 dressing rooms and the OHTC Warmup Area with current skaters occupying space in one part of the building (ie; 1 & 4 & WU) while skaters who are preparing to get on the ice use the dressing rooms in the other part (ie; 3 & 6). We will be limiting skaters to the recommended number of skaters per dressing room as outlined by Spectra. The doors to the dressing rooms are to remain propped open at all times. Showers in the dressing rooms are being closed by Spectra and will be unavailable.

The dressing room schedule will be as follows:

CanSkate/CanPowerSkate; Red – 1, Purple – 4

Star Academy; Warmup Area

Primary StarSkate; 3&6

Int/Sen StarSkate & CompetitiveSkate; 1&4

Our 1st & 2nd on-ice coaches will be using Ref Room #3 office located in the hallway between the OHTC & the SOEC. 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 3rd & 4th coaches will use the players benches, with one coach located in the Visitors and one in the Home.

Spectators/Parents/Designated Adult

CanSkate & Star Academy sessions; 1 adult per family to help skater prepare and leave the session, no spectators during the session. The 1 adult per family should wait in their car at the parking lot to McLaren Park Arena with access to their phone. Please be sure that the phone

number listed on the Covid-19 screening paperwork is the correct number for the responsible adult at the session.

StarSkate & CompetitiveSkate sessions; no spectators in building.

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 and Spectra require masks to be worn while inside OHTC, 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

Skaters in the CanSkate, Star Academy, & CanPowerSkate program are permitted to remove their mask when they put their helmets on.

Skaters in the StarSkate & CompetitiveSkate must leave their mask on while on the ice surface, unless they are the one designated skater performing their program to the music. The GSC Board of Directors understands that this step is above and beyond what is required from both Skate Canada BC/YK and Spectra. In order to keep a safe environment for our employees, contracts, and clients, this is the decision that has been made.

Use of Restrooms

The GSC will be limiting the use of the main restrooms to one person at a time.

Dryland Classes

All Spring21 dryland training classes will be held via Zoom, and participants and coaches will take part from home. There will be no classes held at the OHTC.

Music Equipment

Only the 1st & 2nd 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, coaches, volunteers, and designated adults 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 and Spectra guidelines.

Flow of Users

Each session will have a volunteer adult who will manage flow for that session and conduct the verbal Covid-19 screening. 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 OHTC sliding glass doors)
2. Moving from the entrance to their assigned waiting space
3. Moving from the assigned waiting space to the ice surface
4. Moving from the ice surface to their assigned waiting space
5. Moving from their assigned waiting space to exiting OHTC via the exit door which is the double doors by the Zamboni bay.

On-Ice Protocols

The following protocols will be put in place and managed by the coaches who are on the ice surface at the Okanagan Hockey Training Centre:

CanSkate & Star Academy sessions:

1. All entrances to the ice surface will be through the SE ice gate. All exits from the ice surface will be through the SW gate.
2. No water bottles on the ice. If a skater needs water, they will need to exit the ice and for their designated adult to assist.
3. Gloves MUST be worn at all times. We suggest that gloves are washed after each session when the skater returns home.
4. Skaters and coaches are to ensure that a 2m distance is being kept while on the ice at all times.
5. Music for these sessions will be set up by our 1st & 2nd coaches. There are no programs to play for this level of skater, so the music will not need to change once it has been set.

StarSkate & CompetitiveSkate sessions:

1. Only the SE 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 as this type of lesson requires close contact between the coach and skater.

7. Only the 1st & 2nd 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.

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 in conjunction with viaSport
2. Spectra Venue Management

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!