

**CardelREC Complex COVID Protocols**

We are currently in Phase 3 of reopening. The following rules apply to Phase 3 while skating at CardelREC arena. Please remember if physical distancing and health screening protocols and procedures are not adhered to, the club may lose access to the facility.

**Number of Participants**

* Starskate/Special Olympics: Maximum of 20 on the ice (skaters & coaches)
* Canpower: Maximum of 25 skaters on the ice plus coaches
* Canskate: Maximum of 25 skaters on the ice plus coaches
* Synchronized Skating: Maximum of 25 on the ice (skaters & coaches)

**COVID Equipment**

* Skaters and coaches MUST wear a mask when in the facility. Masks may only be removed, by skaters and coaches, while on the ice skating
* All skaters and coaches must wear winter gloves and these gloves should be washed or changed daily

**Preparing for Your Session and Arriving at the Arena**

* Please self-screen using the Skate Ontario checklist before arriving at the arena and complete the Goulbourn Skating Club’s online Daily Health Questionnaire on the day of your session.
* Participants must come to the arena fully dressed (hockey equipment except for skates & helmet). Skaters will be able to put their skates on in the dressing room but should come otherwise fully prepared. Parents will now be allowed to enter the facility to help tie skates but must then exit once completed.
* One spectator will be allowed to enter per skater. Spectators must complete the Goulbourn Skating Club’s online Daily Health Check, and must present themselves to our Safety Officer for that session for attendance tracking.
* All skaters & spectators will enter the facility at the Rink B doors.
* Skaters & spectators for Rink A will exit the doors in the hallway between the two rinks. Skaters & spectators for Rink B will exit the Rink B doors.
* Skaters should wear a mask outside when warming up. Outdoor warm-ups are permitted if physical distancing requirements are maintained.
* Participants should be at the front doors to the facility a minimum of 25 minutes before their scheduled session. The Safety Officer for the session will take attendance and the group will enter the building 20 minutes before skating time.
* Participants will stand in the designated waiting area at the front of the facility, in spots marked for physical distancing with masks on. Individuals will be greeted by a Goulbourn Skating Club (GSC) volunteer and a facility staff member and asked to provide their name to be checked in.
* Once the entire group is present, they will be allowed to enter the building. If a participant arrives late, they may not be able to get in the building.

**Entering the Facility**

* Participants will enter the facility through the Rink B doors and follow the markings and signs to the appropriate rink. Skaters on Rink A will exit via doors that are in the hallway between the two rinks; skaters on Rink B will exit the Rink B door.
* Skaters who do not require assistance tying their skates will have access to the dressing rooms to sit while physically distancing. All belongings must accompany the skaters onto the ice.
* Each session will have 2 dressing rooms available to them, with a maximum capacity of 10 people per room. If the session has more than 20 skaters (or there are parents tieing skates, participants will need to rotate. Once done, please exit the dressing room and wait at the side of the rink for your session time to begin.

**On the Ice**

* Upon entering the ice surface, through the designated door marked “Enter”, skaters must maintain a minimum 2 metre distance for the duration of the skate from coaches and other participants.
* Participants may store their essential personal belongings on the boards along the players’ benches. There will be no access to the players’ benches permitted.
* Only coaches may touch the music. GSC coaches are responsible for bringing the club iPod or their personal music playing system. There is a cord in the music binder for coaches to plug in and disinfecting spray for cleaning the cord before and after using.

**The End of Your Session and Exiting the Facility**

* Upon completion of the ice time, skaters and coaches should put their masks back on.
* Skaters and coaches will exit to the centre ice door, marked ‘EXIT’ and proceed to the dressing room area for skate removal following physical distancing measures. Once skates are removed participants will follow the arrows to exit the building (maximum of 20 minutes).
* If the next session is late entering, please wait until the doorway has been cleared to exit the facility.
* Please quickly stretch outside and leave the premises.

**Other Reminders:**

* Leave any personal belongings in your vehicle or at home.
* Participants must bring their own filled water bottle, tissues, etc. There will be no sharing of these items. Any used tissues should be put in a Ziploc-type bag and taken with you when you leave.
* No harness use will be allowed.
* Washrooms will be accessible for skaters and coaches during their sessions. No access will be permitted for those who are not participating on the ice.
* If your skater is injured on the ice, the coaches are responsible for giving first aid. If the skater needs to leave the facility (for any reason), one coach will escort them to meet their parent outside. In the event of serious injury, the other skaters will exit the facility and the parent and paramedics will be able to enter the facility.