

Truro Figure Skating Club Return to Ice Plan

Truro Figure Skating Club is committed to the safety of all skaters, coaches and volunteers and these guidelines follow the public health recommendations of the Chief Medical Officer of Nova Scotia, as well as the policies and protocols that have been set forth by Skate Canada NS and Colchester Legion Stadium for the use of their facility.

As recommendations and policies are based on the current Covid-19 situation, these guidelines are subject to change at anytime.

Meetings

All meetings are to take place virtually or adhere to physical distancing guidelines until further notice.

-Truro Figure Skating Club (TFSC) will communicate regularly with parents through email and/or Facebook.

-TFSC board meetings will be held in person following the allowed maximum group gatherings of 10 people. (Should more volunteers join the club, physical distancing will be maintained)

-Registration will be done online through uplifter or email. (No in person registration permitted)

At the Rink

-Participants are to ENTER the rink through the FRONT door and EXIT through the side doors only.

-Upon entering, participants (skaters, coaches and volunteers) are to sign in and provide contact information (to be kept on file with Truro Figure Skating Club for the purpose of contact tracing)

-Participants are asked to arrive to the rink no earlier than 15 mins before the scheduled session/activity and are asked to leave the facility within 10 mins of the session ending.

-Participants are to come to the rink ready to go on the ice (with the exception of skates and helmets) At this time, Colchester Legion Stadium allows ONE parent/guardian may help with skates and helmets, but must then leave until the end of the session.

-Off ice sessions for figure skating will take place outside (weather permitting) or done with physical distance being maintained as required.

-As per Skate NS guidelines, A Maximum of 20 participants/session, including coaches and volunteers will be permitted while maintaining physical distancing. Groups of 10 will be allowed to gather without distancing. (Groups of 10 should maintain 2 meters distance from each other) *** JUNIOR PROGRAM AND FIGURE SKATING ***

-As per Skate NS guidelines, a maximum of 30 participants (including skaters/volunteers/coaches) will be permitted in 3 groups of 10 (8 skaters : 2 coaches/Program assistants), providing the groups can maintain physical distancing at all times.

-As per Skate Canada NS Guidelines, Skaters registering for CanSkate sessions, MUST be at a Stage 2 level or higher. The skater MUST be able to get up/stand/skate unassisted. (This is to minimize contact)

-All skaters, coaches and volunteers are asked to use hand sanitizer when entering the rink and/or ice surface.

-One person will be designated to handle the iPad on ice. (Coach will designate)

-The harness may be used, however, should be sanitized between use.

-Personal items (gloves, masks, tissues, water bottles etc.) will be kept separate using a container at rink side, labelled with the skaters name. The skater should keep these and bring to each session to minimize touching of surfaces of the rink.

-As per Colchester Legion Stadium guidelines, NO food or drink is to be brought into the facility (with the exception of personal water bottles that are to be filled at home).

-Tissues are to be discarded immediately and hands washed immediately after using.

-As per the recommendation of the Chief Medical Officer of NS and provincial regulations, MASKS ARE NOW MANDATORY INSIDE PUBLIC BUILDINGS. All skaters, coaches, volunteers and parents/guardians are to wear a mask/face covering when NOT on the ice.

-Any person that has travelled anywhere outside of the Atlantic provinces and has not yet cleared their 14 day of self quarantine is NOT permitted to enter the facility.

-Any person that displays Covid-19 symptoms or has been in close contact with any person with Covid-19 like symptoms is NOT permitted to participate or enter the facility.

-Should a participant display Covid-19 like symptoms during the session, that person will be asked to put on their mask and advise the coach immediately. They will be asked to leave the session and call 811. The participant will not be permitted to return to skating club events or functions until symptom free AND advised to do so by public health.

*****All skaters will be asked to read the protocols laid out by Skate Canada Nova Scotia, Colchester Legion Stadium and Truro Figure Skating Club AND sign an Assumption of Risk Waiver (updated with Covid-19 information) before being permitted to participate in any club activities.**

Subject to change as of Sept 4, 2020