

## COVID-19 CanSkate Guidelines

Welcome back to the Kelowna Skating Club! Below you will find our clubs guidelines for our CanSkate programs we are using following the guidance of Skate Canada as well as our local and provincial government. Please carefully read through these guidelines and discuss with your skater the changes they may see on the ice.

If your skater is sick or have any symptoms of respiratory illness such as fever, cough or difficulty breathing, please stay at home and do not attend any Skate Canada activities, consult with your physician or public health authorities and follow their instructions. Limit contact with others and avoid interaction with individuals who are ill.

Due to COVID-19 guidelines space is highly limited! Skaters are encouraged to book Session 1 (Sept 14-Oct 31) and Session 2 (Nov 2 – Dec 19) as soon as possible to secure their spots!

1. All instruction will be “hands off” and coaches will use verbal cues and visual demonstrations to explain skills.
2. Skaters must have completed their Stage 1 CanSkate Badge, TOTS B Ribbon, or be strong, independent skaters with previous skating experience.
3. There will be no more than 22 CanSkaters on the ice at a time.
4. Coaches and Program Assistants will be wearing non-medical face masks and gloves at all times as instructed by Skate Canada and will be changed between sessions.
5. Passing routes and wider face tracks will be used to encourage continued physical distancing protocols when passing other skaters.
6. Skaters are asked to refrain from touching any teaching aids or props, while a limited amount of teaching aids will be used. All teaching aids/props will be sanitized before and after each class.
7. If a skater is injured and needs assistance one coach wearing a non-medical mask and gloves may help that skater and proceed to change their masks and gloves after ensuring the skaters safety.
8. A **maximum** of 1 parent/guardian per skater is allowed in the rink to watch, please sit on the marked spots socially distancing in the stands. No siblings or spectators allowed!
9. Participants are encouraged to arrive with skates and skating gear on prior to entering the building. A coach will meet skaters at the entrance of CNC and lead them onto and off of the ice.

Please go over this protocol with your skater before attending class to remind them of the importance of social distancing as we return to the ice!