

## Scarboro Figure Skating Club (SFSC) Safety Protocols and Procedures

### Office

- The office has been equipped with a protection shield, hand sanitizer, masks and a first aid kit.
- All club administrative activities should be conducted on-line and virtually whenever possible.
- Registration for sessions must be completed on Uplifter and not in the club office to minimize contact.
- Questions to the club can be sent via e-mail to [scarboro.fsc@sympatico.ca](mailto:scarboro.fsc@sympatico.ca) or by a phone call to the club office at 416-438-9508.
- No clients will be permitted in the office. If absolutely necessary, members may set up an appointment with the office administrator during office hours and conduct all business from outside the office in the designated area.

### Arrival/ Departure

- We ask everyone to be conscientious of physical distancing protocols in the parking lot.
- Coaches may only enter the arena through the front doors a maximum of 15 minutes before their first scheduled session.
- Coaches must sign in and complete and pass the required verbal health questionnaire at the check-in area. Individuals who are considered vulnerable or at-risk (over 70 years, weakened immune system or medical conditions such as heart disease, lung disease, cancer etc.) should strongly consider their participation in club activities.
- Skaters must arrive 15 minutes prior to the start of their session. They will check-in and complete and pass a verbal health-screening as a group with a facility staff member. They will then proceed directly to the bottom of the staircase leading to the Galaxy.
- Skaters will then check in again with the Club's administrative assistant before proceeding to the rink.
- CanSkate /Powerskate-skaters must arrive and leave the facility in their skating clothes and with their skates on and the blades protected by hard skate guards.
- Dance/Junior and above Freeskate –skaters may put their skates on/remove skates using their designated area of the arena while following physical distancing guidelines.
- Masks must be worn by all participants in all public indoor spaces. This refers to any space in the rink that is not the ice surface: front entrance, lobby, skate tying areas, coaches' room, bathrooms, etc.

- Skaters, coaches and volunteers must maintain physical distance while waiting at the check-in area.
- Only skaters, coaches and session volunteers will be permitted beyond the check-in area at the arena.
- As directed by Public Health, parents/guardians are not permitted to enter the facility to watch.
- A parent may enter the arena for the following situations:
  - a. The parent has an appointment with the office administrator. They must complete and pass the verbal health check as well and must follow physical distancing guidelines. The parent must leave the facility after completing their business with the office administrator.
  - b. The parent is contacted by phone by the office administrator to deal with an incident involving their child (suspected COVID symptoms, injury, etc.).
- Entry and exit routes will be clearly marked on the floor of the facility and/or on signs on the walls and doors.
- Skaters, coaches and volunteers will sanitize their hands before entering and leaving the Ice Galaxy. There will be hand-sanitizing stations in pre-established areas of the facility.
- Dressing rooms will be unavailable. Dressing room #3 will be used as an isolation room if necessary.
- Skaters and coaches must exit the building through the designated doors within 10 minutes of their on-ice or off-ice session concluding, whichever comes last.
- In the rink, each skater will sit on a SIT HERE circle on the stands. Skaters will place all their belongings directly behind them. Distancing protocols must be respected at all times. After their session, skaters will retrieve their belongings and either proceed to their off-ice class with their skates on or exit the building with their skates on. Each group will be escorted from on-ice to off-ice activities and to exit the facility.

## On-Ice Sessions

- The skating sessions schedule is posted on the club website.
- The Club has coordinated with the facility to ensure staggered times between each session in order to allow for requisite cleaning and sanitizing of or by the facility between different user groups.
- Skaters may remove their masks to skate and during their off-ice session, but as soon as they leave the ice surface or conclude their off-ice session, the mask must go back on. This includes tying/untying skates, resting in between sessions, bathroom breaks and moving to and from their off-ice session.

- Skaters are to maintain 2m physical distancing at all times on the ice. Individuals from the same household or social circle are not required to follow physical distancing requirements between each other.
- Coaches are to maintain 2m physical distancing at all times while on the ice.
- Coaches are recommended to teach from either off the ice or on one spot on the ice. The total number of coaches on the ice must not cause there to be more than 20 people on the ice.
- Coaches should use verbal & visual communication only.
- Coaches are not to have any physical contact with skaters unless they are hurt and/or first aid is required.

## Limitations on size of training groups

- All training sessions at the SFSC follow provincial and local public health as well as facility guidelines with respect to the size of gatherings.
- Limitation on size of training groups:
  - **Stage 3: Maximum Training Group Sizes** Effective August 17, 2020
    - **STARSkate/Competitive/Special Olympics:** Maximum number of individuals on the ice is 20. This number includes skaters and coaches. Any individuals in excess of 20 must be off the ice (i.e. coaches, officials, music players etc.) and must follow all physical distancing requirements unless they are from the same household or social circle. There must be a minimum of one coach on the ice for each session.
  - **Stage 3: Maximum Training Group Sizes** Effective August 17, 2020
    - **CanPowerSkate:** Maximum number of skaters on the ice is 30, maximum number of individuals including program assistants and coaches is 38.
    - **CanSkate:** Maximum of 36 skaters, maximum of 45 individuals including program assistants and coaches. Skaters must be working on Stage 2 or equivalent in order to participate in this session. Stage 1 skaters can participate in the session if they can get up on their own and manoeuvre without hands-on assistance.

- **CanSkate Parent & Tot** (for skaters who are unable to get up on their own and manoeuvre without assistance): Maximum 42 skaters/parents, maximum 50 individuals including program assistants and coaches\*
- **CanSkate /CanSkate Parent & Tot Hybrid:** Maximum 40 skaters/parents, maximum 45 individuals including program assistants and coaches\*

## Coaching and skating in multiple locations

- Coaching and skating at multiple locations are strongly discouraged.
- The Club requires skaters, coaches, choreographers and off-ice professionals to inform the COVID-19 Oversight Group if they are active in multiple locations.
- If you are participating in more than one location:
  - a. Use new face mask and gloves at each location
  - b. Manage your schedule to avoid entering different facilities on the same day

## Warm-up / Cool down

- Warm-ups and cool downs may be conducted inside and outside of the facility following facility and physical distancing guidelines.
- Individuals from the same household or social circle are not required to follow physical distancing requirements.

## Personal Items

- Skaters will be required to wear a mask at all times inside the building except for when training on the ice surface
- Skaters will enter the ice surface with a mask on, take their mask off to train and put their mask back on prior to exiting the ice surface.
- Coaches will wear masks at all times while inside the building including whilst coaching
- Skaters will be responsible for bringing their own tissue box, water bottle, gloves, yoga mat etc. to the rink. There will be absolutely no sharing of personal items.
- Skaters must bring their own closed containers (i.e. Ziploc bag) to dispose of any used personal items such as dirty tissues, band aids, etc. These items must be disposed of at home, in a garbage can outside the building or in a closed lid garbage can inside the facility.
- Any gloves that skaters wear on the ice must be taken off and stored in a closed container (i.e. Ziploc bag) prior to leaving the ice surface and washed at home daily.

## Off-Ice Classes

- Off-ice classes may be conducted within the facility following facility and physical distancing guidelines that require remaining 2m apart.
- Off-ice classes may be conducted outside the facility following all provincial guidelines re: physical distancing/ social circles, etc.

## Music

- Music will be played while following physical distancing and hygiene measures.
- Access to music playing equipment is provided in an open area.
- Sanitizing wipes are provided and must be used in between each user of music equipment.

## Use of the harness

- The use of mounted and portable harnesses is permitted in the following situations:
- If you are participating in more than one location:
- you are participating in more than one location:
  - a. The skater and coach must wear a non-medical face mask at all times when the harness is in use
  - b. The harness must be disinfected and/or sanitized before and after each use using a spray or wipe
  - c. The coach/skater should sanitize their hands before and after use
  - d. Where possible, coaches are encouraged to stay more than 2m apart from skaters during harness lessons
  - e. Harness lessons should be limited to no more than 15 minutes with adequate time allowed in between lessons to disinfect the equipment

## Facility Information

- Available washrooms within the facility will be clearly marked and will be cleaned as per Toronto Public
- Health Guidelines. (See Guidelines for Arena Use Service Resumption on the SFSC website.)

- Arena staff will sanitize equipment and amenities including all sitting areas, washrooms and any high touch surfaces twice a day.
- Skaters are encouraged to bring their own wipes and disinfect their designated space at the beginning and end of their session.