

We are currently in the **Reopening Framework**. The following rules apply **at this time**. Please remember if physical distancing and health screening protocols and procedures are not adhered to, the club may lose access to the facility.

- Maximum number of people on the ice is 80
- Maximum in the facility is 50% of capacity

Pre-Screening & Sign-In Requirements

EVERYONE entering the facility MUST pre-screen before arriving at the arena. At the arena, you must sign in beside the name of your skater acknowledging that everyone entering with the skater has successfully completed pre-screening.

Vaccinations

- It is highly recommended that everyone eligible for their vaccination be fully vaccinated, **including booster shots** before returning to skating.
 - Effective **January 1st, 2022** anyone born in 2009 or earlier (skaters included) **MUST show proof of vaccination using the Ontario Enhanced Vaccine Certificate with QR Code**
 - Effective **May 1st, 2022** anyone born in 2016 or earlier (skaters included) **MUST show proof of vaccination using the Ontario Enhanced Vaccine Certificate with QR Code**
- All skaters and coaches should wear winter gloves and these gloves should be washed or changed daily
- **There is no eating or drinking permitted in the facility with the exception of water for skaters actively participating on the ice.**

Masks

Spectators

- Must wear a mask at all times while in the facility and should maintain 2m distance from anyone outside of their household at all times

CanSkate/Pre-CanSkate/Adult CanSkate

- Skaters, program assistants and coaches must wear their masks at all times both on and off the ice during these programs.

Future Stars/STARSkate/ADULT Day Ice

- **Masks are highly recommended for ALL skaters while on the ice. For skaters removing their masks, they can only do so once on the ice (as they head onto the ice for those with helmets). Masks should be put back on before exiting the ice (as soon as they exit for those with helmets). Masks should not be put loose on the boards or on your guards. Please bring a disposable or washable container/bag to put them in.**

Preparing for Your Session and Arriving at the Arena

- Participants are encouraged to arrive at the arena fully dressed, except skates, gloves and helmet.
- **CanSkaters & Pre-CanSkaters are required to have an parent/guardian in the arena at all times**
- StarSkaters may be picked up and drop off will take place at the front doors. Parents/guardians waiting for their skaters outside should park in the parking lot and not at the door
- Participants should not arrive at the facility more than 20 minutes in advance to ensure that the City staff have adequate time to clean between bookings.
- We ask that participants, coaches and spectators bring as little as possible into the facility with them
 - Please note that the stands are not disinfected between every booking
RSC will not be providing cleaning products to spectators to sanitize the stands

Entering the Facility

- Participants will enter through the front doors and will proceed directly to their assigned dressing room.
 - Change rooms may have a posted capacity. If no capacity is posted, please ensure that you can maintain 2 meters distance from anyone outside of your household. Parents are permitted into the dressing room when space permits. Additional seating will be available in hallways and lobby areas if dressing rooms are full.
- Skaters will proceed directly through the designated doors to the ice surface. **Please do not congregate in the lobby.**
 - Fred Barrett - using the doors closest to the lobby
 - Manotick - using the doors closest to our trophy case
- Belongs may stay in the dressing room, however water bottles, tissues, anything valuable and anything the skater may need while on the ice should accompany them to the ice surface.

On the Ice

- Participants may store their essential personal belongings on the boards along the players' benches.
- Only coaches may touch the music. RSC coaches are responsible for bringing the club iPad or their personal music playing system. There is a cord in the toy box for coaches to plug in and disinfecting cloths for cleaning the cord before and after using
- There are no physical distancing while actively participating in physical activity

The End of Your Session and Exiting the Facility

- Spectators must immediately exit the facility at the end of the session by following the marked path, unless going to the dressing room to assist skaters
- At Fred Barrertt skaters and coaches will exit to the centre ice door
- At Manotick skaters and coaches will exit the door on the players bench side **unless directed otherwise by coaching staff**
- Please proceed to the same dressing room used when entering for skate removal while following physical distancing measures. Once skates are removed participants will follow the arrows to exit the building (maximum of 20 minutes)
- If you are on back to back sessions, you are permitted to stay within the ice pad during the flood, but physical distancing must be maintained, and masks should be worn. You may need to move your belongings to the dressing room for the next hour to ensure the city can clean dressing rooms for the next group.
- Please quickly stretch outside and leave the premises

Other Reminders:

- There is NO spitting permitted in the facility
- Please bring into the arena as little as possible
- Participants must use individual water bottles, tissue boxes etc. during training sessions. No sharing of these items is permitted.
- 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 parents outside (if not in the facility).

Coaches

- **ALL RSC Coaches must be fully vaccinated**
- Coaches and program assistants are required to wear their masks at all times unless actively participating in physical activity(For example leading warm up or dance).
- Coaches are responsible for disinfecting the music area and the boards **at the beginning of each day and after any CanSkate sessions**. Please let the COVID Oversight Committee know if supplies are getting low
- Coaches are permitted to give hands on assistance to skaters, **but masks are highly recommended for both coach and skater**

Harness Use

- Mounted and portable harnesses are permitted
- The skater and coach must always wear a non-medical face mask when the harness is in use
- The harness must be disinfected and/or sanitized before and after each use using a spray or wipe
- The coach/skater should sanitize their hands before and after use
- It is encouraged that anyone using the harness change their winter gloves and sweater after use
- Where possible, coaches are encouraged to stay more than 2m apart from skaters during harness lessons
- Harness lessons should be limited to no more than 15 minutes with adequate time allowed in between lessons to disinfect the equipment