

We are currently in Step 3 of the Reopening Framework. The following rules apply to Step 3. 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

Vaccines & Masks

- It is highly recommended that everyone eligible for their vaccination be fully vaccinated before returning to skating.
- All skaters and coaches should wear winter gloves and these gloves should be washed or changed daily

Spectators

- Must wear a mask at all times while in the facility. Spectators may temporarily pull down their mask to take a sip of a drink while sitting in the stands at least 6 feet from anyone outside of their household.

Skaters with helmets

- Skaters must wear their mask while in the facility. Skaters may temporarily remove their mask once their helmet is on and they are headed to the ice. Please do not put the skater's helmet on until it is time to enter the ice. When exiting the ice they should take their helmet off as soon as possible and replace their mask.

Please note that we highly recommend the use of masks while on the ice.

Skaters without helmets

- Skaters must wear their mask while in the facility. Skaters may remove their mask once they are on the ice and actively participating in physical activity. Skaters participating in off-ice may remove their mask once off-ice session has begun and should replace it at the end of the session or during any breaks from physical activity.

Coaches and Program Assistants

- Coaches and program assistants are required to wear their masks at all times unless taking a sip of a drink or actively participating in physical activity(For example leading warm up or dance).

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.

Preparing for Your Session and Arriving at the Arena

- Participants are encouraged to arrive at the arena fully dressed, except skates, gloves and helmet.
- There will be access to dressing rooms and the showers. 2m distance between anyone outside of your household should be maintained.
- Pick up and drop off will take place at the front doors. Spectators waiting for their skaters outside should park in the parking lot and not at the door
- Any person who enters or uses the facility (or when waiting in line outside the facility) other than when participating in a sport, must wear a mask and maintain a physical distance of at least 2 meters from any other person who is using the facility unless within the same household.
- 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
- Spectators are permitted to enter with their skater and proceed directly to the change rooms if skaters require assistance. Once the group ahead has cleared the stands, spectators can enter the stands. If your skater does not require assistance, please wait to enter until the stands have cleared.
 - 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 to the ice.
 - 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 else the skater may need while on the ice should accompany them to the ice surface. If you are on back to back sessions, you need to move your belongings between sessions.

On the Ice

- Skaters may remove their masks while skating. 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.
- 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 or mask restrictions while actively participating in physical activity

The End of Your Session and Exiting the Facility

- Upon completion of the ice time, skaters should put their masks back on
- 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
- 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

- RSC highly recommends that all coaches be vaccinated
- Coaches must wear a mask unless actively participating in on ice activities (ie. Leading a group warm-up, partnering a dance, etc)
- Coaches are responsible for disinfecting the music area and the boards after each session (if the city is not doing it). Please let the COVID Oversight Committee know if supplies are getting low
- Coaches are permitted to give hands on assistance to skaters

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