

We are currently in Phase 3 of reopening. The following rules apply to Phase 3 while skating at Manotick Arena. Please remember if physical distancing and health screening protocols and procedures are not adhered to, the club may lose access to the facility. All skaters must be able to skate unassisted.

- Maximum number of skaters and coaches total permitted on the ice is 20
- Maximum number of spectators is 25, with a maximum ratio of 1:1 participant to spectator
- Synchronized skating teams are permitted a maximum of 20 people (coaches and skaters combined)

Preparing for Your Session and Arriving at the Arena

- Please self-screen using the [Ottawa Public Health Screening checklist](#) before arriving
- Participants are encouraged to arrive at the arena fully dressed, except skates, gloves and helmet.
- There will be access to dressing rooms, but not the showers.
- Please ensure you bring proper hard skating guards if you will be putting skates on outdoors. No chairs or rubber matting will be provided outdoors
- Pick up and drop off will take place at the front doors. Spectators waiting for their skaters should park in the parking lot and not at the door
- Skaters should wear a mask outside when warming up. Outdoor warm-ups are permitted if physical distancing requirements are maintained
- Participants should be at the front doors to the facility **between 10 and 20 minutes before their scheduled session**
- Spectators will only be permitted to enter the facility when the session begins and should proceed directly to the stands
 - Please note that the stands will only be disinfected by the facility at the end of each day. RSC will not be providing cleaning products to spectators to sanitize the stands
- Participants will stand in the designated waiting area at the front of the facility, in spots marked for physical distancing with masks on. Individuals will be greeted by a Rideau Skating Club (RSC) coach or volunteer and a facility staff member and asked to provide their name to be checked in
- We ask that participants, coaches and spectators bring as little as possible into the facility with them
- RSC coaches and volunteers will verify verbally that all skaters and coaches have reviewed the self-screening questions and answered no to all questions

Entering the Facility

- Participants will enter through the front doors and will proceed directly to their assigned dressing room.

- The maximum number of skaters per dressing room is 11. Please ensure you adhere to these requirements
- **Spectators are not permitted to enter the dressing rooms at any time.**
- Skaters who do not require assistance tying their skates, will put on their own skates while physically distancing in the dressing room
- Once ready, skaters will wait until the session before them has left the ice and entered their change room (about 5 minutes before their session)
- Skaters will proceed through the door closest to our trophy case and the canteen.
- Skaters needing assistance from their parents to get their skates on, will be permitted to tie their skates between 12 and 20 minutes prior to the session in the lobby on the benches provided.
 - Skaters must have their skates tied and be in their assigned dressing room before the session ahead of them gets off the ice (10 minutes before their session)
 - Parents should follow the City of Ottawa's greeter's direction to either exit the facility or proceed to the stands (if stands are empty)
 - A second grouping of skaters who require assistance may be able to enter 5-8 minutes prior to the session (once the other group is in their change room)
- Belongs may stay in the dressing room, however water bottle, tissues, anything valuable and anything else the skater may need while on the ice should accompany them to the ice surface

On the Ice

- Upon entering the ice surface, through the designated door, skaters must maintain a minimum 2 metre distance for the duration of the skate from coaches and other participants, unless they are from the same household or social circle
- Participants may store their essential personal belongings on the boards along the players' benches. There will be no access to the players' benches permitted
- 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 spray for cleaning the cord before and after using
- Spectators must remain physically distanced from one another at all times while in the facility. The city has provided markings in the stands to assist with distancing

The End of Your Session and Exiting the Facility

- Upon completion of the ice time, skaters and coaches should put their masks back on
- Spectators must immediately exit the facility at the end of the session via the side door beside the stands. They may not re-enter the lobby. They will meet their skaters outside of the facility
- Skaters and coaches will exit the same door they entered and proceed to the same dressing room they used when entering for skate removal while following physical distancing measures.
- Skaters will exit the facility by following the directional arrows outside of the dressing rooms leading to the door that exits near the flag post (maximum 20 minutes)



COVID-19 Additional Protocols Manotick - Arena Specific

- If you are on back to back sessions, please go to your dressing room between the sessions or follow coach/city staff guidelines while maintaining physical distancing.
- Please quickly stretch outside and leave the premises