

# Quesnel Figure Skating Club

## COVID-19 Guidelines

Skaters and their families are required to review the BC/YK Section Return to Figure Skating Guidelines located on the BC/YK Section Website.

<https://www.skatinginbc.com>

In addition you should review the City of Quesnel Arena Guidelines at [www.quesnel.ca](http://www.quesnel.ca).

Skaters will not be allowed on the ice until they have downloaded and signed the Assumption of Risk Waiver.

Do NOT come to arena if:

1. You or your skater exhibiting any symptoms of COVID-19 such as fever, chills, headache, sore throat, cough, shortness of breath, new muscle aches, or other symptoms identified by health officials;
2. The skater or someone in the skater's household has been in contact with someone who has COVID-19; or,
3. The skater or someone in the skater's household has travelled outside Canada in the last 14 days.

Prior to arriving at the arena skaters must:

1. Wash hands or use hand sanitizer; and,
2. Self-assess for COVID-19 symptoms.

To mitigate risks related to COVID-19 QFSC is implementing the following protocols:

1. Access will be limited to the skaters and coaches for each session.
2. Parents will be allowed to come into the arena to tie skates only and then must leave the building.
3. Parents and skaters must also maintain 2 meters or 6 feet distance from other parents or skaters.
4. Skaters should arrive no earlier than 10 minutes before the scheduled session.
5. Designated separate entrance and exits will be located to the exterior of the facility. Please follow arena signage. Doors will be locked once the ice session has begun and skaters have signed in. Please contact us if your child is going to be late or will be away.
6. Parents and Skaters must obey all entry and exit signs located in or around the arena.
7. Skaters must come dressed in skate apparel. They may put their skates on inside the arena.
8. There will be a Covid Ambassador to greet skaters and ensure return to play safety plans are implemented. Skaters, Coaches and Parents must sign in with the Covid Ambassador. We are required by to forward our sign in sheets to the Arena for contact tracing.
9. At this time dressing rooms will not be available for use.

10. There will be designated areas for the skaters in each arena to put on and take off their skates.
11. All skaters, parents and coaches must leave the arena within 15 minutes.
12. At this time we will not be offering off ice training. Skaters should warm up outside or at home before arriving at the arena.
13. There will be no buys or drop ins. You must be registered in Uplifter prior to being allowed on the ice.

QFSC Skaters must bring the following items to each session:

1. A basket or bucket (plastic that can be cleaned daily) for all items listed below will be brought to ice/boards;
2. A bottle of hand sanitizer (either pump or squeeze bottle);
3. A water bottle that must be washed at home daily;
4. A clean pair of gloves /mitts. You should wash your gloves /mitts daily if possible or have enough pairs for one week (then wash all at the end of the week). Wash them with laundry detergent on the warmest water setting;
5. Kleenex. Bring a zip lock bag clearly marked with "Kleenex" in it. This will only be for clean unused Kleenex;
6. Garbage bag. Bring a zip lock bag clearly marked "garbage". This will be for your dirty Kleenex or dirty wipes if a garbage bin is not easily accessible;
7. Mask/face covering. Bring a zip lock bag clearly marked "Mask". You may need to wear this if you cannot physically distance. Any skater wanting to go into the harness MUST wear a mask/face covering (the coach must also wear one to use the harness). Be sure to try masks at home while doing your off-ice jumps. You may want a mask that ties up around your head rather than elastic around the ears so that it does not fly off. Please wash reusable items after each use with laundry detergent in the warmest water setting;
8. First aid items. Bring a zip lock bag clearly marked "First Aid". You should have some band aids, blister band aids etc; and,
9. Cloth to wipe down surfaces if required.

In the case of injury or illness, the parent of the injured or sick skater will be contacted via the telephone number provided on our session record. Please ensure to update contact numbers when required.

**Updated September 6, 2020**