



Burlington Skating Centre is happy to announce that the City of Burlington is opening Central Arena on July 2, 2020, allowing the club to offer a modified Summer Skating Program.

Our current **Phase 2 July program** will offer sessions to *eligible skaters STAR 5 and up*, on a limited basis, Monday through Friday, from July 6 to July 31, 2020. The sessions will be invoiced on a bi-weekly basis and most sessions are currently at capacity. Any sessions that become available will be communicated through the coaching staff.

Our **Phase 2 August program** will begin August 4 to August 21, 2020. The August program will be available for registration on or about July 22, 2020 to allow for the most up to date regulations regarding size of gatherings and facility availability.

At this time we are able to offer a 3 session *RETURN TO THE ICE* program for STAR 2 to 4 on Sunday mornings beginning July 12, 2020. Sessions are currently being filled. Any questions regarding sessions should be directed to Deb Britten at [BSC@burlingtonskatingcentre.ca](mailto:BSC@burlingtonskatingcentre.ca).

We are committed to ensuring that all of our activities adhere to the federal, provincial and municipal regulations as well as following the very specific protocols of both Skate Ontario and the City of Burlington Recreation Department.

During the phase 2 re-opening of Ontario we will offer *open sessions* that allow for a maximum of 8 skaters and 2 coaches. After each session the facility operators will have a 30 minute time frame to clean and disinfect the rink area. During this phase there will be no access to dressing rooms, skaters will be asked to adhere to appropriate social distancing both on and off the ice and spectators will be kept to a minimum, allowing for a maximum of one parent / guardian per minor allowed in a designated area in the facility.

The Burlington Skating Centre will communicate updated information and subsequent versions of the below protocols as they become available.

We are very excited to be able to offer a summer program and encourage everyone to work together to ensure a safe environment for our skaters and staff.



Item	Protocol
<b>Education</b>	All skaters, parents and volunteers should read this full document and subsequent information posted on the website in order to be up to date on the facility requirements, personal hygiene and safety protocols that will assist in limiting the spread of COVID-19.
<b>Self-screening measures</b>	<p>Individuals must not attend any training sessions or club activities if they:</p> <ul style="list-style-type: none"> <li>• Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts</li> <li>• Have returned from travel outside of Canada (must quarantine for 14 days at home)</li> <li>• Have been in contact with someone with COVID-19 in the past 14 days</li> </ul> <p>Those who are considered vulnerable or at-risk individual (elderly persons, weakened immune system or medical conditions such as heart disease, lung disease, cancer etc.) are advised of the increased risk of participation and should take additional precautions, including the use of PPE where possible.</p>
<b>Screening of Individuals</b>	Each participant (skaters, coaches, volunteers) must complete an on-site verbal screening on a daily basis before participating in any club activities. Attendance will be logged for contact tracing purposes. Children and youth may need a parent to assist them during the screening process. See Appendix A for the <i>Daily Health Screening Questionnaire</i> .*



Item	Protocol
<b>Club Communication</b>	<p>BSC must be contacted immediately at <a href="mailto:BSC@burlingtonskatingcentre.ca">BSC@burlingtonskatingcentre.ca</a> in the event that a participant / coach / volunteer or spectator has any COVID-19 symptoms, has contact with an individual that has COVID-19 symptoms or answers yes to any of the questions on the Daily Health Questionnaire.</p> <p>This contact will initiate the required protocols put in place by SKATE ONTARIO to ensure that we keep our skaters and staff safe.</p>
<b>Personal Hygiene</b>	<ul style="list-style-type: none"> <li>• Wash or sanitize hands upon entry to facility and immediately after each session</li> <li>• Skaters should limit contact with door handles, gates, benches, or other common surfaces</li> <li>• Personal hygiene etiquette must be practiced at all times (cough / sneeze into arm or tissue, immediately place used tissues into ziplock bags and remove from the ice surface.</li> <li>• There shall be no spitting</li> <li>• All training clothes, gloves, water bottles, and skates must be kept clean. Make sure all items of clothing are immediately washed and skates /guards sanitized, prior to re-entering the facility</li> </ul>
<b>Cleaning / Disinfecting</b>	<p>The City of Burlington arena staff will implement a cleaning schedule to ensure disinfecting between each training session and at regular intervals in accordance with Public Health guidelines.</p>



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<b>Personal Protective Equipment (PPE)</b>	<p>Coaches are required to wear a non-medical face mask entering and exiting the facility but not while coaching on the ice.</p> <p>Skaters are strongly encouraged to wear a non-medical face mask whenever they are not on the ice.</p> <p>Any individual attending to a non-family member for a medical emergency must wear appropriate PPE including a medical face mask and disposable gloves.</p>
<b>Physical Distancing</b>	<p>Skaters are required to maintain a physical distance of 2 metres with skaters and coaches at all times on the ice and within the facility.</p>
<b>Entry / Exit to facility</b>	<p>Participants may enter the Arena no more than 15 minutes prior to their scheduled training session and must leave the facility immediately following the completion of their session.</p> <p>Individuals shall use the designated entry and exit doors and follow the one-way flow patterns established by the facility.</p> <p>There will be a supervisor off the ice making sure that social distancing guidelines and traffic flow are being followed.</p>
<b>Parents / Guardians</b>	<p>A maximum of one parent / guardian per minor aged skater is permitted entry into the facility but is encouraged to remain outside. All spectators must follow social distancing protocols in the designated spectator area. Spectators will follow the same protocols as skaters as they enter the facility including an oral health questionnaire and hand sanitizing.</p>
<b>Warm-up / Cool down</b>	<p>Warm-ups and cool downs will be conducted at home or outside following physical distancing protocols by remaining 2 metres apart. In the event of inclement weather, skipping and stationary stretching will be permitted in front of the designated chairs used for putting on and removing skates.</p>



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<b>Dressing Rooms</b>	There will be no dressing rooms available during Phase 2. Chairs will be placed 2 meters apart in the hallway for putting on and taking off skates. Chairs may not be shared and skaters must stay in their chair or in front of their chair until directed to the ice by arena staff.
<b>Personal Items</b>	<ul style="list-style-type: none"> <li>• A small bag used for carrying personal items may be stored beneath the designated chair in the hallway.</li> <li>• While on the ice, guards and water bottles must be placed in on the boards in a designated area that adheres to social distancing requirements.</li> <li>• Food and personal items may not be shared</li> <li>• Tissues must be placed in a ziplock bag and removed from the ice surface.</li> </ul>
<b>Programming and size of training groups</b>	During Phase 2, training groups will be limited to 8 skaters and 2 coaches or 9 skaters and one coach.
<b>Coaching</b>	All coaching will be done using verbal cues. There should be no physical contact with the skater unless medical attention is required. Coaches and choreographers will coach from one spot at the edge of the ice or off the ice, whenever possible. If required to move, a minimum of 2 metres must be maintained between the skater(s) and the coach at all times.
<b>Music / Technology / Equipment</b>	There will be one person designated to play music on the session. Music equipment will be cleaned between each use. Any use of technology (iPads / Dartfish etc.) must adhere to physical distancing protocols by remaining 2 metres apart. Only the coach or Dartfish operator is authorized to touch the equipment. There will be no use of harnesses allowed during Phase 1.
<b>Multiple facilities</b>	Skating at multiple clubs / locations is not permitted.



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<b>Travel</b>	Transportation to and from the facility should be arranged so that only individuals from the same household or cohort members share rides. When exiting the facility after training, individuals should minimize the time spent in parking lots and maintain physical distancing when returning to vehicles or homes.
<b>Club Office</b>	The Club office will be closed to the public during Phase 1. All administrative activities will be conducted online. All program invoices will be e-mailed to individual participants with payment instructions.
<b>Compliance with regulations / Waiver</b>	<p>All individuals must comply with the most current version of the <i>Return to Play</i> protocols established by the Burlington Skating Centre and Skate Ontario and must adhere to all federal, provincial, and municipal regulations. Non-compliance may result in removal from training sessions without a refund.</p> <p>The Acknowledgement, Release, Indemnity and Assumption of Risk Regarding COVID-19* form must be completed by each participant (including staff, skaters, coaches, and volunteers) prior to participation in any activities. See Appendix B for <i>Acknowledgement, Release, Indemnity and Assumption of Risk Regarding COVID-19</i></p>

**Appendix A - Daily Health Screening Questionnaire**

click [HERE](#) to open the file

**Appendix B - Acknowledgement, Release, Indemnity and Assumption of Risk Regarding COVID-19**

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