



## RETURN TO SKATING INSTRUCTIONS

### September 2020

### Appleby Ice Centre - PAD 4

[video instructions for return to ice protocol](#) - please view

#### Before Leaving for the for the Rink

- Ensure you have all skating equipment including skates, guards, gloves, water bottle, tissues and a ziplock bag for disposal, **hand sanitizer and facemask**.
- Hard guards are recommended as skaters will be walking on concrete surfaces.
- Personal items should not shared.
- Clean clothes and gloves are recommended daily.
- Review and complete the Daily Health Screening Questionnaire – if you answer yes to any of the questions, **DO NOT** go to the rink. Contact [bsc@burlingtonskatingcentre.ca](mailto:bsc@burlingtonskatingcentre.ca) immediately to let them know your health status.
- Make sure you are arriving for your scheduled session only. Skaters/coaches will be admitted to the facility for registered sessions only.
- One small bag for on-ice items will be permitted in the building. Larger bags should be left in your personal vehicle.

#### Arriving at the Rink

- Arrive no more than 20 minutes prior to your session **to warm up outside** in the designated warm up area.
- Individual chairs will be spaced appropriately in a designated area to put on skates. **Chairs must not be moved or shared.**
- Please ensure skaters from the previous session have left the area before using the chairs.
- **During inclement weather**, there will be a designated spots in the bleacher area of Pad 4 to put on skates. It is recommended to warm up prior to leaving home.
- You will be permitted entrance to the facility 10 minutes before your scheduled ice time through the front doors of the arena. In the event of a line up, please allow for 2 metres of physical distancing.
- **Masks are mandatory in the building** except for skaters while they are on the ice.

- Complete the daily questionnaire at the entrance to RINK B, if you answer yes to any questions, please do not enter the building.
- Follow the red arrows to the entrance to PAD 4
- Sanitize your hands before entering the ice pad
- Skaters will follow the red arrows to the ice pad entrance at the far end of rink near the zamboni station.
- Change Rooms and Community Rooms are off-limits.
- There is a maximum of 50 people permitted in Pad 4 rink at any one time including skaters, coaches and spectators.
- **A maximum of one adult/guardian permitted within the arena area per skater.**
- It is recommended that parents remain outside during sessions whenever possible

### **On ice Activity**

- Please remain 2 m apart when lining up to enter the ice.
- Personal belongings should be placed on the boards 2 meters apart to ensure social distancing while resting at the boards.
- Used tissues must be placed in a ziplock bag and disposed of after your session.
- Music will be available, however, CD's will be stored on site and coaches / music player will play and / or request all music.
- Parents/Guardians that remain inside must do so in the on the area designated for viewing and must adhere to physical distancing of at least 2 metres.
- There will be one washroom at rink level for skaters.
- Public washrooms are also available in the lobby area.

### **After your Session**

- Remain at least 2m apart when exiting the ice in front of the mirrors and take all your belongings with you.
- Exit the building immediately through the rink emergency exit directly to the parking lot in order to remove your skates on the chairs designated for Pad 4 or go directly to your vehicle.
- In the event of inclement weather skates can be removed in the bleacher area once it has been cleared of spectators if necessary.
- We encourage you to leave the premises as quickly as possible to allow a safe entrance for the skaters, coaches and parents in the next session.