

ASSINIBOIA SKATING CLUB
COVID-19 Guidelines



Last modified November 1, 2020

1. The parent of each individual skater of the Assiniboia Skating Club will be required to fill out a Skate Canada Risk of Assumption Waiver form at time of registration. If registration is completed online, a digital acknowledgement of the Waiver will be considered as authorization.
2. Skaters are to arrive at the Civic Centre 15 minutes before the start of the lesson.
3. **Skaters and guardians MUST NOT enter the building if they answer YES to any of the COVID screening questions posted at the rink entrance and on the ASC webpage. A copy of ASC's COVID screening questions are attached hereto as Schedule "A".**
4. Only one adult permitted with each skater (no extra family members).
5. A cloth or medical facemask **MUST** be worn by everyone who enters the building. Skaters can remove their mask once they are on the ice, but they must put it back on to exit the ice surface.
6. Sanitize hands upon entry and exit of the building.
7. Please come to the Civic Center "rink ready". Personal belongings must be limited. Please arrive dressed appropriately only needing to put skates and helmet on.
8. Bring own water bottle pre-filled with water.
9. Practice social distancing while in the lobby and on the ice (2 meters).
10. Skaters and guardians must enter through the South entrance of the Civic Center and exit through the North entrance which will be clearly marked. All ASC members must exit the facility within 15 minutes of the end of the scheduled lesson.
11. Skaters and Guardians are to proceed to the lobby bench or dressing room and sit on the locations marked clearly with a painted dot.
12. ASC executive will take attendance for each session (for tracking purposes) prior to entering ice surface.
13. Limiting coach contact, skaters must be able to move unassisted, including skating forward/backward and getting up on their own. Skaters who do not demonstrate the minimum skating skills will be removed from class with no refund.
14. Only the Coach will have access and operate the music system.
15. ASC Board Executives and Coaches have the authority to ask any member of ASC skaters/parents to leave if they are not following the above outlined protocols.

SCHEDULE "A"

ASSINIBOIA SKATING CLUB COVID-19 Health Screening Questionnaire



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This questionnaire **MUST** be completed by each individual (including skaters, coaches, board members and guardians) daily prior to participation in each club activity. This questionnaire may be completed verbally.

In order to participate in any club activity, each participant must answer "NO" to the following questions:

1. **Do you have a fever (body temperature of 37.8C or higher)?** YES NO

2. **Do you have any of the following symptoms:**
 - a. Cough YES NO
 - b. Shortness of breath YES NO
 - c. Runny nose, sneezing or nasal congestion (not related to other known causes such as seasonal allergies, etc.) YES NO
 - d. Sore throat YES NO
 - e. Difficulty swallowing YES NO
 - f. Lost sense of taste or smell YES NO

3. **Have you or someone in your household travelled outside of Canada or have had close contact with anyone who has travelled outside of Canada in the past fourteen (14) days?** YES NO

4. **Have you had close contact in the past fourteen (14) days with anyone who is sick or has a suspected/confirmed case of COVID-19?** YES NO

If an individual answers YES to any of the above questions, they are not permitted to participate in any club activities.