

SKATERS/ Parents and Guardians

SELF MONITOR AND STAY HOME IF sick or symptomatic

All Arctic Edge Skating Club skaters 18 and over must **self-monitor** for symptoms of COVID 19 prior to attending AESC activity. Parent and guardians of Skaters under 18 are responsible for ensuring skater/s in their care are monitored for symptoms of COVID 19 immediately prior to arriving for any in person Arctic Edge Skating Club activities.

COVID 19 Symptoms List

- **Fever (temperature of 37.8 °C or greater)**
- **New or worsening cough**
- **Shortness of breath (dyspnea)**
- **Sore throat**
- **Difficulty swallowing**
- **New olfactory or taste disorder(s)**
- **Nausea/vomiting, diarrhea, abdominal pain**
- **Runny nose, or nasal congestion - in absence of underlying reason for these symptoms such as seasonal allergies, post nasal drip, etc.**

Any Parent / guardian or skater experiencing any of the above symptoms or who have concerns about possible COVID-19 exposure should **STAY HOME**.

Any skater developing symptoms of COVID-19 during an in person activity held by Arctic Edge Skating Club must immediately inform a coach or volunteer in charge, perform hand hygiene, and leave as soon as it is safe to do so avoiding contact with others, Call 811 to inquire about testing.

Coaches/ Volunteers that observe the possible presence of COVID 19 symptoms in a participant may inform Parent/ Guardian of skater under 18 or the skater over 18 of the concern and request the skater return home. The skater should perform hand hygiene and leave as soon as it is safe to do so avoiding contact with others,

Symptomatic Skaters will be required to self-isolate until tested for COVID-19 or cleared by public health professional and then follow the guidance of the public health professional (e.g., nurse). If the test results are negative for COVID-19 but the individual remains ill and/or symptomatic, they should remain absent from Arctic Edge Skating Club programme and follow the guidance of the public health professional.