

Arctic Edge Skating Club Operational Plan. (rev. Oct 25, 2020)

GENERAL measures for all Club programs

- Masks are optional for participants, volunteers and coach while on the ice except when physical distancing of 2 meters is not maintained between skaters or skater and coach (ie skater on ice with equipment failure, first aid).
- Mask wearing is mandatory for all participants, volunteers and coaches over 18 years of age while in the skater designated areas off of the ice and as required by CGC guidelines.
- Coach and Skater MUST wear face covering while skater is in harness.
- PPE kits for coaches for first aid purpose is provided by club
- Frequently touched surfaces will be disinfected by designated volunteer or coach between each program (ie Rising Star/Starskate and Can Skate, Can Skate and TOTS , Star Skate and Adult learn to skate). The disinfectant provided by the Canada Games Center will be used for this purpose.
- Participants, coaches and volunteers will practice hand hygiene before and after skating using hand sanitizer provided by the Canada Games Center or by washing hands with soap and water for 20 sec immediately on arrival.
- All Parents, participants, volunteers and Coaches are required to self-monitor for symptoms of COVID and Stay Home if symptomatic until all symptoms have resolved.
- Symptom monitoring requirements will be communicated in an email to the membership and will be posted on the club website. www.Arcticedge.ca
- Exit /Entry strategies will be developed and practiced to maintain physical distancing between all skating groups transitioning onto the ice. (ie Can Skate, Tots, Rising Star, Junior, Intermediate A, Intermediate B, Senior, and Adults)
- Only designated coaches, volunteers and participants will be permitted in skater only designated areas or dressing room area except in the case of TOTS and Can skate when if it is absolutely necessary to support young skater. In this case, 1 parent per skater may enter area. Parents must physically distance from all other attendees and are required to wear face covering at all times.
- Participants should not share personal belongings
- Physical distancing of 2 meters is encouraged with all coaches, volunteers, parents and participants whenever possible.
- All attendees must follow CGC guidelines for use of facility.
- Skaters must arrive on time or Up to 15 minutes before scheduled class and may not enter skater area until prior group participants have departed the staging area.
- Attendance and Cleaning log will be maintained by Coach in Charge or Volunteer in Charge and kept for 30 days.
- Spectating in Canada Games Center designated areas will be limited to indoor gathering capacity communicated by Yukon Government .
- The Club Covid designated contact is Anne Milton arcticedgesc@gmail.com, If unavailable Anne Milton will assign an alternative designate and inform the Chair of AESC. arcticedgescchairs@gmail.com,
- The Covid Designated contact will monitor weekly the Yukon Government guidelines and implement any revisions required to meet government guidelines.

Programmes Specific Guidelines

Star Skate (Figure Skating -age group all)

- Group lesson, private practice delivery and open practice
- Continuous movement non- contact, support physical distancing and no gathering, no sharing of belongings, non-contact greetings only
- Maximum 24 participants and 4 coaches/ volunteers on ice, and 2 volunteers rink side
- Note some on ice practice sessions may have overlap or 2 star skate groups practicing on ice at same time.

Rising Star (Transition to figure skating age 4- 12)

- Group lesson only
- Shared ice with Junior Star Skate
- Max total participants on ice is 24 skaters and up to 2 PA and 2 Coaches (ie 4 leaders)
- Mask optional when physical distancing is maintained. Nose mouth covering must be worn by coach for brief comforting of skaters, or equipment failure
- Skaters are asked to come to rink side ready to skate with Skates on when possible
- Teaching aids that can be washed in soap and water or disinfected with disinfectant solution may be used providing they are disinfected daily.

Can Skate (Learn to skate 4-12yrs)

- Group lesson format, includes beginner to more advanced skaters grouped by ability
- Groups of 6-8 with one Program Assistant (Stay consistent for course of programme)
- Share ice with maximum skaters 24, Separation of one group from another will be encouraged; brief intermingling of groups may occur during warmup, transitions between circuits and cool down.
- Entry and Exit strategies from ice surface that minimizes aims to reduce the intermingling of skaters in different groups will be developed for each ice surface.
- Maximum 3 coaches or Circuit Leaders and 4 program assistants on ice
- Coaches and Circuit Leaders to maintain physical distance with all skaters
- Brief comforting or support to assist young skater may occur (hold hand; steady skater from behind; hold skate to steady while skater rises from ice; shoulder tap to get skaters attention when verbal instructions not heard; physical support with arms under skaters armpits from behind if need to move skater for safety.)
- Frequent reminders to participants to keep hands to self.
- Coaches and Circuit leaders to modify circuits to promote distancing and passing of skaters without contact.
- Fast track will be modified (2 zamboni widths from boards) to promote passing of skaters without contact.
- Teaching aids will be reduced. Soft plush teaching aids will not be used.
- Clean up activity, skaters may help pick up cones or pilons
- Disinfecting of Teaching Aids will occur after each session
- Group activity done with the 3 groups segregated into own area

- Bubble wands may be used by waving, no bubble blowing and no sharing of wands
- Colouring sheets, report cards /ribbons and name tags can be provided to skaters
- Skaters should come to rink side ready to skate with skates on when possible

TOTS (5 and under Learn to skate)

- Groups of 6 TOTS to 1 coach and 2 PAs assigned for full session (Same cohort)
- No intermingling of groups on ice or off ice.
- Coach and PAs stay with the same group on all days for complete session (ie Fall Session or Winter session).
- Support physical distancing and remind participants to keep hands to self; Brief comforting or support to assist young skater may occur (hold hand; steady skater from behind; hold skate to steady while skater rises from ice; shoulder tap to get skaters attention when verbal instructions not heard; physical support with arms under skaters armpits from behind if need to move skater for safety)
- Coach in Charge may support all groups when physical distancing is possible. Face mask must be worn if Coach in charge is not able to maintain physical distancing when involved with other than assigned group.
- Teaching aids will be reduced to those easily cleaned. Soft plush toys and pool noodles will not be used.
- Teaching aids and toys will be disinfected at end of each skating day
- Bubble wands may be used to create bubbles by waving wand only (no blowing), and wands are not to be shared
- Report cards, Name Tags and Colouring sheets can be provided
- Skaters come to rink side ready to skate with skates on when possible
- Maximum one parent/ adult permitted per skater IF absolutely necessary for removal of guards, for safety, comforting or successful participation.
- All parents or adults supporting skaters MUST wear face mask while in skater designated areas.

Learn to Skate Adult (18 and over)

- Maximum 20 skaters
- Maximum 1 Coach and 1 Volunteer or 2 Coaches
- Lesson delivery will encourage/ support Physical distancing while skating
- Masks optional on ice except when physical distancing can not be maintained
- Masks are mandatory off ice in Skater designated areas.
- Drawing on ice with Bingo Dabbers is permitted. Teaching aids (cones, pilons etc) will be not be permitted on Adult learn to skate. Bingo Dabbers will not be shared between coach and volunteers.