

Arctic Edge Skating Club Operational Plan. (rev. Nov 12, 2021)

GENERAL measures for all Club programs

- Masks are optional for participants while skating. It is recommended for Can Skate and TOTS
- 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 including gloves, face mask, valve pocket mask (optional to provide CPR by mouth)
- 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 in order to maintain physical distancing between all skating groups transitioning onto the ice. (ie Can Skate/ Tots, Rising Star/Junior, Star Skate)
- 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 at times 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. CGC will screen participants for proof of vaccination.
- Skaters must arrive on time and no more that 15 minutes before scheduled class and may not enter skater area until prior group participants have departed the staging area.
- 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 to the plan as required to meet government guidelines.

Programmes Specific Guidelines

Star Skate (Figure Skating -Intermediate, Senior and Adult 18+)

- Group lesson, private practice lessons and open practice
- Continuous movement non- contact, support physical distancing and no gathering, no sharing of belongings, non-contact greetings only, Cell phones not permitted at boards or on ice
- Maximum capacity for a skating group participating together is 25 (participants, coaches/ volunteers).
- Maximum 6 skaters in dressing rooms, Skaters can use alternative entries and staging areas in addition to dressing rooms. Parents are not permitted in the dressing room for Rising Star/ Starskate programs

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

- Group lesson only
- Shared ice between Rising Star and Junior Star Skate
- Max total participants for Rising Star and Junior grouped together is 25 (Participants/Coaches/ Program Assistants) or as communicated by Yukon government
- Face Mask is mandatory must be worn by Coach and Program Assistants
- Skaters are asked to come to rink side ready to skate with Skates on when possible
- Masks are optional while participating.

Can Skate (Learn to skate 3-12yrs)

- Group lesson format, includes beginner to more advanced skaters grouped by ability
- Groups of up to 10 with 1 Program Assistant and 1 coach
- Entry and Exit strategies from ice surface that aims to prevent the intermingling of skaters in different groups will be developed for each ice surface.
- Coaches, Program Assistant and inclusion volunteers must wear mask at all times on ice.
- Participants must wear a face mask off ice and are recommended to wear a face mask while on ice.
- 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 (to 6-8 feet from boards) to promote passing of skaters without contact.
- Ice may be divided into two sections to support 25 in each half. Groups may not mingle and must use separate entrances.
- Bubble wands may be used by waving, no bubble blowing and no sharing of wands
- Teaching aids that are hard plastic and can be disinfected between use may be used
- Teaching aids will be disinfected with solution provided by CGC at end of each session day.
- 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 10 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).
- Coaches , Program Assistants and Volunteers must wear face mask at all times
- Participants are recommended to wear face mask while participating
- 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 but must be counted in the group for capacity considerations.
- Bubble wands may be used to create bubbles by waving wand only (no blowing), wands are not to be shared
- Report cards, Name Tags and Colouring sheets will not 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 and maintain physical distancing rink side and while in all common areas of the CGC.

Learn to Skate and Adult (18 and over) Star skate

- Maximum 25 (or as may be communicated by Yukon government) skaters Coaches, and Volunteers
- Lesson delivery will encourage/ support Physical distancing while skating
- Masks mandatory while on ice
- Masks are mandatory off ice in Skater designated areas including dressing rooms

- Drawing on ice with Bingo Dabbers is permitted. Teaching aids (cones, pylons etc) will be not be permitted on Adult learn to skate. Bingo Dabbers will not be shared between coach and volunteers.
- Learn to Skate adults are required to wear face masks while participating.