



SKATECANADA
SASKATCHEWAN

Return to Skating Guidelines for Saskatchewan clubs and Skate Canada members (registrants)

Questions, please contact sk.skate@sasktel.net

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With a situation that evolves daily and differs from each community and municipality, Skate Canada – Saskatchewan believes it is the responsibility of the people organizing Skate Canada programs and figure skating related activities to ensure a safe environment for skaters.

Skate Canada – Saskatchewan would like to thank you for taking the necessary precautions and doing your part to limit the spread of Covid-19. Please stay up to date on the ever-changing situation by checking / referring often to the following sources of information:

[Skate Canada COVID-19 Response](https://skatecanada.ca/covid-19-response/) – <https://skatecanada.ca/covid-19-response/>

[Government of Saskatchewan](https://www.saskatchewan.ca/) - <https://www.saskatchewan.ca/>

[Re-Open Saskatchewan Plan](https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan) - <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan>

[Covid-19 Self Assessment Tool](https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/covid-19-self-assessment) - <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/covid-19-self-assessment>

There are necessary protocols that **MUST** be followed before organizing a Skate Canada programming/figure skating activity. Please note that your municipality and/or arena/facility may have protocols that exceed and/or less than those set out below. All clubs **MUST** follow the highest standard that has been set.

All facility, provincial and Saskatchewan Healthy Authority guidelines/restrictions must be adhered to at every step. Anyone experiencing symptoms of illness (fever, cough or difficulty breathing) must be sent home. Anyone with Covid-19 symptoms should go straight home and contact HealthLine 811 for further guidance. If a member is severely sick (e.g. difficulty breathing, chest pain, etc.), call 911.

Organizing Skate Canada Programs/Figure Skating in your facility

- The activity must always comply with the physical distancing, cleaning, sanitizing measures and recommendations issued by federal, provincial and municipal government authorities, including the arrival, time spent on site and departure of skaters.
- For provincial and interprovincial travel
 - Please check with your destination for any/all restrictions such as self isolation or quarantine required upon arrival.

- Please check with your home jurisdiction for any/all restrictions such as self isolation or quarantine upon returning.
- Each province, municipality, city/town, facility, and/or Skate Canada club may have different requirements that you will need to abide by.
- See Appendix A for each Skate Canada program, competitive level and other skating related activities for specific return to skating stages.
- Limit your activities to practice and private lessons or lessons with small groups. If lessons with small groups occur, physical distancing measures must be followed.
- Session numbers will be limited according to the Skate Canada – Saskatchewan Return to Skating stages as indicated in Appendix A and in accordance with the current guidelines set out by the Chief Public Health Officer for gathering sizes. Please refer to the [Government of Saskatchewan](#)'s website for the most up to date restrictions.
- Skaters, coaches, Program assistants, volunteers and officials may not participate if they:
 - Exhibit any Covid-19 symptoms, such as fever, cough, difficulty breathing or other symptoms identified by the health experts. Please see [Government of Saskatchewan](#).
 - Been in contact with someone with Covid-19 in the last 14 days.
- It is highly recommended that if you are a person who has been identified as vulnerable or at risk that you do not participate in Skate Canada programs or figure skating related activities. Vulnerable or at-risk includes:
 - Elderly individuals (as defined by Saskatchewan Chief of Public Health Officer).
 - Immunosuppressed persons.
 - Individuals living with chronic health conditions (e.g. diabetes, heart, renal or chronic lung conditions, high blood pressure, pulmonary diseases, obesity and asthma).
- Skaters, coaches, parents, program assistants, officials and volunteers must have a daily verbal screening for symptoms upon arrival at the facility and before participation.
- Must have adult supervisor off the ice making sure that physical distance guidelines and traffic flow are being followed.
- It is recommended that skaters put their skates near the ice surface on chairs, with proper physical distancing marked on the floor. Skaters, program assistants and coaches must arrive "rink-ready"; that is, ready to step on the ice with the exception of their skates. All personal belongings must be limited.

- Limit yourself to the minimum number of coaches, program assistants, adult supervisors required to ensure programming minimum standards and restrictions by the Provincial Government are followed to operate in the facility in conjunction with Appendix A.
- Communicate all hygiene measures in advance to all your members (skaters, program assistants, coaches, etc.).
- All members must sign a Skate Canada General Assumption of Risk and Waiver. Please see Appendix B.
- Keep a record for all members on each session, so that you can contact them if needed; for example, if an infected person should use your facility. Please see Appendix C for the session record sheet.
- Clear markings on the ground of where skaters and coaches should stand while waiting to go on the ice and where they sit while putting skates on to make sure they remain two metres apart.
- Signage should be made of plastic or laminated and must be posted throughout the facility
 - Examples ([Canada.ca has downloaded posters](#))
 - Physical distancing policy
 - How to protect yourself and others
 - What to do if you are sick
 - Cover coughs and sneezes
 - Handwashing
 - Don't touch your face – eyes, nose, mouth
 - Water fountains closed
 - Dressing rooms closed
 - Entry and exit signs for traffic flow

Provide a clean and safe environment

Clubs and facilities must have operational security procedures in place during the crisis related to Covid-19. These procedures must also be well displayed and communicated to all users.

- Use markings on the ground to indicate proper distancing between skaters and/or coaches, for example where skaters wait to enter the ice.
- Separate entrance and exit into/out of the facility.
- Separate and exit onto/out of the ice surface.
- Cleaning supplies must be provided by the club.

- Any off-ice club volunteer must be supplied with a mask and gloves to perform cleaning duties or music playing duties.
- Personal protective equipment for on ice volunteer (such as masks) is optional as long as it does not obstruct or inhibit skating ability.
- Coordinate with your facility who is responsible for cleaning specific areas.
- All high contact surfaces should be frequently cleaned, such as door handles, benches, counters, etc.
- Review club props, teaching aids, etc. and designate one person to handle them. For information regarding harness, please see Coaching. Remove all teaching aids that are porous or made of cloth.
- All chairs and tables in communal areas must be physically distanced or made inaccessible if distancing is not possible.
- All doors accessible to the public must remain open to avoid contact with door handles (with the exception of ice surface doors).
- Have only one person operating the music system, this cannot be skaters. Keep sanitizing wipes next to the music player and equipment.
- Soap or hand sanitizer must be made available to all members in various locations throughout the facility, including upon entry to the building, upon entry to the ice surface, and upon exiting of the ice surface.
- Regularly remind and encourage skaters to wash their hands and adopt proper hygiene practices.
- Skaters, coaches, program assistants, parents, officials, volunteers, etc. must wash their hands upon arriving at the facility and sanitize often.
- Close all water fountains and ask that everyone bring their own water bottle.
- Used facial tissue and/or Kleenex must go directly into the garbage can after use. No used tissues are allowed on the rink boards. Wash or sanitize hand after disposal.
- Any area exposed to personal items must be disinfected. Encourage skaters, coaches, program assistants and volunteers to leave unnecessary personal items at home.

Encourage Physical Distancing

- Encourage skaters to respect physical distancing of two metres, recommended by Government Authorities.
- Ask skaters to try to remain two metres from all others skaters, coaches and program assistants on the ice.
- Put in place measures to limit physical contact between all on-ice participants.
- Clubs, in consultation with the facility, will determine drop off/pick up times and protocols around parents/guardians remaining in the facility. Encourage physical distancing at all times.

Coaching

- Coaches to practice physical distancing from skaters, volunteers, program assistants, parents and other coaches on and off the ice.
- Additional personal protective equipment is optional as long as it does not obstruct not inhibit skating ability.
- Any equipment used on the ice must be disinfected before and immediately after each session.
- Only designated persons may set up equipment. Only one person should be operating equipment.
 - Harnesses
 - In order to use the harness, skater must be able to, without help, get in, tighten, and get out
 - Harness operator must wear a mask and gloves.
 - Skater must disinfect equipment they have touched
 - Keep harness portion of lesson under 15 minutes
- Divide coaches and skaters into “training groups”, if ice time can accommodate
 - Number and assign each coach a designated area along the boards where they must stand to teach lessons.
 - Coaches must remain in their designated area and may not skate alongside any skater.
 - Limit coach/skater contact; coaches should not physically help students up unless the skater is unable to get up.

- Coaches should use verbal cues and non-contact demonstrations when instructing rather than physical contact

Plan Ahead / Points to Consider

- Develop flexible refund policies should stay-at-order be restored or if arenas are forced to close.
- Have well defined session protocol, including accepting drop ins or skaters from other clubs, etc.
- Designate an on-site emergency person who will be at the arena during the session(s) and has access to the skaters' emergency contact information, and Emergency Action Plan (EAP). This person must be a current Skate Canada member and if possible, a member of the club executive.
- Update your club's Emergency Action Plan (EAP) and have at rink side or with the designated onsite emergency person. (EAP templates and eLearning module are available through the Coaches Association of Canada Locker).
- Create an emergency plan with the facility
 - Have a communication strategy to alert all who may have been exposed.
 - Consult local health authorities should an outbreak happen in your facility.
 - Identify a contact person to receive reports from skaters/families/staff of new illnesses.
 - Designated one person to speak publicly for the club to members, media, health officers, etc.
- Skaters, coaches, volunteers and program assistants must have a daily verbal screening for symptoms upon arrival at the entrance of the facility. The daily screening can be executed by either the club or facility. Please Appendix D Health Screening Template.
- Create designated pick up and drop off times to avoid any congestion in consultation with your facility.

Communicate Early and Often

- Club executives and coaches have the authority to ask skaters, members, volunteers, coaches, etc. to leave if they are not following the above outlined protocols and those of your facility.
- Appoint a Covid-19-point person to communicate with the facility management and monitor local, provincial and national developments.

- Communicate with skaters and their families about your facility/club's policies and procedures, making clear your policies and expectations.
- Coaches should provide preferred method of communicating with parents (email, text, lesson plan notes, etc.).

Summary

We would like to thank you all for your dedication, patience and understanding as we work collectively through this unprecedented time.

We encourage you to refer to resources provided by the following sources as information is constantly changing.

- [Government of Saskatchewan](https://www.saskatchewan.ca/) - <https://www.saskatchewan.ca/>
 - [Re-Open Saskatchewan Plan](https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan/re-open-saskatchewan) - <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan/re-open-saskatchewan>
- [Government of Canada](https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html) - <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
- [Skate Canada Covid – 19 Response](https://skatecanada.ca/covid-19-response/) - <https://skatecanada.ca/covid-19-response/>
- [Skate Canada – Saskatchewan](https://skatecanadasaskatchewan.com/) - <https://skatecanadasaskatchewan.com/>

Appendix A: Skate Canada Programming Return to Skating Stages

Movement between stages will be determined by Skate Canada – Saskatchewan based on the current Government of Saskatchewan guidelines found in [Re-Open Saskatchewan Plan](#). Please note that while we hope to move through the stages sequentially, due to unforeseen changes in public health requirements, we may have to move back previous stages.

Stage 1 – approval of the Government of Saskatchewan

Stage 2 – no sooner than September 1st, 2020

Stage 3 – 5 – to be determined

	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
Skate Canada Programs/Figure Skating Activities	➔ Increasing Risk ➔				
Physical Distancing MUST be maintained through all stages.					
Pre – CanSkate (including Parent and Tot)	<ul style="list-style-type: none"> No Pre-CanSkate or Parent and Tot 	<ul style="list-style-type: none"> Pre-CanSkate Parent and Tot (parent must reside in the same household as child) 	<ul style="list-style-type: none"> Inclusion of athletes of Pre-CanSkate without a parent 	<ul style="list-style-type: none"> Inclusion of athletes with no previous skating experience 	<ul style="list-style-type: none"> Inclusion of athletes with no previous skating experience
CanSkate (Stage 1 – 3)	<ul style="list-style-type: none"> No CanSkate Stage 1 – 3 	<ul style="list-style-type: none"> Participant numbers to be determined according to current guidelines set out by the Government of Saskatchewan 			

CanSkate (Stage 3 – 7)	<ul style="list-style-type: none"> Participant numbers to be determined according to current guidelines set out by the Government of Saskatchewan 				
STAR 1 – 5	<ul style="list-style-type: none"> Limit number on ice to 15 participants including coach(es) 	<ul style="list-style-type: none"> Increase participants numbers according to current guidelines set of by the Government of Saskatchewan 			
STAR 6 – Gold	<ul style="list-style-type: none"> Limit number on ice to 15 participants including coach(es) 	<ul style="list-style-type: none"> Increase participants numbers according to current guidelines set of by the Government of Saskatchewan 			
CompetitiveSkate	<ul style="list-style-type: none"> Limit number on ice to 15 participants including coach(es) 	<ul style="list-style-type: none"> Increase participants numbers according to current guidelines set of by the Government of Saskatchewan 			
Pair/Dance	<ul style="list-style-type: none"> Non-contact, side by side training* <p>*training together may resume if the athletes are part of each other’s virtual families</p>	<ul style="list-style-type: none"> Teams who reside in the same household may begin close contact training 	<ul style="list-style-type: none"> Stage 2 continues 	<ul style="list-style-type: none"> Stage 2 continues 	<ul style="list-style-type: none"> Resume sport with no restrictions

SynchroSkate	<ul style="list-style-type: none"> • Non-contact, side by side training • Limit number on ice to 15 participants including coach(es) 	<ul style="list-style-type: none"> • Teams who reside in the same household may begin close contact training • Increase participants numbers according to current guidelines set of by the Government of Saskatchewan 	<ul style="list-style-type: none"> • Stage 2 continues 	<ul style="list-style-type: none"> • Stage 2 continues 	<ul style="list-style-type: none"> • Resume sport with no restrictions
AdultSkate	<ul style="list-style-type: none"> • Limit number on ice to 15 participants including coach(es) 	<ul style="list-style-type: none"> • Increase participants numbers according to current guidelines set of by the Government of Saskatchewan 			
CanPowerSkate	<ul style="list-style-type: none"> • Limit number on ice to 15 participants including coach(es) 	<ul style="list-style-type: none"> • Increase participants numbers according to current guidelines set of by the Government of Saskatchewan 			

Competitions/Assessment Days / Seminars/Ice Shows/Carnivals	<ul style="list-style-type: none"> No competitions/Assessment Days/Seminars/Ice Shows or Carnivals 	<ul style="list-style-type: none"> Each activity to be reviewed based on current guidelines set out by the Government of Saskatchewan 	<ul style="list-style-type: none"> Stage 2 continues 	<ul style="list-style-type: none"> Stage 2 continues 	<ul style="list-style-type: none"> Resume sport with no restrictions
Other Activities (not stated above)	<ul style="list-style-type: none"> Must be submitted and reviewed by Skate Canada – Saskatchewan on a case by case basis to determine what the appropriate stage or restrictions that may be required prior to the activity taking place. 				

Appendix B: Skate Canada General Assumption of Risk and Waiver

Waiver provided by Skate Canada

Appendix C: Skate Canada Member Club Session Record

Date: _____

Facility Name: _____

Start time of Session: _____

End time of Session: _____

Name of Volunteer collecting information: _____

First Name	Last Name	Residence (City/Town)	Phone No.	Activity at Facility	Location in Facility	Signature (if minor parent signature)

Records to be completed every day for each skating session and kept on file

Appendix D: Health Screening Questionnaire Template

This questionnaire must be completed by each individual daily prior to participation in each club activity.
This questionnaire may be completed verbally.

The answer to all questions must be “No” in order to participate in each club activity.

Participant’s Name: _____ Date: _____

1. Do you have a fever? (a temperature of 37.8C or higher)

Yes No

2. Do you have any of the following symptoms?

Cough

Yes No

Shortness of breath

Yes No

Runny nose, sneezing or nasal congestion (not related to other known causes such as seasonal allergies, etc.)

Yes No

Sore throat

Yes No

Difficulty swallowing

Yes No

Lost sense of taste or smell

Yes No

3. Have you or someone in your household travelled outside of Canada or had close contact with anyone that has travelled outside of Canada in the past 14 days?

Yes No

4. Have you had close contact in the past 14 days with anyone with a new cough, fever or difficulty breathing or a confirmed case of Covid-19?

Yes No

If an individual answers “Yes” to any of these questions, they are not permitted to participate in any club activities.



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Summary

We would like to thank you all for your dedication, patience and understanding as we work collectively through this unprecedented time.

We encourage you to refer to resources provided by the following sources as information is constantly changing.

- [Government of Saskatchewan](https://www.saskatchewan.ca/) - <https://www.saskatchewan.ca/>
 - [Re-Open Saskatchewan Plan](https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan/re-open-saskatchewan) - <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan/re-open-saskatchewan>
- [Government of Canada](https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html) - <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
- [Skate Canada Covid – 19 Response](https://skatecanada.ca/covid-19-response/) - <https://skatecanada.ca/covid-19-response/>
- [Skate Canada – Saskatchewan](https://skatecanadasaskatchewan.com/) - <https://skatecanadasaskatchewan.com/>

Appendix A: Skate Canada Programming Return to Skating Stages

Movement between stages will be determined by Skate Canada – Saskatchewan based on the current Government of Saskatchewan guidelines found in [Re-Open Saskatchewan Plan](#). Please note that while we hope to move through the stages sequentially, due to unforeseen changes in public health requirements, we may have to move back previous stages.

Stage 1 – approval of the Government of Saskatchewan

Stage 2 – no sooner than September 1st, 2020

Stage 3 – 5 – to be determined

	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
Skate Canada Programs/Figure Skating Activities	➔ Increasing Risk ➔				
	Physical Distancing MUST be maintained through all stages.				
Pre – CanSkate (including Parent and Tot)	<ul style="list-style-type: none"> No Pre-CanSkate or Parent and Tot 	<ul style="list-style-type: none"> Pre-CanSkate Parent and Tot (parent must reside in the same household as child) 	<ul style="list-style-type: none"> Inclusion of athletes of Pre-CanSkate without a parent 	<ul style="list-style-type: none"> Inclusion of athletes with no previous skating experience 	<ul style="list-style-type: none"> Inclusion of athletes with no previous skating experience
CanSkate (Stage 1 – 3)	<ul style="list-style-type: none"> No CanSkate Stage 1 – 3 	<ul style="list-style-type: none"> Participant numbers to be determined according to current guidelines set out by the Government of Saskatchewan 			

CanSkate (Stage 3 – 7)	<ul style="list-style-type: none"> Participant numbers to be determined according to current guidelines set out by the Government of Saskatchewan 				
STAR 1 – 5	<ul style="list-style-type: none"> Limit number on ice to 15 participants including coach(es) 	<ul style="list-style-type: none"> Increase participants numbers according to current guidelines set of by the Government of Saskatchewan 			
STAR 6 – Gold	<ul style="list-style-type: none"> Limit number on ice to 15 participants including coach(es) 	<ul style="list-style-type: none"> Increase participants numbers according to current guidelines set of by the Government of Saskatchewan 			
CompetitiveSkate	<ul style="list-style-type: none"> Limit number on ice to 15 participants including coach(es) 	<ul style="list-style-type: none"> Increase participants numbers according to current guidelines set of by the Government of Saskatchewan 			
Pair/Dance	<ul style="list-style-type: none"> Non-contact, side by side training* <p>*training together may resume if the athletes are part of each other’s virtual families</p>	<ul style="list-style-type: none"> Teams who reside in the same household may begin close contact training 	<ul style="list-style-type: none"> Stage 2 continues 	<ul style="list-style-type: none"> Stage 2 continues 	<ul style="list-style-type: none"> Resume sport with no restrictions

SynchroSkate	<ul style="list-style-type: none"> • Non-contact, side by side training • Limit number on ice to 15 participants including coach(es) 	<ul style="list-style-type: none"> • Teams who reside in the same household may begin close contact training • Increase participants numbers according to current guidelines set of by the Government of Saskatchewan 	<ul style="list-style-type: none"> • Stage 2 continues 	<ul style="list-style-type: none"> • Stage 2 continues 	<ul style="list-style-type: none"> • Resume sport with no restrictions
AdultSkate	<ul style="list-style-type: none"> • Limit number on ice to 15 participants including coach(es) 	<ul style="list-style-type: none"> • Increase participants numbers according to current guidelines set of by the Government of Saskatchewan 			
CanPowerSkate	<ul style="list-style-type: none"> • Limit number on ice to 15 participants including coach(es) 	<ul style="list-style-type: none"> • Increase participants numbers according to current guidelines set of by the Government of Saskatchewan 			

Competitions/Assessment Days / Seminars/Ice Shows/Carnivals	<ul style="list-style-type: none"> No competitions/Assessment Days/Seminars/Ice Shows or Carnivals 	<ul style="list-style-type: none"> Each activity to be reviewed based on current guidelines set out by the Government of Saskatchewan 	<ul style="list-style-type: none"> Stage 2 continues 	<ul style="list-style-type: none"> Stage 2 continues 	<ul style="list-style-type: none"> Resume sport with no restrictions
Other Activities (not stated above)	<ul style="list-style-type: none"> Must be submitted and reviewed by Skate Canada – Saskatchewan on a case by case basis to determine what the appropriate stage or restrictions that may be required prior to the activity taking place. 				

Appendix B: Skate Canada General Assumption of Risk and Waiver

Waiver provided by Skate Canada

Appendix C: Skate Canada Member Club Session Record

Date: _____

Facility Name: _____

Start time of Session: _____

End time of Session: _____

Name of Volunteer collecting information: _____

First Name	Last Name	Residence (City/Town)	Phone No.	Activity at Facility	Location in Facility	Signature (if minor parent signature)

Records to be completed every day for each skating session and kept on file

Appendix D: Health Screening Questionnaire Template

This questionnaire must be completed by each individual daily prior to participation in each club activity.
This questionnaire may be completed verbally.

The answer to all questions must be “No” in order to participate in each club activity.

Participant’s Name: _____ Date: _____

1. Do you have a fever? (a temperature of 37.8C or higher)

Yes No

2. Do you have any of the following symptoms?

Cough

Yes No

Shortness of breath

Yes No

Runny nose, sneezing or nasal congestion (not related to other known causes such as seasonal allergies, etc.)

Yes No

Sore throat

Yes No

Difficulty swallowing

Yes No

Lost sense of taste or smell

Yes No

3. Have you or someone in your household travelled outside of Canada or had close contact with anyone that has travelled outside of Canada in the past 14 days?

Yes No

4. Have you had close contact in the past 14 days with anyone with a new cough, fever or difficulty breathing or a confirmed case of Covid-19?

Yes No

If an individual answers “Yes” to any of these questions, they are not permitted to participate in any club activities.