



# Landonedge Skating Return to Skating COVID-19 Guidelines

These guidelines are meant to support Landonedge Skating participants return to skating activities. The guidelines are derived from several sources, including: the Nova Scotia Sport Guidelines, Hockey Nova Scotia's Rebound Plan, Speed Skate Nova Scotia's Return to Play, and the RBC Centre's Rules for Re-opening.

## Cornerstone Guidelines

- Meet or exceed current public health regulations.
- Practice physical distancing by staying two (2) meters away from others.
- Wearing a mask is better than not wearing a mask.
- Wash or sanitize hands frequently and avoid touching eyes, nose, and mouth.
- Self-monitor for symptoms of COVID-19 on a daily basis.

## Environment

- Do not arrive early. Only arrive at the facility 15 minutes prior to practice time.
- Do not loiter afterwards. Exit the facility within 15 minutes following practice.
- Maintain physical distancing of two (2) meters before and after practice.
- It is recommended that only one parent or guardian accompany a skater.
- Skaters aged 12 and up should only be dropped off and picked up outside the facility.
- Only twenty (20) individuals will be on the ice: eighteen (18) skaters with two (2) coaches.
- Coaches will prepare the practice environment, marking space for physical distancing.
- Skaters will remain with a consistent group of nine (9) throughout the program, where incidental contact may occur.

## Equipment

- Personal equipment (water bottles, towels) will not be shared.
- Come prepared to skate. As much as possible skaters and coaches must arrive and depart wearing their necessary equipment. Leave any unnecessary equipment at home or in the car.
- Bring a water bottle, filled at home, and labelled with the skater's name, then wash after practice.
- While on the ice, skaters must leave their helmet and gloves on.
- As much as possible coaches will handle, place, and retrieve program equipment.
- Some equipment may be shared within a consistent group, creating incidental contact.
- Equipment will be sanitized before being shared between groups.

## Personal Protective Precautions

- Self monitor for COVID-19 symptoms prior to leaving for practice. An individual demonstrating any symptoms should refrain from attending practice or entering the practice facility, self-isolate, and seek appropriate medical attention.
- An individual who has been exposed to someone diagnosed with COVID-19, has travelled outside of the Atlantic region, or has been exposed to someone who has traveled outside the Atlantic region, should refrain from attending practice or entering the practice facility, self-isolate and for at least 14 days, and seek appropriate medical attention if necessary.
- All individuals are encouraged to wear a mask when entering and exiting the

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- practice facility where maintaining physical distancing can be challenging.
- All individuals should have hand sanitizer for use following practice.
  - Some clothing and equipment may need to be washed and/or sanitized after practice.

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- Communication**
- Landonedge Skating's Return to Skating Guidelines will be shared with all individuals via email.
  - Prior to beginning a Landonedge Skating programs all individuals will participate in an online information session reviewing the Return to Skating Guidelines.
  - All individuals will confirm that they will adhere to the Return to Skating Guidelines.
  - All individuals will confirm that they have reviewed government information regarding the symptoms of COVID-19.
  - An individual must consent to being included in a group of nine (9), where incidental contact may occur.
  - Landonedge will maintain a record of attendance for each practice.

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- References**
- Government of Canada's Coronavirus information:
    - <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
  - Government of Nova Scotia's Coronavirus information:
    - <https://novascotia.ca/coronavirus/>
  - Nova Scotia Sport Guidelines:
    - <http://www.sportnovascotia.ca/portals/0/docs/NSSportGuidelinesupd.pdf>
  - Hockey Nova Scotia's Rebound Plan:
    - <http://www.hockeynovascotia.ca/user/File/Hockey%20Nova%20Scotia%20-%20Rebound%20Plan%20-%20July%208.pdf>
  - Ringette Canada's National Direction For Return to Ringette:
    - [https://www.ringette.ca/wp-content/uploads/2020/07/Return\\_to\\_Ringette\\_2020.pdf](https://www.ringette.ca/wp-content/uploads/2020/07/Return_to_Ringette_2020.pdf)