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## **COVID-19 Protocol**

Jack Staples Arena - 2020-21 Season

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The Regina Speed Skating Club is committed to the health of our skating families and our community. The 2020-21 season will be a very unique year for everyone, including the RSSC. We will do our best to prevent the spread of COVID-19. In order to comply with the recommendations of the Saskatchewan Health Authority, the City of Regina, Speed Skating Canada, and the Saskatchewan Amateur Speed Skating Association, the RSSC will be following the procedures and adjusted the schedule as outlined.

### **General Information**

The City of Regina has limited occupancy within the facility to a maximum of 30 people, and 9 in a dressing room. This includes skaters, coaches, volunteers, and parents/guardians this should allow some of the Group 1 skaters to have ONE person to accompany them. We are only allowed to enter the rink 10 minutes prior to the start of our booking. We are **not** allowed to use any bleachers; spectators will need to stand inside. We will have access to 2 dressing rooms for each group to encourage social distancing, but given our time limitation, we ask that the skaters enter the arena fully dressed and ready to skate with a filled water bottle from home. If needed they may put their skates on in the dressing room.

**General procedures** when entering the Jack Staples Arena:

**Every person** entering the arena will be required to:

1. Complete the COVID-19 screening questions on Team Snap before entry.
2. Have their temperature taken. If their temp is >38 degrees Celsius, they may wait 2 minutes and retake their temperature. If it remains elevated, they will not be allowed into the arena.
3. Wear a mask. All non-skaters will be required to wear the mask throughout the practice and maintain a 2m distance from others. Skaters may wear a mask at their discretion while on the ice, as long as recommended physical distancing is maintained.
4. Sanitize hands. They may use the non-scented hand sanitizer supplied or bring their own.
5. **Everyone** entering the building will Check in and complete screening on **Team Snap** app (for the purposes of contact tracing).
6. Skaters arrive dressed and ready to go on ice, put skates on with guards. If required skaters will go directly to their designated/assigned area to put their skates on.
7. Please bring filled water bottles from home.
8. If a skater contacts the mat, it will be sanitized after the impact

This schedule and guidelines are subject to change with short notice as the situation dictates.



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***Sunday Oct 4 -only***

**6:05-6:15pm Arrive at Staples – Complete screening and enter building**

**6:15-7:00** Learn to skate.

**7:10-7:40** Ice clean and general sanitizing – **Everyone** must exit building by **7:10** for City staff to clean

**7:30-7:40 Group 2 Arrive at Staples – Complete screening and enter building**

**7:40-7:55** Mats – Group 2 put up mats with Coaches. Masks must be worn during this process, as physical distancing may be challenging. **No gloves or mitts worn unless sanitized.**

**7:55-9:00** Group 2 skate

**9:00-9:15** Clearance of mats and exit building. Skaters must help put mats away. Masks must be worn during this process, as physical distancing may be challenging.

**9:15-9:25 Everyone** must exit building by **9:25** for City staff to clean

- Spot clean matts as needed.

***Sundays - Oct 11 - end of March***

**6:05-6:15pm Arrive at Staples – Complete screening and enter building**

**6:15-6:30** Mats – Group 2 put up mats with Coaches. Masks must be worn during this process, as physical distancing may be challenging. **No gloves or mitts worn unless sanitized.**

**6:30-8:00** Group 2 skate

**8:00-8:15** Clearance of mats and exit building. Skaters must help put mats away. Masks must be worn during this process, as physical distancing may be challenging.

**8:15-8:25 Everyone** must exit building by **8:25** for City staff to clean

- Spot clean matts as needed.



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***Tuesdays***

**6:50-7:00pm Group 1 Arrive at Staples – Complete screening**

**7:00-7:10 Mats** - Since time is of the essence, **6 parents for Group 1 skaters ARE REQUIRED to assist** in putting up the mats. Masks must be worn during this process, as physical distancing may be challenging. **No gloves or mitts worn unless sanitized.**

**7:00-7:40** Group 1 skate

**7:40** \*Spray down mats

**7:50-8:20** Ice clean and general sanitizing – **Everyone** must exit building by **7:50** for City staff to clean

**7:40-8:10** Group 2 dryland Outside

**8:10-8:20 Group 2 Arrive at Staples – Complete screening and enter building**

**8:10** \*Wipe down mats

**8:20-9:30** Group 2 skate

**9:30-9:45** Clearance of mats and exit building. Skaters must help put mats away. Masks must be worn during this process, as physical distancing may be challenging.

**9:45-9:55 Everyone** must exit building by **9:55** for City staff to clean

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**Thursdays**

**6:35-6:45pm Group 1 Arrive at Staples – Complete screening**

**6:45-6:55 Mats** - Since time is of the essence, **6 parents for Group 1 skaters ARE REQUIRED to assist** in putting up the mats. Masks must be worn during this process, as physical distancing may be challenging. **No gloves or mitts worn unless sanitized.**

**6:45-7:30** Group 1 skate

7:30 \*Spray down mats

**7:40-8:10** Ice clean and general sanitizing – **Everyone** must exit building by **7:40** for City staff to clean.

**7:30-8:00** Group 2 dryland Outside

**8:00-8:10 Group 2 Arrive at Staples – Complete screening and enter building**

8:00 \*Wipe down mats

**8:10-9:30** Group 2 skate

**9:30-9:45** Clearance of mats and exit building. Skaters must help put mats away. Masks must be worn during this process, as physical distancing may be challenging.

**9:45-9:55 Everyone** must exit building by **9:55** for City staff to clean

- Spot clean mats as needed.