

# Important Information for the Fall Learn-to-Skate Season

## Rec Centre Rules:

- Masks are required for anyone inside the rec centre over the age of 2. Skaters may take off their masks before getting onto the ice.
- Parents are **not** allowed in the dressing rooms. **Please dress your child for skating and put their skates on at home or in the car.** If you are an adult skater then you will have access to a dressing room, however we still recommend putting your skates on in the car if possible.
- A staff member at the entrance of the building, and they will direct you on where to go.
- A maximum of 2 spectators per family are allowed to watch.

## Skate Canada Rules:

- Skate Canada requires us to do a verbal health screening questionnaire before every session. You will be asked if you or your child have any COVID symptoms every week before they get on the ice.
- We are required to keep a contact tracing sheet, and you will be checked in before each session.
- You are required to sign a waiver before your child gets on the ice. Please sign this and send it back to me or hand it in on the first day.

## What to expect when you arrive:

- We ask that you enter the rink **5-10 minutes prior to your start time.**
- Once you enter the arena, follow the signage that we will have posted. There will be NO access to the dressing rooms.
- Health screening and contact tracing will occur before the session begins.

## Equipment

- Coaches will not be able to assist with tying skates due to COVID-19. We also will not be able to lend out mittens or helmets to anyone who forgets.
- **Your skater will need skate guards this season.** Skate guards will protect the blade from damage when your skater walks from the parking lot into the building.
- CSA approved hockey helmets are required.
- Mittens or gloves are required.

**All skaters must be able to fall down, stand up, and move forward on ice unassisted. No hands-on assistance will be provided.**