

SKATE CANADA ASSUMPTION OF RISK AND WAIVER

PLEASE READ CAREFULLY:

1. ACKNOWLEDGMENT OF INHERENT RISK

I understand that participation in skating, figure skating, and any other sporting activities listed in the enclosed appendix (hereinafter the "Sports Activity") is voluntary, and involves inherent risk during participation, including the risk of possible accidents, physical injury, or exposure to the COVID-19 virus or other infections or infectious diseases as a result of attending training, club events or competitive events. I freely accept and fully assume all such risks, dangers and hazards, including but not limited to personal injury, disease transmission, death, property damage or loss, resulting from my participation. I have carefully considered the risks involved, and I have full confidence that reasonable precautions will be taken to ensure the safety and well-being of myself (or my son/daughter/ward).

2. WAIVER

I do for myself (or my child), and our respective heirs, executors, administrators, successors and assigns, hereby waive, release, and forever discharge Skate Canada and/or Skate Canada: Alberta-Northwest Territories/Nunavut Association (Skate Canada: Alberta-NWT/Nunavut Section), all Regions of Skate Canada: Alberta-NWT/Nunavut Section, Gateway FSC, their officers, partners, agents, employees, servants, representatives, volunteers, coaches, officials, successors and assigns (the "Representatives") of and from any actions, causes of action, complaints, demands and claims or any recourse whatsoever ("Claims") that I have or may have in the future in any way connected with my (or my child's) participation in the Sports Activity contemplated herein, whether in law or in equity, in respect of personal injury, illness or disease transmission, loss of life, or property damage of any kind or nature, and I do hereby discharge the Representatives from any such liability. This includes negligence, breach of contract or breach of any statutory or other duty of care.

3. INDEMNIFICATION

I further agree to fully indemnify and defend Skate Canada and/or Skate Canada: Alberta-NWT/Nunavut Section, all Regions of Skate Canada: Alberta-NWT/Nunavut Section, Gateway FSC and any of their Representatives from and against any and all Claims brought against Skate Canada and/or Skate Canada: Alberta-NWT/Nunavut Section, all Regions of Skate Canada: Alberta-NWT/Nunavut Section, Gateway FSC and any of their Representatives, including all related costs and expenses, and against any loss, costs, damages, or expenses which Skate Canada and/or Skate Canada: Alberta-NWT/Nunavut Section, all Regions of Skate Canada: Alberta-NWT/Nunavut Section, Gateway FSC and any of their Representatives may sustain, suffer, incur, or be liable for resulting from, arising from, or in any way related to my (or my son/daughter/ward's) participation in the Sports Activity. I also agree and undertake not to make any claim or take any proceedings against the Representatives set out above, or any other person or corporation which might claim contribution or indemnity under the provisions of any statute or otherwise from the Representatives set out above.

4. SEVERABILITY

The provisions of this Assumption of Risk and Waiver shall be deemed severable and if any provision or

portion thereof is held invalid, illegal or unenforceable for any reason, the remainder shall not thereby be invalidated, but shall remain in full force and effect.

Acknowledgement: I am aware of the nature and effect of this Assumption of Risk and Waiver and I fully understand all of the terms and conditions above. I understand that I have given up substantial rights by signing this Assumption of Risk and Waiver and I am signing it freely and voluntarily without inducement.

Parent/Guardian: I certify that I am the parent or legal guardian of the participant named below and that I am entitled to his or her custody and control. I understand the aforesaid inherent risks that could arise from these activities, I grant permission for my son/daughter/ward to participate in the Sports Activity and other activities incidental thereto and I execute this Assumption of Risk and Waiver on behalf of myself and my son/daughter/ward.

Participant's Name: _____ **Date of Birth (D/M/Y):** ____ / ____ / ____

Participant's Signature: _____

Parent/Guardian Name(s): _____ / _____

Parent/Guardian Signature(s): _____ / _____

Date (D/M/Y): ____ / ____ / ____

Participation in Skate Canada (circle one): Competitive / Starskate / Junior Academy / Canskate

Appendix

Additional Description of Sports Activity

SKATER CHECKLIST

To be used to help skaters prepare for training

Before you leave home

- DO NOT leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose)
- Check for facility / arena closures
- Eat before you come, if you take food please ensure it is self-contained, do not share
- Thoroughly wash your hands with soap and warm water
- Thoroughly wash water bottles with soap and warm water
- Thoroughly wash training clothes and accessories including gloves, hard guards, blade rag etc.
- Pre-Register for your session
- Warm up at home, if whether prevents warming up outside
- Use the washroom
- Sign **Skate Canada Assumption of Risk and Waiver** either online or bring a signed copy to the arena prior to or at the first session you are registered for

Arrival at the Arena

- Arrive at facility no more than 15 minutes prior to scheduled ice session
- Warm up outside if possible, maintaining physical distance of 2m
- Place your skates / gloves on outside, in your vehicle, if possible. Leave your skate bag and shoes in your vehicle if possible
- Enter through established entrances and follow signs
- Wash your hands with soap & water or sanitize using hand sanitizer
- Respect social distancing guidelines at all times
- Prior to first session submit signed **Skate Canada Assumption of Risk and Waiver** in designated area (if not completed online)
- Register for Contact Tracing Attendance
- DO NOT share water bottles or personal items
- Arrive no earlier than 5 minutes to the side of the rink and stay in designated area
- No public spectators allowed during Phase 1 (Parents / Guardians only)

After on-ice Training is complete

- Wash your hands with soap & water or sanitize using hand sanitizer immediately after getting off the ice
- Leave the facility immediately following on-ice training
- Exit through established exits
- Cool down outside the building if possible, while maintaining physical distance of 2m. Cool down at home if weather prevents cooling down outside
- Thoroughly wash water bottles with soap and water
- Thoroughly wash all training clothes and accessories including phones, gloves, hard guards, blade rag etc.



SCREENING CHECKLIST

Screening of each participant (skaters, coaches, volunteers) must complete an on-site verbal screening on a daily basis before participating in any club activities.

If an individual answer yes to any of the questions, they will not be allowed to participate in the activity. Children and youth will need a parent to assist them to complete this screening tool.

- Fever
 - Cough
 - Shortness of Breath/Difficulty Breathing
 - Sore throat
 - Chills
 - Painful swallowing
 - Runny Nose/Nasal Congestion
 - Feeling unwell/ Fatigued
 - Nausea / Vomiting / Diarrhea
 - Unexplained loss of appetite
 - Loss of sense of taste or smell
 - Muscle / Joint aches
 - Headache
 - Conjunctivitis
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- Have you, or anyone in your household, travelled outside of Canada in the last 14 days?
 - Have you or your children attending the activity had close “unprotected” contact (face to face contact within 2 meters/6 ft) with someone who is ill with cough and/or fever?
 - Have you or anyone in your household been in close unprotected contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?

If you have answered “yes” to any of the above questions do not participate. Go home and use the AHS Online Assessment Tool to determine if testing is recommended.

OVERVIEW



Personal Hygiene

- Wash or sanitize hands upon entry to facility and immediately after each session
- Skaters should not touch door handles, gates, benches, or other common surfaces
- Personal hygiene etiquette must be practiced at all times (cough / sneeze into arm or tissue, immediately place used tissues into the facility garbage bins)
- There shall be no spitting
- All training clothes, gloves, water bottles, and skates must be kept clean. Make sure all items of clothing are immediately washed and skates /guards sanitized, prior to re-entering the facility Cleaning / Disinfecting

Commitment

- Gateway FSC & arena staff will implement a cleaning schedule to ensure disinfecting before & after each training session in accordance with Public Health guidelines.
- Coaches will be required to wear a non-medical face mask or face shield while coaching. Coaching will be done using verbal cues and there will be no physical contact with a skater unless medical attention is required. A minimum of 2 meters will be maintained between skater(s) and coach at all times.
- Skaters are to arrive with a non-medical face mask until they start their training on the ice. Once the session is over, the masks are required to be placed back before stepping off the ice.
- Skaters are not required to wear a face mask while skating. Public Health recommends that masks should not be worn when conducting intense physical activities.
- Please arrive no more than 15 minutes prior to the session starting, and you must immediately leave once your session is done.
- Parents / Spectators are expected to follow the guidelines with respect to physical distancing.
- Skaters are to arrive with their skating attire & skates on, with minimal personal belongings (water bottle, etc.). Skating bags should not be brought into the facility.
- While on the ice, guards, water bottles and/or sweater must be placed together in one place (a coach will assist as to where that space is)
- Only skaters who reside in the same household or are in the same cohort family are permitted to be within 2 meters of each other (see the Provincial Health Guidelines for information on cohort families).
- There will be no music played (at WEM) as this is not our regular facility, and this is an added risk we will not take.
- Transportation to and from the facility should be arranged so that only individuals from the same household or cohort family share rides
- Non-compliance may result in removal from the session without a refund.
- The Assumption of Risk and Waiver form must be completed by each participant (Inc. skaters, coaches, and volunteers) prior to participating the sessions.

SKATE CANADA: ALBERTA-NWT/NUNAVUT ILLNESS POLICY

The purpose of the Section Illness policy is to provide clubs and skating schools in the Section with a framework to follow for effective control measures.

A “participant” includes a club or skating school employee, coach, choreographer, volunteer, official, skater or parent / spectator.

1. **Inform an individual in a position of authority (coach, club administrator) immediately** if, you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
2. **Assessment**
 - a. Participants must have a daily verbal screening for symptoms upon arrival at the entrance of the facility
 - b. Administrators/coaches will visually monitor participants to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity
 - c. If Participants are unsure please have them use the [Alberta Health COVID-19 self-assessment tool](#)
3. **If a Participant is feeling sick with COVID-19 symptoms**
 - a. They should remain at home and contact Health Link at 811
 - b. If they feel sick and /or are showing symptoms while at work/practice/activity, they should be sent home immediately and have them contact 811 or a doctor for further guidance
 - c. Facility must implement Rapid Response Plan including:
 - i. Immediate isolation of the symptomatic participant from others, including arrangement for safe travel home (e.g., no public transit)
 - ii. Consideration of suspension or temporary cancellation of the event
 - iii. Cleaning and disinfecting of all equipment and surfaces that may have come into contact with the symptomatic participant
 - iv. Performance of hand hygiene by remaining participants
 - d. No Participant may participate in a practice/activity if they are symptomatic
4. **If a Participant tests positive for COVID-19**
 - a. The Participant will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus as verified by a medical professional
 - b. Any Participants who work/practice closely with the infected participant will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further
 - c. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched
 - d. If any participant tests positive, the club/skating school must inform the Alberta-NWT/Nunavut Section Office of the test positive case by emailing info@skateabnwtun.ca
5. **If a Participant has been tested and is waiting for the results of a COVID-19 Test**
 - a. As with the confirmed case, the Participant must be removed from the workplace/practice/facility
 - b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and contact Health Link at 811

- c. Other Participants who may have been exposed will be informed and removed from the workplace /practice /activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities
- d. The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched

6. If a Participant has come in to contact with someone who is confirmed to have COVID-19

- a. Participants must advise their coach/club administrator if they reasonably believe they have been exposed to COVID-19
- b. Once the contact is confirmed, the Participant will be required to follow the direction of Alberta Health Services
- c. The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched

7. Quarantine or Self-Isolate if:

- a. Any Participant who has a member of their household who has travelled outside of Canada and has experienced any symptoms identified on the verbal health screening questionnaire within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate
- b. Any Participant with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate
- c. Any Participant from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate

Any Participant who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility

