

MHSC Parent & Skater Training Overview

Below are the key points reviewed in the Parent & Skater PowerPoint presentation. In accordance with Skate Canada guidelines, all parents and skaters are required to acknowledge that they are aware of and understand the guidelines. All participants must follow the guidelines for their safety and the safety of others.

- All Skaters are required to complete and hand in the **Skate Canada Assumption of Risk and Waiver** to your first session. One form per skater, valid for full-year unless there is an addendum launched.
- **DO NOT** attend the rink if you or your Skater is feeling ill or have symptoms of illness.
- If a Skater becomes ill during a class they will be removed and isolated immediately. Transportation home will be arranged. Skater/Parent is required to contact 8-1-1 and follow their recommendations.
- Skaters will be allowed to enter the building no earlier than 15 minutes before the start of their program.
- Face coverings/Masks are required by all. Before entering the rink please put your mask on and sanitize your hands. You can use your own, or the one located outside of the doors of the rink.
- Follow the marked entry and exit doors to keep the flow of traffic.
Skaters must arrive ice ready. Designated dressing rooms are available to put skates on. Please do not use the benches set out in the hallway.
- Skaters that require assistance are permitted ONE parent/guardian to assist them. Masks are required
- Skaters are permitted out of their dressing room 5 minutes before the session starts or as directed.
- Bring your full water bottles. The water fountains are not available at this time.
- Drop-ins will be limited. All skaters wanting to attend a session must contact the Club office by email at mhskate1959@gmail.com . Skaters MUST be registered for all sessions for tracking purposes.
- Skaters are required to maintain social distancing of 2 meters and/or have a face covering as best as possible. There will be no physical contact with other skaters.
- In the event of an emergency, the Skater's parent will be asked to attend to the Skater. If not on-site, the Coach/MHSC Staff/Volunteer will attend to the Skater after donning PPE.
- All participants and spectators must clear the facility within 15 minutes from the completion of their program.
- No public spectators are allowed, to limit the number of people at the ice surface. Face covers are required in the stands.
- Before every session, EVERYONE is required to complete the health screening with all participants. The Google form can be completed online at <https://forms.gle/E7tAtpN1tUYWkiR67> . The results of the questionnaire will be documented and transposed onto a contact tracing log. Results will be kept on file for 4 weeks and then shredded.
- If anyone answers "YES" to any of the questions they will be sent home immediately and asked to visit the AHS Online Health Assessment Tool and follow their directions.

If you have any questions please contact the Club office by calling 403-529-0092, emailing mhskate1959@gmail.com or sending a private Facebook message.

I have reviewed and understand the COVID guidelines

Printed Name

Signature

Date