

RETURN TO ICE



Guidelines for skating

COVID-19 is a disease caused by coronavirus. Some coronavirus cause illness similar to the common cold and others cause more serious illness.

All skating participants including skaters, coaches, officials and other persons at the venue are responsible for stopping the spread of the virus. The following guidelines are designed to assist in understanding ways that you can help.

STAY AT HOME IF YOU

HAVE A
FEVER

HAVE A
COUGH

FEEL
FATIGUED

ARE
EXPERIENCING
SHORTNESS OF
BREATH

HAVE A
SORE THROAT

SUGGESTIONS FOR RINKS

- Educate staff regarding COVID-19 & safety requirements
- Ensure all areas of the venue are cleaned regularly
- Install COVID-safe signage throughout the venue
- Recommend skaters book for sessions to avoid disappointment and manage numbers
- Monitor numbers and collect information to enable contact tracing if necessary
- Implement cashless payment policies
- Consider traffic flow plans to avoid bottlenecks
- Rink gates to be opened by rink staff and kept open for the duration of practice sessions



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Information for skaters

BEFORE TRAINING



- Make contact with the rink to confirm availability of the ice time
- Prepare and dress for training at home
- Arrive just in time to warm-up and train

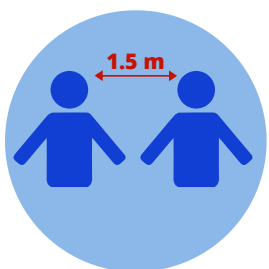


- Wash or sanitise hands before and after training
- Download the COVID-safe app
- **Stay at home if you are not feeling well**

AT TRAINING



- Get in, train, get out
- Maintain social distancing when warming up & down, don't chat on the ice or hang at the barrier
- Do not share equipment, such as towels, drink bottles, gloves, etc



- Wear your gloves while on the ice
- No holds or other physical contact
- Maintain safe cough etiquette and dispose of tissues immediately after use
- If someone is not being COVID safe, let your coach or rink staff know

When necessary for a chaperone to remain at the rink, appropriate social distancing should be maintained at all times