

FSC SKATER CHECKLIST

Before you leave home

- DO NOT leave home if you are feeling unwell or showing signs of illness (fever, cough, shortness of breath, sore throat, runny nose)
- Eat before you come, if you take food please ensure it is self contained and do not share
- Thoroughly wash your hands with soap and warm water
- Thoroughly wash your water bottles with soap and warm water and fill at home as there are no water fountains available
- Thoroughly wash your training clothes and accessories, including gloves, hard guards, blade cloth, etc
- Warm up at home, if weather prevents warming up outside
- Use the washroom
- Sign Skate Canada Risk and Waiver – must be signed and returned to FSC Registrar prior to first ice session of the season

Arrival at the Arena

- Arrive at facility no more than 10 minutes prior to scheduled ice session
- Warm up outside if possible, maintaining physical distance of 2 metres
- 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 entrance. CanSkate Skaters, you will be greeted by a volunteer who will ask you the Health Screening Questions and direct you to ice
- Wash your hands with soap and water or sanitize using hand sanitizer
- Respect physical distancing guidelines at all times
- DO NOT share water bottles or personal items

After On-Ice Training is Complete

- Wash your hands with soap and water or sanitize using hand sanitizer immediately after getting off the ice
- Leave the facility immediately following on ice training
- Exit through established exits
- Thoroughly wash water bottles with soap and warm water
- Thoroughly wash all training clothes and accessories including phones, gloves, hard guards, blade cloth, etc.