

FSC COACH/VOLUNTEER 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
- Thoroughly wash all previously worn clothes and accessories
- Ensure PPE is readily available (mask, winter gloves, disposable gloves)
- Consider bringing personal hand sanitizer
- Use the washroom
- Sign Skate Canada Risk and Waiver – must be signed and turned into FSC Registrar prior to first ice session

Arrival at the Arena

- 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 and water or sanitize using hand sanitizer
- Respect physical distancing guidelines at all times
- Hand in Health Screening Questionnaire to Coach
- DO NOT share water bottles or personal items
- Arrive no earlier than 10 minutes before ice time and stay in designated area
- Consider wearing PPE at all times and have readily available in the case of an emergency

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.