

**CLUB AND SKATING SCHOOL OPERATIONS**

Area	Item	Protocol
Club / Skating School Operations CSO – 001	Compliance with regulations	<p>All figure skating activities must adhere to all federal, provincial and municipal laws, regulations, by-laws and orders as they may exist from time to time. This includes but is not limited to compliance with:</p> <ul style="list-style-type: none"> <li>• Physical distancing measures</li> <li>• Health and safety regulations</li> <li>• Size of permitted gatherings</li> <li>• Skate Canada rules, policies and procedures</li> <li>• Skate Canada: Alberta-NWT/Nunavut rules, policies and procedures</li> <li>• All Safe Sport policies and procedures</li> <li>• Applicable occupational health and safety requirements</li> </ul>
Club / Skating School Operations CSO – 002	Compliance with Skate Canada: Alberta-NWT/Nunavut guidelines and protocols	<p>All Section clubs, skating schools and coaches conducting training (on rented club or non-club ice) must implement and comply with the most current version of the Skate Canada: Alberta – NWT/Nunavut <i>Return to Skating</i> Protocols. Each club, skating school and coach is also responsible for implementing and complying with any updated version of these Protocols as posted from time to time.</p> <p>The Assumption of Risk and Waiver regarding COVID-19 form provided as part of these Protocols must be completed by each participant in club or skating school activities (including staff, skaters, coaches, choreographers and volunteers).</p> <p>This form must be completed prior to the start of participation in club or skating school activities. The club or skating school must keep this form on-file for each participant. It is not necessary to submit this to Skate Canada: Alberta-NWT/Nunavut but it may be requested by the Section at any time.</p> <p><i>Please see <a href="#">Section Website</a> for the Skate Canada: Alberta-NWT/Nunavut:</i></p> <ul style="list-style-type: none"> <li>• <i>Club and Skating School Protocol Checklist and Acknowledgement of Phase 1 and Phase 2 Compliance Form (July 6, 2020)</i></li> <li>• <i>Assumption of Risk and Waiver form</i></li> </ul>
Club/Skating School Operations CSO – 003	COVID-19 Education	<p>Each club and skating school must ensure staff, coaches, skaters, parents, members and volunteers receive education on new safety and hygiene protocols within the club/skating school as well as Government of Alberta approved information on ways to limit the spread of COVID-19 including:</p> <ul style="list-style-type: none"> <li>• Respiratory etiquette</li> <li>• Hand hygiene</li> <li>• Physical distancing</li> <li>• Use of Personal Protective Equipment (i.e. face masks)</li> </ul> <p><i>Please see <a href="#">Section Website</a> for samples and resource links to these education tools</i></p>

Area	Item	Protocol
Club / Skating School Operations CSO - 004	COVID-19 Response Plan  <i>Refer:</i> CSO – 007 CSO – 008 CSO – 014	<p>Each club and skating school MUST develop a COVID-19 Response Plan which includes all of the following provisions:</p> <ul style="list-style-type: none"> <li>• Designate an individual over the age of 18 to oversee and ensure the implementation and adherence of safety and public health guidelines</li> <li>• Protocol for individuals to report if they are unwell, become unwell during training or show signs of acute respiratory infection</li> <li>• Protocol for individuals to report to the club if they have developed or been exposed to someone with COVID-19</li> <li>• Procedure to notify Alberta Health Authority and external stakeholders (i.e. Skate Canada: Alberta-NWT/Nunavut Section Office, facility management) of any suspected or positive cases</li> <li>• Procedures to modify, restrict, postpone or cancel training sessions based on the evolving COVID-19 pandemic</li> <li>• Communication plan to keep staff, coaches, skaters, parents and volunteers informed during Return to Play Phases</li> <li>• Protocol for staff, skaters, coaches, parents, members and volunteers after a COVID-19 diagnosis,</li> </ul> <p>An authorized club or skating school representative must complete the COVID-19 Response Plan Acknowledgement Form and return to the section office prior to the onset of operations.</p> <p>Please see <a href="#">Section Website</a> for the Skate Canada: Alberta-NWT/Nunavut:</p> <ul style="list-style-type: none"> <li>• Club and Skating School Protocol Checklist and Acknowledgement of Phase 1 and Phase 2 Compliance Form (July 6, 2020)</li> <li>• COVID-19 Response Plan Template</li> </ul>
Club / Skating School Operations CSO - 005	Facility Coordination	<p>Clubs and skating schools must coordinate with their facility to ensure compliance with these protocols, in addition to any Provincial or Municipal Health Regulations. This includes but is not limited to:</p> <ul style="list-style-type: none"> <li>• Ensuring signage available through Alberta Health Authority is prominently posted in high use areas of the facility</li> <li>• Implementing effective measures to manage the flow of traffic in and out of the facility</li> <li>• Ensuring that any person who enters or uses the facility, for club or skating school purposes, maintains a physical distance of at least 2m from any other person.</li> <li>• Doors inside the facility remain open, where possible, to avoid contact with door handles</li> <li>• Wiping down/sanitizing high touch areas such as entry/exit doors to the ice etc.</li> <li>• Availability of hand sanitizing available to all clients in various locations throughout the facility including: building entrances and exits</li> <li>• Use markings on the ground to indicate proper distancing from employees (e.g. facility reception) or other participants (ie on/off ice gates) where feasible</li> <li>• Marking seating area with tape to designate 2m distances, if feasible</li> <li>• Sharing of food, use of water refilling stations and water fountains, and shared group water bottles or jugs is prohibited</li> </ul>

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		<ul style="list-style-type: none"> <li>• In collaboration with the facility operator, scheduling and implementing cleaning between training sessions in accordance to Public Health Guidelines is maintained</li> <li>• Use of Dressing Rooms is strongly discouraged and physical distancing of 2m must be maintained if used. It is recommended participants arrive in skating attire in Phase 2.</li> <li>• Facilitating compliance by the facility operator with the advice, recommendations and instructions of public health officials, including any advice, recommendations and instructions on physical distancing, cleaning or disinfecting.</li> </ul>
Club / Skating School Operations CSO - 006	Club/Skating School Offices and Storage Rooms	<p>All club and skating school administrative activities should be conducted online and virtually whenever possible.</p> <ul style="list-style-type: none"> <li>• A physical barrier should be created to ensure a minimum distance of 2m between club or skating school employees and visitors is maintained when virtual operations are not feasible</li> <li>• Clubs and skating schools must ensure proper cleaning of any office/ administrative/storage rooms.</li> <li>• Daily scheduled cleaning/sanitizing between users</li> <li>• Availability of hand sanitizer for staff and visitors</li> <li>• Availability of personal protective wear for staff, including non-medical face masks, disposable gloves</li> </ul>
Club / Skating School Operations CSO - 007	First Aid / Emergencies	<ul style="list-style-type: none"> <li>• Clubs, Skating Schools and Coaches must ensure personal protective equipment (which includes medical masks and disposable gloves) is immediately available IF first aid treatment is required.</li> <li>• In the event that a participant requires first aid, consider having a family member attend to the injured, when possible</li> <li>• If not possible, the attending person must wear appropriate Personal Protective Equipment (PPE) including a medical mask and disposable gloves. <ul style="list-style-type: none"> <li>• Proper hand washing and PPE Doffing should take place immediately following any in-person interaction</li> </ul> </li> </ul> <p><i>Please refer to <a href="#">the Alberta Health Services overview</a> on use of PPE Please refer to <a href="#">COVID FAQ (July 3, 2020)</a> for more info on First Aid Response <a href="#">Please refer to the Government of Canada information on COVID-19 medical masks and N95 respirators</a></i></p>
Club / Skating School Operations CSO - 008	Self-screening measures	<p>All individuals taking part in club/skating school activities must self-screen at home and in accordance with Public Health Orders must not attend any training sessions or club activities if they:</p> <ul style="list-style-type: none"> <li>• Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts</li> <li>• Have returned from travel outside of Canada (must quarantine for 14 days at home)</li> <li>• Have been in contact with someone with COVID-19 in the past 14 days</li> </ul> <p>Those who are considered a vulnerable or at-risk individual (elderly persons, weakened immune system or medical conditions such as heart disease, lung</p>

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		<p>disease, cancer etc.) should be advised of the increased risk of participation and take additional precautions and use of PPE where possible.</p>
<p>Club / Skating School Operations CSO - 09</p>	<p>Screening of individuals</p>	<p>Clubs and skating schools must establish, and record, a screening protocol whereby individuals are screened on-site on a daily basis before participation in any club activities.</p> <p>Each participant (skaters, coaches, choreographers, volunteers) must complete an on-site verbal screening as instructed by the club.</p> <p>When skating is taking place outside of a club setting, the coach is responsible for attaining this documentation and ensuring submission to club or skating school is completed.</p> <p><i>Please see <a href="#">Section Website</a> for a copy of the updated verbal screening template</i></p>
<p>Club / Skating School Operations CSO - 010</p>	<p>Tracking of participants in club activities</p>	<p>Contact Tracing logs for all participants, coaches and spectators must be completed for every training activity and be available to be accessed quickly to ensure efficient contact tracing.</p> <p>When skating is taking place outside of a club setting, the coach is responsible for ensuring this logging, tracking and submission to club or skating school is completed.</p> <p>As personal information is being collected for contact tracing logs, reasonable security measures against unauthorized access, collection, use, disclosure, copying, modification, disposal or destruction for information must also be in place in accordance with the <a href="#">Personal Information Protection Act (PIPA)</a>.</p> <p>Contact Tracing logs can be done online or completed onsite by a responsible adult. Records must be maintained for a minimum of 4 weeks.</p> <p><i>Please see <a href="#">Section Website</a> for a Contact Tracing tracking template</i> <i>See <a href="#">Pandemic FAQ: Customer Lists</a> for additional requirements related to safeguarding and protection of personal information</i></p>
<p>Club / Skating School Operations CSO - 011</p>	<p>Multiple facilities</p>	<p>Coaching and skating at multiple locations continues to be discouraged. Clubs and skating schools will ask skaters, coaches or choreographers to inform them if they are attending training sessions in multiple locations. Individuals should consider the following:</p> <ul style="list-style-type: none"> <li>Managing schedule to avoid entering different facilities on the same day</li> </ul>
<p>Club / Skating School Operations CSO - 012</p>	<p>Travel</p>	<p>Transportation to and from the facility should align with Provincial Guidelines.</p> <ul style="list-style-type: none"> <li>Activities should be restricted to local community opportunities. Participants should not seek sport, physical activity and recreation opportunities in other Alberta Health Zones, regions, or out of province.</li> <li>The guidance states to seek sport opportunities in your own community. This means your neighbourhood, town or municipality. Alberta is divided into five health zones: South, Calgary, Central, Edmonton, and North. A map of the five zones can be found at</li> </ul>

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		<p><a href="https://www.albertahealthservices.ca/assets/zone/ahs-map-ahs-zones.pdf">https://www.albertahealthservices.ca/assets/zone/ahs-map-ahs-zones.pdf</a>.</p> <ul style="list-style-type: none"> <li>• Albertans should only participate in cohorted sports and physical activities within the zone where they reside; at this time, do not travel for sport to different zones/regions within Alberta (inter-regional) or outside of, or out of province (cross jurisdictional).</li> <li>• To align with physical distancing requirements group transportation (team buses or vans) is not permitted</li> <li>• Transportation to and from activities should be arranged so that only individuals from the same household or cohort members share rides (see the <a href="#">Provincial Health Guidelines for further information on Carpooling and Cohort Families</a>).</li> <li>• Individuals taking public transportation to the facility must immediately upon arrival wash their hands thoroughly with soap and water or use an alcohol-based hand sanitizer if soap and water is not available</li> <li>• When exiting the facility, after training, individuals should minimize the time spent in parking lots and maintain physical distancing when returning to vehicles or homes.</li> </ul>
Club / Skating School Operations CSO – 013	Scheduling	<p>Scheduling of on-ice sessions should be done online and in a staggered manner with time in between each session. This avoids overlapping of different user groups and allows adequate time to clean and sanitize between user groups.</p> <p>Facilities that accommodate more than one user group or sport at a time in the complex should ensure scheduling between arrival and departure of each user group is staggered to avoid overlapping in common areas and entrance/exits of the facility.</p>
Club / Skating School Operations CSO - 014	Session registration	<p>It is recommended that registration is required in advance of arriving at the training facility due to the limitations on attendees.</p> <p>All registrations and payments should be completed online whenever possible in order to minimize contact. Precautionary measures should be taken in accordance with <a href="#">guidelines provided by Alberta Health Services</a> when handling cash.</p>
Club / Skating School Operations CSO - 015	Participant Compliance	<p>All clubs and skating schools will be required to acknowledge adherence to the Skate Canada: Alberta-NWT/Nunavut Protocols and Guidelines, and adhere to Provincial and Municipal protocols.</p>
Club / Skating School Operations CSO - 016	Compliance Enforcement	<p>If a participant or parent / guardian is aware of a club, skating school, coach or skater not following Provincial or Municipal public health orders submit a complaint to AHS public health inspectors <a href="#">online</a> or leave a message at 1-833-415-9179</p> <ul style="list-style-type: none"> <li>• The Section office should be notified (copied) in writing of the Provincial or Public Health concern</li> </ul> <p>Any participant (or parent/guardian) should notify the Section office of non-adherence to Skate Canada guidelines or Skate Canada: Alberta-NWT/Nunavut protocols and guidelines</p> <ul style="list-style-type: none"> <li>• Non-compliance may result in the suspension of sanctioned activities, programming, or participation in a sanctioned activity and could jeopardize insurance coverage</li> </ul>

**CLUB AND SKATING SCHOOL PROGRAMMING**

Area	Item	Protocol
Club / Skating School Programming CSP - 001	Limitations on size of training groups  <i>Refer:</i> CSP – 002 CSP – 003 CSP – 004 CSP – 005 CSP – 006	<p>All training sessions must follow provincial and local public health as well as facility and Skate Canada: Alberta-NWT/Nunavut protocols and guidelines with respect to the size of gatherings, while also ensuring proper physical distancing is maintained.</p> <p>The maximum number of participants (skaters, coaches, choreographers and volunteers) on a session is determined by the LESSER of Gathering Restrictions as of the date of training as outlined by Alberta Health Services or the maximum skater allowance as determined by the club or skating school. <b>Numbers of participants allowed at any one time on the ice must ensure a minimum of 2 metres physical distancing is always maintained by all participants, unless a sport cohort has been formed.</b> Updates on gathering size may be found <a href="#">here</a>.</p> <p>For Clubs and Skating Schools launching Return to Skating in Phase 2 it is highly recommended to <u>start with smaller group sizes prior to reaching capacity of the maximum number of participants.</u></p> <p>In Phase 2 the maximum number of participants (skaters, coaches, choreographers and volunteers) on a session is limited to a <u>maximum of 50</u> at any one time. Spectators are not included in this number.</p> <p>The Safe Sport Rule of 2 for coaches applies at all times regardless of group size</p> <p>Note: Each participant counts as part of the gathering size. This includes multiple participants from single households or cohorts.</p>
Club / Skating School Programming CSP - 002	Programming	<p>Clubs and skating schools shall limit programming in Phase 2 as follows:</p> <ul style="list-style-type: none"> <li>• STARSkate (recreational competitive stream), Power Skating (Advanced Stage of Development), Competitive and AdultSkate</li> <li>• <i>CanSkate (learn to skate), Power Skating (Early / Moderate Stages of Development), and any Junior Academy-type programming may be offered in Phase 2</i></li> <li>• <i>Due to the limitations of Physical Distance in a non-cohort environment Pre-CanSKATE and Inclusive Skating may not be offered until further notice</i></li> </ul> <p><i>Dance Partnering is not permitted at this time. Use solo or shadow dance formats</i></p> <p><i>No events (carnivals, fun meets competitions, simulations, assessment days) will be sanctioned at this time.</i></p> <p>Skate Canada: Alberta-NWT/Nunavut will communicate in subsequent Versions of these Protocols updated information as it becomes available or the activity / program is permitted.</p>

Area	Item	Protocol
Club / Skating School Programming CSP - 003	Pairs and Ice Dance	<p>Pairs/Ice Dance teams should continue to follow the guidelines below</p> <ul style="list-style-type: none"> <li>• Only Skaters who reside in the same household or are in the same core cohort (previously referred to as a cohort family) are permitted to be within 2 metres and may have physical contact on or off the ice at this time (see the <a href="#">Provincial Health Guidelines for further information on Cohorts</a>)</li> <li>• Close, face to face proximity presents increased risk of virus transmission and should be avoided if possible (even amongst cohorted / same household teams). It is recommended that non-medical masks be worn by both participants during prolonged face to face exposure such as practicing a specific element but not recommended during intense physical activity</li> <li>• Skaters must respect physical distancing guidelines within non-ice areas of the facility by staying 2m apart when not training</li> <li>• Skaters should also respect physical distance requirements when conducting warm-ups and cool downs</li> </ul> <p>Skate Canada: Alberta-NWT/Nunavut will communicate in subsequent Versions of these Protocols updated information as it becomes available.</p>
Club / Skating School Programming CSP - 004	Synchronized Skating	<p>All Synchronized Skating training must comply with Alberta Provincial Gathering guidelines.</p> <p>SYS teams must comply with the following:</p> <ul style="list-style-type: none"> <li>• Synchro Team members must form and stay within a cohort/bubble group in order to be permitted to have contact on ice between participants</li> <li>• Crossover of participants within other cohort groups or bubbles is not permitted</li> <li>• A SYS sport cohort requires a 14 days quarantine prior to forming or being part of a new sport cohort. It is recommended that auditions for teams always maintain physical distance to avoid the 14-day quarantine for the sport cohort.</li> <li>• Freeskating is not considered a cohort group while training and does not restrict the participant from skating in both freeski and synchro</li> <li>• In accordance with public health authorities, if a participant is part of a sport cohort group in another contact or team sport, they are not permitted to be part of a second sport cohort group</li> <li>• All skaters must wash/sanitize their hands at the beginning and immediately following each training session</li> <li>• It is recommended that physical distancing requirements be maintained when feasible for warm-ups and off-ice training</li> <li>• Maximum participants on the ice at any time must align with CSP-001</li> </ul> <p>Skate Canada: Alberta-NWT/Nunavut will communicate in subsequent versions of these Protocols updated information as it becomes available.</p>

Area	Item	Protocol
Club / Skating School Programming CSP - 005	CanSKATE / CanPowerSkate	<p>Skate Canada has provided <b>Program Requirements and Delivery Standards with COVID considerations</b> by which each Skate Canada Club and Skating School must comply.</p> <p>In addition: All CanSKATE and CanPowerSkate sessions must comply with Alberta Health Provincial Guidelines, Skate Canada Return to Skate Guidelines and Skate Canada: Alberta – NWT/Nunavut Protocols.</p> <p><i>The Skate Canada Program Requirements and Delivery Standards with COVID considerations document can be found in the attached appendices</i></p>
Club / Skating School Programming CSP - 006	STAR 1 – 5 and Club or Skating School Customized Programs	<p>Skate Canada has provided <b>Program Requirements and Delivery Standards with COVID considerations</b> by which each Skate Canada Club and Skating School must comply.</p> <p>In addition: All STAR 1 – 5 and Customized Programs must comply with Alberta Health Provincial Guidelines, Skate Canada Return to Skate Guidelines and Skate Canada: Alberta – NWT/Nunavut Protocols.</p> <p>Dance Partnering is not permitted at this time. Use solo or shadow dance formats</p> <p><i>The Skate Canada Program Requirements and Delivery Standards with COVID considerations document can be found in the attached appendices</i></p>
Club / Skating School Programming CSP - 007	Assessment Days	<p>Assessment Days are not permitted at this time.</p> <p>Skate Canada: Alberta-NWT/Nunavut will communicate updated information about Programming, Assessment Day and Competition in subsequent versions of these Protocols.</p>
Club / Skating School Programming CSP - 008	Competitions and Gatherings	<p>Competitions will not be held during Phase 2.</p> <p>Skate Canada: Alberta-NWT/Nunavut will communicate updated information about Programming, Assessment Day and Competitions in subsequent versions of these Protocols.</p>



**SKATING / TRAINING ACTIVITIES**

Area	Item	Protocol
<b>General Requirements</b>		
Skating & Training Activities STA – 001	Entry/Exit – sporting complex	Individuals shall follow facility guidelines and use designated entry and exit doors in the arena and any guidelines to manage the flow of people into the building and comply with the permitted number of people permissible in the sporting complex according to provincial, municipal and facility guidelines.
Skating & Training Activities STA-002	Physical Distancing	<p>Skaters are required to maintain a physical distance of 2m at all times with skaters and coaches within the training environment unless part of a skating sport cohort.</p> <p>While on the ice:</p> <ul style="list-style-type: none"> <li>• All coaching should be done using verbal cues.</li> <li>• There should be no physical contact with the skater unless medical attention is required.</li> </ul> <p>Dance Partnering is not permitted at this time. Use solo or shadow dance formats</p> <p>Any use of technology (viewing iPads / Dartfish etc.) must adhere to physical distancing protocols by remaining 2 metres apart and ensure there is no common touch of equipment or technology</p> <p>Appropriate markings to determine 2metres spacing in common areas where possible is recommended</p>
Skating & Training Activities STA – 003	Spectators/Parents	<p>All spectators are expected to follow facility guidelines with respect to physical distancing and may not exceed the maximum number of individuals gathered in an area in accordance with Provincial, Municipal and facility public health guidelines.</p> <p>Currently the maximum number of spectators is 25% of seating capacity to a maximum of 100 people if physical distancing can be maintained, and only in the permitted area (seating areas). Facility operators may have more restrictive measures in place for spectators that must be adhered to.</p> <p>No public spectators allowed.</p>

Area	Item	Protocol
Skating & Training Activities STA – 004	Personal Hygiene	<ul style="list-style-type: none"> <li>• Individuals shall wash or sanitize hands upon entry to facility</li> <li>• Club and skating school employees must wear a mask at all times in public areas and frequently wash or sanitize their hands</li> <li>• Personal Protective Equipment (PPE) must be worn in accordance with current Provincial, Municipal and facility guidelines</li> <li>• Avoid touching door handles, gates, benches and all other common surfaces</li> <li>• Personal hygiene etiquette must be practiced at all times (cough / sneeze into arm or tissue, immediately place used tissues into the facility garbage bins (do not place on the boards)</li> <li>• There shall be no spitting</li> <li>• Skaters and coaches must wash hands prior to each session</li> <li>• All training clothes, gloves, water bottles, skates must be kept clean. It is recommended all items of clothing be immediately washed and skates /guards sanitized, prior to re-entering the facility.</li> </ul> <p><i>The wearing of Personal Protective Equipment (PPE) shall be in accordance with the more restrictive of provincial, municipal or facility guidelines and may vary as conditions change.</i></p>
Skating & Training Activities STA - 005	Personal Protective Equipment (PPE)  Refer CSP – 003  CSP – 005 CSP – 006	<p>Coaches:</p> <ul style="list-style-type: none"> <li>• Recommended to wear non-medical face mask or face shield while coaching during programming where physical distancing is maintained.</li> <li>• Must have clean gloves for each session, and wear non-medical face masks while coaching CanSkate, and CanPowerSkate.</li> <li>• Physical distancing must always be maintained if there is not a sport cohort in place.</li> <li>• Any winter gloves worn should be washed daily</li> </ul> <p>Program Assistants:</p> <ul style="list-style-type: none"> <li>• <u>Must have clean gloves for each session, and wear non-medical face masks</u> while coaching CanSkate, CanPowerSkate.</li> <li>• Physical distancing must always be maintained if there is not a sport cohort in place</li> <li>• Any winter gloves worn should be washed daily</li> </ul> <p>Skaters:</p> <ul style="list-style-type: none"> <li>• Not required to wear a face mask while training; may choose to do so, however Public Health recommends that masks should NOT be worn when conducting intense physical activities             <ul style="list-style-type: none"> <li>○ The exception to this is Pairs / Ice Dance who should consider a non-medical face mask while repeatedly practicing face to face elements</li> </ul> </li> <li>• Any winter gloves worn should be washed daily</li> <li>• Consideration should be given as to whether non-medical face-masks are feasible for CanSkate or CanPower participants</li> </ul>

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		<p>First Aid:</p> <ul style="list-style-type: none"> <li>Any individual attending to a non-family member for a medical emergency must wear appropriate PPE including: a medical face mask, disposable gloves, and may include protective glasses, a medical gown</li> </ul> <p><i>The wearing of Personal Protective Equipment (PPE) shall be in accordance with the more restrictive of provincial, municipal or facility guidelines and may vary as conditions change.</i></p> <p>See Canada Public Health for information on <a href="#">COVID-19 medical masks and respirators</a> See Canada Public Health for information on <a href="#">non-medical masks and face coverings</a></p>
<p>Skating &amp; Training Activities STA – 006</p>	<p>Personal Items</p>	<p>It is strongly encouraged that skaters enter the building wearing skates and carrying only their FULL water bottle and their personal tissues, if required. Personal items like skating bags or other items should not be brought into the facility.</p> <p>Wear clean clothes and gloves for each day of training. Make sure used clothing and gloves are washed immediately when you return home from training.</p> <ul style="list-style-type: none"> <li>Guards and water bottles must be placed in designated, personal areas on the boards</li> <li>Food and personal items may not be shared</li> <li>Tissues must be disposed of immediately into a garbage bin in the facility</li> </ul>
<p>Skating &amp; Training Activities STA – 007</p>	<p>Dressing Rooms</p>	<p>It is recommended that Dressing Rooms have limited use, when feasible. Physical distancing must be maintained in Dressing Rooms if not part of a sport cohort.</p> <p>Skaters must arrive at the arena in their skating clothes and ensure a minimum of 2m physical distancing is maintained if skates are put on inside the facility.</p> <p>If Dressing Rooms are accessible; designated, marked areas should be identified to ensure physical distancing is maintained. Enhanced cleaning protocols should be in place between training sessions and individuals using the space. Consult with the facility operator on cleaning protocols and additional restrictions.</p>
<p>Skating &amp; Training Activities STA – 008</p>	<p>Restrooms / Washrooms</p>	<p>Restrooms / Washrooms are not to be used as Dressing Rooms. All skaters should arrive to the facility in their skating attire.</p>

Training Requirements		
Skating & Training Activities STA – 009	Warm-up /Cool down	Whenever possible warm-ups and cool downs will be conducted outside following physical distancing protocols by remaining 2m apart.
Skating & Training Activities STA – 010	Skates On /Off	Skaters should put their skates on/remove skates outside of the arena when possible respecting physical distancing protocols and remaining 2m apart.  CanSkate, CanPowerSkate and STAR 1-5 participants who are unable to arrive with skates on, and who do not tie their own skates, may only have a family member / core cohort member tie their skates. Program Assistants and Coaches will be unable to aid in putting on / taking off skates
Skating & Training Activities STA – 011	Entry / Exit to arena facility	Individuals must follow facility guidelines to manage the number of people permitted to enter “arena” area of sporting complex.  Participants should enter the building no more than fifteen (15) minutes prior to their scheduled training session and must leave the arena immediately following the completion of the session.  Where possible, space should establish one-way flow patterns to avoid multiple groups or individuals from inadvertently interacting  The club or skating school must have adult supervision off the ice making sure that social distancing guidelines and traffic flow are being followed
Skating & Training Activities STA – 012	Entry/Exit from ice	Individuals must follow physical distancing protocols and remain 2m apart while waiting to enter and exit the ice.  Where possible, space should establish one-way flow patterns to avoid multiple individuals or groups inadvertently interacting.  The club or skating school must have adult supervision off the ice making sure that social distancing guidelines and traffic flow are being followed
Skating & Training Activities STA-013	Music / Video / Mobile devices and Dartfish technology	Clubs must determine a safe way to play music or use technology while following physical distancing and hygiene measures. Clubs should consider the following: <ul style="list-style-type: none"> <li>• Designating one person per session to play music</li> <li>• Providing access to music playing equipment in an open area (i.e. long cord to rink-side for use with iPods/phones)</li> <li>• Providing sanitizing wipes to be used in between each session or user of music equipment</li> <li>• Individual training tools (such as iPad / Dartfish) must be operated by one designated individual and may not be shared or be a common touch item.</li> </ul> Physical distancing protocols must be adhered to by remaining 2m apart
Skating & Training Activities STA-014	On-Ice Coaching	It is recommended that Coaches and Choreographers coach from one spot on the ice or at the edge of the ice, whenever possible. If required to move, a minimum of 2m. must be maintained between the skater(s) and the Coach, Program Assistant or Choreographer at all times unless part of the sport cohort.
Skating & Training Activities STA-015	Harness	Harnesses are not permitted at this time due.  Skate Canada: Alberta-NWT/Nunavut will communicate updated information about the use of training tools in subsequent versions of Phase 2 protocols.

# Appendix



# Program Requirements and Delivery Standards with COVID considerations

## Skate Canada: Alberta-NWT/Nunavut Edition



## COVID-19 Considerations

### General COVID-19 Considerations:

- Ensure all Section and Provincial government protocols are being followed.
- Clubs/schools should contact their facility to be advised of any municipal or facility protocols.
- Pre-CanSkate may not be offered at this time.
- Numbers of participants (skaters, coaches, program assistants, volunteers, etc) must not exceed 50 people on or near the ice in alignment with protocol CSP-001 Limitations on size of training groups
- Numbers of participants a club/school chooses to have on the ice any one time will dictate whether a sport cohort must be formed. If physical distancing (zero contact and a minimum of 2 metres physical distance at all times by all participants) can not be maintained a sport cohort must be formed for these programs. See Alberta [Guidance for Cohorts](#) for additional information.
- Explore non-traditional ice groupings such as specific sessions with “Groups” of family members who skate consistently together, without cross over to other sessions. This may, for example, include upper level CanSkate, CanPowerSkate and lower STARSkate levels within a session. The safety of athletes (and their ability to navigate one another) should be the primary driver of attendees and it must be communicated that the arrangement is subject to change at any time if not feasible / workable
- Refer to the [Skate Canada Return to Skating Guidelines](#), and [Skate Canada: Alberta-NWT/Nunavut Phase 2 protocols and Play Book](#) .
- Clubs/Schools should feel comfortable with all measures before offering these programs. Consider delaying or staging program delivery to ensure all measures can be met.

**SKATE CANADA PROGRAMS:** Skate Canada has created and designed programs for a specific stage within the Long-Term Development (LTD) pathway. These programs have Skate Canada minimum Requirements and Delivery Standards that must be adhered to by the club or skating school and could impact your [Skate Canada insurance](#) if not followed. They are:

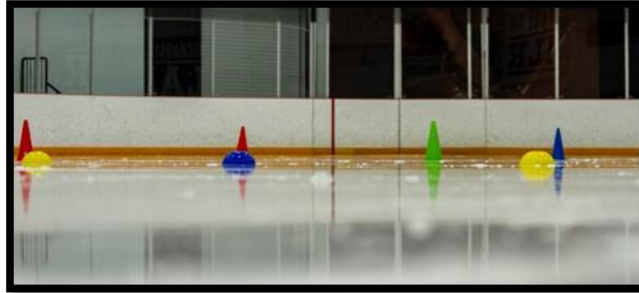
- **CanSkate** – Learn to Skate
- **CanPowerSkate** – Learn to Train (Hockey and Ringette)
- **STAR 1-5** – Learn to Train (Figure Skating)

**CLUB/SKATING SCHOOL CUSTOMIZED PROGRAMS:** Programs that clubs, and skating schools create and design for their specific needs that fall outside of the “Skate Canada Programs”. These programs have identified Skate Canada Requirements only and must abide by the guidelines set out in the Skate Canada LTD pathway for the identified stage of development. Club/Skating School programs may include:

- **STAR 6 – Gold: any discipline** (Learn to Train & Active for Life)
- **Competitive: any discipline** (Learn to Compete, Train to Compete, Learn/Live to Win)
- **Synchronized Skating** (Learn to Compete, Train to Compete, Learn/Live to Win & Active for Life)
- **Adult Skating** (Active for Life)
- **Adaptive Skating** (Active for Life)
- **Power Skating** (Learn to Compete and higher including Active for Life for Hockey or Ringette)

**Program Requirements:** Requirements that all Skate Canada Clubs and Skating Schools must abide by to offer and operate the program to be covered by Skate Canada insurance.

**Delivery Standards:** Standards set out by Skate Canada to ensure and support standardized, quality delivery of our programs.



## CANSKATE (Learn to Skate) with COVID Considerations

**All clubs and skating schools must complete the Skate Canada: Alberta-NWT/Nunavut Phase 2 Checklist and Acknowledgment Form before resuming this program.**

**Name Tag Considerations:**

- Sanitize before placing on Name Tag table
- Once distributed, skaters will be asked to keep their Name Tag and bring with them to each session, sanitized
- Include in the club info package for parents to keep tag with skates so that it is not forgotten at home

**Incentives:**

- Scan colouring sheets, or send digital version to skaters
- Air high fives

Sticker chart on bulletin board assigned to one PA or volunteer to update

<p><b>Requirements</b></p>	<p>A CSA approved hockey helmet required for all skaters up to and including Stage 5. Goalie helmets not acceptable.</p> <p>A minimum of one Skate Canada NCCP CanSkate Coach, In-training or higher, on the ice always, who is registered and in good standing.</p> <p>All coaches teaching the CanSkate program must be wearing skates or in a sled (sledge hockey).</p> <p><u>All participants must be registered with Skate Canada.</u></p> <p>All Program Assistants (PAs) on the ice must be wearing skates or in a sled (sledge hockey) and be registered with Skate Canada. *</p> <p>Operate and deliver the CanSkate program in accordance with the minimum delivery standards identified by Skate Canada.</p>	<p>All Skate Canada Guidelines and Skate Canada: Alberta-NWT/Nunavut Protocols must be met for all CanSkate sessions during COVID-19.</p> <p>All coaches and program assistants must wear a non-medical mask and gloves at all times. Gloves and masks should be changed in between sessions.</p> <p>Participants who are unable to arrive with skates on, and who do not tie their own skates, may only have a family member / core cohort member tie their skates. Program Assistants and Coaches will be unable to aid in putting on / taking off skates</p> <p>Physical distancing must be maintained with skates on/off in the facility unless a sport cohort has been formed by the club/school</p>
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<b>CanSkate</b>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Standard to be met unless otherwise stated.</b> Strategies provided for meeting standard during COVID
Ratio	Minimum of 1:10 coach/PA to skater ratio	1:5 coach/PA to skater ratio including 1 coach for every 10 skaters.	A smaller ratio to coach or PA is recommended but may be determined by club or skating school.
Movement	Minimum of 90% movement throughout the session	Greater than 90% movement throughout the session <b>Note:</b> skaters receiving 1 on 1 attention does not affect movement percentage, if the rest of the group is moving.	<ul style="list-style-type: none"> <li>Educate skaters to use physical distancing protocols when passing skaters.</li> <li>Provide passing lanes in circuits.</li> <li>Provide a wide fast track area to allow for safe passing.</li> </ul>
Music	Age appropriate music for the entire session	Music that is fun, energizing and contains signals to indicate session segment changes. (ex. Fast track laps and station rotation)	<ul style="list-style-type: none"> <li>Assign one individual to play music.</li> <li>Sanitize all music equipment before and after each use.</li> </ul>
Teaching Aids	Use of teaching aids at each station, including marker/skill signs and pylons.	Use a variety of teaching aids that engages the skaters' learning and interest.	<ul style="list-style-type: none"> <li>Remove all teaching aids that are porous or made of cloth</li> <li>Instruct skaters to NOT touch the teaching aids or props. Skaters must not have shared contact of any teaching aid or prop</li> <li>Minimalize high touch areas as much as possible</li> <li>All teaching aids must be sanitized before and after every session.</li> <li>Designate 1-2 individuals to set up all teaching aids to restrict the number of people/contact and the amount of handling the teaching aids and props</li> </ul> <p>Example: Assign a coach or PA to set up all teaching aids to avoid additional exposure or risk. They will be responsible for all placement and cleaning of teaching aids.</p>
Station Identification	Use of Station Identification signs at each station	Fun Zone or Challenge station must be included in one of the three stations	<ul style="list-style-type: none"> <li>All signs should be made of plastic or laminated for easy cleaning.</li> </ul>

<i>CanSkate</i>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Standard to be met unless otherwise stated.</b> Strategies provided for meeting standard during COVID
Program Assistants	Use Program Assistants as required to meet minimum ratio. All Program Assistants on the ice must be in skates or a sled (sledge hockey PA).	Assign a Program Assistant to each group for supervision and assistance. Use additional Program Assistants as required to offer an effective and efficient program.	<ul style="list-style-type: none"> <li>• The use of PA's may not be required if the coach/skater ratio is low.</li> <li>• Modify PA roles to support physical distancing and hygiene.</li> <li>• PA's must wear a non-medical mask and clean gloves at all times</li> <li>• Unless a sport cohort has been formed for the group session by the club/school contact with the skater is not permitted and a minimum of 2 metres physical distancing is always required</li> </ul>
Program Assistant Training	Ensure Program Assistants are trained before assisting on the ice with a minimum of one training per season.	Offer multiple training and feedback sessions throughout the season to engage, support and monitor development of the program assistants.	<ul style="list-style-type: none"> <li>• Include training on hygiene, traffic flow and physical distancing measures established by the club/school.</li> <li>• Provide mandatory, virtual training for the PA's. Sample agenda: <ul style="list-style-type: none"> <li>○ Facility Guidelines</li> <li>○ Hygiene/Sanitizing measures</li> <li>○ On ice protocols/new roles</li> <li>○ Strategies for physical distancing on ice</li> <li>○ Strategies for demonstrations on ice</li> <li>○ Importance of body language and verbal cues/feedback</li> <li>○ Strategies for implementing the EAP for the session</li> </ul> </li> </ul>
Session Format:  <b>Warm Up</b>	Use of full ice or Fast Track  Include forward and backward skating in both directions	All minimum standards plus:  Inclusion of deep knee bends  Evidence of increased heart rate in participants  Choreographed movements matching the music	<ul style="list-style-type: none"> <li>• Use perimeter of ice and encourage physical distancing.</li> <li>• Educate skaters on physical distancing measures.</li> <li>• If space permits, consider establishing a wide fast track for physically distanced passing, use continuous lanes with staggered entry points or lead each group individually. The success of this strategy will depend on the number of registrants and may not be possible in all situations</li> </ul>

<b>CanSkate</b>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Standard to be met unless otherwise stated.</b> Strategies provided for meeting standard during COVID
<p>Session Format:</p> <p><b>Lesson Time</b></p>	<p>A minimum of 30 mins lesson time.</p> <p>Rotation of three different learning or review stations.</p> <p>Use of circuits to teach and practice skills. A minimum 10 min. lesson to each group by a NCCP Skate Canada coach.</p> <p>Inclusion of the Fun Zone or Challenge station at one of the stations. May be grouped with a learning station.</p>	<p>All minimum standards, plus:</p> <p>Use of circuits designed to fill 1/3 of ice, maximizing ice coverage. Each station has a designated coach that stays at that station to ensure all skaters who visit that station have the same quality instruction on the topic of the day.</p> <p>Fast track laps to be done between every lesson rotation for skaters Stage 2 and up. (Stage 1 skaters may go directly to the next station)</p> <p>Fun Zone or Challenge station included with a learning station in a creative and engaging way.</p>	<ul style="list-style-type: none"> <li>• Lesson Time may be less than 30 mins as session times may need to be adjusted.</li> <li>• Whenever possible, providing three stations to rotate to is ideal. If session time needs to be reduced, a min of two rotations is permitted during COVID-19. <ul style="list-style-type: none"> <li>• When rotating to a new station educate skaters to avoid touching props and teaching aids.</li> <li>• Designate the coach or PA to move the group marker to the next station.</li> </ul> </li> </ul> <p>Circuit Strategies:</p> <ul style="list-style-type: none"> <li>• Consider starting skaters at different spots on the circuit for more physical distancing.</li> <li>• Educate skaters to pass as necessary (standing behind/close to a skater not permitted).</li> <li>• Educate skaters to avoid touching teaching aids and props.</li> <li>• Provide a passing lane in the circuit.</li> <li>• Use a large amount of ice for the circuit to encourage physical distancing.</li> </ul> <p>Each group must receive a minimum of one 10-minute lesson.</p> <p>Minimum standard must be met for inclusion of Fun or Challenge station.</p> <p><b>Example of a shorter session:</b>  Warm Up: 5 mins  Lesson Time: 2 x 10 mins  Group Activity: 3 mins  Cool Down: 2 mins</p>

<b>CanSkate</b>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Standard to be met unless otherwise stated.</b> Strategies provided for meeting standard during COVID
<p>Session Format:</p> <p><b>Group Activity</b></p>	<p>Use of full ice</p> <p>Activities include skill enhancing development and speed development.</p>	<p>All minimum standards, plus:</p> <p>Use of music to match activity.</p> <p>Evidence of “challenge” skills</p> <p>Use of continuous lanes or similar format.</p>	<ul style="list-style-type: none"> <li>• Use perimeter of ice and encourage physical distancing.</li> <li>• Educate skaters on physical distancing measures.</li> <li>• If space permits, consider establishing a wide fast track for physically distanced passing, use continuous lanes with staggered entry points or lead each group individually. The success of this strategy will depend on the number of registrants and may not be possible in all situations</li> </ul>
<p>Session Format:</p> <p><b>Cool Down</b></p>	<p>Use of full ice.</p> <p>Evidence of gliding stretches to increase range of motion and lower heart rate, for example: Toe touch while gliding (hamstring stretch)</p>	<p>All minimum standards, plus:</p> <p>Use of slower music to support lowered heart rate.</p> <p>Use of continuous lanes or similar pattern</p>	<ul style="list-style-type: none"> <li>• Use perimeter of ice and encourage physical distancing.</li> <li>• Educate skaters on physical distancing measures.</li> <li>• If space permits, consider establishing a wide fast track for physically distanced passing, use continuous lanes with staggered entry points or lead each group individually. The success of this strategy will depend on the number of registrants and may not be possible in all situations</li> </ul>
<p><b>Quality Coaching</b></p>	<p>Coach ensures that each skater in the lesson receives one on one attention on the circuit during the lesson time.</p> <p>Coaches know and teach the standards of the skills as per the CanSkate Resource Toolkit and videos</p>	<p>All minimum standards, plus:</p> <p>Coach gives each skater:</p> <ul style="list-style-type: none"> <li>- Individual feedback</li> <li>- Individual corrections</li> <li>- Individual challenges based on their level of development</li> </ul> <p>within their lesson and circuit, without stopping the entire group.</p>	<ul style="list-style-type: none"> <li>• Remind coaches to use demonstrations, key words, and diagrams/pictures to assist comprehension and acquisition during COVID-19.</li> <li>• Avoid using “hands on” coaching</li> <li>• Coaches who attend to injured skaters or skaters who are unable to get up after several attempts should be helped by a coach wearing PPE as defined in Section Protocols (CSO-007 / STA-005)</li> <li>• If frequent contact with or between skaters is expected and 2 metres physical distancing is not able to be maintained, a sport cohort should be formed for the group by the club/school.</li> <li>• Any Coach or PA is required to be included in the sport cohort if they are unable to maintain 2 metres physical distancing at all times with the skaters. See Alberta <a href="#">Guidance for Cohorts</a> for additional information</li> </ul>

<b>CanSkate</b>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Standard to be met unless otherwise stated.</b> Strategies provided for meeting standard during COVID
<b>Branding and Marketing</b>	<p>Must advertise and refer to the program as CanSkate and use the official CanSkate logo.</p> <p>Use the official Skate Canada CanSkate Report Card (min one per season)</p>	<p>All minimum standard, plus:</p> <p>Use of Skate Canada CanSkate promotional tools, including marketing toolkit items.</p>	<ul style="list-style-type: none"> <li>• Consider moving posted material behind plexi-glass.</li> <li>• Consider increasing your virtual identity through social media and an up-to-date website. <ul style="list-style-type: none"> <li>○ Reinforce the additional measures taken by the club to ensure participant safety</li> </ul> </li> <li>• Send out report cards via email versus a hard copy.</li> </ul>
<b>Parent Information Sessions</b>	<p>Offer a minimum of one parent information or interaction session per season.</p> <p>Offer a written source of information about the program and other club opportunities (Info letter, website, bulletin board, etc.)</p>	<p>Offer multiple opportunities for parents to connect with CanSkate Coordinators and/or coaches. This could include but is not limited to:</p> <ul style="list-style-type: none"> <li>• In-person information session</li> <li>• In-person progress update opportunities</li> <li>• In-person “next steps” touch base to guide skaters into next appropriate program (CPS, Figure Skating etc.)</li> </ul> <p>Offer several written sources of information about the program and other club opportunities (inf letter, website, bulletin board, etc.)</p>	<ul style="list-style-type: none"> <li>• Host Virtual parent information session/meeting prior to the start of the season.</li> <li>• Send out information via email to parent.</li> <li>• Use tables, tape on the floor or pylons to identify spacing needed for face to face conversations.</li> </ul> <p>A sample agenda for parent meeting is provided in the <a href="#">Skate Canada: Alberta-NWT/Nunavut Playbook</a></p>

<b>CanSkate</b>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Standard to be met unless otherwise stated.</b> Strategies provided for meeting standard during COVID
<b>Awards</b>	<p>Use official Skate Canada ribbons and badges for STAGES 1-6, in balance, control and agility.</p> <p>Ensure all rewards are given to skaters within one week of achieving.</p> <p>Maintain records of the skater's progress.</p>	<p>All minimum standards, plus:</p> <p>Award all ribbons and badges on the same day of achievement.</p> <p>Track and maintain records of skater's progress digitally.</p>	<ul style="list-style-type: none"> <li>• Consider placing badges and ribbons in envelopes for each skater and place on a table for pick up by parent, while maintaining physical distance.</li> <li>• It is recommended that badges are place in envelopes 48 hours prior to distribution to reduce the risk of contact transfer</li> <li>• Designate one person to the task of stuffing envelopes and managing the distribution.</li> </ul>
<b>Off Ice Classes</b>		<p>Offer off ice class to CanSkate participants to increase physical literacy and help prepare the body for the on-ice demands.</p>	<p>Provincial and Section guidelines and protocols must be followed for any off-ice classes.</p> <p>Off ice classes for CanSkate participants are not recommended at this time</p>
<b>Maximum number of skaters per session</b>	<p>The number of skaters on a session must allow for the following:</p> <ul style="list-style-type: none"> <li>• Promote a safe environment</li> <li>• Ensure all skaters have enough room to move freely around the ice and circuits</li> <li>• An organized flow of rotation</li> <li>• Proper coach/skater ratios</li> </ul> <p>Ideally sessions should not exceed 50-60 skaters.</p> <p>Clubs or Skating Schools who wish to offer programs with more than 60 skaters must receive Section permission.</p>		<p>Maximum number of 50 participants (including skaters, coaches, program assistants, volunteers, etc.) must be adhered to in all circumstances (no exceptions).</p> <p>It is highly recommended that clubs and skating schools begin with sessions hosting a maximum of 20 skaters in order to assess, review and adjust as necessary, prior to launching a full session.</p> <p>Clubs/Schools offering a program with 50 participants will need to form a sport cohort unless physical distancing of 2 metres is always maintained by all participants</p>



## CANPOWERSKATE (Learn to Train for Hockey and Ringette) with COVID Considerations

**All clubs and skating schools must complete the Skate Canada: Alberta-NWT/Nunavut Phase 2 Checklist and Acknowledgment Form before resuming this program.**

**Name Tag Considerations:**

- Sanitize before placing on Name Tag table
- Once distributed, skaters will be asked to keep their Name Tag and bring with them to each session, sanitized
- Include in the club info package for parents to keep tag with skates so that it is not forgotten at home

<p><b>Requirements</b></p>	<p>At least one Skate Canada NCCP CanPowerSkate coach on the ice always (In-training, Trained or Certified), who is registered and in good standing.</p> <p>All coaches and program assistants must be in hockey skates or a sled (sledge hockey) and use hockey/ringette stick and gloves. A CSA approved hockey helmet required for all participants, use of hockey/ringette sticks and gloves.</p> <p><u>All participants must be registered with Skate Canada.</u></p> <p>All Program Assistants (PAs) on the ice must be wearing skates or in a sled and be registered with Skate Canada. *</p> <p>Operate and deliver the CanPowerSkate program in accordance with the minimum delivery standards identified by Skate Canada</p>	<p>All All Skate Canada Guidelines and Skate Canada: Alberta-NWT/Nunavut Protocols must be met for all CanPowerSkate sessions during COVID-19.</p> <p>All coaches and program assistants must wear a non-medical mask and gloves at all times. Gloves and masks should be changed in between sessions.</p> <p>Participants who are unable to arrive with skates on, and who do not tie their own skates, may only have a family member / core cohort member tie their skates. Program Assistants and Coaches will be unable to aid in putting on / taking off skates</p> <p>Physical distancing must be maintained with skates on/off in the facility unless a sport cohort has been formed by the club/school</p>
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<b>CanPowerSkate</b>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Standard to be met unless otherwise stated.</b> Strategies provided for meeting standard during COVID
Ratio	Minimum 1:30 coach to skater ratio. PA's recommended	1:10 coach to skater ratio	A smaller ratio to coach or PA is recommended but may be determined by club or skating school
Movement	Minimum 90% movement during the entire session.	Greater than 90% movement throughout the session.  Note: skaters receiving 1 on 1 individual attention do not affect movement percentage, if the rest of the group is moving.	<ul style="list-style-type: none"> <li>Educate skaters to use physical distancing protocols when passing skaters.</li> <li>Provide passing lanes in circuits.</li> <li>Provide a wide fast track area to allow for safe passing.</li> </ul>
Music		Age appropriate music for the session that is fun, energizing and contains signals to indicate session segment changes ex. Fast Track laps and station rotation	If music is used: <ul style="list-style-type: none"> <li>Assign one individual to play music.</li> <li>Sanitize all music equipment before and after each use.</li> </ul>
Teaching Aids	Use of teaching aids at each station (minimum of marker/signs and pylons)	Use of a variety of teaching aids that engages the skaters learning and interest.	<ul style="list-style-type: none"> <li>Remove all teaching aids that are porous or made of cloth</li> <li>Instruct skaters to NOT touch the teaching aids or props. Skaters must not have shared contact of any teaching aid or prop</li> <li>Minimize high touch areas as much as possible</li> <li>All teaching aids must be sanitized before and after every session.</li> <li>Designate 1-2 individuals to set up all teaching aids to restrict the number of people/contact and the amount of handling the teaching aids and props</li> </ul> <p>Example: Assign a coach or PA to set up all teaching aids to avoid additional exposure or risk. They will be responsible for all placement and cleaning of teaching aids.</p>



<i>CanPowerSkate</i>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Standard to be met unless otherwise stated.</b> Strategies provided for meeting standard during COVID
<b>Program Assistants</b>	Use Program Assistants as required to meet minimum ratio	Assign a Program Assistant to each group for supervision and assistance. Use additional Program Assistants as required to offer an effective and efficient program.	<ul style="list-style-type: none"> <li>• The use of PA's may not be required if the coach/skater ratio is low.</li> <li>• Modify PA roles to support physical distancing and hygiene.</li> <li>• PA's must wear a non-medical mask and clean gloves at all times</li> <li>• Unless a sport cohort has been formed for the group session by the club/school contact with the skater is not permitted and a minimum of 2 metres physical distancing is always required</li> </ul>
<b>Program Assistant Training</b>	Ensure Program Assistants are trained before assisting on the ice with a minimum of one training.	Offer multiple training sessions throughout the season to engage, support and monitor development of the program assistants.	<ul style="list-style-type: none"> <li>• Include training on hygiene, traffic flow and physical distancing measures established by the club/school.</li> <li>• Provide mandatory, virtual training for the PA's. Sample agenda: <ul style="list-style-type: none"> <li>○ Facility Guidelines</li> <li>○ Hygiene/Sanitizing measures</li> <li>○ On ice protocols/new roles</li> <li>○ Strategies for physical distancing on ice</li> <li>○ Strategies for demonstrations on ice</li> <li>○ Importance of body language and verbal cues/feedback</li> <li>○ Strategies for implementing the EAP for the session</li> </ul> </li> </ul>
<b>Session Format:</b>  <b>Warm Up</b>	Use of full ice  Include forward and backward skating in both directions.	All minimum standards plus: <ul style="list-style-type: none"> <li>• Inclusion of deep bends</li> <li>• Evidence of increased heart rate in participants.</li> </ul>	<ul style="list-style-type: none"> <li>• Use perimeter of ice and encourage physical distancing.</li> <li>• Educate skaters on physical distancing measures.</li> <li>• Establish a wide fast track for physically distanced passing, use continuous lanes with staggered entry points or lead each group individually.</li> </ul>

<b>CanPowerSkate</b>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Standard to be met unless otherwise stated.</b> Strategies provided for meeting standard during COVID
<p>Session Format:</p> <p><b>Lesson Time</b></p>	<p>A minimum of 30 mins of lesson time including:</p> <ul style="list-style-type: none"> <li>• 3 rotations to different learning stations</li> <li>• Use of circuits to teach and practice skills</li> <li>• A minimum 10-minute lesson to each group by a NCCP CanPowerSkate coach</li> </ul>	<p>All minimum standards plus:</p> <p>Use of circuits designed to fill 1/3 of ice, maximizing ice coverage or adapting the circuits to fill ½ or the full ice surface.</p>	<p>Lesson Time may be less than 30 mins as session times may need to be adjusted.</p> <p>Whenever possible, providing three stations to rotate to is ideal. If session time needs to be reduced, a min of two rotations is permitted during COVID-19.</p> <ul style="list-style-type: none"> <li>• When rotating to a new station educate skaters to avoid touching props and teaching aids.</li> </ul> <p>Circuit Strategies:</p> <ul style="list-style-type: none"> <li>• Consider starting skaters at different spots on the circuit for more physical distancing.</li> <li>• Educate skaters to pass as necessary (standing behind/close to a skater not permitted).</li> <li>• Educate skaters to avoid touching teaching aids and props.</li> <li>• Provide a passing lane in the circuit.</li> <li>• Use a large amount of ice for the circuit to encourage physical distancing.</li> </ul> <p>Each group must receive a minimum of one 10-minute lesson.</p>
<p>Session Format:</p> <p><b>Development Time</b></p>	<p>Use of Development Time to enhance skills and speed.</p>	<p>All minimum standards plus:</p> <ul style="list-style-type: none"> <li>• Evidence of “challenge” skills</li> <li>• Use of continuous lanes or similar</li> </ul>	<ul style="list-style-type: none"> <li>• Use perimeter of ice and encourage physical distancing.</li> <li>• Educate skaters on physical distancing measures.</li> <li>• Establish a wide fast track for physically distanced passing, use continuous lanes with staggered entry points or lead each group individually.</li> </ul>

<b>CanPowerSkate</b>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Standard to be met unless otherwise stated.</b> Strategies provided for meeting standard during COVID
<p>Session Format:</p> <p><b>Cool Down</b></p>	<p>Evidence of gliding stretches to increase range of motion and lower heart rate, for example: Toe touch while gliding (hamstring stretch)</p>	<p>All minimum standards plus:</p> <ul style="list-style-type: none"> <li>- Use of continuous lanes or similar pattern to increase range of motion and balance</li> <li>- Use of slower music to support lowered heart rate</li> </ul>	<ul style="list-style-type: none"> <li>• Use perimeter of ice and encourage physical distancing.</li> <li>• Educate skaters on physical distancing measures.</li> <li>• Establish a wide fast track for physically distanced passing, use continuous lanes with staggered entry points or have coach lead each group separately.</li> </ul>
<p>Quality Coaching</p>	<p>Coach ensures that each skater in the lesson receives one on one attention on the circuit during the lesson time.</p> <p>Coaches know and teach the standards of the skills as per the CanPowerSkate Resource Toolkit and videos</p>	<p>All minimum standards, plus:</p> <p>Coach gives each skater:</p> <ul style="list-style-type: none"> <li>- Individual feedback</li> <li>- Individual corrections</li> <li>- Individual challenges based on their level of development</li> </ul> <p>within their lesson and circuit, without stopping the entire group.</p>	<ul style="list-style-type: none"> <li>• Remind coaches to use demonstrations, key words, and diagrams/pictures to assist comprehension and acquisition during COVID-19.</li> <li>• Avoid using “hands on” coaching</li> <li>• Coaches who attend to injured skaters or skaters who are unable to get up after several attempts should be helped by a coach wearing PPE as defined in Section Protocols (CSO-007 / STA-005)</li> <li>• If frequent contact with or between skaters is expected and 2 metres physical distancing is not able to be maintained, a sport cohort should be formed for the group by the club/school.</li> <li>• Any Coach or PA is required to be included in the sport cohort if they are unable to maintain 2 metres physical distancing at all times with the skaters. See Alberta <a href="#">Guidance for Cohorts</a> for additional information</li> </ul>

<b>CanPowerSkate</b>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Standard to be met unless otherwise stated.</b> Strategies provided for meeting standard during COVID
<b>Branding and Marketing</b>	<p>Must advertise and refer to the program as CanPowerSkate and use the official CanPowerSkate logo</p> <p>Use the official Skate Canada CanPowerSkate report card (min. 1 per session)</p>	<p>All minimum standards plus:</p> <ul style="list-style-type: none"> <li>- Use ALL Skate Canada CanPowerSkate tools and promotional materials</li> </ul>	<ul style="list-style-type: none"> <li>• Consider moving posted material behind plexi-glass.</li> <li>• Consider increasing your virtual identity through social media and an up-to-date website. <ul style="list-style-type: none"> <li>• Reinforce the additional measures taken by the club to ensure participant safety</li> </ul> </li> <li>• Send out report cards via email versus a hard copy.</li> </ul>
<b>Parent Information Session</b>	<p>Offer a minimum of 1 parent information or interaction session per season.</p> <p>Offer a written source of information about the program and other club opportunities (Info letter, website, bulletin board, etc.)</p>	<p>Offer multiple opportunities for parents to connect with CanSkate Coordinators and/or coaches. This could include but is not limited to:</p> <ul style="list-style-type: none"> <li>• In-person information session</li> <li>• In-person progress update opportunities</li> <li>• In-person “next steps” touch base to guide skaters into next appropriate program (CPS, Figure Skating etc.)</li> </ul> <p>Offer several written sources of information about the program and other club opportunities (inf letter, website, bulletin board, etc.)</p>	<ul style="list-style-type: none"> <li>• Host Virtual parent information session/meeting prior to the start of the season.</li> <li>• Send out information via email to parent.</li> <li>• Use tables, tape on the floor or pylons to identify spacing needed for face to face conversations.</li> </ul> <p>A sample agenda for parent meeting is provided in the <a href="#">Skate Canada: Alberta-NWT/Nunavut Playbook</a></p>

<b>CanPowerSkate</b>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Standard to be met unless otherwise stated.</b> Strategies provided for meeting standard during COVID
Awards	Use official Skate Canada badges and award them at the end of each season.  Maintain records of the skater's progress	All minimum standards plus: <ul style="list-style-type: none"> <li>Track and maintain records of skater's progress digitally</li> </ul>	<ul style="list-style-type: none"> <li>Consider placing badges and ribbons in envelopes for each skater and place on a table for pick up by parent, while maintaining physical distance.</li> <li>It is recommended that badges are placed in envelopes 48 hours prior to distribution to reduce the risk of contact transfer</li> <li>Designate one person to the task of stuffing envelopes and managing the distribution.</li> </ul>
Off Ice Classes		Offer off ice classes to increase physical literacy, awareness, and coordination	Provincial and Section guidelines and protocols must be followed for any off-ice classes.
Maximum number of skaters per session	The number of skaters on a session must allow for the following: <ul style="list-style-type: none"> <li>Promote a safe environment</li> <li>Ensure all skaters have enough room to move freely around the ice and circuits</li> <li>An organized flow of rotation</li> <li>Proper coach/skater ratios</li> </ul> Ideally sessions should not exceed 30 skaters.  Clubs or Skating Schools who wish to offer programs with more than 30 skaters must receive Section permission.		Maximum of 30 skaters per session must be adhered to in all circumstances (no exceptions).  All clubs and skating schools to abide by Provincial and Section protocols for number of individuals permitted in a gathering.  It is recommended that clubs and skating schools begin with sessions hosting fewer than 30 skaters in order to assess, review and adjust, if necessary, prior to launching a full session.



**STAR 1-5 (Learn to Train for Figure Skating) with COVID considerations**

**All clubs and skating schools must complete the Skate Canada: Alberta-NWT/Nunavut Phase 1 or 2 Checklist and Acknowledgment Form before resuming this program.**

<p>Requirements</p>	<p>Ensure a minimum of one NCCP Regional Coach In-training coach or higher, on the ice always, who is registered and in good standing.</p> <p>All coaches teaching the STAR 1-5 program must be wearing skates.</p> <p><u>All participants must be registered with Skate Canada.</u></p> <p>All Program Assistants (PAs) on the ice must be wearing skates and be registered with Skate Canada. *</p> <p>Operate and deliver the STAR 1-5 program in accordance with the minimum delivery standards identified by Skate Canada</p>	<p>All requirements must be met for all STAR 1-5 sessions during COVID-19.</p> <p>Physical Distancing must always be maintained by all participants</p> <p>All coaches and program assistants must always wear a non-medical mask and gloves.</p> <p>Gloves and masks should be changed in between sessions should the groupings change.</p>
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<b>STAR 1-5</b>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Standard to be met unless otherwise stated.</b> Strategies provided for meeting standard during COVID
Coach Directed Time	Program designed to include the minimum expectations for coach directed time: STAR 1-2: 75% STAR 3-4: 50% STAR 5: 25%	Program designed to exceed minimum expectations at all levels (STAR 1 through 5)	<ul style="list-style-type: none"> <li>• Section Protocols must always be adhered to.</li> <li>• Consider more classes using full ice to support physical distancing versus group lessons.</li> <li>• Stations can also serve to keep skaters working while physical distancing on the ice. Be sure that all signs are laminated or in plastic page protectors.</li> <li>• Use Engaged Supervised Practice whenever possible.</li> <li>• When teaching skaters, respect and educate physical distancing measures.</li> <li>• Remind coaches to use demonstrations, key words, and diagrams/pictures to assist comprehension and acquisition during COVID-19.</li> </ul>
Movement	90% movement during all session time	Greater than 90% movement throughout the session.  Note: Skaters receiving 1 on 1 individual attention do not affect movement percentage, if the rest of the group is moving.	<ul style="list-style-type: none"> <li>• Educate skaters to use physical distancing protocols when passing skaters.</li> <li>• Provide passing lanes in circuits or classes.</li> </ul>
Music	Age appropriate music for entire session including:  Pattern Dance music Program Music	Age appropriate music for the session that is fun, energizing and contains signals to indicate session segment changes	<ul style="list-style-type: none"> <li>• Assign one individual to play music.</li> <li>• Sanitize all music equipment before and after each use.</li> <li>• To avoid using CD's, download music to an iPod or computer through email or shared online files.</li> </ul>

<b>STAR 1-5</b>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Standard to be met unless otherwise stated.</b> Strategies provided for meeting standard during COVID
Program Assistants	<p>Use program Assistants as required</p> <p>All Program Assistants on the ice must be in skates.</p>	<p>All minimum standards plus:</p> <p>Program assistants are used to supervise stations, lead circuits and demonstrate skills</p>	<ul style="list-style-type: none"> <li>• The use of PA’s may not be required.</li> <li>• Modify PA roles to support physical distancing and hygiene.</li> <li>• PA’s must always wear a non-medical mask and clean gloves</li> </ul>
Program Assistant Training	<p>Ensure Program Assistants are trained before assisting on the ice with a minimum of one training per season.</p>	<p>Offer multiple training sessions throughout the season to engage, support and monitor development of the program assistants.</p>	<ul style="list-style-type: none"> <li>• Include training on hygiene, traffic flow and physical distancing measures established by the club/school.</li> <li>• Provide mandatory, virtual training for the PA’s.</li> </ul> <p>Sample agenda:</p> <ul style="list-style-type: none"> <li>○ Facility Guidelines</li> <li>○ Hygiene/Sanitizing measures</li> <li>○ On ice protocols/new roles</li> <li>○ Strategies for physical distancing on ice</li> <li>○ Strategies for demonstrations on ice</li> <li>○ Importance of body language and verbal cues/feedback</li> </ul>
Teaching Aids	<p>Use of teaching aids as required</p>	<p>Use of a variety of teaching aids that engages the skaters learning and interest.</p>	<ul style="list-style-type: none"> <li>• Encourage skaters to bring their own teaching aids or props.</li> <li>• Limit one teaching aid / prop per skater and must not be porous or made of cloth.</li> <li>• “Used” prop / teaching aid drop off area should be identified so all may be sanitized</li> <li>• All teaching aids must be sanitized before and after every session.</li> <li>• Sharing props and teaching aids is not permitted between skaters in a session.</li> <li>• Designate an individual to distribute, set up, and sanitize teaching aids to restrict the amount of contact.</li> </ul> <p><b>Example:</b> Assign a coach or PA to teaching aids to avoid additional exposure or risk. They will be responsible for all placement, distribution and cleaning of teaching aids.</p>

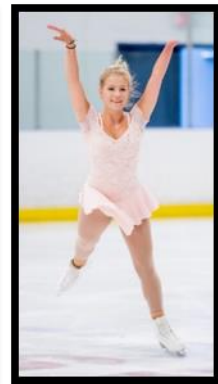


<b>STAR 1-5</b>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Standard to be met unless otherwise stated.</b> Strategies provided for meeting standard during COVID
Session Format	All sessions have a set plan for warm up and cool down whether it be in class form or a private plan for the skater. Skaters are provided instruction in all disciplines: Freeskate, Dance, Skills, Artistic and Synchronized Skating All disciplines must be offered on a regular basis in all STAR 1-5 programs and may vary in frequency and time allotment. Some disciplines may be trained daily, weekly, or monthly and still be considered regular	All minimum standards plus: <ul style="list-style-type: none"> <li>- Full ice surface is being used for the session and is available to all skaters in this program</li> <li>- Provide variety in programming format to keep the sessions motivating, challenging, and inspiring to meet the needs of the skater’s development</li> </ul>	<ul style="list-style-type: none"> <li>• Educate skaters on physical distancing measures.</li> <li>• For disciplines that may involve contact (Synchro, Dance) <ul style="list-style-type: none"> <li>○ Have skaters perform skills beside each other maintaining physical distancing</li> <li>○ No Professional Dance partnering will be available at this time.</li> <li>○ Work on individual skating development</li> </ul> </li> <li>• Use solo or shadow dance formats</li> <li>• Split up session into two groups and rotate: <ul style="list-style-type: none"> <li>○ Group 1: off – ice training</li> <li>○ Group 2: on – ice training</li> <li>○ Rotate</li> </ul> </li> <li>• Use more class type instruction to allow for more skater spots to be available (i.e. fewer coaches allows for more skaters)</li> </ul>
Session Format:  <b>Warm Up</b>	Use of full ice. Include forward and backward skating in both directions. Warm up may also be included as a class or individual activity off the ice.	All minimum standards plus: <ul style="list-style-type: none"> <li>• Inclusion of deep bends</li> <li>• Evidence of increased heart rate in participants.</li> <li>• Use of lanes or similar pattern to increase range of motion and balance.</li> </ul>	<ul style="list-style-type: none"> <li>• Use perimeter of ice and encourage physical distancing.</li> <li>• Educate skaters on physical distancing measures.</li> <li>• Additional strategies available: <ul style="list-style-type: none"> <li>○ Off ice warm-ups individually in designated areas.</li> <li>○ Warm up the session as a class</li> <li>○ Assign skaters individual on ice warm-up plans.</li> </ul> </li> </ul>

<b>STAR 1-5</b>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Standard to be met unless otherwise stated.</b> Strategies provided for meeting standard during COVID
<p>Session Format:</p> <p><b>Lesson Time</b></p>	<p>All skaters are offered coach directed time in <b>all</b> disciplines on a regularly scheduled basis.</p> <p>Evidence of Stations, Lanes, circuits etc. under coach direction</p>	<p>All minimum standards plus:</p> <ul style="list-style-type: none"> <li>- Provide a variety of formats for learning. This could include: Stations, Classes, Group lessons, Private/semi-private lessons</li> </ul>	<p>Group Lesson Strategies</p> <ul style="list-style-type: none"> <li>• Outline physical distance from coach and skaters – mark an X on the ice for each skater</li> <li>• Have coach utilize keywords, drawings/diagrams to enhance acquisition of skill</li> </ul> <p>Class strategies</p> <ul style="list-style-type: none"> <li>• Utilize perimeter lanes, continuous lanes, highway lanes</li> <li>• Use full ice for all skaters (open structure)</li> </ul> <p>Station strategies</p> <ul style="list-style-type: none"> <li>• All station signs should be laminated or in plastic page protectors</li> <li>• Limit number of skaters per station</li> </ul> <p>Circuit Strategies:</p> <ul style="list-style-type: none"> <li>• Consider starting skaters at different spots on the circuit for more physical distancing.</li> <li>• Educate skaters to pass as necessary (standing behind/close to a skater not permitted).</li> <li>• Educate skaters to avoid touching teaching aids and props.</li> <li>• Provide a passing lane in the circuit.</li> <li>• Use a large amount of ice for the circuit to encourage physical distancing.</li> </ul>

<b>STAR 1-5</b>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Standard to be met unless otherwise stated.</b> Strategies provided for meeting standard during COVID
<p>Session Format:</p> <p><b>Cool Down</b></p>	<p>Evidence of gliding stretches to increase range of motion and lower heart rate, for example: Toe touch while gliding (hamstring stretch)</p> <p>Cool down may also be included as a class or individual activity off the ice.</p>	<p>All minimum standards plus:</p> <ul style="list-style-type: none"> <li>- Use of lanes or similar pattern to increase range of motion and balance.</li> <li>- Use of slower music to support lowered heart rate</li> </ul>	<ul style="list-style-type: none"> <li>• Use perimeter of ice and encourage physical distancing.</li> <li>• Educate skaters on physical distancing measures.</li> <li>• Establish a wide fast track for physical distanced passing, use continuous lanes with staggered entry points or lead each group individually.</li> </ul>
<p>Quality Coaching</p>	<p>Coach ensures that each skater on the session receives one on one attention during the lesson time.</p> <p>Coaches know and teach the standards of the skills as per the STAR 1-5 Resource Toolkit and videos</p>	<p>All minimum standards, plus:</p> <p>Coach gives each skater:</p> <ul style="list-style-type: none"> <li>- Individual feedback</li> <li>- Individual corrections</li> <li>- Individual challenges based on their level of development within their lesson and training session.</li> </ul> <p>Introduce technology to enhance the learning environment for skill analysis</p>	<ul style="list-style-type: none"> <li>• Remind coaches to use demonstrations, key words and diagrams/pictures to assist comprehension and acquisition during COVID-19.</li> <li>• Avoid using “hands on” coaching</li> <li>• Coaches who attend to injured skaters or skaters who are unable to get up after several attempts should be helped by a coach wearing PPE as defined in Section Protocols (CSO-007 / STA-005)</li> </ul>
<p>Assessment:</p>	<p>Assess skaters when ready to ensure solid development.</p> <p>Establish an assessment procedure with coaches that outlines a clear process.</p> <p>Skater receives result and assessment sheet on day of assessment</p> <p>Results are submitted to Skate Canada in an appropriate and timely manner (once a month)</p>	<p>All minimum standards plus:</p> <ul style="list-style-type: none"> <li>- Results are filed within one week following assessment online</li> </ul>	<p><b>Assessments are currently not permitted</b></p> <p>Skate Canada: Alberta-NWT/Nunavut will communicate updated information about Programming, Assessment Day and Competition in subsequent versions of these Protocols</p>

<b>STAR 1-5</b>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Standard to be met unless otherwise stated.</b> Strategies provided for meeting standard during COVID
Branding and marketing	<p>Must advertise and refer to the program as STAR and use the official STARSkate logo</p> <p>Use the official Skate Canada Assessment sheets</p>	<p>All minimum standards plus:</p> <ul style="list-style-type: none"> <li>- Use ALL Skate Canada STAR/ tools and promotional materials</li> </ul>	<ul style="list-style-type: none"> <li>• Consider moving posted material behind plexi-glass.</li> <li>• Consider increasing your virtual identity through social media and an up-to-date website.</li> <li>• Reinforce the additional measures taken by the club to ensure participant safety</li> </ul>
Parent Information Sessions	<p>Offer a minimum of 1 parent information or interaction session per season.</p> <p>Offer a written source of information about the program and other club opportunities (Info letter, website, bulletin board, etc.)</p>	<p>Offer multiple opportunities for parents to connect with the coaches. This could include but is not limited to:</p> <ul style="list-style-type: none"> <li>• In-person information session</li> <li>• In-person progress update opportunities</li> <li>• In-person “next steps” touch base to guide skaters into next appropriate step in their development</li> </ul> <p>Offer several written sources of information about the program and other club opportunities (info letter, website, bulletin board, etc.)</p>	<ul style="list-style-type: none"> <li>• Host Virtual parent information session/meeting prior to the start of the season.</li> <li>• Send out information via email to parent.</li> <li>• Use tables, tape on the floor or pylons to identify spacing needed for face to face conversations.</li> </ul> <p>A sample agenda for parent meeting is provided in the <a href="#">Skate Canada: Alberta-NWT/Nunavut Playbook</a></p>
Off Ice Classes	<p>Offer off ice classes to increase physical literacy, awareness, and coordination</p> <p>Note: Off ice classes can be used for Warm Up and/or Cool Down.</p>	<p>All minimum standards plus:</p> <p>Offer a well-rounded content in off ice training that include physical and mental training. Examples include:</p> <ul style="list-style-type: none"> <li>- Off ice jump technique</li> <li>- Goal setting</li> <li>- Dance class – ballet, creative movement etc.</li> <li>- Flexibility</li> <li>- Nutrition, Hydration, Sleep</li> <li>- Etc.</li> </ul>	<p>Provincial and Section guidelines and protocols must be applied.</p> <ul style="list-style-type: none"> <li>• Ask skaters to bring their own equipment (mats, jump ropes, etc.)</li> <li>• Use virtual platforms for mental training, session planning, goal setting, etc.</li> </ul>



## SKATE CANADA

### CLUB & SKATING CUSTOMIZED PROGRAMS

Any club or skating school program higher than Learn to Train, including Active for Life.

**All clubs and skating schools must complete the Skate Canada: Alberta-NWT/Nunavut Phase 1 or 2 Checklist and Acknowledgment Form before resuming this program.**

**STAR 6 – Gold: any discipline** (Learn to Compete & Active for Life)

**Competitive: any discipline** (Learn to Compete, Train to Compete, Learn/Live to Win)

**Synchronized Skating** (Learn to Compete, Train to Compete, Learn/Live to Win & Active for Life)

**Adult Skating** (Active for Life)

**Adaptive Skating** (Active for Life)

**Power Skating** (Learn to Compete or higher, including Active for Life)

Please note: These programs can appear on club or skating school schedules as programs, training or practice session or open ice.

	<b>Delivery Standards</b>	<b>Minimum Standard to be met unless otherwise stated.</b> Strategies provided for meeting standard during COVID
<p>Requirements: <b>ON ICE</b> programs</p>	<p>Ensure a minimum of one NCCP Skate Canada Regional Coach, In-training or higher, who is registered and in good standing.</p> <p>For Power Skating programs, ensure a NCCP Skate Canada CanPowerSkate coach is always on the ice.</p> <p>At least one NCCP Skate Canada coach wearing skates, must always be on the ice.</p> <p>All Program Assistants (PAs) on the ice must be wearing skates and be registered with Skate Canada.</p> <p>Ensure that safety precautions and guidelines have been established for all programs and all skaters have been informed.</p> <p>Operate and deliver the program in accordance with the guidelines established in the Skate Canada LTD.</p> <p>Any “non-Skate Canada” professional working with skaters at the boards, must do so under a Skate Canada’s Coach’s direction and supervision. The Skate Canada Coach will then take full responsibility for the safety of the skaters in this situation.</p>	<p>All Skate Canada Guidelines and Skate Canada: Alberta-NWT/Nunavut Protocols must be met for all sessions during COVID-19.</p> <p>Can refer to strategies outlined in the STAR 1-5 program for considerations.</p>
<p>Requirements: <b>OFF ICE</b> programs</p>	<p>Ensure the off-ice class is being instructed by a Skate Canada member or a professional that carries their own insurance.</p> <p>Ensure that safety precautions and guidelines have been established for all programs and all skaters have been informed.</p> <p>Operate and deliver the program in accordance with the guidelines established in the Skate Canada LTD.</p>	<p>Provincial and Section guidelines and protocols must be applied.</p> <p>All requirements must be met for all sessions during COVID-19.</p>