

Date: February 10, 2021

From: Lisa Hardy, Executive Director Skate Canada: Alberta-NWT/Nunavut

Good afternoon Clubs / Skating Schools, Coaches and Officials:

We are pleased that facilities are starting to re-open and organized sport can begin again in some capacity. The Section also recognizes that everyone is anxious to resume programming and have read or heard additional lifting of restrictions for youth sports that were announced on Saturday.

There are many factors within this [new health order](#) that make our return to skating very complex and we know it will create many challenges trying to plan accordingly and ensure all measures are being adhered to. As we did with our first return to skating we recommend clubs / skating schools start slow with their programming to allow those involved time to get used to these new changes. If you have questions, please reach out to the Section office and we will do our best to assist you or seek clarity from the Province on your behalf.

The following provides clarification for what limited activities are currently permitted under the new health order and in alignment with the [Skate Canada: Alberta-NWT/Nunavut Section Phase 2 V1.1 Protocols](#).

What programming is permitted at this time?

- All [Phase 2 V1.1](#) training programming where individuals can maintain 3 metres (9 feet) of distance is permitted to resume activity if the maximum number of individuals and other restrictions are followed.
- Clubs / Skating Schools and coaches are responsible for **ensuring a minimum of 3 metres (9 feet) physical distancing between all participants and groups at all times while indoors.**
 - For example, a group session of 9 skaters and 1 coach would require 99' of space (half of the ice surface) if they were to stand side by side 9' apart.
 - Spacing requirements need to be considered when scheduling programs.
- Group Sport Cohorts are not allowed. This includes previous CanSkate, CanPower, StarSkate and Synchro sport cohorts that may have previously been used in 2020.
- Pre-CanSkate is not permitted programming under the [Section's Phase 2 V1.1 protocols](#).
- Parent/Tot programming may resume but each Parent/Tot pair must remain 3 metres apart from other pairs. A parent/tot pair counts as 2 individuals in determining the maximum numbers of individuals on the ice. For example, 4 parent/tot pairs and 1 coach fits within the maximum numbers in a group session.
- Skaters are to arrive ready-to-train, and **"Get In-Train-Get Out"**.
- Coaches must remain masked at all times. Participants must be masked at all times, except during the training activity.
- Dressing room use (where facilities allow) must be limited to accelerated arrival and departure if used. Physical distancing must be maintained, and participants must remain masked in dressing rooms.
- At no time are volunteers, parents, spectators, skaters, or coaches permitted to congregate or gather creating a group setting in or out of the facility – clubs and skating schools are expected to ensure full compliance at all times

How many skaters and coaches can be on the ice in an indoor facility at any one time?

The age of participants and the ice space required for the programming being offered (ex: stroking class on full ice surface vs a CanSkate program splitting the ice surface in half) will impact the maximum number of individuals permitted on the ice at one time. The scenarios below provide 3 options that a club / skating school may use in determining the maximum number of participants for their program delivery.

SCENARIO 1:

- **If age 18 and under** participants require full access of the arena surface for training or practicing, then the maximum number of individuals (coaches, skaters and volunteers) is 10.
- Any ratio of skaters to coaches is permissible as long as the [Responsible Coaching Movement Rule of 2](#) and maximum number of individuals at ice level is adhered to.
- All individuals must always stay 3 metres (9 feet) apart from each other.
- Skaters are permitted to warm up or practice on their own until their private, semi-private or group lesson time.
- Participants must be scheduled/booked in advance. Drop-ins are not permitted.

SCENARIO 2:

- **If age 19 and older** participants require full access of the arena surface for training or practicing, and if the facility allows it, the maximum number permitted by the Section at ice level at one time is 8 skaters and 8 coaches (total of 16). This is the maximum total number allowed at ice level which includes coaches being on the ice or coaching from the players benches.
- Skaters must be in an active 1:1 lesson with a registered Skate Canada coach the entire time they are on the ice. Passive supervision is not allowed which requires the skater to be in a lesson the entire time they are on the ice.
 - ***The number of individuals on the ice falls back to a maximum of 10 (coaches and skaters) if any skater age 18 and under sharing the ice is not in an active 1:1 lesson during the entire session***
- All individuals must always stay 3 metres (9 feet) apart from each other.
- Skaters are **NOT** permitted to warm up or practice individually on their own. Active instruction and correction while on the ice is required to be considered training. Passive supervision of a physical activity is not considered training.
- Coaches and choreographers should coach rink-side while coaching (example players bench or on the ice staying at the boards) to ensure proper distancing is maintained at all times. Periodic on-ice coaching is allowed but should be coordinated to alternate and limit the number of coaches on the ice at any one time.
- Coaches and choreographers must spread out around the ice surface to ensure 3 metres (9 feet) of distance is maintained.
- Individual training sessions (lesson) must be scheduled/booked in advance. Group or Drop-in sessions are not permitted.

SCENARIO 3:

- **If the ice surface is divided in half** two (2) groups of 10 for a maximum of 20 individuals (coaches and skaters) may be on the ice at the same time.
 - **For age 18 and under skaters**, any ratio of skaters/coaches is permissible on their half of the ice and are permitted to individually warm up and practice prior to their lesson time.
 - **For age 19 and older** skaters must be in an active 1:1 lesson with a registered Skate Canada coach the entire time they are on the ice. Passive supervision is not allowed which requires the skater to be in a lesson the entire time they are on the ice. A maximum of 5 skaters and 5 coaches on half of the ice is all that would be permitted if there was another group of 10 individuals on the other half.
- At no time may the 2 groups interact with each other.
- A coach is not permitted to move between the 2 groups scheduled on the same session.
- All individuals **must always stay 3 metres (9 feet) apart from each other.**
- Wherever possible physical barriers should be used to divide the ice surface. Coaches should use tools (pylons, markers, dividers) to ensure the 2 groups remain separated.
- Participants must be scheduled/booked in advance. Drop-ins are not permitted.

Can members of the same household be trained together?

Yes. A coach may train family household members together. Dance and Pair teams living in the same household are also allowed to train together. Coaches are required to still maintain proper distancing of 3 metres (9 feet) from the skaters. Each member of the household counts as one individual when determining the maximum number of people on the ice.

Can coaches lead multiple ice sessions in a row?

Yes. There can be no overlap between skaters (ie skaters can not warm up on the ice while other skaters are finishing a session) but a coach may have multiple sessions scheduled in the same day. Hand sanitization and enhanced cleaning of high touch areas between sessions is required.

Can skaters move between multiple coaches during a session?

Skaters 18 and younger may move between coaches that are part of their session group (maximum of 10 individuals). They may not switch to another group for instruction where there are 2 group sessions sharing the ice at the same time (when the ice is split into 2 halves).

All skaters (including age 19+) can schedule more than one session (lesson) in the same day with different coaches.

Are Harnesses permitted?

Yes. Refer to [Skate Canada: Alberta-NWT/Nunavut Phase 2 V1.1 protocols](#) for additional information on Harness use. Coaches may enter physical distancing space (3 metres) for momentary lapses in maintaining the 3 metres distance with a skater, but this has been described as “seconds”. Coaches are required to wear masks and use hand hygiene before and after.

Are Assessment Days permitted?

Yes. Refer to [Skate Canada: Alberta-NWT/Nunavut Phase 2 V1.1 protocols](#) for additional information on Assessments. Group warm up’s are permitted with the following restrictions:

- A maximum of 10 individuals at ice level. This includes skaters, coaches, evaluators, and volunteers.
- All individuals are required to maintain 3 metres of distance from others at all times (exceptions are allowed for members of the same household).
- Enhanced cleaning measures between each warm-up group.
- Scheduling of skaters must ensure there is no cross-over in participants from one warm-up group to the next.
- Dance partnering is not permitted (exception allowed only in the case of a partner living in the same household as the skater).
- Shadow dance format requires the skater and partner to always maintain 3 metres (9 feet) distance from each other.
- Solo dance format is recommended.
- Evaluators and Coaches are required to wear face masks at all times.
- Age 19+ skaters must each have their own individual coach (1:1) during warm up or practice.

Is off-ice training permitted?

Age 18 and under are permitted to train in a group (maximum of 10 individuals including the coach / trainer). 3 metres (9 feet) distance between individuals must be maintained at all times. The trainer/coach is required to wear a face mask at all times.

Age 19+ are only permitted to train in a 1:1 environment. Group training sessions are not permitted for Age 19+ participants and are only permitted to train with a professional or registered Skate Canada coach / trainer in a 1:1 environment.



Is Synchronized Skating allowed?

Synchronized skaters 18 and under can resume training as long as 3 metres (9 feet) distance is maintained between individuals at all times (may not be in hold position for training).

If using the entire ice surface, a maximum of 10 individuals on the ice (including coaches) is permitted.

If the ice surface is divided in half two (2) groups of 10 for a maximum of 20 individuals (coaches and skaters) may be on the ice at the same time.

If our Indoor Arena is closed can we hold programming on an Outdoor Rink?

We have confirmed with Skate Canada that for this year and this year only programs can be held on outdoor facilities in communities where their indoor facilities have been closed. A registered Skate Canada coach must be present, and the club / skating school must be supportive of the programming being held on the outdoor rink.

Provincial health orders related to [Outdoor Winter Recreation](#) must be adhered to which includes a maximum of 10 individuals (skaters and coaches) in a group and 2 metres (6 feet) physical distancing between individuals maintained.

Thank you for your understanding and patience while we worked on getting clarity on these newest measures and how they are related specifically to our sport. If you have any questions, please email returntoskating@skateabnwtun.ca.

Sincerely,

Lisa Hardy
Executive Director