

## Frequently Asked Questions – Health Order CMOH-02-2021

### Q: Are parents and spectators permitted in the arena?

A: The Alberta [Sport, Physical Activity and Recreation Path Forward Step 1 guidance](#) states “Spectators are not currently permitted. If parents/chaperones/volunteers are required to be in a facility for the purposes of assuring that clients/minors are safe, this number must be kept to the lowest amount possible”.

The facility may choose to allow a parent/guardian of certain age groups to assist with equipment (tying skates) or adhering to safe sport protocols however the number allowed should be limited and parents should be encouraged to wait in their vehicle wherever feasible to keep the number of individuals in the facility to the lowest amount possible.

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.

### Q: Are coaches required to wear masks if they have a medical exemption?

A: Coaches/trainers/instructors must be masked at all times (with no exceptions) in all indoor training locations.

If an individual (coach, or skater) cannot wear a mask (e.g., medical reasons) they must not participate.

### Q: What is the physical distancing space requirement between individuals when we are in the facility?

A: Since our last update and townhall, Alberta Health has provided new information that in common areas of the facility (ie hallways, lobby) 2 metres (6 feet) distance must be maintained by all individuals.

**During training / lessons all individuals (coaches and skaters) must stay 3 metres (9 feet) apart.**

### Q: Can dressing rooms be used?

A: The facility can determine whether they will allow the use of their dressing rooms.

If dressing rooms are required to complete final preparation (ie: putting on skates), access should be limited to the individuals participating in the permitted activity and two metres physical distancing must be maintained between participants.

If support is required (ie tying skates), only one member from the same household (i.e., parent) should be permitted access at a time

**Q: Can we exceed the maximum of 10 individuals at ice level if the full ice surface is being used by the group if the facility will allow it?**

A: No, the facility may NOT grant permission for any activity that is not in compliance with the public health order. Only the Chief Medical Officer is authorized to provide exemptions to any health order.

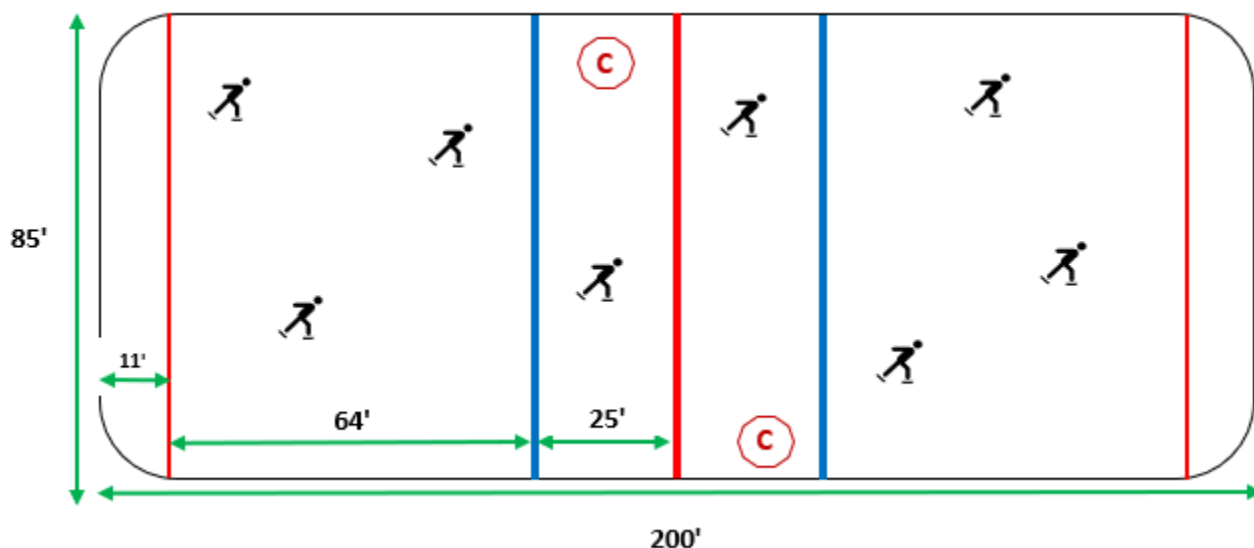
**Q: How many skaters and coaches can be on the ice in an indoor facility at any one time?**

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.

**Note:** Facilities may choose to limit only 1 group of 10 individuals to be allowed on the ice at any one time.

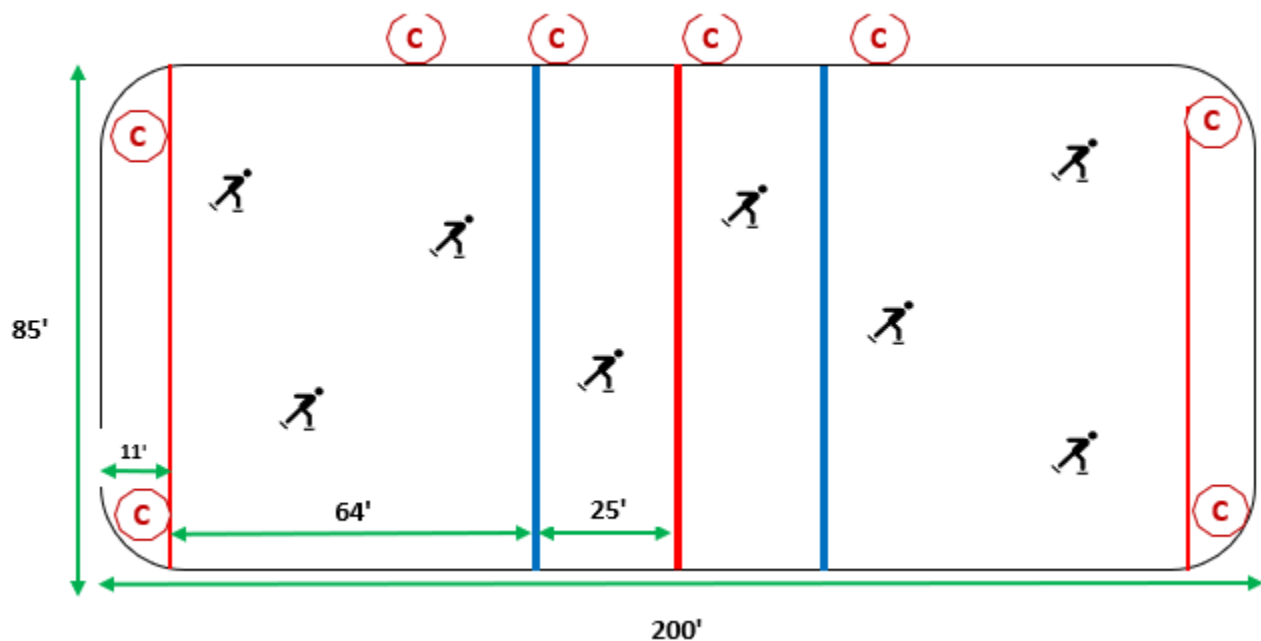
### SCENARIO 1:

- 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.
  - **NEW: Any skater age 18 and under sharing the ice must also be 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. 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.



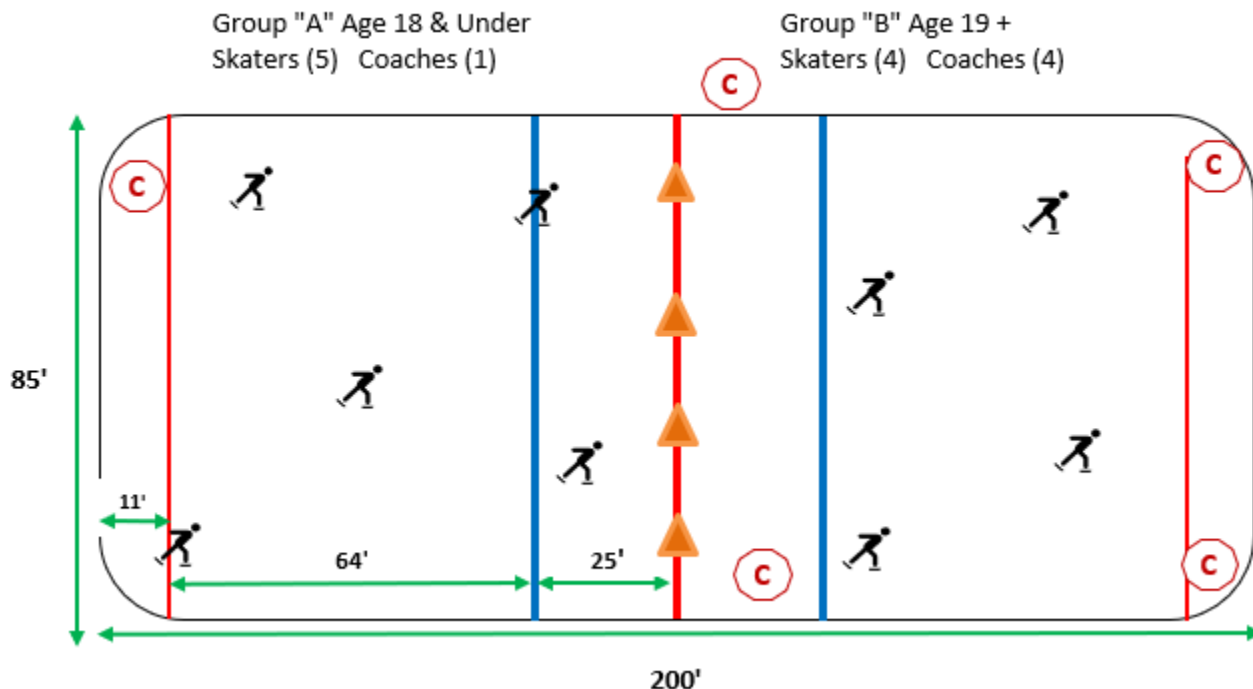
# RETURN TO SKATING

## Skate Canada: Alberta-NWT/Nunavut

### 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.

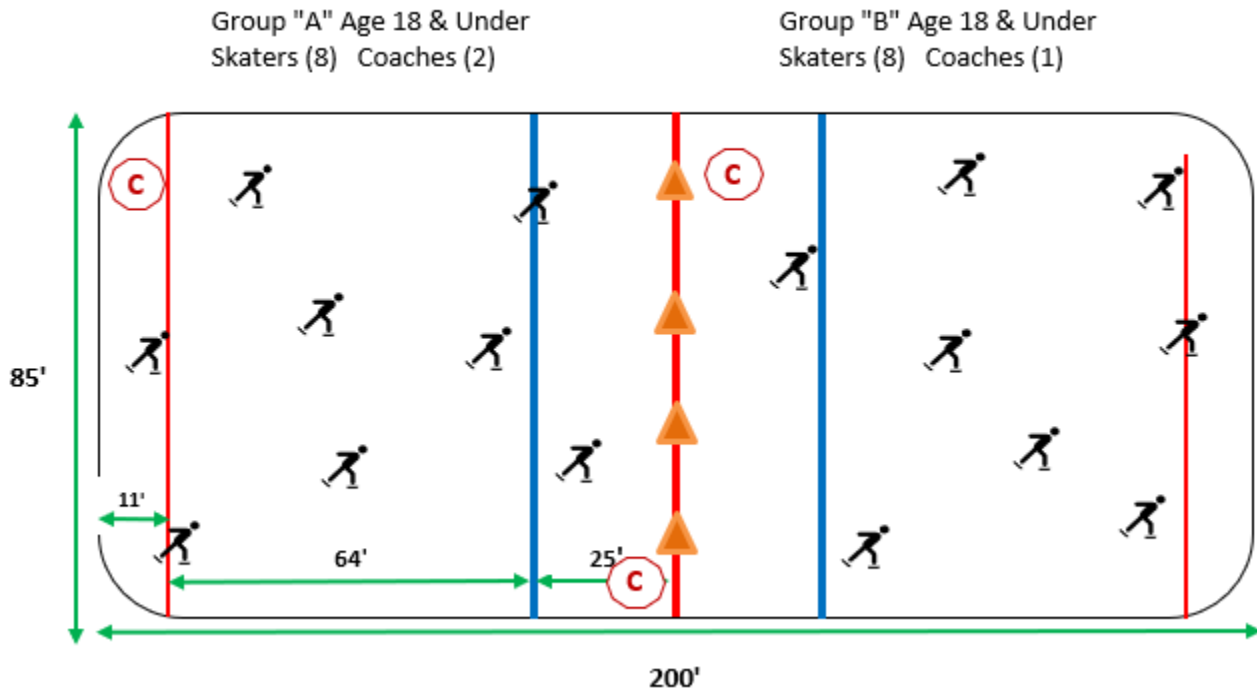
**Example 1:**    **Group A – max of 10 individuals with any ratio of coach to skater**  
                  **Group B – max of 10 individuals but must be in 1:1 training session at all times**



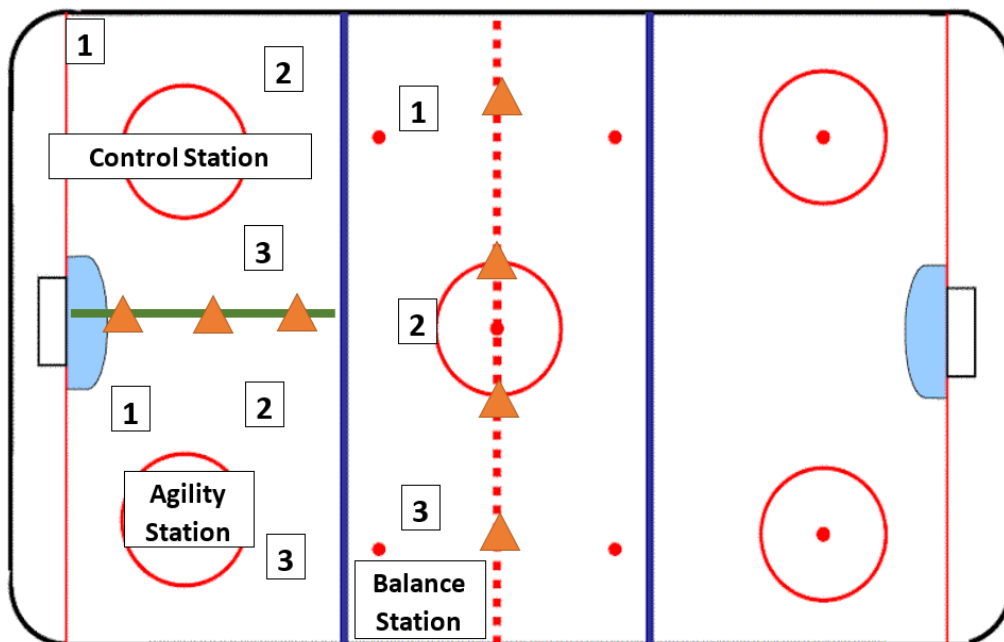
# RETURN TO SKATING

## Skate Canada: Alberta-NWT/Nunavut

- Example 2:** Group A – max of 10 individuals with any ratio of coach to skater  
Group B – max of 10 individuals with any ratio of coach to skater



- Example 3:** Sample CanSkate Set up on ½ the ice with 9 individuals (including skaters, coaches and PA's)



#### **Q: What CanSkate delivery standards must be followed under the current public health measures?**

A: CanSkate Standards for during COVID can be found in the [Phase 2 Protocols](#) (Page 20 - yellow shaded column) and are still applicable with the following changes related to the health order:

- Maximum of 10 in a group including coaches and PA's
- If ice surface is split in ½ a maximum of 2 groups of 10 may be on the ice at the same time. Groups must remain separated from each other and remain on their ½ of the ice (no crossover of individuals or groups intermingling)
- PA's need to be age 18 and under as they would typically not be a registered Skate Canada coach
- Minimum of 3 metres distance wherever 2 metres was previously mentioned
- 3 metres distancing between all individuals must be maintained at all times— anywhere that the use of sport cohorts is mentioned the Phase 2 Protocols or CanSkate standards is NOT currently permitted
- Fast Tracks should be avoided if there is not enough room to keep everyone spaced out with the 9' of distancing
- Consider having only 2 learning stations (coaches can change the focus of a learning station) when only half of the ice is being used if there is concern of skaters not staying 3 metres apart at all times.

#### **Q: Is a coach required for each group if the ice is split in half to allow 2 groups of 10 individuals?**

A: Yes, a registered Skate Canada coach is required for each group of 10 on the ice.

#### **Q: Can a responsible adult fill the spot of a coach to supervise a group skating?**

A: A registered Skate Canada Coach is required under the current health order for any indoor group physical activity to be permitted.

In the case where only 1 group of up to 10 individuals is at ice level and only 1 coach is available, a responsible adult can supervise the activity to ensure the Responsible Coaching Movement Rule of 2 is adhered to.

General open or public skating is not currently permitted under the current health order.

#### **Q: Do siblings count as 1 or 2 spots in the maximum permitted at ice level?**

A: Each sibling counts as 1 individual when calculating the maximum number of individuals allowed at ice level

#### **Q: Can an adult skater (age 19+) be in a lesson on the full ice at the same time a group lesson of age 18 & under is also happening if they are still under the maximum of 10 individuals?**

A: No, age 19 & older skaters are not permitted to share the full ice with a group session of 18 & under skaters. The ice surface must be divided in half forming 2 separate groups and all individuals (coaches & skaters) must always remain on their own side.

#### **Q: Is there a limitation to the number of skaters in a group class off-ice?**

A: 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.

#### **Q: Are pair or dance teams allowed to train together?**

A: Pair & dance teams can train together (without maintaining 2 metres with one another) provided they are living in the same household. If either of the skaters are 19 & older the team must be coached in a one to one household active training lesson/session for the entire time they are on the ice.

#### **Q: If our indoor arena is open is our Skate Canada insurance coverage still in effect to coach on Outdoor arenas?**

A: Skate Canada insurance coverage is only valid for outdoor rinks in the following circumstances:

- The indoor arena the club / skating school operates out of remains closed for this year because of the COVID-19 pandemic. 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.

**Note:** CanSkate or CanPower group lessons on an outdoor rink are not permitted under the Skate Canada Insurance program.

- If a club/skating school is unable to provide indoor 1:1 training session for skaters age 19 & older under the current health order restrictions, a coach may provide lessons to this group of skaters on an outdoor rink if the club / skating school is supportive of the activity.
- If the club / skating school indoor arena has re-opened regular programming must move back to indoors and only adhoc or non-recurring outdoor rink activity is permitted under the Skate Canada Insurance program.

#### **Q: Are hand-held pole harnesses permitted?**

A: Harnesses that result in less than 3 metres (9 feet) of distance being consistently maintained between the coach and skater are not currently permitted. Hand-held pole harnesses typically do not meet the physical distancing requirements of 3 metres.

In cases where a harness is permanently mounted in the facility and where the coach and skater can maintain 3 metres of distance while in use then this activity is permitted but must follow the Section's protocol for Harness use ([STA-015](#)). Below is the amended protocol to align with the current health order.

- Skaters must be able to strap themselves into the harness **safely**
- The coach must wear a non-medical face mask at all times when the harness is in use. If the skater does not wear a face mask while in the harness it is recommended that the coach wear a face-shield in addition to a non-medical facemask for additional protection against the spray of droplets.
- Provincial Guidance requires regular hand hygiene and cleaning of high-touch surfaces in sports/activities that involve shared equipment. Shared equipment should be cleaned and disinfected between each use.
  - All non-porous/hard surfaces on the harness must be disinfected and/or sanitized before and after each use using a spray or wipe
  - Material surfaces (fabric/nylon) including the harness belt should be thoroughly cleaned with soap and water between participants or be isolated for a period of 48 hours
  - *It is recommended that the harness manufacturer be contacted if any product other than soap and water will be used on the harness belt. Disinfectants or products that contain bleach can damage the stitching in the belt and impact the design and strength requirements of the harness.*
- The coach/skater should sanitize their hands before and after use
- Coaches are required to maintain 3 metres distance from skaters. Physical contact is not permitted between the coach and skater during harness use, unless in the case of a medical emergency.
- Harness lessons should be limited to no more than 15 minutes with adequate time allowed in between lessons to clean and disinfect the equipment
- Consider additional clean harness or chest straps to rotate skaters between harness lessons if multiple skaters in a day are to be accommodated

#### **Q: Are volunteers included in the maximum number permitted at the ice level (ie volunteer playing music)?**

A: The individual is included in the maximum number at ice level if they are having contact with people at ice level or less than 3 metres of distance from any of the participants (collecting music from various participants, opening gates for on/off the ice).

If they are in a separate area (such as the timer box or spectator stands), 3 metres from participants is maintained, and there is no sharing of equipment, music, etc with the participants then the volunteer is not required to be counted in the maximum number of individuals permitted at ice level.

#### **Q: Can a volunteer be assigned to manage participant tracking and health screening of all skaters?**

A: Yes. They must wear a mask and maintain 2 metres (6 feet) distance from all individuals and perform regular hand sanitization.

#### **Q: Will Carnivals or Club Competitions/Events be permitted this season?**

A: The current Public Health Order does not currently permit any sporting events, which includes carnivals and club competitions/events. We are currently in Step 1 of Alberta's re-opening path forward and the easing of restrictions for sporting events is in Step 4. We do not anticipate reaching Step 4 during the remainder of this winter season unfortunately.



#### **Q: Are Assessment Days permitted under the current health order?**

A: Yes. Assessments are considered a training activity and are allowed with the following criteria in place:

Refer to [Skate Canada: Alberta-NWT/Nunavut Phase 2 V1.1 protocols](#) for additional information on Assessments.

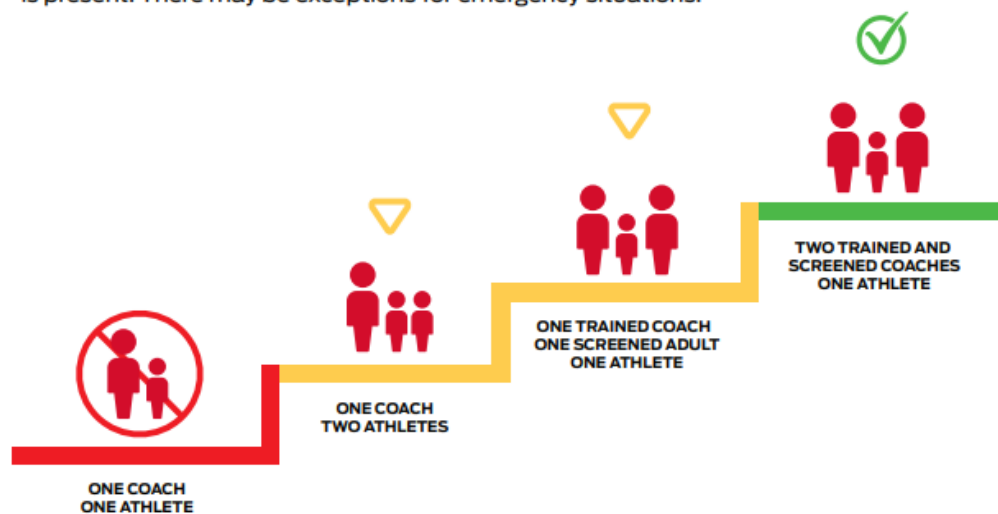
- Coaches should ensure that skaters being assessed are well prepared and ready for the level of assessment they are put up for.
- Dance partnering is not permitted at this time (exception allowed only in the case of a partner living in the same household). Shadow dance partnering is not an acceptable format for assessments as 3 metres (9 feet) of physical distance is required under the current health order.
- If the evaluator, evaluator in training and /or assessment coordinator are in a separate area (ie players/ penalty box or sitting in the stands), are maintaining 3 metres of distance from all individuals, and not having contact with the skaters or coaches then they can be considered support staff and not be included in the maximum number allowed at ice level.
- Spectators are not permitted. A parent / guardian is permitted to enter the facility, assist the skater with signing in and tying of skates, and then exit the facility while the skater is being assessed.
- Evaluators, Coaches, and Volunteers are required to wear non-medical face masks at all times.
- Skaters must wear a non-medical face mask within the facility when not on the ice. This includes common areas, restrooms, hallways, warm up areas, dressing rooms, etc.
- If an individual (evaluator, volunteer, coach, or skater) cannot wear a mask (e.g., medical reasons) they must not participate.
- Multiple clubs may participate in a single assessment day; however scheduling should be coordinated to assess skaters on a club-by-club basis with enhanced protocols and cleaning measures between each group.
- Group warm-ups are permitted with the following restrictions:
  - A maximum of 10 individuals at ice level. This includes skaters, coaches, and any volunteers that may come in less than 9 feet of contact with the participants (ie ice captain)
  - Skaters that are age 19 and older can NOT be included in a warm-up group where there is not a 1:1 coach to skater ratio for all skaters in the group
  - Individuals at ice level 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 of all common touch points between each warm-up group.
  - Cross-over in warm-up groups is not permitted. All skaters from one warm up group must fully exit the ice/hallway prior to the next to the next warm up group starting.

**Q: What is the Rule of 2?**

A: One of the [Three Steps to the Responsible Coaching](#) movement is the Rule of Two. The [Rule of Two](#) is to ensure all interactions and communications are open, observable, and justifiable. Its purpose is to protect participants (especially minors) and coaches in potentially vulnerable situations by ensuring more than one adult is present. [Skate Canada Recommendations for Rule of Two](#) resource is available on their website and information is also included in the Coach Code of Ethics registered Skate Canada coaches are required to complete annually.

# RULE OF TWO

The goal of the **Rule of Two** is to ensure all interactions and communications are open, observable and justifiable. Its purpose is to protect participants (especially minors) and coaches in potentially vulnerable situations by ensuring more than one adult is present. There may be exceptions for emergency situations.



## GOOD RULE OF TWO IMPLEMENTATION PRACTICES

- The coach is never alone and out of sight with a participant without another screened coach or screened adult (parent or volunteer) present.
- Allow training environment to be open to observation.
- Ensure a participant rides in a coach's vehicle with another adult present.
- Consider the gender of the participant(s) when selecting the screened coaches and volunteers who are present.
- Eliminate one-to-one electronic messaging. Ensure that all communications are sent to the group and/or include parents.

**Learn more:** [coach.ca/responsiblecoaching](https://coach.ca/responsiblecoaching)

