



# Return to Ice

Things you need to know!

September 2020

# Before the first practice - Participant Agreement!

Everyone in the family who will be participating in club activities must print, sign and scan the Participant Agreement and send it to Jodi. No paper forms can be accepted. The Participant Agreement can be found in the [KLB Return to Ice](#) document. Even those who participated in the summer program need to fill out the new Participant Agreement before the first practice.

## Kamloops Long Blades - PARTICIPANT AGREEMENT

Application - all athletes, coaches, members, volunteers, participants and family members of participants while in attendance at club activities ("Participants")

All Participants of **The Kamloops Long Blades Speed Skating Club** agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and RTP Protocol:

- I agree to symptom screening checks, and will let my club know if I have experienced any of the symptoms in the last 14 days.
- I agree to submitting the online wellness check at least 2 hours before practice begins.
- I agree to wear a mask the entire time I'm in the arena. (Parents may remove masks when watching in the stands)
- I understand that only one parent or guardian per skater is allowed in the arena and no siblings.
- I agree to stay home if feeling sick, and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
- I agree to sanitize my hands before and after touching any equipment at practice. I will bring my personal hand sanitizer and keep it accessible.
- I agree to continue to follow social distancing protocols of staying at least 2m away from others.
- I agree to not share any personal equipment during practice times.
- I agree to abide by all of my Clubs COVID-19 Policies and Guidelines.



# Masks are Cool!

Everyone in BC will be wearing masks this year.

There are many kinds of masks, so practice at home with different ones, try them with your goggles and helmet. Find what is most comfortable for you. Always bring a spare mask for a change if necessary.



Masks must be form-fitting and a minimum of 2 layers. A piece of medical tape along the top will prevent goggles from fogging.

# How to safely use a non-medical mask

## DO'S



**DO** wear a non-medical mask or face covering to protect others.



**DO** ensure the mask is made of at least two layers of tightly woven fabric.



**DO** inspect the mask for tears or holes.



**DO** ensure the mask or face covering is clean and dry.



**DO** wash your hands or use alcohol-based hand sanitizer before and after touching the mask or face covering.



**DO** use the ear loops or ties to put on and remove the mask.



**DO** ensure your nose and mouth are fully covered.



**DO** replace and launder your mask whenever it becomes damp or dirty.



**DO** wash your mask with hot, soapy water and let it dry completely before wearing it again.



**DO** store reusable masks in a clean paper bag until you wear it again.



**DO** discard masks that cannot be washed in a plastic-lined garbage bin after use.

## DON'TS



**DON'T** reuse masks that are moist, dirty or damaged.



**DON'T** wear a loose mask.



**DON'T** touch the mask while wearing it.



**DON'T** remove the mask to talk to someone.



**DON'T** hang the mask from your neck or ears.



**DON'T** share your mask.



**DON'T** leave your used mask within the reach of others.



Public Health  
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## Check In!

<https://docs.google.com/forms/d/e/1FAIpQLScFAm8CGrT26JhnWLWqMR6svV65jN9jX2lSNlctADevDRF5nQ/viewform>

Before every practice skaters and coaches must submit the online wellness survey - 2 hours ahead if possible.

Parents who will be coming into the arena with their skater must also fill out the wellness survey.

If you are not feeling well, please stay home!

### KLB Wellness Survey

To be completed by the skater or their legal guardian AT LEAST 2 hours before the start of each practice. Failure to complete the survey will result in the skater not being eligible to participate in the practice.

\* Required

Skater's First Name \*

Your answer

Skater's Last Name \*

Your answer

# Arrive on Time!

We are not allowed in the arena until **5 minutes** before our ice time. The rink attendant will unlock the door. People arriving late will not be able to get in.



We also need to leave the arena 5 minutes after we finish.



# Come Dressed and Ready!

We won't have dressing rooms. Designated seating is in the open area between the two rinks. Skaters leave their bag and shoes by their chair.

Each skater will have a basket that they will bring on the ice each practice, placed 2 meters apart against the end boards. Skaters are responsible for having the following items in their basket at all times.

- Hand Sanitizer with a pump
- Spare mask in a plastic zip bag
- Kleenex in a plastic zip bag
- Water Bottle

The basket will also hold their skate guards, jacket etc and will be their home base for water breaks and hand sanitization.



The club is purchasing baskets but they cannot be stored at the rink!

# Let's have Fun!

We know it's going to be an unusual skating season, but let's make the best of it, come up some new ideas, train harder than ever and have fun!

Communication will be different because we won't have chatty time at the rink, so please refer to the [kamloopslongblades.com](http://kamloopslongblades.com) and our facebook page for updates. We will also be making Whatsapp groups, so if you don't already have that app on your phone, please get it so we can add you.

Be sure to read the entire **Return to Ice document** as circulated by the club. It is filled with important information regarding safety and procedures that everyone needs to know.

See you on the ice!

But not like this!

