

FIGURE SKATING PROTOCOL

General	Practice proper hygiene – wash hands before and after practice, do not touch your face, and avoid touching frequently touched surfaces when at practice.
General	All members of the group must practice physical distancing – 3 metres between their gear, themselves, etc. on ice and on the bench.
General	Skaters are expected to follow session right-of-way protocols and stay physically distanced from other athletes and coaches.
General	No loitering in venue or parking lots before/after practice. Following practice, exit the rink as promptly as possible and avoid excess socializing in the lobby and/or parking lot after your practice.
General	In early stages of the return, only athletes who can skate independently will participate (i.e. no learn-to-skate programs).
General	Participants must wash their hands or use hand sanitizer prior to going on ice, and after any trips to the washroom.
General	If SOBC is part of a club-organized session, follow club protocols and procedures. Ensure SOBC athletes know these protocols. Practices should align with BC/YK Section Return to Play for Figure Skating .
Local Expectation	Maximum number of athletes per program in Level 1: INDOOR – If one or more athletes is 22 years of age or older, there can be a maximum of 1 athlete for a total group size of 2. If all athletes are under the age of 22, there can be a maximum of 9 athletes for a total group size of 12.
Coach	No crossover between training groups once the season starts. Coaches must only train the group of athletes they have been assigned to, no substitutions. If a coach is sick or unwell, they will need to inform the athletes that that particular practice has been cancelled.
Coach	Inquire about facility protocols prior to practice and be familiar with procedures. Ensure athletes are aware of these protocols and everyone adheres to them.
Athletes	Come prepared to train (in practice wear, pre-filled water bottle, etc.). Do not assume that dressing rooms will be open. If dressing rooms are open, limit to only necessary use.
Athletes	Skaters are expected to lace their own skates. If help is needed, a parent or caregiver will need to do this outside of the facility prior to program start time. The athlete can walk into the facility with skate guards.
Equipment	All participants must use their own equipment (skates, aids, helmets, etc.) for the entire duration of practice. No sharing is allowed.