

## SPEED 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	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	Participants must wash their hands or use hand sanitizer prior to going on ice.
General	In early stages of the return, only athletes who can skate independently will participate (i.e. no learn-to-skate programs).
General	Non-medical masks must be worn during entry, exit, and on the ice.
General	If the Special Olympics BC program is part of a club-organized session, follow club protocols and procedures.
Local Expectation	<b>Maximum number of groups per program in Level 1:</b> 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, must have a ratio of 1 coach to up to 3 athletes, up to a maximum of 12 people in a training group. One of these individuals needs to take on the Program Safety Volunteer role.
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 and the coach ratios cannot be maintained, they will need to inform the athletes that particular practice has been cancelled.
Coach	Stagger starts so athletes are not passing each other, OR make it very clear what side people are passing on and ensure that 2 metres of distance are maintained while doing so.
Coach	Inquire about arena protocols prior to practice and be familiar with procedures. Ensure athletes are aware of these protocols and everyone is following them.
Coach	Designate a single person to hand out equipment (i.e. track markers, water buckets, squeegees, etc.). At the end of practice, the equipment will need to be sanitized by the same designated person.
Athlete	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.
Equipment	All participants must use their own equipment (skates, aids, helmets, etc.) during practice. No sharing is allowed. If renting is necessary and available, ensure equipment is sanitized before and after use.
Equipment	For rules regarding setting up and cleaning of mats before or after practice, please refer to the facility and/or your club guidelines.

Equipment	If a skater comes into contact with a mat, the mat will be immediately sanitized with a disinfectant provided by the program.
Athletes	Skaters are expected to lace their own skates. If help is needed, a parent or caregiver will need to do prior to program start time. The athlete can walk into the facility with skate guards.
Athletes	Avoid unnecessary contact with the mats.
Athletes	Athletes are to arrive no earlier than 15 minutes before the start of practice.
Parents/Caregivers	Your help may be needed to clean mats after practice. Please follow the coaches' instruction on the protocols for cleaning mats.