

## 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 – 2 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	Come ready to begin practice right away – i.e. put on your practice wear before arriving, bring a pre-filled water bottle, etc. Do not assume that dressing rooms will be open. If dressing rooms are open, limit to only necessary uses.
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	<p><b>Maximum number of athletes per program in Level 1:</b> To be determined by each program while adhering to the SOBC requirement of maximum 20 people on the ice at one time and required athlete to coach ratio</p> <p><b>Athlete to coach ratio:</b> 4:1 (<b>Note:</b> All programs must have minimum 2 coaches, or minimum one coach and one Program Safety Volunteer, to meet Safe Sport Rule of Two standards)</p>
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 each piece of 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.
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 club

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.
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. If you are unable to maintain 2 metres while doing this, you must wear a mask.