



West Toronto Skating Club

WTSC Return to Rink Guide

Return to the Rink Guidance – September 11 to October 4, 2020

Schedule: [Link Here](#)

Location: Central Arena

Address: 50 Montgomery Rd

Toronto, ON

Phone: 416-394-5439

Before leaving to the rink:

Waivers and Forms

- Review and complete the Skate Ontario Waiver (Only needs to be filled out once per skater but **before stepping on the ice**) [Link Here](#)
- Perform a self-assessment of the Health Screening Questionnaire [Link Here](#)
- WTSC Coaches will also be asking the skater these questions before entering the arena.
- If, upon reviewing the health screening questionnaire, you answer 'Yes' to any of the questions **DO NOT** go to the Rink, and alert one of the [Covid Oversight](#) group members.

Changing, Equipment, Skates:

- **To minimize the use of changerooms, to adhere to room capacities, it is preferred participants enter the facility ready to participate, as much as possible.**
- **CanPowerSkate** youth participants need to arrive at the facility in full gear. If absolutely necessary, there will be two change rooms for use. One for Adults (18+) and one for Teens (13-17). They are very small and can only hold 6-7 skaters at a proper distance. Parents **are not allowed** in the changerooms. Parents with skaters **12 and Under** come prepared to put skates on at your car. **Don't forget guards.**
- **RisingSTAR/STAR** youth participants need to arrive at the facility dressed for the session. There will be two change rooms to use. If absolutely necessary, only older skaters, who know how to tie their own skates, will be allowed in the changerooms. They are very small and can only hold 6-7 skaters at a proper distance. Parents **are not allowed** in the changerooms. Parents with skaters **12 and Under** come prepared to put skates on at your car. **Don't forget guards.**

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- **SRSTAR** participants should arrive at the facility dressed for the session. If absolutely necessary, SR STAR skaters may use the change room, provided they can put on their own skates.
- **OPEN Session (Including Teen Adult STARSkate)** participants should arrive at the facility dressed for the session. If absolutely necessary, OPEN session skaters may use the changeroom, provided they can put on their own skates. One changeroom will be reserved for Adults (18+) and one for Teens (13-18)
- Ensure you have all your skating equipment. (Face mask, skates, guards, gloves, hand sanitizer, water bottle, a bag for disposal)
- Face masks should be tight fitting, secure and should not impede vision.
- Face masks must be worn while in the facility but not on the ice.
- **Do not plan on borrowing or sharing anything with other skaters.**
- Bring 1 (One) small bag to keep all your belongings in. You will use this bag to bring with you to place on the boards, in your designated spot.
- **Skaters must wear a mask in the facility and are encouraged but are not required to wear a mask during the session.**
- **Coaches are required to teach with a mask on at all times.**

Warming up:

- Consider warming up at home for 15-30 Minutes before travelling to the rink.

Arriving at the rink:

- Arrive 20 minutes prior to your scheduled session only.
- You must remember to **stay 2m away** from anyone else while outside of your home.
- Warming up in the parking lot is discouraged and dangerous.
- You will be permitted to enter the facility 15 minutes before your scheduled ice time.
- A WTSC coach will meet you at the facility entrance to administer the health screen and to make sure everyone is accounted for.
- Parents can watch in the stands, provided they **stay 2m apart** at all times.
- Parents cannot help the skaters put skates on in the building. The benches are out of use and parents are to go directly into the stands when entering the building.



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Entering the building

- Check in at the registration area.
- If necessary, a WTSC coach will direct skaters to the designated changing room.
- Parents are to proceed directly to the arena seating area.
- Take all your belongings with you to the ice surface.
- Washroom facilities are available, in the lobby, in emergency situations only.

On the ice:

Entering the ice surface

- Line up at the side boards, ensuring a 2m gap between skaters.
- Remove your skate guards before stepping on the ice
- Select your own space at the boards. Place your water, disposal bag and bag of belongings in this spot.

Session

- Masks for skaters are encouraged but not mandatory while on the ice.
- Listen to the coach and follow their directions.
- **Be aware of your surroundings and make sure to keep a 2m space between skaters at all times.**
- Music will be the coach's responsibility. Do not approach the music area.
- The RisingSTAR/STAR/SRSTAR sessions will include combination of guided group and semi-private lessons.

After the session

- Skaters are to collect all belongings and line up at 2m intervals at the side of the boards before exiting the rink.
- Proceed directly to the designated area to remove your skates.
- The group will exit the building together.
- Skaters are expected to notify WTSC ([Oversight group](#)) and the facility of any COVID-19 symptoms or diagnosis up to 14 days after the ice time.

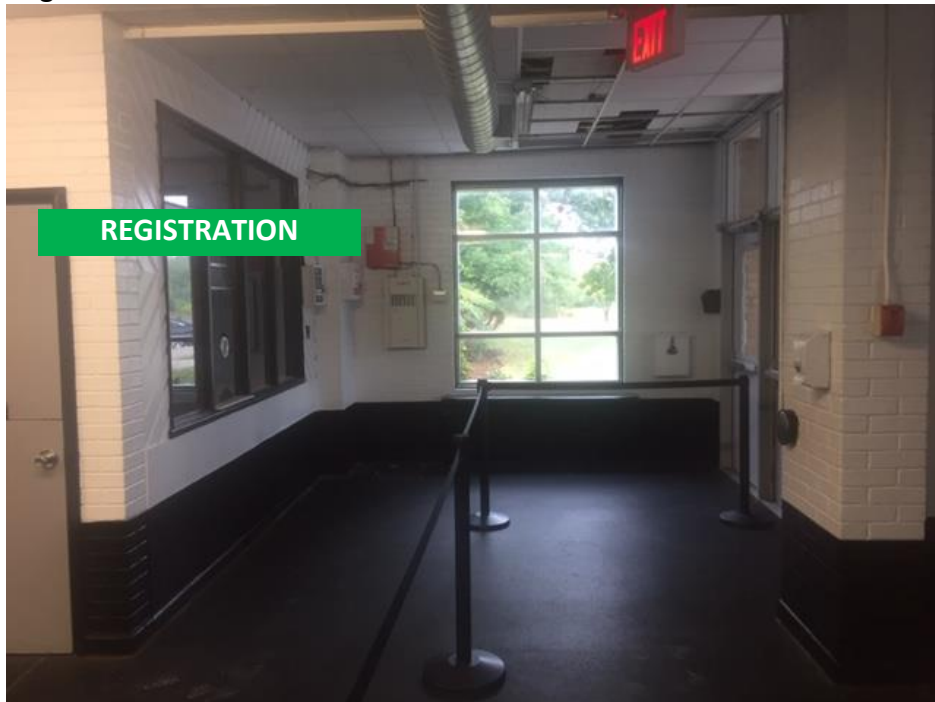


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Entrance:



Registration Area:



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Lobby:



Changerooms:





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Arena View:



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