



West Toronto Skating Club

Return to Rink Guide

Return to the Rink Guidance – November 4 to December 22, 2020

Location: McCormick Arena

Address: 179 Brock Avenue

Toronto, ON

Phone: 416-392-0647

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](#)
- Submit a daily copy of the Health Screening Questionnaire [Link Here](#)
- WTSC will require every participant to submit this form before being allowed to participate in any on-ice activities.
- 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:

- **Changerooms will be closed. There will be chairs located in the arena to tie skates only. It is advised that participants enter the facility ready to participate, as much as possible.**
- **CANSKATE and CANPOWERSKATE** participants need to arrive at the facility fully dressed. Parents **are not allowed** in the arena. Parents with skaters **who cannot tie their own skates properly** must come prepared to put skates on at your car or in the park. **Don't forget guards.**
- **RisingSTAR/STAR** youth participants need to arrive at the facility dressed for the session. Parents **are not allowed** in the arena. Parents with skaters **who cannot tie their own skates properly** must come prepared to put skates on at your car. **Don't forget guards.**
- **SRSTAR** participants should arrive at the facility dressed for the session. Skates are to be put on in the designated locations only.

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- **OPEN Session (Including Teen Adult STARSkate)** participants should arrive at the facility dressed for the session. Skates are to be put on in the designated locations only.
- 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 table, in the 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 15 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 10 minutes before your scheduled ice time.
- A WTSC Member will meet you at the facility entrance to ensure the health screening questionnaire has been submitted and to make sure everyone is accounted for.

Entering the building

- Line up outside in front of the main entrance sliding doors.
- A WTSC member will unlock the doors and let skaters in as a group. **Please do not be late for your session as you will hold up the remaining members of the group. Call or Text 519-427-6693 if you are running late.**
- Tie your skates in the designated area.
- Place your belongings on the table.
- Washroom facilities are available.



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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 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.**

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- 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.
- CanSkate and CanPower sessions will include a guided group lesson for the duration of the session.

After the session

- Skaters are to line up at 2m intervals at the side of the boards before exiting the rink.
- Collect all belongings from the table and proceed directly to the NIXON ROOM to remove your skates.
- The group will exit the building together. Skaters will exit through the Park side Exit door in the Nixon Room. Parents should plan on meeting their skater outside, near the exit door.
- 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.

