

# WEST TORONTO SKATING CLUB

# 2021 Summer Skating Camps

## WTSC Return to the Rink Guide - July 5<sup>th</sup> to 9<sup>th</sup>

Covid-19 updates can be found on our website [here](#)

### Before leaving to the rink

#### Waivers and Forms

- Review and complete the Skate Ontario Waiver (Only needs to be filled out once per skater, per season, but **before stepping on the ice**) [Link Here](#)
- Skaters and Coaches must submit the following arena questionnaire 1 Hour before arriving at the rink [Link Here](#)

#### What to Bring

#### **Do not borrow or share anything with other campers.**

- **On-Ice:** Ensure you have all your skating equipment. (Face mask, skates, guards, gloves, hand sanitizer, water bottle, tissue, bag for disposal) Bring warm clothing and gloves for skating. **Learn to Skate and Power Skating** campers must wear a CSA approved hockey helmet while skating on the ice. Due to the long break off of the ice RisingSTAR/STAR Skaters should also consider wearing their helmet until they are comfortable on their skates again.
- **Off-Ice:** Running shoes, water bottle, weather appropriate exercise clothing.
- **Food/Snacks:** Bring your own drink bottle and any snacks you need to get through the camp sessions.  
**Campers with food allergies, including those who need to use an EpiPen, must email [office@wtsc.ca](mailto:office@wtsc.ca) with this information as soon as possible, before the camp begins.**
- Face masks should be tight fitting, secure and should not impede vision.
- **Face masks must be worn while in the facility, when 2m distance is not possible. Face masks do not need to be worn on the ice or while outside.**
- 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.

### Arriving at the rink

- Arrive 5-10 minutes before your scheduled start time.
- A WTSC coach will meet you outside of the facility to check you in, administer the health screen and to make sure everyone is accounted for. You will enter and exit the facility together, as a group.
- *Parents are not allowed to enter the facility. Parents cannot accompany skaters to the ice surface.*

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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, tissue, disposal bag and bag of belongings in this spot.
- Masks 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.

### 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.
- Skaters are expected to notify WTSC and the facility of any COVID-19 symptoms or diagnosis up to 14 days after the ice time.

### Emergency Contact List:

- The coach(es) in charge will have a member contact list for registered skaters. Please ensure your member profile is up to date with the correct email address and phone number.
- The following people will comprise the WTSC COVID-19 Oversight Group. Should you have any questions about any aspects of the Return to Play protocols or other policies and procedures related to COVID-19, please contact one of the individuals below.

Michael Coreno WTSC Program Director 519-427-6693 [office@wtsc.ca](mailto:office@wtsc.ca)

Yi-Wen Hsu WTSC President 647-285-1856 [yiwenhsu@hotmail.com](mailto:yiwenhsu@hotmail.com)

Jennifer Nelson WTSC Secretary [jjnel4@gmail.com](mailto:jjnel4@gmail.com)

Susannah Rosenstock WTSC Director at Large 647-881-3848 [susannah.rosenstock@gmail.com](mailto:susannah.rosenstock@gmail.com)

Carol Wilson WTSC Director at Large [buster.wilson@sympatico.ca](mailto:buster.wilson@sympatico.ca)

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## Information:

Ontario Public Health Public Resources: <https://www.publichealthontario.ca/en/diseases-andconditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>

The following resources are also available on the Ontario Public Health website.

Topic Tool Hand Hygiene <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-handhygiene.pdf?la=en>

Physical Distancing <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physicaldistancing.pdf?la=en>

How to self-monitor <https://www.publichealthontario.ca/-/media/documents/ncov/factsheetcovid-19-self-monitor.pdf?la=en>

When and How to Wear a Mask <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wearmask.pdf?la=en>

How to Self-Isolate <https://www.publichealthontario.ca/-/media/documents/ncov/factsheetcovid-19-how-to-self-isolate.pdf?la=en>

Ministry of Health – Ontario: COVID-19 Reference Document for Symptoms:  
[http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019\\_reference\\_document\\_symptoms.pdf](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_document_symptoms.pdf) Ontario COVID-19

Online Self-assessment Tool <https://covid-19.ontario.ca/self-assessment/>