



## COVID-19 Guidelines for High Performance Camp

### Skaters, Coaches and Parents

- **Stay Home when Appropriate** - If you or your skater are not feeling well, please stay home
- **Face Coverings** - Face masks must be worn by all who enter the facility. Skaters may remove their mask while on the ice, doing off ice training, eating or drinking and replace it as soon as they are off/finished.
- **Cleaning and Disinfection** - The Manager on duty will be disinfecting high traffic areas regularly during each shift.
- **Sanitizing Stations** - Available throughout the building.
- **Bathrooms** - Will be open and cleaned regularly
- **Parents** - Please enter the rink to check your skater in then leave the building until the end of camp.
- **Off Ice Training** - Will be done outside if possible will social distancing enforced.
- **Lunch** - Please bring a packed lunch and drink each day. We cannot provide any paper goods. Snack Bar will not be open and vending machines are not fully stocked so bring your own snacks.
- **Water Bottles** - Please fill it at home.
- **Coaches** - Coaches will be wearing a mask at all times including on the ice.
- **Social Distancing** - Please practice social distancing when possible on and off the ice while you are at the rink.