



## STARSKATE STEP BY STEP RETURN TO THE RINK

### BEFORE YOU ARRIVE AT THE RINK

- Skaters must arrive at the facility 20 minutes before their scheduled session
- Skaters must arrive fully dressed and ready to enter the facility to skate, change rooms are not available, we suggest bringing an outdoor chair for your skater to sit on to put their skates on
- Skaters will need to bring a water bottle, tissues (and bag for disposal), hand sanitizer, facemask and bring a small lunch bag (purse) to keep your items together
- **Water bottles should be filled at home before arrival at the rink.**
- Please bring the Skate Ontario signed waiver/indemnity unless it has been emailed to [info@mississaugafsc.com](mailto:info@mississaugafsc.com)
- Complete the Health Screening Questionnaire upon arrival every day you come to the rink

### WHEN YOU ARRIVE AT THE RINK

- You may warm up in the parking lot, remember to physical distance and respect those around you
- You will be permitted to enter the facility 5 minutes before your session, please use the **back entrance (south entrance)** of the facility as we are going to be using Rink 4
- **Masks are mandatory in the facility, skaters and coaches do not need to wear masks while they are ON the ice but will need to wear one into and out of the arena**
- Sanitize your hands when entering and exiting the facility
- Only the rink entrance is accessible the remaining areas in the facility are closed and off limits
- NO food or drinks (other than water bottles) will be permitted in the facility
- Parents/Guardians are not permitted in the facility, skaters will be walked into the facility and out of the facility by the coaching/admin staff of MFSC

### ON THE ICE

- Please remain spaced at least 2m apart when entering and exiting the ice surface, only one gate will be used
- Masks are required in the facility but NOT on the ice
- Please dispose of used tissue after use (in the bag you bring with you), you are responsible for providing your own tissues and bag for disposal as tissues must not be left around the boards or players benches (gates will be closed)
- Music will be supplied by the coaches for their own skaters

### WHEN YOUR SESSION IS OVER

- Line up at least 2m apart when exiting the ice and take your belongings with you
- Exit the facility with the coaches immediately as we have skaters outside waiting to enter the building for their session and coaches have 10 minutes to get out and get the next group in
- You are not permitted to be in the building unless you are on the ice or entering or exiting

### REMINDERS

- **Masks and gloves should be washed daily after returning home from the rink**
- Change rooms are not available, washrooms will be available at the front entrance of the building however skaters must be accompanied by their coach. Washrooms are not for use before entering or exiting the ice, **we strongly recommend that skaters use the washroom at home before coming to the rink and then upon returning home**
- Bring your own hand sanitizer and use it frequently