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**Skating Guidelines**

**Updated December 23, 2021**

**Effective December 23, 2021, at 12:01 am, all regions of the province are in Alert Level 3.**

* Amateur sport and recreation activities are limited to team practice and training only.  Intra-squad, Inter-squad, inter-division, inter-league and inter-association competition (any competition between teams) is not permitted. Also, tournaments are not permitted at this time.
* Skating sessions must stay within their assigned “cohorts”. For example: clubs must not offer sessions where “Juniors” and “Seniors” practice together unless regularly on your weekly calendar.
* Effective Monday, December 20, 2021, participants in sport and recreation activities at arenas, gyms and fitness facilities, including yoga studios, indoor swimming pools, indoor tennis, squash facilities and dance studios are limited to groups of no more than 50 per cent capacity per rink surface, playing space or room. Physical distancing of 2 metres between participants **must be maintained**.
  + - Skating clubs should contact individual facilities to determine the maximum number permitted on the ice surface.
    - Coaches and clubs/schools should ensure that participants are maintaining the 2 meters distancing.
    - Synchronized Skating is only permitted as skill-based sessions with physical distancing maintained. No holds are permitted at this time.
    - Masks should only be removed when moderate to high intensity training is involved.
* While spectators are permitted to attend team practices or individual sport activities, they should maintain physical distancing from individuals who are not their regular close contacts.  Please note that spectators must show proof of vaccination or have an approved medical exemption from vaccination to attend. **\*Please check with individual facility regulations regarding spectators. \***
* Continue to monitor the COVID-19 website (<https://www.gov.nl.ca/covid-19/>)  and media releases (<https://www.gov.nl.ca/releases/covid-19-news/>) for the latest updates.

We will provide further updates to our clubs/schools and coaches as soon as updated information is received. As always, we will all work together to keep the health and safety of our members the priority.