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**Skating Guidelines**

**Updated January 14, 2022**

**Alert Level 4**

**Overall Guidance for Sport and Recreation**

* All group, team sport and recreation activities where close proximity is required are suspended.
* This would include all Pre Canskate, Canskate, CanPowerSkate, Synchro and any other programs that would not allow for a minimum of 6 ft distance at all times. NOTE: Synchronized skating teams may continue with skills/drills type training if physical distancing is maintained.
* Group sport and recreation activities can continue if physical distancing can be maintained **at all times**amongst participants. The number of participants per room, playing space or ice surface must follow current capacity restrictions (contact your individual facility for their current allowable capacity)
* We urge clubs to recognize the current COVID-19 situation in our province and keep groups numbers and training sessions as small as possible during this alert level.
* We encourage clubs to work with your coaching staff when planning your safe return to the ice.
* Competitions, tournaments, meets, and fundraising events (e.g. group swim-a-thons) are not permitted.

**Additional Preventative Measures**

* All participants should self-monitor for [COVID-19 symptoms](https://www.gov.nl.ca/covid-19/public-health-guidance/covid-19/symptoms/) and stay home if they are feeling unwell.
* All participants who are eligible to be vaccinated for COVID-19 are encouraged to do so.
* ALL participants/coaches/parents/volunteers should be aware of the updated public health guidance on testing and isolation found [HERE!](https://www.gov.nl.ca/covid-19/files/Covid-Exposure-Flowchart-2021-FINAL.pdf)
* Consider adding additional hand sanitizing areas at all entry and exit points of arena.
* Clean all high touch surfaces between and/or during sessions (equipment, players benches, boards etc…)
* Individuals should wear well fitted 3 ply mask at all times. Participants should only remove mask when participating in high intensity activity.

***We will provide updates to our clubs/schools and coaches as***

***further revisions/clarifications are received.***