

Preparation and use of sanitizing solutions

Bleach Sanitizing solutions:

Used for:

- Track markers
- Plungers
- Other nonporous items

Preparation:

- Mix 25ml (2 teaspoons) per litre of water
- Fill buckets to fill line and add 1 1/4c of bleach
- Mix solution

Usage:

- Use of gloves is recommended (Request from Rocky's room)
- Insert items in solution ensuring that they are fully covered
- Allow items to soak in solution for a period of 10 minutes
- Transfer sanitizing solution to empty bucket
- Place clean marker on top of items in bucket

Lysol Sanitizing solution:

Used for:

- Mats
- Skate boots
- Clipboards, pens
- Laminated checklists and instructions
- other nonporous items

Preparation:

- Mix 200ml per litre of water (1:5 ratio)
- Fill to 8L line and add 2cups of Lysol disinfectant

Usage:

- Use of gloves is suggested (Request from Rocky's room)
- Apply to surface until thoroughly wet (or wet towel where appropriate)
- Ensure that surface remains wet for 1 minute
- Wipe dry (if required)

Check-in Volunteer

Check-in (standard)

- Arrive at arena no later than 20 minutes before the start of the skating block
- Pick up attendance clipboard from Rocky's room
- Register you and your child's attendance (ensure that you have completed the online check-in through PowerUp)
- Position yourself at the door leading to the change rooms
- Validate COVID questionnaire response (phone/print out) **ensuring that the date and time are the correct one** for skaters and parents entering the changeroom area and add a checkmark in the appropriate column beside the skater name
- Perform a visual inspection for any symptoms
- Perform a visual inspection to ensure that the skater is fully dressed (exception helmet, glasses, gloves and skates)
- Ask if there have been any health-related changes since the questionnaire was completed and add a checkmark in the appropriate column beside the skater name
- Ask the parent/guardian whether they will be remaining in the arena if so, enter their name in the appropriate column (PLEASE WRITE LEGIBLY)
- If the individual will not remain in the arena, write down their contact information in the appropriate column (PLEASE WRITE LEGIBLY),
- If the Contact number has N/A, inform the parent/guardian that they must remain in the arena or in the parking lot.
- Inform the parent/guardian that they may only go to the change rooms if their skater(s) require assistance getting ready after which they must exit the arena. They may return to the arena once practice starts
- Note the names of all coaches that are attending practice.
- Support Change room Marshall to ensure that skaters remain 2m apart while waiting/accessing the ice after all skaters have checked in (or 2 minutes before the start of practice).

Parent/guardian has not completed the check-in through PowerUp:

- Ask the parent to step to the side and complete the check-in using their smart phone
- Follow the check-in steps
- Should the parent/guardian not have access to a smart phone go through the following questions verbally:
 - Do you currently have any COVID-19 symptoms, such as fever, cough, difficulty breathing, sore throat, runny nose?
 - Have been in contact with someone with a confirmed/suspected case of COVID-19 in the past 14 days (without wearing proper PPE for the duties that you were performing)?
 - Have returned from travel outside of Canada?
- If individual answers no to all questions, ask them to sign the manual screening column
- Continue the process

During practice:

- Assist with rink exit door as needed
- Do not let skaters re-enter ice while drills/laps are in progress, wait for a Coach to escort the skater or give the okay (door must remain closed as much as possible for safety reasons)
- Contact parents/guardians of skaters who are injured, require assistance or who wish to leave (maintain social distancing).
- Provide instructions for skaters who require equipment repairs

- Go to change room and remove skates
- Leave skates outside Rocky's room and notify him verbally
- Step 2m away from the box on the ground
- Wait until skates are ready and left on the ground
- Keep track of skaters leaving to go to the washroom. Do not escort skaters to change room or washroom yourself.
- If skaters have been away for an extended period of time, notify parents and coaches
- In case of emergency, follow the coaches' instructions to call 911, etc., as needed.
- Support marshalling volunteer to sanitize equipment as needed

After practice:

- Remove attendance sheet from clipboard and place it blank side out (hiding the information) on the clipboard outside Rocky's room
- Wash or sanitize hands
- Sanitize clipboard, pens and any other materials used during the check in process
- Leave items in clean bin outside Rocky's room

Change room Marshalling Volunteer Checklist

Before practice:

- Arrive at arena no later than 20 minutes before the start of the skating block
- Validate your attendance with check-in volunteer
- Wash or Sanitize hands
- Pick up bucket of clean equipment outside Rocky's room and bring it near to the exit door for coaches
- Position yourself at the entrance to the first change room (your skater should be at the chair nearest that door)
- Direct skaters into the first change room assigned to the skating block until it is full
- Direct skaters to the remaining chairs outside the change room
- Direct skaters to the second change room assigned to the skating block until it is full
- Direct skaters to the remaining chairs outside the change room
- Supervise skaters to ensure that they remain seated in the designated positions
- Once directed by coaches (or the check-in parent from the previous skating block), marshal skaters in a single file (maintaining social distancing) to the ice area entry door
- Ensure that exit door area remains clear

During practice:

- Retrieve used equipment and sanitizing solutions from outside Rocky's room
- Wash or sanitize hands
- Sanitize equipment using products as directed by instructions
- Place a clean sign on top of the bucket and return outside Rocky's room

After practice:

- Marshal skaters off the ice and to their designated positions in the change rooms maintaining social distancing
- Ensure that skaters remain in their designated positions while removing equipment
- Ensure that skaters leave the change rooms as quickly as possible

Mat Volunteer Checklist

- Ensure that your skater (if they need support) are ready at least 5 minutes before the start of practice
- Go to the players bench to sanitize your hands
- Once Zamboni is off the ice, start pushing mats on the ice (do not go on the ice yourself without a helmet).
- Always maintain social distancing