



Cowichan Lake Recreation Public Skating Guidelines during COVID-19

Cowichan Lake Recreation is excited to welcome patrons back to public skating sessions. Our primary focus is to ensure the safety of staff and customers attending programs. Additional health and safety precautions have been put in place to minimize the risk at our facility. In order to provide the highest level of care and safety, CVRD will follow guidelines set out by WorkSafeBC, Public Health, and BCRPA. We ask that you thoroughly read and strictly adhere to these guidelines to assist us in minimizing risk.

Attendance Prerequisite

- All patrons must pre-register to come skating. Pre-registration can be done via the phone (250.749.6742 ext. 0) or online. Visit our website at <https://www.cvrld.bc.ca/2400/Cowichan-Lake-Recreation> to [view our "how-to" guide to create an account and register online](#) or contact us at 250.749.6742 ext. 0
- Patrons must agree to abide by safety and facility guidelines. Failure to do so may result in being asked to leave the facility. Please discuss guidelines with other members of your group.
- Children ages 9 and under must be accompanied by an on-ice adult who has also pre-registered to attend the session.
- No additional family members or spectators are permitted at this time.

Access to Facility

- Our attendance numbers are limited by strictly controlled facility capacities. You will not be permitted to enter the facility if you are not registered. Be prepared to be turned away if you are not registered to attend in advance. In some cases, where occupancy limits permit and where staff are available, you may be able to register at the last minute upon arrival.
- You will only be permitted to access the areas of the building designated for public skating sessions.

Screening

- Prior to arriving at the facility, please screen yourself and your party as directed upon registration. Do not come to our facility if anyone shows signs of illness, is required to self-isolate, has been exposed to a confirmed or presumptive case of COVID-19, or has travelled outside of Canada in the last 14 days.
- If you are unsure of how to screen yourself please use the BC Health COVID-19 Assessment Tool or contact 8-1-1. <https://bc.thrive.health/covid19/en>
- If you begin feeling unwell while in our facility, we ask that you notify a staff member and leave immediately.

Hygiene

- Please wash or sanitize your hands upon arrival and departure of the facility, after using the toilet, after coughing or sneezing, whenever hands are visibly dirty.
- Cough or sneeze into your elbow and use tissues making sure to dispose of them into a garbage can.

- Please consider bringing your own hand sanitizer to reduce crowding of sanitation stations and shared supplies.

Entering the Facility

- Enter via the south side arena doors. Hockey and Skating signage is in place. You will be permitted to enter 15 minutes prior to the start of the session.
- You may be asked to wait to enter the building. Please respect physical distancing at all times to remain at least 2 m apart.
- Upon entry to the facility you will be asked for your receipt (printed or on your smartphone) as proof of payment and to confirm that you have screened yourself and your group prior to attending.
- You will be directed to an area where you may put your skates on. This area is where you should leave your shoes and any other belongings that you won't keep with you. Please arrive at the facility with limited personal belongings and fully dressed to skate. Cowichan Lake Recreation will not be responsible for your watching or protecting your personal belongings. Bring personal belongings at your own risk.

While Enjoying the Facility

- Please take note of directional signage and instructions from staff. There will be one-way pathways, occupancy limits, and exit/entrance zones.
- Abide by all facility rules. Take special care to skate in a controlled and safe manner to limit risk to others.
- Physically distance yourself from others by a minimum of 2 metres.
- Avoid touching as many unnecessary surfaces where possible (ex. the boards and glass).
- Absolutely no spitting will be tolerated and is cause for immediate removal from the facility.
- There will be no shinny hockey during public skating sessions.
- Public drinking fountains and food services are not available at this time. Bring your own full and labelled water bottle if desired.
- In-person reception and registration services may be limited during public skating sessions.
- Cowichan Lake Recreation staff have been trained and directed to deliver a comprehensive safety plan for the building. Patrons are required to follow their direction if they wish to remain in the facility. In the event that you would like further clarification, you may contact us at 250.749.6742 ext. 0 to speak with or leave a message for a senior staff member.
- Skate frames or seals are available for those who are unable to skate. Please ask a staff member to retrieve one for you and return it to a staff member to be sanitized after your use. Do not share with other public skaters.

Equipment Rentals and Skate Sharpening

- Skate rentals will be available and skates will be sanitized between sessions. In order to maintain this cleaning schedule, there may be times when available sizes will be limited.
- We are unable to loan hockey sticks, helmets, hockey tape, socks, repair tools or gloves.
- The use of helmets is recommended for all skaters, but helmets are not supplied by CLR.
- Drop-off service for skate sharpening is not available at this time.

Leaving the Facility

- You must leave the facility within 15 minutes of the end of your session. Please be prompt so staff can complete sanitation duties and the facility can be readied for the next users.