



# KITCHENER WATERLOO SKATING CLUB RETURN TO THE A.C.

UPDATED FEBRUARY 16, 2021 - UPDATES ARE UNDERLINED



**We are looking forward to welcoming you back!**

**We've changed a few things to keep everybody safe and healthy, please review this document so that you are fully aware of the new changes before you get back in the Athletic Centre (AC)!**

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## **Membership Privileges for Skaters & Their Families**

When you skate at KWSC, not only do you receive benefits from skating, but you also receive access to the AC as part of your skating registration fees. This means that skaters can access the AC for group fitness, personal training, or to use the weight room. Additionally, parents of skaters can receive a 20% discount on an AC membership. You can find more information on our website at [www.kwsc.org/the-athletic-centre](http://www.kwsc.org/the-athletic-centre)

## **Compliance with Regulation**

**The Athletic Centre is an important part of the KWSC.** As such the Athletic Centre and its partners must follow the guidelines, laws, regulations, by-laws and orders from the Government of Canada, Government of Ontario, Region of Waterloo Public Health, Skate Canada, Skate Ontario, and the City of Waterloo. Paper copies will be available at the AC and these signed documents will be kept on file.

## Compliance with Protocols

**We need everyone to follow these protocols** in order to keep each other healthy. If anyone is blatantly disregarding these protocols, they will be asked to leave the facility. **The “Acknowledgment, Release, Indemnity, and Assumption of Risk Regarding COVID-19” form will require sign-off from all AC participants upon their first visit\*.**

## Increased Cleaning

RIM Park and AC Staff have increased cleaning both overnight, and throughout the day. The City of Waterloo staff will clean the hallway and ballet room floors, bathrooms and frequent touch points every evening. The air ventilation system in the AC is working in full force to create a clean air space for all. **As usual, all participants are expected to wipe down their equipment after use.** AC staff/instructors will also clean areas and equipment throughout the day as AC members and skaters in fitness classes and leave the AC. AC staff will also clean all door handles, pens, and office surfaces at the end of their shifts.

*\*When you registered for your skating program, you had to sign this Waiver, so no need for skaters to sign it again when they return to the AC.*

## Skaters Use of Ballet Studio

If you are a skater or instructor accessing the ballet studio to either warm-up or to attend a group fitness class, you should proceed down the hallway towards the conditioning room, not towards the rink. Enter the ballet studio from the door across from the AC office. Exit the ballet studio through the AC hallway door that is closest to the door where you would usually access the rink. **No one should enter the AC from the rink at any time.**

## Athletic Centre COVID-19 Protocols

**Masks are required due to physical distancing guidelines, except when you are actively exercising.**

Any person who enters or uses the AC must maintain a physical distance of at least 3 meters from any other person who is using the facility unless they are from the same household or social circle. All AC participants will enter through the AC entrance and exit through the Carolyn Fedy rink. AC participants must follow the physical distancing markings outside the building entrance as well as inside. **All participants are required to sanitize their hands upon entry, sanitizer is provided.**

## Health Screening

All AC participants will be asked the questions on the Skate Ontario Health Questionnaire by the AC staff upon every visit. If the participant is attending a group fitness class, or personal training session, the instructor will take attendance for that class and conduct the health screening. AC staff use the same screening tool to self-screen before they leave for work. No one should enter the AC if they do not pass the health screening questionnaire.

## Change Rooms

The AC change rooms will be open for one participant to use at a time - strictly for washroom purposes. (i.e. no changing). Other change rooms in RIM Park are not open at this time.

## Revised Capacity & Traffic Flow

The Athletic Centre can accommodate a maximum of:

- 7 people in the weight room,
- 6 (plus instructor) in the dance studio and
- 8 in the conditioning room
- 2 in the bike room

All individuals must maintain 3 meters apart while using these spaces.

**All AC members must reserve a spot in the gym before they arrive. You can reserve a spot by calling the AC (519-886-5972 ex.230) or by email (manager@theathleticcentre.ca) at least one hour in advance.**

To date, there has been an average of 3 participants in the weight room at one time, however, the province of Ontario requires all gym users to make reservations. The weight room is only accessible to participants after signing in with the AC office.

If a participant arrives without making a reservation, and the weight room is at capacity, that person could have the opportunity to use equipment in the conditioning room, bike room or dance studio as an alternative until space in the weight room becomes available. If every room is at capacity; the participant cannot be allowed entry until a spot opens up. No one can access the AC if they do not pass the health screening questionnaire.

Participants cannot remain in the AC for longer than 90 minutes.

All those participating in AC activities should exit through the AC door they came into the facility through (not the main doors of RIM Park).

## Personal Items & Work Out Gear (on/off)

Participants should arrive ready to work out, however, shoe changes within the AC are permitted. It is recommended participants bring their own personal tissues, water bottle, hand sanitizer, and mask.

**Please do not bring your own workout equipment**, only use what is provided by the AC, when you are finished with it, wipe it down with the sanitizer provided.

AC participants may bring a small bag to the gym containing only necessary items. Your bag must remain directly in the area around where you are working out. This bag must not touch other people's belongings. KWSC recommends it also be an easily cleanable bag.

## Warm Ups (For Comp/Comp Dev. Skaters)

Skaters may access the AC for warm-ups before their skating session. Skaters should arrive no more than 20 minutes before their skating session, allowing for a 10 minute warm-up in the ballet studio. 10 minutes before skating sessions, skaters can leave the ballet studio and enter the rink.

When a skater arrives, they should enter the building through the AC door. Instead of proceeding down the hallway and to the left to enter the rink, skaters should proceed straight down the hall past the AC change rooms to the AC office. Skaters will enter the ballet studio via the door across from the AC office. Once they have finished warming up, they should exit the ballet studio through their usual door by which they access the rink. They do not need to exit the building again.

The Ballet studio is open for warm-ups as long as it's not in use for a fitness class. If you arrive to warm up and the ballet studio is full, then you may be permitted to warm up in the conditioning room.

## **Younger Skaters (under 18)**

All members must be 18 years of age or older to sign the waiver and join the AC. Anyone under the age of 18 must have a parent/guardian sign the waiver.

Anyone ages 12-16 may use the facility, only if they have a parent/guardian's signature on the waiver, and a supervised personal training program designed by an AC Personal Trainer.

The minimum age for figure skaters to use the cardio equipment is 12 years of age. Members and skaters ages 12-14 are limited to the use of aerobic equipment, conditioning floor, medicine balls, and hand weights. Members and skaters ages 14 and over are permitted to use strength conditioning equipment.

## **Additional Information/Questions**

If you have any questions, or require further information about the AC's new changes, please reach out to [manager@theathleticcentre.ca](mailto:manager@theathleticcentre.ca)

**We look forward to welcoming you back to the Athletic Centre, see you soon!**