

Rules and Guidelines for Attending a CSSC Activity

1. Participants (skaters, coaches, volunteers) must fill out the online CSSC health screening questionnaire located [here](#) before 4:00 pm the day of the activity. If the answers to any of these questions are “yes” the person cannot participate that day.
2. Doors will remain locked until 10 minutes before the ice session. Please use the designated markings outside of the entrance when waiting to get in. Masks or face coverings are required for all individuals entering the building. Masks must be kept on throughout the practice including while on the ice.
3. Participants will be asked health screening questions when they arrive at the facility. Please line up in a socially distanced fashion while you are waiting to answer the questions. If a participant does not pass the on-site questions they will be asked to leave the facility.
4. Individuals will wash/sanitize their hands upon entering the facility and upon completion of training.
5. At this time all dressing rooms will remain closed. Participants are expected to enter the arena dressed and ready to go, with the exception of skates and helmets. Chairs will be provided in a dedicated location.
6. At this time, the City of Cambridge is not permitting spectators inside the arena. If a child requires assistance with their helmet or tying skates a parent may enter to do so and then immediately leave the facility. There will also be volunteers needed to come in and help with mats and then leave the facility. Parents must remain at the facility during the session in case an emergency arises. On-ice coaches will have parent/guardian cell phone numbers with them.
7. There will be a dedicated washroom available as needed.
8. All skaters and coaches must carry disinfectant wipes and hand sanitizer in their equipment bags. All participants must have closed containers (e.g. Ziploc bags) to allow for the safe disposal or storing of all hygienic materials (Kleenex, used disinfectant wipes, etc.)
9. No sharing of personal items is permitted. Individuals should bring everything they need to participate in the training activity.
10. Bring enough water for the training session to avoid having to touch a tap or water fountain handle while at the arena. Do not use a communal water jug.
11. Participants will remain socially distanced during the activity, staying at least 6 feet apart. There will be cones or markings on the ice indicating where skaters can stand and remain socially distanced during instruction.