

**INSTRUCTIONS FOR SATURDAY AND SUNDAY GROUP INSTRUCTED**  
**POWERSKATERS - SPRING 2021**

-arrive at the rink SKATE READY 5-10 minutes before the session – **no dressing rooms will be utilized**

-IF you need assistance to tie skates, parents can use one of the five chairs located within the small entrance area.....when done tying skates, parents just exit back out the main doors.

-SKATERS – proceed inside the lobby area and patiently stand on one of the socially distanced marker on the floor (**green dot with black arrow**).

-the coach will call you on the ice for the session

-at the conclusion of the session, the coordinator will guide the skaters to exit out the west blue door and meet their parents on the cement pad.

**SKATERS MUST HAVE** – skate guards (cloth are ok but rubber or plastic are better); hockey gloves; hockey helmet with metal cage; hockey stick/ringette stick; cloth or medical facemask must be worn at all times in the building and on the ice

OPTIONAL – water bottle; shin pads; elbow pads; hockey pants, neck protection, hockey jersey

**\*\*if skaters have NOT cleared the health screening questions, they should not enter the building\*\***