

Wednesday March 11, 2020

With Jimmie Condon arena re-opening for regularly scheduled sessions on March 16, we ask that you and your skater remain vigilant with washing hands, staying home if you are sick and sneezing/coughing into your sleeve (more tips listed below).

As most people are aware by now, the Coronavirus (also known as COVID-19) has been detected in over 60 locations internationally including Canada and the United States. While the severity of this virus is considered low at this time, it is important for Calalta skaters and their parents to be informed and prepared.

What are the symptoms of COVID-19?

Those with COVID-19 may experience flu-like symptoms ranging from mild to serious. Symptoms may take up to 2-14 days after exposure and usually include fever, cough, difficulty breathing and pneumonia in lungs.

How does it spread?

The virus is thought to spread mainly from person-to-person between people who are in close contact with one another or through respiratory droplets produced when an infected person coughs or sneezes. It is also possible that a person can contract the virus by touching a surface or object that has the virus on it and then touching their own mouth, nose or eyes.

Alberta Health Services recommends the following everyday preventative actions to help prevent respiratory illnesses, including the flu and COVID-19, from spreading:

- [Wash your hands often and well](#)
- Avoid touching your face, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick
- Clean and disinfect surfaces that are frequently touched
- Stay at home and away from others if you are feeling ill
- Wipe those runny noses (from skating) and toss that tissue in the garbage!
- [When sick, cover your cough and sneezes and then wash your hands](#)

We ask that you speak with your children and ensure they follow the above instructions.

Calalta has instructed the coaches and off ice instructors to wipe down any equipment they may have used in their classes and remind skaters to use tissues to wipe those runny noses (and not sleeves or gloves). The City of Calgary will continue to maintain and clean its facilities according to standard operating processes and Alberta Health Service standards.

If you have further questions, please see your medical professional or call Health Link at 811

Thank you for your support!

Calalta Figure Skating Club