**RSST Back on the Ice Policy – draft**

The health and safety of our athletes and coaches is a top priority for our club.

If a coach has concerns about a skater’s ability to fully participate in training due to injury, the coach may exercise their discretion.

Regina Synchronized Skating Teams adheres to all Skate Canada and Skate Canada-Saskatchewan policies and guidelines pertaining to skaters resuming training after concussions.

If a skater is injured, either on or off the ice, to such a degree that they are unable to fully participate in training for more than one week, RSST requires a physician’s note indicating recommendations for returning to a training schedule. RSST will respect and follow these recommendations. If a skater wishes to return to full training sooner than these guidelines recommend, they will be asked to provide another physician’s note.