

RETURNING TO THE RINKS

Before welcoming back skaters, U.S. Figure Skating and the Wisconsin Figure Skating Club—with the assistance of local health professionals—offer guidelines to help implement appropriate policies and procedures in response to COVID-19.

FIGURE SKATING DURING THE COVID-19 PANDEMIC

While we're all eager to return to skating, there are still many precautions facilities, athletes and all who enter an ice sports facility should practice. When it's finally time to lace up your skates, things will be different. Your rink will have new policies and procedures (each ice rink and associated business is unique, there is no "one-size-fits-all" guide), and your coach will be encouraged to take additional precautions. As we all ease back into skating, U.S. Figure Skating recommends following social distancing and sanitation practices to help slow the spread of the coronavirus and ensure participants feel safe and comfortable in each rink as we return to skating programs and disciplines. These guidelines are meant to help athletes transition back to the ice in a safe and responsible manner. **And remember, you have been off the ice for quite some time, so take it slow and be patient with yourself and those around you.**

BEFORE YOU GET STARTED

KNOW THE BASICS OF STAYING SAFE

The Centers for Disease Control and Prevention recommends these tips to limit the spread of the coronavirus:

- Clean and disinfect frequently touched surfaces and equipment
- Thoroughly wash hands with soap and water for at least **20** seconds or use an alcohol-based hand sanitizer (at least 60% alcohol)
- Wear a cloth face covering (mask) that covers nose and mouth.
- Practice physical distancing (6 feet apart)
- Cover mouth/nose with a tissue or crook of elbow when coughing or sneezing
- **Stay home if you are sick**
- Keep hands away from face, particularly nose and mouth as much as possible

AT THE RINKS

WHEN ENTERING THE FACILITY

It is important for us to monitor and record (for the possible need for contact tracing) basic health and emergency contact information from all those entering the facility:

- Implement symptom-monitoring protocols where possible
- At the door, signs will be visible asking the following questions (*If the person answers yes to any of the following, ask the person to return home*):
 - Fever of > 100 F°/> 38 C°
 - Cough
 - Shortness of breath/difficulty breathing
 - Chills
 - Muscle aches
 - Sore throat
 - New loss of taste or smell
- A signed waiver to ensure participants understand risks they may face in participating in a public activity

Procedures are in place if a participant shows signs of being sick:

- Isolate person in a well-ventilated area ensuring physical distancing
- Notify your coach and cooperate with their recommendations and instructions, maintaining the privacy of the individual who is sick
- Disinfect all areas where ill person participated
- Advise ill person to return to and remain at home
- Require written clearance from healthcare provider before returning to facility

WHEN TO WEAR A MASK

All who enter the facility should wear a cloth covering (mask) over their mouth and nose. However, once an athlete takes the ice for athletic activity, **a mask is not required**. If the athlete elects to wear a mask during training, it should **not** restrict breathing. Mask-wearing guidelines are as follows:

- Mask should be worn covering both nose/mouth
- Mask should be worn at all times while within the facility and on the ice, *unless pursing athletic activity*
- Athletes may choose to not wear masks during athletic training
- If they choose to wear a mask, a physician should be consulted to ensure they are getting enough oxygen and not overheating

- Avoid adjustment/removal/dropping during skating session and while near others
- If adjustment is needed, apply hand sanitizer before and after adjusting (as to not infect mask or self)

ENFORCING PHYSICAL DISTANCING

Physical distancing, also called social distancing, is one of the best tools to avoid being exposed to the coronavirus and slowing its spread:

- The CDC's physical distancing recommendation of 6 feet will be enforced
- If ice time can accommodate, coaches and athletes will be divided into "training groups"
- We will number and assign each coach to a designated area along the boards where they should stand to teach private lessons
- Coaches will remain in their area and may not skate alongside any student
- Coaches will not help students up unless the student is unable to get up
- Coaches will use verbal cues instead of physical contact

All warm-ups will be done outside (weather permitting).

- Athletes, coaches will come dressed to take the ice
 - Includes having skates on prior to entering a facility
- Athletes will enter/exit ice at staggered times through separate entrances.
- Clearly labeled entry/exit and traffic flow will be provided through building
- No gatherings in lobby, bathrooms
- Signage will be posted reinforcing social distancing and COVID-19 prevention measures

MAINTAINING A CLEAN ENVIRONMENT

While the facility and its staff should be diligent in disinfecting often-touched areas, it is everyone's job to help prevent the spread of the virus.

- Minimize touchpoints
 - Utilize online transactions
 - Minimize use of public spaces (i.e. bathrooms)
 - Locker rooms will be closed
- Limit personal items
 - Only bring absolutely essential items into the rink
 - Water bottles will be labeled with skater's name
 - Skaters will bring their own tissues and a receptacle to put used tissues
 - Skate guards

DURING ICE PRACTICE SESSIONS

FREESTYLE RULES

Each rink will have its own rules due to the square footage, county rules, and rink manager directives. Freestyle rules will be clearly displayed around the facility and sent out to WFSC members to prepare them for the rink protocols.

The following rinks are open, with freestyle rules available at the bottom of the guidelines document:

- Eble Ice Arena

AFTER THE RINKS

POST-PRACTICE PROTOCOL

To maintain a safe space for others and minimize risk of virus spread:

- Minimize time in or around the facility
- Put skate guards on after leaving the ice, and leave common space quickly
- Maintain physical distancing guidelines when leaving the facility
- Athletes should disinfect skates, guards, and other athletic paraphernalia after each training session
- Wash cloths with high temperature after each training session

EBLE ICE ARENA FREESTYLE RULES

CURRENT RULES (updated 5/17/20)

GENERAL

- Necessary waivers will be signed before entering the building
- Maximum 15 people on the ice (including coaches, skaters)
- Social distancing of at least six feet apart is required in all areas of Eble Ice Arena
- No off-ice activities allowed inside the facility
 - All warm-ups must be done prior to entering the rink or outside of the building
- No skate bags allowed
- Ice rink lobby, bleachers, concession stands, and water fountains will be closed
- Locker rooms, showers, and locker room bathrooms will be closed
- The bathrooms in the ice arena will be open
 - Every attempt should be made to have one person in the bathroom at a time
 - Skaters will tell their coach they are leaving the ice to use the bathroom
- Parents should remain outside the rink or in their cars
- Skaters who have had any symptoms associated with COVID-19 or have been in contact with persons who have contracted the virus should not skate at the rink until two weeks of quarantine have passed
- Eble may refuse service or suspend anyone who obviously endangers the rink community by breaking social distancing rules

NAVIGATING THE RINK

- Drivers will park in a manner that leaves one empty parking space between each car in order to allow for social distancing while getting in and out of cars
- Skaters will enter the building through the front door wearing a mask, and will proceed directly to the ice
 - There will be a designated path for the skaters to follow to the ice, reducing the amount of contaminated areas
 - Designated areas will be marked on the boards for skaters to put their personal items
- Skate adjustment and fall recovery will take place in the penalty box
- Skaters will exit the ice using the west door and proceed to the west exit door to the outside
 - All skaters will leave after the freestyle session is over

- If skaters skate more than one hour, they must still leave the rink and re-enter the front door
- Skaters will remain on the ice for the entire session and will notify their coach first if they need to leave the ice for any reason
- 15 minutes between freestyle sessions will allow skaters to leave the ice and enter the ice (through separate doors) without crossing paths
- Skaters will not be able to enter the lobby once they are on the ice

SANITIZATION PROCEDURES

- Eble employees will wipe down doors, lobby area, and exit area while skaters are on the ice
- Eble employees will clean bathrooms on a regular basis
- Eble employees will wipe designated skater areas (on the boards) during the 15 minute passing time