

The National Sports Center Figure Skating <> July 20 – August 28, 2020 Ice Time

This Ice Contract is to request ice sessions for skaters who contracted for skating at NSC Spring 2020 or June 8 – July 17. The session(s) will be added to your MaxG account – just like a normal contract – and the funds deducted from your account credit. A receipt will be emailed to you indicating the payment has been made.

- ◆ If you use up your credit you will receive an invoice for the remaining amount and the invoice may be paid in two payments,
 - First payment due July 20
 - FULL balance due August 9
- ◆ If you do not have any remaining credit please use this paper contract if you wish to have your contract processed PRIOR to on-line sales opening. The sessions will be added to your account and you will receive an invoice with the final amount due. The invoice may be paid in two payments,
 - First payment due July 20
 - FULL balance due August 9

All ice purchased can be viewed in your on-line account, including all payments and remaining credit amount.

Link: <https://nscsports.maxgalaxy.net/Home.aspx>

As of June 24 per Minnesota guidelines will allow a maximum of 25 people on all sessions, with all sessions running on FULL ICE. **If you are planning for a lesson you must coordinate the session with your coach to insure your coach has coaching access on that session.** Skaters are welcome to skate on sessions without a lesson.

- ◆ **There will be no refunds or session exchanges for ice sessions purchased July 20 – August 28, 2020**
- ◆ Sessions will be filled on a first come first serve basis
- ◆ **Skaters will ONLY be able to enter the rink using the FRONT Entry.**
- ◆ BOTH waivers must be SIGNED and brought with your skater to the first sessions they skate. **If you completed the waiver for ice time June 1 – July 17, 2020 you do not need to fill out another waiver.**

Contract may be turned in starting Monday July 13 at 8 a.m.

This will allow time for skaters and coaches to coordinate ice time. Contracts turned in prior to July 13 at 8 a.m. will be processed on July 14.

Contract due Wednesday July 15 at 2 p.m.

After this date any sessions with remaining spots will open for on-line random ice sales, first come/first serve. On-line sales will open after all contracts received by the due date have been processed.

To purchase random ice – on line sales will open on Thursday July 16

If you have credit in your account and wish to use that to purchase random ice please email your request to aleik@superrink.org

Include the following information: Skaters name, date of session and session time

SKATERS NAME _____ July 20 – August 28, 2020

If you did NOT skate with NSC in June 2020 please fill out the below information

ADDRESS: _____

CITY: _____ ZIP: _____

PHONE NUMBER: _____

PARENT(S)/GUARDIAN(S) NAME: _____

EMAIL ADDRESS: _____

COACHES NAME: _____

Monday						
Session Number	Time	Weeks	Price	Will you be receiving a lesson during this ice time	Select session	Notes
1	7 – 7:45 a.m. Freestyle	6	\$72			
2	8 – 8:45 a.m. Freestyle	6	\$72			
3	9 – 9:45 a.m. Freestyle	6	\$72			
4	10 – 10:45 a.m. Freestyle	6	\$72			
5	11 – 11:45 a.m. Freestyle	6	\$72			
6	12 – 12:30 p.m. Freestyle	6	\$48			
7	12:45 – 1:15 p.m. Freestyle	6	\$48			
8	1:30 – 2:15 p.m. Freestyle	6	\$72			
9	2:30 – 3:15 p.m. Freestyle	5	\$60			No Ice August 3
10	3:30 – 4:15 p.m. Freestyle	5	\$60			No Ice August 3

Tuesday						
Session Number	Time	Weeks	Price	Will you be receiving a lesson during this ice time	Select session	
11	7 – 7:45 a.m. Freestyle	6	\$72			
12	8 – 8:45 a.m. Freestyle	6	\$72			
13	9 – 9:45 a.m. Freestyle	6	\$72			
14	10 – 10:30 a.m. Freestyle	6	\$48			
15	10:45 – 11:15 a.m. Freestyle	6	\$48			
16	11:30 – 12:15 p.m. Freestyle	6	\$72			
17	12:30 – 1:15 p.m. Freestyle	6	\$72			
18	4 – 4:45 p.m. Freestyle	6	\$72			
19	5 – 5:45 p.m. Freestyle	6	\$72			
20	6 – 6:30 p.m. Freestyle	6	\$48			
21	6:45 – 7:30 p.m. Freestyle	6	\$72			

Wednesday						
Session Number	Time	Weeks	Price	Will you be receiving a lesson during this ice time	Select session	Notes
22	7 – 7:45 a.m. Freestyle	6	\$72			
23	8 – 8:45 a.m. Freestyle	6	\$72			
24	9 – 9:45 a.m. Freestyle	6	\$72			
25	10 – 10:45 a.m. Freestyle	6	\$72			
26	11 – 11:45 a.m. Freestyle	6	\$72			
27	12 – 12:45 p.m. Freestyle	6	\$72			
28	1 – 1:45 p.m. Freestyle	6	\$72			
29	2 – 2:45 p.m. Freestyle	6	\$72			Time Change for July 29 August 5, 12 1:45 – 2:30 p.m.

Thursday					
Session Number	Time	Weeks	Price	Will you be receiving a lesson during this ice time	Select session
30	7 – 8 a.m. Freestyle	6	\$96		
31	8:15 – 9 a.m. Freestyle	6	\$72		
32	9:15 – 10 a.m. Freestyle	6	\$72		
33	10:15 – 11 a.m. Freestyle	6	\$72		
34	4:15 - 5 p.m. Freestyle	6	\$72		
35	5:15 - 6 p.m. Freestyle	6	\$72		
36	6:15 - 7 p.m. Freestyle	6	\$72		

Friday					
Session Number	Time	Weeks	Price	Will you be receiving a lesson during this ice time	Select session
37	7 – 7:45 a.m. Freestyle	6	\$72		
38	8 – 8:45 a.m. Freestyle	6	\$72		
39	9 – 9:30 a.m. Freestyle	6	\$48		
40	9:45 – 10:15 a.m. Freestyle	6	\$48		
41	10:30 – 11:15 a.m. Freestyle	6	\$72		

If you are selecting practice ice time sessions (no lesson) please be sure to indicate 1st, 2nd, 3rd choice for the best opportunity for additional ice time options.

All confirmed sessions may be viewed in your on-line account.

Link: <https://nscsports.maxgalaxy.net/Home.aspx>



National Sports Center Foundation

COVID-19 ADDENDUM

LIABILITY WAIVER AND PHOTO RELEASE

Effective June 1, 2020 for any activity held at the National Sports Center, Blaine MN.

THIS DOCUMENT IS TO BE SIGNED IN ADDITION TO THE GENERAL NSCF LIABILITY WAIVER AND PHOTO RELEASE

IN ADDITIONAL CONSIDERATION for myself and/or my children being permitted to utilize the services, utilize the facilities and/or participate in the programs of National Sports Center Foundation (NSCF) including, but not limited to, use of facilities or equipment, or participation in any program affiliated with the NSCF, the undersigned, on behalf of himself or herself and such participating children and any personal representatives, heirs, and next of kin (hereinafter referred to as "the undersigned") hereby acknowledges, agrees and represents that he or she has inspected and carefully considered such premises, equipment, and facilities and has considered the NSCF's programs and that the undersigned finds and accepts same as being safe and reasonably suited for the use or participation by the undersigned and such participating children.

The undersigned acknowledges that novel coronavirus ("COVID-19") infections have been confirmed throughout the United States, including several cases in the State of Minnesota and locality. In accordance with the most recent guidance and recommendations issued by the World Health Organization (WHO), the Centers for Disease Control and Prevention (CDC), the Minnesota Department of Health (MDH) for slowing the transmission of COVID-19, the undersigned hereby agrees, represents, and warrants that neither the undersigned nor such participating children shall visit or utilize the facilities, services, and/or programs of the NSCF (other than any exclusively online services and programs) within 14 days after

- (i) returning from highly impacted areas subject to a CDC Level 3 Travel Health Notice,
- (ii) exposure to any person returning from areas subject to a CDC Level 3 Travel Health Notice, or
- (iii) exposure to any person who has a suspected or confirmed case of COVID-19.

The CDC Travel Health Network is continuously updating this list and the undersigned agrees that they are aware of this list and the countries listed. The undersigned agrees to check on a daily basis the CDC Travel Health Notices list (<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>) prior to participating in or utilizing the facilities, services, and programs of the NSCF. The undersigned hereby agrees, represents, and warrants that neither the undersigned nor such participating children shall participate in, visit or utilize the facilities, services, and/or programs of the NSCF if he or she:

- (i) experiences symptoms of COVID-19, including, without limitation, fever, cough, loss of sense of taste or smell, or shortness of breath, or
- (ii) has a suspected or diagnosed/confirmed case of COVID-19. The undersigned agrees to notify the NSCF immediately if he or she believes that any of the foregoing access/use restrictions may apply.

The NSCF has taken certain steps to implement certain recommended guidance and recommendations issued by public health agencies for slowing the transmission of COVID-19, including, without limitation, the access/use restrictions set forth above. The NSCF COVID-19 Preparedness Plan may be reviewed at <https://www.nscsports.org/covid19-plan>. The undersigned acknowledges and agrees that the NSCF may revise its procedures at any time based on updated recommended guidance and recommendations issued by public health agencies and further agrees to comply with the NSCF's revised procedures prior to utilizing the facilities, services, and/or prior to participating in the programs of the NSCF. The undersigned further acknowledges and agrees that, due to the nature of the facilities, services, and programs offered by the NSCF, social distancing of 6 feet per person among children and their fellow participants or others is not always possible. The undersigned fully understands and appreciates both the known and potential dangers of participating in the programs and/or utilizing the facilities and services of the NSCF and acknowledges that use thereof by the undersigned and/or such participating children may, despite the NSCF's reasonable efforts to mitigate such dangers, result in exposure to COVID-19, which could result in quarantine requirements, serious illness, disability, and/or death.

I HAVE CAREFULLY READ THIS ADDENDUM TO THE NSCF LIABILITY WAIVER AND PHOTO RELEASE AND VOLUNTARILY SIGN THIS ASSUMPTION OF RISK, RELEASE AND WAIVER OF LIABILITY, AND INDEMNITY AGREEMENT AND FURTHER AGREE THAT NO ORAL REPRESENTATIONS, STATEMENTS OR INDUCEMENT APART FROM THE FOREGOING WRITTEN AGREEMENT HAVE BEEN MADE. I AM AWARE THAT BY AGREEING TO THIS AGREEMENT I AM GIVING UP VALUABLE LEGAL RIGHTS, INCLUDING THE RIGHT TO RECOVER DAMAGES FROM THE NSCF IN CASE OF ILLNESS, INJURY, DEATH OR PROPERTY LOSS OR DAMAGE, INCLUDING, FOR THE AVOIDANCE OF DOUBT AND WITHOUT LIMITATION, EXPOSURE TO COVID-19 AT ANY NSCF FACILITY OR DURING PARTICIPATION IN ANY PROGRAM AND ANY ILLNESS, INJURY OR DEATH RESULTING THEREFROM. I UNDERSTAND THAT THIS DOCUMENT IS A PROMISE NOT TO SUE AND A RELEASE OF AND INDEMNIFICATION FOR ALL CLAIMS. IF SIGNING ON BEHALF OF MINOR: I ALSO UNDERSTAND THAT THIS AGREEMENT IS MADE ON BEHALF OF MY MINOR CHILD(REN) AND/OR LEGAL WARDS AND I REPRESENT AND WARRANT TO THE NSCF THAT I HAVE FULL AUTHORITY TO SIGN THIS AGREEMENT ON BEHALF OF SUCH MINOR(S).

I have read and understand the terms of this COVID-19 Addendum to the NSCF Liability Waiver and Photo Release and agree to its terms.

Signature

Printed Name

Minor's Name

Date



National Sports Center

LIABILITY WAIVER AND PHOTO RELEASE

This waiver applies to events held at the National Sports Center or organized by the National Sports Center Foundation, Inc. Blaine, MN.

In consideration of being allowed to participate, the undersigned participant, or if the participant is a minor child, by his or her parent or legal guardian, hereby,

- Agrees that prior to participating, if present, I will inspect the facilities and equipment. If I believe anything to be unsafe, I will immediately advise my coach or supervisor of such conditions.
- Acknowledges and fully understands that I am voluntarily participating in activities that involve known and unknown risks of injury, including catastrophic injury, permanent disability and/or death, which might result not only from my own actions, inactions, or negligence, but the actions, inactions, or negligence of others, including but not limited to the National Sports Center ("NSC") and the National Sports Center Foundation ("NSCF"), the rules of play, the conditions of the premises, or any of the equipment used.
- Assumes all the foregoing risks as a condition of participation and accepts personal responsibility for the damages following any such injury.
- Unconditionally releases, waives, indemnifies and holds harmless and consents not to sue the NSCF, officers, directors, administrators, agents, coaches, other employees, and volunteers of the NSCF, sponsoring agencies, sponsors, advertisers, Minnesota Youth Athletic Associations, the Minnesota Amateur Sports Commission, Fairview Health Services and its related and affiliated entities and their respective officers, directors, administrators, agents and employees, The University of Minnesota and its related and affiliated entities and their respective officers, directors, administrators, agents and employees, ISD 16-Spring Lake Park Schools, and the State of Minnesota (together "Sponsors"), for any and all liability to the undersigned, his or her heirs, assigns, personal representative and next of kin. This is for any claims or losses on account of participating in any and all of the NSC's official or unofficial activities, events, or competitions, including injury, death, or damage to person or property. To the extent provided for in Minnesota Statutes Section 604.055, this section does not apply to claims or losses resulting from negligence greater than ordinary negligence (i.e. gross negligence).
- Accepts responsibility for all medical expenses incurred whether or not covered by insurance. In case of emergency, accident or illness authorizes ambulance transport to the hospital. Authorizes physicians, athletic trainers, technicians, first aid personnel, nurses and dentists to perform any diagnostic, treatment or operative procedures and x-rays. No guarantee has been given as to the results of examination or treatment. Accepts total responsibility for any and all medical costs.
- Accepts responsibility for the decision to continue participation if suffering from injuries.
- Consents to use by Sponsors, their agents and licensees, of any or all my pictures, voice or likeness, with or without my name ("Image"), in whole, in part or with others, without restriction as to changes or alterations. This permission allows Images to be used, copied and published worldwide through any means of communication, including television, radio, or film coverage for any lawful purpose and is irrevocable and without right of inspection. The undersigned acknowledges that participation in the activities is consideration for this consent.
- Gives permission for medical data to be used anonymously in medical education and published studies of injury statistics and analysis.
- Agrees to receive e-mail communications from the National Sports Center about future events and programs until voluntarily choosing to unsubscribe.

I have read and agree to the terms of the NSC Liability Waiver and Photo Release.

Program/Activity/Event _____

Participant Name _____ Participant Date of Birth ____/____/____

Parent/Guardian Name (for Minors) _____

Email Address: _____

Participant/Parent/Guardian Signature _____

Date ____/____/____



Greetings,

The National Sports Center will begin to rent ice and field time beginning June 1 for youth sports practice and training. Our facility is working in accord with the guidance provided by the Minnesota Department of Health. Below are specific parameters to support youth sports in a way that will minimize transmission of COVID-19.

- Within the program, create consistent pods of the same staff, volunteers, and participants with a maximum number of 25 people in each pod.
- Make sure you're in compliance with Safe Sport mandates (federal law).
- Host practices outdoors as much as possible.
- Remind parents or caregivers that they should not attend practices. If necessary for them to be at practices, ensure that proper social distancing is maintained between parents or caregivers.
- For sports activities that are part of a child care, school, or day camp program
- Keep any "play" or interaction between players contactless.
- Do not have intermixing between groups.
- For organized recreation or club sports:
- Focus on skill development.
- Keep any "play" or interaction between players contactless.
- Do not participate in games or tournaments, even if these events are out of state where youth sports games/tournaments are supported.
- Discourage sharing of equipment as much as possible. If sharing has to occur, consider the equipment and type of use and consider cleaning equipment between each use.
- If facility showers need to be used, only allow shower and locker room use if there are partitions or else place signage to maintain proper physical distancing of 6 feet.
- Follow the outlined ratios for participants per field:
- One team/sport per field/rink/court at any time.
- Football/soccer field (approx. 57,600 sq. ft.) – no more than four pods of ≤ 25.
- Baseball field (40,000+ sq. ft.) – no more than three pods of ≤ 25.
- Ice rink (approx. 17,000 sq. ft.) – no more than two pods of ≤ 25.
- Basketball/volleyball court (4,700 sq. ft.) – no more than one pod of ≤ 25.
- Adhere to facility or field specific guidelines for COVID-19.

Source: <https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>

Guidelines for the National Sports Center facilities and fields can be found here:
<https://www.nscsports.org/covid19-plan>

Super Rink Users -please note:

- No spectators are allowed -players and coaches only
- Please wait in car until 10 minutes prior to practice time – no early admission
- All Super Rink guests and staff will be temperature checked upon entry. Anyone with a temperature above 100.4 degrees will be sent home. Do not leave the parking lot until your child has been cleared.
- Masks are required except on the ice

As a renter of our facility and fields, you must adhere to our guidelines or be subject to suspension of use. Additionally, the National Sports Center requires that you share your Return to Play Safe Plan with us prior to your first use – this must be on file.

If you have any specific questions regarding creating your plan, please contact Jayme Murphy at jmurphy@nscsports.org.

For ice rental, please contact Kathy Brodzinski – 763-792-7340, Darin Thompson – 763-792-7306, or Pete Carlson – 763-717-3881 and for field rental, please contact. Darin Thompson – 763-792-7306 or David Baertschi – 763-785-5662.

