

Return to Ice policies and procedures

COVID Regulations for 2020. This synopsis summarizes the EGF Parks and Rec along with the Northern Lights FSC regulations for return to synchronized skating.

Ice Arena/Locker Rooms

- Everyone must enter and exit through the front entrance. Doors will be signed for Entrance and Exit. No Back-Door entry/exit at the VFW Arena.
- Skaters should arrive at the rink no more than 15 minutes before their schedule activity start
- Skaters must vacate the arena within 15 minutes after their activity ends
- In all cases, skaters should dress at home. A space to tie skates will be provided. Masks must be worn up until the point skaters enter the ice surface.
- Locker Rooms:
 - o Each team/skater will be assigned to a locker room by group or team. The locker room to be used to tie skates ONLY.
 - o Room will be cleaned after each use by arena staff before next group enters the room.
 - o No equipment left at the arena.
- Off Ice Activities inside the arena are not allowed.

Spectator Rules

- For Practices & Camps:
 - o Each player is allowed one parent/guardian
 - o All people in the building must social distance at all times, and masks are required while under the mask mandate.
- For Games & Competitions:
 - o Each player is allowed up to two spectators
 - o Spectators should enter the arena not more than 10 minutes prior to game start time and exit immediately upon completion of game.
- Siblings/Young Family members:
 - o While it is important to limit the number of people in the facility, there may be circumstances in which a parent/guardian must also bring in young siblings. This will be allowed, but should be limited as much as possible.

On Ice use:

- Full ice practice is limited to 25 skaters, including coaches
- A dedicated Ice Entrance and Exit will be established. Skaters should enter/exit in single file fashion
- Coaches must wear masks while coaching while from the player's bench or on the ice.
- Coaches must make every effort to promote social distancing on the ice through practice plans and while providing instruction.
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Due to the COVID-19 virus, Skaters should monitor temperature and symptoms and NOT attend practice (to skate or to watch) if they have a fever over 100 degrees or other symptoms of COVID-19 (cough, sore throat, shortness of breath, etc.). If a skater begins exhibiting symptoms during a practice, they will be sent home. Please inform the coordinator or coach if your skater tests positive for COVID-19.