

# 2020 PACIFIC COAST ADULT SECTIONAL CHAMPIONSHIPS

“KNOW BEFORE YOU GO”



## ARENA INFORMATION:

The Yerba Buena Ice Skating Center is located at 750 Folsom St, San Francisco, CA 94107. The rink size is 200' by 85' with rounded corners, (standard NHL size). House lights only. One wall of the rink is all glass windows, so there is plenty of light. The rink has a snack bar, many vending machines, WIFI, and a pro shop with full skate services available to the athletes and public.

## REGISTRATION:

The registration desk is located at the skate rental window near the main entrance of the Yerba Buena Ice Skating Center. The registration desk will open 30 minutes before the start of each practice session on Friday, Saturday and Sunday. All skaters are expected to be in the arena 45 minutes prior to the start of their scheduled event.

Skaters will only need to check in at the registration desk once in order receive their credentials. Skaters are then required to check in with the ice monitor before each practice ice session and competitive event. For the event schedule, log onto the EMS system, or visit <https://www.pacificcoastadultsectionals.com>.

## CREDENTIALS AND ADMISSION:

All credentials must be picked up at the event registration desk. Each skater will receive (1) complimentary chaperone all event pass.

Only coaches who are designated by their skaters in EMS and are fully compliant within U.S. Figure Skating and SafeSport guidelines may receive a credential. Coaches must show photo ID at the registration desk and pick up their own credential.

Credentials must be worn at all times at the competition facility and are non-transferable. Replacement Fee for lost credential is \$25.

## TICKET PRICE

All Event Pass	
Over 5 years of age	\$25.00
5 years and younger	Free

One Day Pass	
Over 5 years of age	\$10.00
5 years and younger	Free

IN THE UNFORTUNATE EVENT YOU NEED TO WITHDRAW, PLEASE EMAIL: [registrar@scsf.org](mailto:registrar@scsf.org)

**PRACTICE ICE:**

Additional Unofficial Practice Ice sessions will be available starting at 9:00 p.m. Thursday, March 5, and can be purchased throughout the competition by going to the EMS system. UPI Sessions are \$30 each.

**LOCKER ROOMS:**

Locker rooms **will be available** at the competition for the competitors. Please DO NOT change in the restrooms or the lobby area. We suggest competitors come dressed in their outfit and ready to skate if possible, as locker rooms may become crowded.

**TOSSIES:**

No items of any kind are to be thrown on the ice. Violation of this rule may subject the offender to ejection from the arena and prosecution. ***Please throw "tossies" to participants after they exit the ice.***

**VIDEOGRAPHY:**

Digital videography will be provided by Jeff Lancaster, Pro-Mix Sound & Video.

**STARTING ORDERS & RESULTS:**

All starting orders and results will be posted inside the rink.

**MEDALS AND AWARDS:**

Medals and Awards will be presented during the scheduled times after results become final. The awards schedule will be posted at the rink. Medals are provided for first through fourth place finishers.

**PHOTOGRAPHY:**

Podium pictures will be provided for medalists in the Championship Events. For Non-Qualifying events medalists, friends and family are encouraged to take photos during the medal ceremonies.

**U.S. ADULT NATIONAL CHAMPIONSHIPS ADVANCEMENT:**

Advancing skaters from the Championship events will receive an email notification from U.S. Figure Skating Headquarters no later than the Tuesday following the Final outlining next steps.

**COVID-19 CORONAVIRUS PREVENTION TIPS:**

US Figure Skating has provided the following tips to avoid catching the COVID-19 Coronavirus respiratory illness. Additional guidelines from US Figure Skating are available at:

<https://www.usfigureskating.org/news/press-release/statement-regarding-novel-coronavirus-disease-covid-19>

COVID-19 is transmitted from person-to-person through respiratory droplets, such as from a cough or sneeze. The virus appears to be able to survive for a short period of time on surfaces, which may cause illness from touching the surface with infected particles and then touching your mouth, nose, or eyes. The illness most often spreads from close contact (within 3 feet) with someone who is ill with symptoms. Most people with COVID-19 recover quickly without any special treatment. However, anyone with cough, fever, and difficulty breathing should seek medical attention and notify their healthcare team of any recent travel.

At this time, the CDC and WHO both recommend the following actions to prevent the spread of illness:

- Avoid close contact with anyone who has fever and cough
- Frequently clean your hands with soap and water for 20 seconds (sing the ABCs) or an alcohol-based hand sanitizer (if hands are not visibly dirty).
  - Before eating anything, including snacks
  - After using the restroom
  - After coughing, sneezing, blowing your nose
- Avoid touching your face, mouth, eyes.
- When coughing and sneezing, cover mouth and nose with flexed elbow or tissue- throw tissue away immediately and wash hands.
- A mask is NOT recommended by the WHO at this time for healthy people and should be reserved for those who are sick with symptoms of cough and fever and for health care workers.

The WHO and CDC recommend following these precautions especially during travel to prevent risk of illness. In the United States, it is far more likely to become sick with the common cold or influenza than COVID-19 at this time.

#### **PARKING:**

Street parking at meters is free before 9am and after 6pm. Note: Nearby parking: Museum Parc Garage, 300 3<sup>rd</sup> Street (entrances on 3<sup>rd</sup> Street and Folsom Street); California Parking - 730 Harrison Street; the Moscone Center Garage, 255 3<sup>rd</sup> Street; and Fifth & Mission Parking Garage - 833 Mission Street.

#### **SAFETY:**

Please, always be aware of your surroundings. While the rink and garden areas are quite safe, there can be an unsavory element around the area. San Francisco has a real problem with car break-ins, so don't leave anything in your vehicles—especially your skates or computers!

#### **DRIVING DIRECTIONS:**

San Francisco is accessible by car from the North by taking 101 South to Golden Gate Bridge, from the East by taking 80 West to the Bay Bridge, and from the South by coming up the peninsula on 101 North or 280 North. Use <https://www.mapquest.com/directions> or your mobile map application, and enter **750 Folsom St. San Francisco, CA 94107**, the Yerba Buena Ice Skating Center address.

#### **PUBLIC TRANSPORTATION**

The Yerba Buena Ice Skating & Bowling Center (YBISC) Arena is located in downtown San Francisco. Go to [www.skatebowl.com](http://www.skatebowl.com) for complete information.

- Bay Area Rapid Transit (BART) serves the YBISC Arena from the East Bay and Oakland International Airport and the SF Peninsula and San Francisco International Airport. Exit at **Montgomery Street**. See [www.bart.gov](http://www.bart.gov) for schedule and fare information.
- SF Municipal Railway (MUNI Metro) serves the YBISC Arena within San Francisco. Exit at **Montgomery Street**. See [www.sfmta.com](http://www.sfmta.com) for schedule and fare information.