

ERFSC COVID-19 Precautions / Guidelines

The Eagle River Figure Skating Club is continuing to plan and prepare for the upcoming figure skating season with guidelines and action plans to mitigate as much known COVID-19 infection risks as possible. Our guidelines are based on current information received from the United States Figure Skating Association (USFSA), the Centers for Disease Control (CDC), and our own local health organizations. Many of our guidelines will be practices you are already doing. Some will be new and may not be “convenient” for the skater or family. However, we trust you will understand that we are taking these steps to keep our staff, skaters, community, and your individual families as safe as we possibly can.

Short of totally cancelling the season we cannot eliminate ALL risks involved with participation. Everyone must do their part to keep each other safe. After you have reviewed the guidelines, you must ultimately decide if you can adhere to these guidelines and any possible changes that may develop.

SCREENING: It will be expected that skaters are prescreened for COVID-19 symptoms prior to coming to practice. If a participant has a fever, cough, difficulty breathing, muscle aches, sore throat or new loss of taste and smell they should NOT attend practice.

DRESSING AREAS: Following USFSA guidelines we are asking skaters to come to practice dressed and ready to skate. Ice skates should be on prior to entering the building to eliminate congestion in the lobby area.

PARENTS/SPECTATORS: Sorry, in order to limit our exposure, only one parent/guardian should accompany each skater to practice. Spectators will be expected to sit 6 feet apart. It is discouraged for skaters and spectators to congregate or “hangout” in the arena building/lobby. Records of skater attendance will be kept for the purpose of contact tracing in the event a participant is diagnosed with COVID-19.

HAND WASHING/SANITIZING: ALL skaters must hand-sanitize upon entry and exit from the ice. Hand sanitizer will be available at entry/exit points. Washing hands is one of the most important practices to stop the spread of COVID-19 virus.

ENTRY/EXIT: Skaters will enter/exit the ice through separate entrances. Ice times will be staggered by 15 minutes to create a buffer between sessions and allow enough time to leave the facility.

FACE COVERINGS: All who enter the facility should wear a face covering (mask) over their mouth and nose. The ERFSC will follow state and local recommendations in regards to face coverings. This will include recommendations set forth regarding mask wearing during athletic activity/training.