



SYNCHRONIZED SKATING NYC

RETURNING TO THE RINK - STAGE 1

Based on US Figure Skating Guidelines

THE BASICS

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

PRE-PRACTICE CHECK-IN

We will send a pre-practice survey in the 12 hours before each practice -- skaters/parents must return before heading to the rink. This will ensure we have a written record of the following for each skater at each session:

- Are you experiencing any of the symptoms of COVID-19 (cough, shortness of breath/difficulty breathing, chills, muscle aches, sore throat, new loss of taste or smell)?
- Have you knowingly been exposed to anyone with symptoms of COVID-19 in the past 14 days?

*if the answer is YES to any of these first two questions, the skater will not be allowed to attend practice

- At the rink, we will administer (and record) a temperature check

*if over 100°F, the skater will not be allowed to enter the facility and will need to return home immediately

- Athletes will not be “punished” for missing practice if they do not feel well or if they stayed home because a member of the household is ill
- If diagnosed or suspected to have COVID-19, any athlete should be cleared by a physician before returning to training

SOCIAL DISTANCING: ON-ICE PROTOCOL

1. Skaters will be required to wash their hands and/or use hand sanitizer before getting on the ice
2. Skaters should wear gloves while on the ice. There will be no hand-to-hand contact between skaters
3. Skaters should follow the rink’s protocol in terms of skate bags/belongings allowed inside the rink, but aim to keep them to a minimum. If allowed to put on skates inside the rink, skaters should sit at least 6 feet apart
4. Coaches and skaters will be divided into small “training groups” and will have an assigned door to enter/exit and also an assigned spot on the boards to put their water (current guidelines indicate 10 athletes on the ice at a time; this may change by the time we can train on-ice)
5. Coaches will use verbal cues when instructing students rather than physical contact
6. All warm-ups will be done outside the building, weather permitting
7. Practice plans will ensure that skaters are 6 feet from each other at all times
8. We will utilize markers and other tools to ensure the spacing is maintained
9. Parents may not be allowed to enter the facility; they should remain 6 feet apart

as well whether outside or inside

WHEN TO WEAR A MASK - US FIGURE SKATING GUIDELINES

All who enter the facility should wear a cloth covering (mask) over their mouth and nose. However, if athletic activity is pursued, a mask is not required. If the athlete wears a mask during training, it should not restrict breathing.

- Mask should be worn covering both nose/mouth
- Mask should be worn at all times while within the facility and on the ice, unless pursuing 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 of mask is needed, wash hands before adjusting as to not infect mask

CLEANLINESS

1. Coaches will wipe down door handles, the tops of board surfaces, and the music area when we enter and exit the facility.
2. Skaters should limit the amount of personal items on boards, and they will be spaced at least 6 feet apart.
3. Do not share water bottles or tissue boxes.
4. We will have hand sanitizer available rinkside if needed.

POST-PRACTICE

1. We will have hand sanitizer available rinkside for skaters to use as they exit
2. Skaters will have a maximum of 15 minutes to pack up and exit the facility.
3. Athletes and coaches should launder training clothing as soon as possible and before next practice.
4. If a skater/coach does develop symptoms, they must contact a designated person (TBA) immediately. If someone tests positive or develops indicative symptoms,

the team and anyone exposed would need to self-quarantine for 14 days, per CDC guidelines.

LOOKING FORWARD: STAGE 2

When our local health agency or government allows, the size of gatherings inside a facility could increase to as many as 50 people. Physical distancing and disinfecting practices will remain in place. Masks will still be recommended.

- Full teams will practice on the ice, but physical contact will not be allowed.
 - Teams will practice using disconnected run throughs or continue to work on skating skills/drills.
- Now a common practice, infection control procedures from Stage 1 will still be incorporated.

FURTHER AHEAD: STAGE 3

When local state gathering restrictions are lifted and Stages 1 and 2 have been successfully implemented, contact activities may begin. However, this will heighten the need to follow strict protocols (Stages 1 and 2) meant to keep all safe and lessen the spread of the virus.

- On-ice practice will begin to resemble pre COVID-19 practices.
- Gatherings inside the facility (lobby, bathrooms) still will be discouraged.
- Parents/guardians will be asked to consider limiting attendance at practices.
- Records of attendance will be kept for the purpose of contact tracing in the event of a participant is diagnosed with COVID-19.

Everyone will be required to e-sign a document signifying that they have read and understand these new policies prior to attending an in-person practice.