



## Maplewood Figure Skating Club

TCO Sports Garden (formerly Vadnais Sports Complex)

TCO Training Haus Rink (formerly Rink 2)

COVID-19 Guidelines

The Maplewood Figure Skating Club has developed the following guidelines and recommendations based on the state and local guidelines for the COVID-19 outbreak. The knowledge surrounding COVID-19 is constantly changing and circumstances are different based on geographic region. Accordingly, these guidelines and recommendations are subject to change as circumstances change. We ask that you abide by the following guidelines and understand that skaters and parents/guardians access the TCO Sports Garden and the TCO Training Haus Rink at their own risk.

### Current Operating Protocol

#### I. GENERAL RESTRICTIONS

- A. No use of player benches except for injuries or individual breaks. Abide by distance markers on benches.
- B. No outside food or use of vending machines.
- C. No drinking fountains available (skaters must bring their own water bottle with name on it)
- D. No warmup or dryland drills inside of facilities.
- E. Pods & Group Sizes - Current State Orders / Restrictions
  - 1. 2 pods of 10 or less skaters allowed per ice rink.
  - 2. No mixing of skater pods.

#### II. WHAT SKATERS NEED TO KNOW

- A. Anyone with symptoms of illness or who have family members in their household with symptoms of illness should stay home and follow CDC and Health Department rules and guidelines for self-quarantine.
- B. Masks are required in the building. (They may be removed for on-ice activities but should be worn at all other times)
- C. Skaters should arrive with most of their clothing and equipment already on.
- D. All dressing areas will either be in open public areas or have doors propped open. All dressing areas are considered coed, no one should be dressed down to undergarments at any time.
- E. Skaters should bring skate guards for dressing in areas that do not have rubber flooring or matting.
- F. Skaters should bring hand sanitizer with them for use before and after getting ready to skate.
- G. Skaters should arrive no earlier than 10 minutes prior to the start of their ice time.
- H. Skaters must have their own water bottles clearly marked with their name.
- I. The rink monitor will be the only one playing the music. Skaters may turn in a CD to be kept at the rink for the duration of the session. Phones/devices are not allowed for playing music.
- J. Parents and spectators are not allowed inside of the building.
- J. For children under 10 requiring parent assistance, only 1 parent is allowed in the building with the child and must remain within the child's social distance area while assisting them before going on the ice.
- K. After young skaters have gone on the ice parents are required to leave the building while they are on the ice and may return to assist them when they get off the ice. If skaters or parents are not comfortable with this restriction, they should not attend sessions during this first phase of social distancing.
- L. Skaters should be dropped off and picked up at the designated locations at each facility.
  - 1. TCO Sports Garden (Training Haus Rink)
    - a. Drop Off (Entrance Only) - Northeast Main Entrance by Revolution Sports.
    - b. Pick Up (Exit Only) – Training Haus Rink - South Exit.

### III. ARRIVING AND CHECKING IN

- A. Skaters must be dropped off at the designated locations at all facilities – See above or facility layout attachments.
- B. To protect our employees, skaters and visitors must have a mask on when entering the building, which should be worn whenever they are not on the ice.
- C. Wearing masks on the ice is not required but is recommended.
- D. All skaters are required to Remain 6' apart at all times and use the distancing circles provided throughout the facilities.
- E. Skaters and visitors must all use hand sanitizer upon entering the building.
- F. All skaters and visitors will have their temperature taken at the check-in counter by their organization's check-in person and be required to answer questions regarding symptoms of COVID or exposure. Anyone having a fever of 100+ or displaying symptoms of the COVID19 virus will be required to leave immediately or wait in the isolation area if they need to wait for a ride to return.
- G. Skaters will receive a dressing area assignment for their pod at the check-in counter.
- H. After check-in skaters must proceed directly to their dressing area. As skaters enter the dressing areas, they should seat themselves back to front and leave front to back to reduce the risk of skaters passing past one another and violating the 6' rule when entering and exiting locker rooms.
- I. MFSC will provide dressing areas supervision, direction, and enforcing of social distancing rules whenever their skaters are in the dressing areas.
- J. Coaches and instructors are required to dress with the organization's skaters and spread out between the various dressing areas to assist with enforcing social distancing rules.
- K. Skaters are not allowed to leave their dressing area seat until they are directed to go onto the ice by their coaches and instructors.
- L. Coaches and instructors should not lead players out from the dressing area any earlier than 30 seconds before the start of their ice time.
- M. After getting dressed skaters should use the hand sanitizer that they brought with them before putting and keeping their gloves on.
- N. After getting ready all personal items must be secured and stored inside each skater's bag and placed next to social distancing seat circle.
- O. Skaters should proceed to the ice in the order of closest to the exit/entrance to last and remain 6' apart at all times by using seat and floor distancing circles.

### IV. ON THE ICE

- A. Skaters and coaches all must abide by social distancing rules and guidelines while on the ice.
  - 1. Social distancing circles have been placed on the glass to help monitor and enforce distancing rules.
  - 2. Coaches should use the social distancing circles on the on the glass to start and end drills or when giving directions or chalk talks.
  - 3. Skaters should be sent and spaced at least 20' between each other when performing drills to allow space to react and move away from someone who falls and to reduce any droplet spray from skaters in front.
  - 4. When breathing heavily after a drill, skaters should face away from other skaters.
  - 5. Coaches should not skate alongside or with players performing drills.
- B. Masks are not required on the ice but are recommended.
- C. No spitting.
- D. Cough and sneeze into your arm and jersey.
- E. Skaters must always keep their gloves on.
- F. Only one person in clock/music box at a time, clean clock and controls after touching, use hand sanitizer after touching.
- G. All on ice activities must end 2-3 minutes before the scheduled end time to allow time for picking up equipment and organizing players to leave the ice socially distanced.
- H. At this time the harness will not be in use, but will be re-evaluated on an ongoing basis.
- I. MFSC sashes will not be used at this time, and will be re-evaluated on an ongoing basis.

### V. AFTER ICE TIME

- A. Skaters should use the social distancing circles on the glass to line up when leaving the ice surface.
- B. Skaters must remain in their assigned dressing area seat until all skaters have unlaced and are ready to leave.

- C. Use hand sanitizer after undressing and packing up your equipment and bag.
- D. All players should be ready to leave the facility within 10 minutes of leaving the ice and must wait for all players in their pod to be ready to leave the building together.
- E. Instructors are required to lead skaters socially distanced as pods to the exits.
- F. Instructors are required to wait with the skaters at the pickup locations to enforce social distancing rules and must remain with them until all skaters have been safely picked up.
- G. Upon getting home skaters should disinfect sticks, helmet, skates, gloves, and other equipment and wash clothing at high temperatures after each session.

***If a skater, or someone they come into contact with, has a confirmed case of COVID-19, a parent / guardian should report it to their coach and the coach will contact a MFSC Board member. The athlete's name will be kept confidential, but all staff and other athletes that were potentially exposed within 48 hours of the onset of the infected person's symptoms will be notified of possible exposure.***

***It is imperative all skaters abide by these guidelines. Refusal to comply may result in being asked to leave the facility.***

I agree that my child(ren) and all other adults who may bring my child(ren) to the Arena will follow these COVID-19 related guidelines before, during and after participation in all MFSC activities.

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Signature of Parent/Guardian

Date

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Name of Parent/Guardian

Name of Skater(s)



# Maplewood Figure Skating Club

## Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19

COVID-19, resulting from exposure to the novel coronavirus (SARS-CoV-2), has been declared a worldwide pandemic by the World Health Organization. **COVID-19 is extremely contagious** and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and other measures (e.g., hand washing and wearing masks) to prevent the spread of COVID-19.

The Maplewood Figure Skating Club "MFSC" has put in place guidelines to reduce the spread of COVID-19; however, MFSC **cannot guarantee** that you or your child(ren) will not become infected with SARS-CoV-2. Further, **participating in MFSC activities (e.g., skating and dry land training) could increase** your risk and your child(ren)'s risk of contracting COVID-19.

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By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by participating in MFSC activities and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I also understand that my child(ren) and I may be exposed to or infected by SARS-CoV-2 while participating in MFSC activities due to the actions, omissions, or negligence of anyone who enters a facility where a MFSC activity is held, including without limitation, MFSC coaches, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s participation in MFSC activities ("Claims"). On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless MFSC, its coaches, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of MFSC, its coaches, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any MFSC activity.

I/We have read, acknowledge and agree to comply with this release, waiver of liability and express assumption of risk and fully understand its implications.

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Signature of Parent/Guardian

Date

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Name of Parent/Guardian

Name of Skater(s)