

Louisville Skating Academy

Return to the Rink Plan & Policies

Updated August 28, 2020

The health and safety of LSA members – skaters, coaches and families is the number one priority as we take steps in returning to the ice.

Policies and procedures will be reevaluated regularly as new information becomes available.

The referenced documents below provided guidance in establishing this policy.

[CDC Interim Guidance for Business on plan and prevention for COVID19](#)

[OSHA Guidance on Preparing Workplaces for COVID19](#)

[CDC Guidance of Cloth Face Coverings to Help Slow the Spread of COVID19](#)

[KY Healthy at Work Directive](#)

[Returning to the Rinks US Figure Skating/US Hockey/US Ice Rink Association](#)

[CDC Guidance for COVID-19 Contact Tracing](#)

I. Scheduling ice time

- a. All skaters must register and pay for their ice time online
- b. Walk-ons are allowed and must be done in advance. The parent or coach should notify the skating director the day before the session by 5:00 pm. Upon notice that there is availability on the session, a PayPal invoice will be initiated to the skater's parent.

II. Health check prior to arrival

- a. Skaters and coaches should check their temperature prior to arrival and stay home if their temperature is 100.5 or higher
- b. If a skater/coach does not feel well – or if any member of that skater's household is not feeling well – then that skater should not skate
- c. Skaters/coaches who have a temperature of 100.5 or do not feel well, or who have members of their household who either have an elevated temperature or do not feel well, should seek advice from a medical professional
- d. Anyone with close contact to a COVID-19 patient should self-quarantine and notify their coach who must notify the skating director, if they have been in the rink. A close contact is one that is defined as 'any individual within 6 feet of an affected individual for a minimum of 15 minutes.' The recommended period of self-quarantine is 14 days for those who meet the criteria of a close contact. Those individuals are encouraged to get tested for COVID.

- e. In the event a member (skater, coach or parent) who has been in the rink tests positive for COVID-19, the skater must notify their coach who must notify the skating director. The skating director will notify Iceland Sports Complex and the LSA membership. Skaters in close contact will be contacted directly.
 - i. Should a member become infected with COVID, it will be an expectation of the club that they (or their parent) notify others who could be considered a close contact as well as those who were a direct interaction with the member. (e.g. coach-skater lesson interaction that not meet criteria for a 'close contact').
 - ii. The period of infectivity will be considered 48 hours before a positive sample was collected or 48 hours prior to the onset of symptoms UNLESS a clear pattern of transmission >48hours is otherwise established. These criteria will determine notifications to the LSA membership.
 - iii. Those testing positive for COVID should seek medical attention prior to a return to the rink.
 - iv. Return to the Rink after a diagnosis of COVID is based on the 8/16/2020 CDC recommendations:
 - a. 10 days since symptoms appeared (or positive test collection if asymptomatic).
 - b. 24 hours without fever or fever-reducing medications.
 - c. Improvement in any other COVID-related symptoms.
- f. LSA recommends its members to take a COVID-19 test before returning to the rink. Kentucky is providing sites for free testing without symptoms. Visit this site for locations and to register: <https://chfs.ky.gov/agencies/dph/Pages/COVID-19Drive-Thru-Locations.aspx>
- g. Should a skater be quarantined from the rink for COVID-related reasons (personal illness or close contact) for a minimum of 10 and a maximum of 14 days, they will be eligible for 50 % credit for missed ice time. If ice credit is extended, credits may be used for future payments toward training time only and must be used in the next available skating session for which a skater's medical restrictions have been lifted. Credits may not be sold, traded or exchanged. Refunds will not be considered.

III. Arrivals, exits & building procedures

- a. Iceland will require temperature checks to all patrons upon arrival
- b. Iceland will have its own COVID-19 waiver for each skater to sign before returning to the ice
- c. Everyone entering the building must wear a mask
- d. All arrivals must be through Iceland door A
- e. All exits must be through Iceland door B
- f. Skaters/coaches are encouraged to be ready to take the ice when they walk into the building. Ideally skaters will arrive with skates and hard guards on when they enter the building. If you must bring skating bags and other belongings into the facility, personal items should be kept together and 6ft apart from another person's belongings. Belongings must be kept inside the North rink and not in the lobby.
- g. The lobby area will be closed off except for access to the rink. Skaters who wish to do any off-ice warming up/cooling down must do so outside of the building and clear of the entrance and exit doors

- h. Skaters may arrive no earlier than 10 minutes before their scheduled ice time and must leave the building no later than 10 minutes after their scheduled time is over
- i. Social distancing will be followed in the facility, including in the standing areas of the rink, bleachers and coaches' areas. Iceland will use tape to mark the required 6 ft social distancing.

IV. Who can be in the building?

- a. Only skaters, coaches, and scheduled monitors
- b. Parents may wait in their cars in the parking lot, or bring lawn chairs but may not enter the lobby or viewing areas of the rink without prior approval
- c. A parent may come into the building to accompany their skater with prior approval from the skating director

V. Procedures for skaters

- a. Skaters will enter the facility through door A and proceed directly through the lobby into the North rink
- b. Skaters may place belongings at least 6 ft apart inside the North rink
- c. Skaters will enter the ice at the Zamboni end
- d. Skaters are required to wear masks at all times while in the facility and on the ice. They may remove their masks while pursuing athletic activity (run through of a program, training a pattern dance or moves test). If a skater chooses to remove their mask, they must place it in their personal belongings and not directly on the boards.
- e. Skaters will not check themselves in; only the ice monitor will check in skaters
- f. Skaters must bring their own Kleenex and water bottles (the communal water fountain the lobby will be turned off)
- g. Skaters must dispose of their Kleenex in the trash can. If a skater does not follow this policy it will be considered an offense (see V.o. below)
- h. Skaters must socially distance while at the boards to rest or place their personal belongings (water bottles, Kleenex, guards and crash pads. Kiss & cry bags are great for this!)
- i. It is recommended for skaters to wipe down their areas before and after use with their own disinfectant, ex: Clorox wipes or disinfectant spray
- j. Skaters should take extra caution in maintaining social distancing on the ice, remaining 6 ft apart from other skaters on the ice
- k. Skaters should remain 6 ft away from coaches at all times, lines will be drawn 6ft away from the boards
- l. Communal Orange vests will not be worn, skaters can make their own vest of scarf to identify themselves while skating a program or dance with music.
- m. There should be no more than 1 person in the bathroom at any time
- n. Gatherings in the bathroom or lobby will not be permitted
- o. LSA will have a 3-step policy for skaters not adhering to LSA policies. 1st offense is a warning, 2nd offense is a meeting with skater, parent, coach and Skating Director. 3rd offense and they are suspended from club sessions for a period of time to be determined by the BOD.

- p. Skaters will exit the ice near the ice monitor table, collect their belongings, be sure their mask is in place and proceed to the designated rink exit door B

VI. On ice procedures for coaches

- a. Coaches will enter the facility through door A and proceed directly through the lobby into the North rink.
- b. Coaches will enter the ice at the Zamboni door
- c. Coaches will wear masks at all times
- d. Coaches will follow social distancing requirements
- e. Coaches will have designated stations each day
- f. It is recommended for coaches to wipe down their areas before and after use with their own disinfectant, ex: Clorox wipes or disinfectant spray
- g. Coaches will coach behind or in front of the boards and should be careful to social distance when they skate out with their skaters
- h. Coaches will not use the coach room
- i. Coaches may stay in the lobby during breaks maintaining social distancing
- j. Coaches will exit the ice near the ice monitor table, collect their belongings, be sure their mask is in place and proceed to the designated rink exit door B

VII. Procedures for ice monitors

- a. LSA will make an effort to provide ice monitors
- b. Ice monitors will check in skaters
- c. Ice monitors will handle the music line and play music (if there is not an ice monitor coaches will play music from their phones using Bluetooth)
- d. Ice monitors will wear gloves and a mask (gloves provided by LSA)
- e. Ice monitors will sanitize the ice monitor station and other commonly touched areas around the ice monitor station at the end of their shift (LSA will provide sanitizing supplies)
- f. Ice monitors have the authority to enforce all return to rink policies and report any violations

VIII. Signage & Sanitizing

- a. Iceland management will keep the health and safety of its staff, participants and the greater community is No. 1 Priority
- b. Iceland will be responsible for following all CDC recommendations for sanitization and social distancing
- c. Iceland will be responsible for sanitizing the building in between customer blocks (after figure skating, before hockey, after hockey before figure skating, etc.)
- d. Iceland will be responsible for installing hand sanitizing stations throughout the facility
- e. Iceland will be responsible for prominently posting "Entrance Only" (on door A) and "Exit Only" (on door B) signs

- f. Iceland will be responsible for posting signs in the restrooms reminding patrons to wash their hands after going to the bathroom
- g. Iceland will be responsible for posting signs in the lobby and rink areas reminding patrons to practice social distancing at all times while in the building and to wear a mask at all times
- h. Iceland will be responsible for using tape to identify the social distance requirement of 6ft spacing throughout the facility (lobby, rink, bathroom, hallways, locker room)
- i. Iceland will be responsible for posting signs on the door leading from the lobby area to the rink area reminding patrons to use hand sanitizer after touching doors and other surfaces
- j. Iceland will be responsible for disinfecting door handles and other commonly touched surfaces regularly during hours of operation
- k. Iceland will be responsible for posting signs on the facility doors from the CDC on best safe practices to prevent COVID-19 reminding patrons to practice good hygiene
- l. The US Ice Rink Association, USFS and US Hockey Return to the Rink guidebook recommends facilities consider installing touch free faucets, flush handles and dryers in the bathrooms
- m. Iceland staff will wear masks at all times while in the building