

TRFSC COVID Planning

Revised 10/17/2020

Summary

- Illness:
 - o If anyone shows signs of COVID (see below) do not attend practice/events. We are relying on you to self-monitor.
 - o If anyone that has attended practice/events tests positive for COVID, contact the board.
 - o Coaches can send skaters home if they are concerned about signs of COVID.
- Masks:
 - o Everyone is required to wear a mask on and off the ice
 - o Exceptions are if skaters/coaches are on the ice and breathing would be difficult due to level of exertion
- Social distancing
 - o Group sizes are limited (12 for Advanced, 15 for LTS)
 - o Maintain a 6-foot distance between each other off the ice and on the ice when reasonable
 - o Limit the number of attendees at practices – 1 person per skater but only if necessary
- Sanitizing
 - o TRFSC will provide hand sanitizer for skaters & coaches
 - o Surfaces will be wiped down after practice/events

Symptoms of COVID

Do you have:

- Fever of 100.4 or more?
- Feeling feverish?
- Chills?
- Cough?
- New onset shortness of breath or difficulty breathing?
- Sore throat?
- New onset muscle or body aches?
- Nausea or vomiting?
- Diarrhea?
- New onset headache?
- New onset nasal congestion or runny nose?
- Excessive fatigue?
- New loss of smell or taste?
- Have you been exposed to anyone with a lab-confirmed COVID-19 test in the past 24 hours?

If you answered yes to any of these, please consider not entering the rink at this time.

Guidance

- Plans were formed based on information available via the following web pages:

<https://www.usfigureskating.org/news/article/returning-rinks>

<https://www.mshsl.org/sites/default/files/2020-08/mshsl-covid-final-notice.pdf>

<https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>

Overview of Governor's Executive Order (as of 7/25/2020)

- From MN Department of Health:
<https://www.health.state.mn.us/diseases/coronavirus/facecover.html>
 - o People in Minnesota will be required to wear a face covering in all public indoor spaces and indoor businesses.
 - This Executive Order includes exemptions for people who are unable to wear or tolerate a face covering due to medical or other reasons. There are also situations in which a face covering may be temporarily removed or where face coverings are not required. For example, a person may temporarily remove their face covering when participating as an athlete in an organized sport in an indoor business or public indoor space while the level of exertion makes it difficult to wear a face covering.
 - Children under age 2 years must not wear face coverings. Children between the ages of 2 and 5 years old are not required to wear face coverings, but are encouraged to wear a face covering when in public if they can do so reliably in compliance with CDC guidance
 - **Face coverings are strongly encouraged, but not required, when participating as an athlete** in an indoor or outdoor organized sport, to the extent possible when social distancing is not being maintained.
- Maintain 6 feet between participants when they are not playing
- Maintain social distancing of 6 feet from other households during drop off/pick up of players.
- Create protocols that minimize crowding at practices.
 - o Friends and family should not attend practices to avoid crowding.
 - o If necessary for spectators to be at practices, ensure that six-foot social distancing between households is being adhered to and venue/facility guidance is being followed.

General

- The plans being set forth are intended to reduce the spread of COVID-19.
- We need everyone to help reduce the spread of COVID-19. Your assistance and cooperation are greatly appreciated.
- We cannot guarantee that athletes, coaches, and families will be safe from infection. Each person must determine what they feel is an acceptable level of risk when it comes to infection and act appropriate.
- Many of these plans will be carried out by volunteers. Please realize that we are making a best attempt but may not be perfect.
- This plan is not set in stone. It will likely evolve as the threat of COVID infection increases or decreases.

- **If anyone has tested for positive for COVID-19 or been exposed to someone that has tested positive for COVID-19, they should not attend any TRFSC functions, including practice.**

Communication

- These plans will be communicated via:
 - o TRFSC website
 - o TRFSC Facebook page
 - o Email to all athletes, families, and coaches
 - o Pre-season meetings
- We will assume that every athlete, coach, and family member will be familiar with the plans before they come to the rink.

Advanced

- Equipment
 - o If the rink does not provide, TRFSC will provide:
 - Disposable masks for those that do not have one
 - Sanitizing wipes
 - Hand sanitizer at rink level
- Family members
 - o We ask that family members strongly consider not attending practices.
 - o If attendance of a family member is necessary, we request that it be limited to one person.
 - o All family members are required to wear a mask while in the rink.
 - o Family members are encouraged to maintain a distance of 6 feet between themselves and other people not in the same family.
- Athletes
 - o We will allow 12 athletes on the ice at any given time.
 - This effectively allows half the advanced/pre-advanced group on the ice at any point in time.
 - o Each athlete will be assigned certain sessions during the week.
 - We will seek the input of coaches and parents to determine assignments.
 - Trading of sessions is fine but must be worked out among athletes/families.
 - If an athlete has been assigned a session, they may skate the whole session.
 - o Masks
 - Athletes must wear a mask when not on the ice.
 - Athletes can wear a mask on the ice but are not required to.
 - o Social distancing
 - Note: we are asking best attempt, realizing the following may not always be feasible.
 - Athletes should attempt to maintain a distance of 6 feet between themselves and others on the ice, including coaches and other athletes.
 - Coach provide instruction to the athletes while standing along the boards.
 - If coach is demonstrating something to the athlete, the athlete stands along the boards to watch.

- Coaches should avoid skating alongside athletes.
 - Sanitizing
 - Athletes are asked to sanitize any items used during practice after use (e.g. music player, pinny).
- Coaches
 - Masks
 - Coaches must wear a mask both on and off the ice.
 - Coaches may remove the masks if their level of exertion makes it difficult to breathe with a mask (e.g. demonstrating moves/jump/spins).
 - Social distancing
 - Note: we are asking best attempt, realizing the following may not always be feasible.
 - Coaches should attempt to maintain a distance of 6 feet between themselves and others on the ice, including athletes and other coaches.
 - Coach provide instruction to the athletes while standing along the boards.
 - If coach is demonstrating something to the athlete, the athlete stands along the boards to watch.
 - Coaches should avoid skating alongside athletes.
 - Sanitizing
 - Coaches are asked to sanitize any items they use as part of the lesson (e.g. pinny).
- Volunteers
 - We will need someone to sanitize surfaces after practices
- Facilities
 - Per USFSA recommendation, locker rooms will not be open for athletes. This is to reduce interaction.
 - Athletes are asked to spend no more than 10 minutes in the facility after leaving the ice.

Learn to Skate

- Equipment
 - If the rink does not provide, TRFSC will provide:
 - Disposable masks for those that do not have one
 - Sanitizing wipes
 - Hand sanitizer at rink level
- Family members
 - We ask that family members strongly consider not attending practices.
 - If attendance of a family member is necessary, we request that it be limited to one person.
 - All family members are required to wear a mask while in the rink.
 - Family members are encouraged to maintain a distance of 6 feet between themselves and other people not in the same family.
- Athletes
 - Groups

- We will limit LTS groups to no more than 15 athletes.
 - We will allow two groups on the ice at once time but require them to be on opposite ends of the rink.
 - Masks
 - Athletes must wear a mask both on and off the ice.
 - Exceptions:
 - Athlete may remove the mask if the coach believes that the level of exertion will make it difficult for the athlete to breathe with a mask on.
 - Children aged 2 and under should not wear a mask.
 - Children aged 5-3 years are encouraged but not required to wear masks.
 - Social distancing
 - Note: we are asking best attempt, realizing the following may not always be feasible.
 - Athletes should attempt to maintain a distance of 6 feet between themselves and others on the ice, including coaches and other athletes.
 - Coach provide instruction to the athletes while standing along the boards.
 - If coach is demonstrating something to the athlete, the athlete stands along the boards to watch.
 - Coaches should avoid skating alongside athletes.
- Coaches
 - Masks
 - Coaches must wear a mask both on and off the ice.
 - Coaches may remove the masks if their level of exertion makes it difficult to breathe with a mask (e.g. demonstrating moves/jump/spins).
 - Social distancing
 - Note: we are asking best attempt, realizing the following may not always be feasible.
 - Coaches should attempt to maintain a distance of 6 feet between themselves and others on the ice, including athletes and other coaches.
 - Coach provide instruction to the athletes while standing along the boards.
 - If coach is demonstrating something to the athlete, the athlete stands along the boards to watch.
 - Coaches should avoid skating alongside athletes.
 - Sanitizing
 - Coaches are asked to sanitize any items they use as part of the lesson.
- Volunteers
 - We need someone to wipe down surfaces between groups
- Facilities
 - Per USFSA recommendation, locker rooms will not be open for athletes. This is to reduce interaction.
 - Athletes and families are asked to spend no more than 10 minutes in the facility after leaving the ice.

- Traffic flow
 - Doors to enter and exit the arena will be marked. Enter in one door and exit out another.
 - Athletes will enter the ice using one door and exit the ice using another door. E.g. at the HOMCC, athletes will enter on the Zamboni end and exit via the penalty box

Response

- If an athlete or family member contacts or is exposed to COVID, please contact a TRFSC board member, Advanced Director or LTS Director
- The TRFSC board will contact Inter-County Nursing Service to seek advice on how best to manage.
- Someone (TRFSC Board member or Inter-County Nursing) will contact the family of the athlete to advise on next steps.