

## Albert Lea Figure Skating Club COVID-19 Preparedness Plan

The Albert Lea Figure Skating Club (ALFSC), is committed to providing a safe and healthy experience for our Coaches, Skaters and Supporters. To that end, under the guidelines and structure of the COVID-19 Preparedness Plan of the City of Albert Lea and The Albert Lea City Ice Arena, ALFSC developed our Preparedness Plan. It is the responsibility of the entire ALFSC Community; Coaches, Skaters, and Board Members / Parents to implement and enforce this plan. Our goal is to mitigate the potential for transmission of COVID-19 in the Albert Lea City Arena and the surrounding community. This requires full cooperation of all ALFSC stakeholders and City Arena personnel. Only through this consistent and collaborative effort can we establish and maintain the safety and health of our community.

While the ALFSC COVID-19 Preparedness Plan has been developed by the Board of Directors, it is the responsibility of ALL ALFSC Coaches, Skaters, Parents, and Supporters to implement and comply with all aspects of this Preparedness Plan. Albert Lea City Arena staff and supervisors have our full support in enforcing provisions of this policy.

Our Coaches and Skaters are our most important assets. ALFSC is serious about their safety and health. Involvement in the development of the Plan is essential in developing and implementing a successful COVID-19 Preparedness Plan. We have involved Coaches and Parents by asking for their input in meetings. We are fortunate to have experienced medical professionals and educators in our organization willing to share their expertise and guidance in this process. Albert Lea City Arena communicated their Plan so ours can be complementary. Our Preparedness Plan follows Centers for Disease Control (CDC) and Minnesota Department of Health (MDH), and Freeborn County Department of Health guidelines related to COVID-19 and addresses:

- Ensuring sick individuals stay home;
- Drop-off & Pick-up Procedures;
- Face masks in all areas of Albert Lea City Arena with few exceptions;
- Hygiene and respiratory etiquette;
- Physical distancing and traffic flow patterns;
- Disinfection protocols;
- Communication of expectations to all ALFSC Stakeholders;

- Management and supervision necessary to effectively implement the Plan.

## **Screening and policies for ALFSC Coaches, Skaters, et al. exhibiting signs and symptoms of COVID-19.**

- The ALFSC Community will be informed and encouraged to monitor themselves and their skaters for signs and symptoms of COVID-19.
- All individuals admitted to the Albert Lea City Arena will be required to complete a COVID-19 symptom / health screening to determine if they will be allowed to enter the building. ALFSC will assure compliance by taking attendance and administering the temperature registry and symptom / exposure questions.
- If at any time an individual associated with ALFSC shows signs of illness, they are to report it to their Coach or the adult at the check-in table immediately.

*Note:* Several laws address the privacy of medical information. While the privacy of our skaters is of vital importance, the health of our Coaches and Skaters is equally important. To this end, ALFSC affiliated individual:

- will either self-report or have their temperature taken before entry into the arena
- and answer questions;
- ○ regarding exposure to known COVID cases and/or a COVID tested individual until or including test results and/or the 14-day incubation period. These answers will be confidentially maintained by the ALFSC for responsible contact tracing should a member of the ALFSC community test positive for COVID-19. Notifications of exposure may occur with guidance from Freeborn County Health. These records will be destroyed at season's end or when State of Minnesota and Freeborn County deem all public activity safe with no further need for restrictions.

## **Basic Hygiene: infection prevention measures to be implemented at all times.**

- Handwashing: ALFSC Members are instructed to wash hands or use >60% alcohol hand sanitizer before and after they step on or off the ice. City Arena will have dispensers placed in Common areas.
- Respiratory Etiquette: Cover your mouth with a tissue or your elbow when you

cough or sneeze. If an individual is on the ice, have a plastic bag in your pocket for used tissue. If off ice, please deposit the used tissue in the nearest trash receptacle. Either way, re-sanitize your hands before resuming activity.

- Masks will be worn by ALL in Common areas of the Albert Lea Ice Arena. They may be removed by Skaters for vigorous activity on the ice.

## Ventilation and Building Protocols

- HVAC, Air Exchange and Building concerns are in the purview of the Albert Lea City Arena.

## Physical Distancing

- ALFSC Community Members will observe the recommended 6' distance while awaiting entrance to the Arena.
- Coaches and Skaters will come to the Arena dressed and in their skates.
- Skaters may not arrive more than 10 minutes before their assigned Practice Ice time.
- Maintain a 6' distance between individuals both on and off the ice.
- In compliance with Stay Safe MN Youth Sports guidelines, a maximum of 2 groups of up to 25 individuals, or smaller groups are allowed on the ice and in the Arena, including coaches.
  - 1 Parent / Observer per skaters age 10 and under if socially distant in the bleachers. (See note under cleaning / disinfection protocols.)
  - Skaters 11+ are expected to get to their lessons independently.
- Participants will follow the posted one-way path for entrance.
- All will enter through the Main Arena Doors and follow the signs to their assigned rink.
- Skaters will enter and leave the ice through labeled doors.
- If your Skater leaves the ice for any reason, other than the rest room. They will not be allowed back on the ice.
- Following assigned ice times, Skaters will leave the ice quickly and exit the arena 10 minutes following their Ice Time according to the Albert Lea City Arena Plan:
  - Nystrom Rink out the South doors; ○ Colstrup Rink out the North doors. (See Map)

## Masks

- Masks are required to be worn by Albert Lea City Arena Staff & Visitors even when 6' or more apart.
- Masks must cover the nose and mouth completely.
- All ALFSC participants must wear masks to be in the Arena either on or off the ice. The **only** exception to this is if a Skater is skating vigorously and wearing the mask impedes breathing. It may be removed for this purpose, but the mask must be returned to the face as soon as possible.
- Parents / Guardians of Skaters >10 years old, with medical conditions making mask wearing unreasonable may use face shields that cover the face, fit the forehead snugly, and extends below the chin.

## Housekeeping

- Regular cleaning practices are in place including cleaning and disinfecting of the Common areas of Albert Lea City Arena by Arena Staff.
  - Restrooms
  - Meeting Rooms
  - Door Handles
  - Railings
  - Counters

## Additional ALFSC Specific Protocols

### Housekeeping by ALFSC

- All ALFSC individuals will be diligent in hand sanitizing or washing before entering the ice and after exiting the ice.
- Surface Disinfection Between Groups/Lessons,
  - Coaches will swipe the Boards and any other surfaces skaters contact with provided disinfecting wipes.
  - Parents / Guardians / Observers of Skaters > 10 years old will disinfect their place in the Arena, with provided supplies, before exiting with their Skater.

## **Pick-up / Drop-off**

- Skaters may arrive 10 minutes before their scheduled Practice Time / Lesson. Parents, please wait for your Skater to enter the building before you leave the parking lot to assure screening qualifications are met.
- Be sure your skater's Coach has your telephone number in case your Skater needs an early pick-up for any reason.
- Please be prompt to collect your Skater following their Ice Time at the appropriate exit. Skaters cannot hang out in any parts of the Arena.

## **Communication and training practices**

- ALFSC uses the Remind app as well as Facebook, the ALFSC website and email to communicate with its members, coaches, and parents. Upon approval of this plan, it will be released to the ALFSC Community to these sources either in its entirety or in brief with a link to the complete document.
- We are also preparing a video, pending approval, to distribute to all ALFSC skating families, one week prior to the start of our Season.

## **Masks / PPE**

- Masks are required for all ALFSC Community Members. Masks must cover the nose and mouth as described above. The brief removal of a mask is also detailed above
- Clean gloves are also recommended for each skater when they are on the ice.

## **Hygiene**

- Skaters are encouraged to bring water bottles to the rink. Spaced spots in their coach's instruction area will be allowed. Proper hydration is important and drinking fountains will be out of bounds.
- ALFSC is setting up a digital payment option to reduce contact of cash and checks to allow safer handling of financial transactions.

## **Distancing and Occupancy**

- Skaters are scheduled on the ice by skill level, coach availability & ice capacity.
- The Lesson Schedule will be determined taking class size and appropriate parental supervision guidelines into consideration.
- Each Coach is assigned a specific part of the ice to work with groups and / or individual skaters. Groups will stay in their Coach's zone during their lesson and in the designated practice area during their independent practice time.

*Note:* Freestyle skaters practicing may use more area of the ice sheet based on the skills in development.

## Monitoring

- Parents will be able to fulfill Club Volunteer Expectations by screening & checking-in ALFSC coaches / skaters / parents / etc. by signing up for DIBs on the website.
- ALFSC will employ an Ice Monitor to remind Skaters of policies and procedures during their independent practice time and encourage skill repetition.
  - Skaters who chose not to abide by these protocols will be asked to leave the ice, parents will be called to pick them up.

Respectively submitted:

ALFSC Board of  
Directors,

Erica Samp,  
President

Leah Schmidt,  
VP

Melissa  
Shallberg