



Roseville Figure Skating Club

Roseville Arena

John Rose Oval

COVID-19 Guidelines

The Roseville Figure Skating board 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 Roseville Arena and the John Rose Oval at their own risk.

Current Operating Protocol

Prior to entering the building:

- No one should enter the Arena if they are showing any signs of illness, including but not limited to fever, cough, sore throat, loss of taste or smell.
- No one should enter the Arena if they have been directly exposed to someone who has symptoms of illness, unless the symptomatic person has tested negative for COVID-19 or fourteen days have passed since the resolution of symptoms.
- If you have any concerns about health or safety, are particularly vulnerable to illness, or live with someone who is particularly vulnerable to illness, you are advised not to enter the Arena.
- Everyone must wash their hands or use hand sanitizer prior to entering the Arena.
- Skaters must arrive at the rink dressed and ready to skate. Skaters may put their skates on at the rink.
- It is recommended that individuals wear a mask when not on the ice.
- No one should enter the Arena more than 10 minutes prior to skate time.
- Everyone should bring their own water bottle and fill it at home.
- Skaters should bring and use skate guards.
- Only one adult may accompany skaters 10 years old and younger inside the arena to assist them with their skates.
- Skaters older than 10 years old should not be accompanied by an adult unless there is a special circumstance.
- After a skater is on the ice, the accompanying adult should leave the Arena and wait outside until ten minutes before the scheduled end to the ice time.
- There is no spectating (walking track is closed). All adults will need to wait outside.
- The facility will provide hand sanitizer. However, please plan to bring your own supplies because facility-provided supplies are limited.

While in the building:

- Practice social distancing – remain at least 6 feet apart.
- Enter the ice arena through the south (main) door.
- Locker room:
 - The locker room door will remain open at all times.
 - Skaters may enter the locker room to get their skates and put them away.

- Skates will be put on and taken off on the bleachers.
- No more than 8 skaters may be in the locker room at any one time.
- Bleacher use:
 - Odd contract numbers (e.g., 1M) will use the north side lower bleachers.
 - Even contract numbers (e.g., 2M) will use the south side lower bleachers.
- If a skater should develop a fever and/or other COVID-19 related symptoms while skating, the skater will be directed to self-isolate in a designated room. A parent/guardian will be notified to pick them up immediately. The skater will be required to follow CDC guidelines for self-quarantining and have a doctor's note prior to returning to training.

Entering the ice:

- One coach or rink monitor will check off skater names as skaters enter the ice.
- Skaters are not required to wear masks on the ice.
- Skaters will enter the ice using the main rink door while keeping 6 feet apart.
- Skaters will skate in 2 pods of 10 skaters each, with the rink split in half. Skaters must stay on their assigned half of the rink. Coaches count toward the 20-skater total if they are on the ice.
- Skaters will not be able to practice programs, as only half of the ice will be used by each pod. Skaters do not need to bring music at this time.
- Opposite end skaters will enter first. Zamboni end skaters will enter second.

Exiting the ice:

- Skaters will exit the ice using the Zamboni doors. Make sure to wear guards when exiting!
- Zamboni end skaters will exit first. Opposite end will exit second.

Exiting the building:

- Skaters and any accompanying adults must exit the building within 10 minutes of the end of their ice time.
- Everyone should use the doors at the top of the bleachers to exit the building.

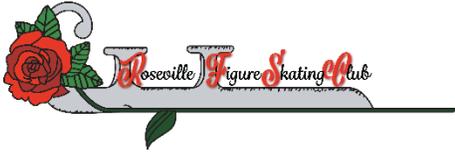
If a skater, or someone they come into contact with, has a confirmed case of COVID-19, a parent / guardian should report it to their coach and the coach will contact a RFSC Board member. The athlete's name will be kept confidential, but all staff and other athletes that were potentially exposed within 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 RFSC activities.

Signature of Parent/Guardian Date

Name of Parent/Guardian Name of Skater(s)



Roseville Figure Skating Club Roseville, Minnesota

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 Roseville Figure Skating Club “RFSC” has put in place guidelines to reduce the spread of COVID-19; however, RFSC **cannot guarantee** that you or your child(ren) will not become infected with SARS-CoV-2. Further, **participating in RFSC 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 RFSC 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 RFSC activities due to the actions, omissions, or negligence of anyone who enters a facility where a RFSC activity is held, including without limitation, RFSC 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 RFSC activities (“Claims”). On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless RFSC, 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 RFSC, its coaches, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any RFSC 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.

Signature of Parent/Guardian

Date

Name of Parent/Guardian

Name of Skater(s)