



# COVID-19 Preparedness Plan

## Northern Blades NSC Figure Skating Club

Northern Blades NSC Figure Skating Club, hereafter noted as NBNSCFSC, is committed to providing a safe and healthy workplace for all our coaches, customers, members, patrons, guests and visitors. To ensure we have a safe and healthy workplace, NBNSCFSC has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. The Board of Directors and the coaches are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our workplaces and communities, and that requires full cooperation among our club members with NSC arena management. Only through this cooperative effort can we establish and maintain the safety and health of all persons while in our facility.

The COVID-19 Preparedness Plan is administered by Jane Schaber (Skating Director and NBNSCFSC Vice President), who maintains the overall authority and responsibility for the plan. However, coaches and skaters, and parents are equally responsible for supporting, implementing, complying with and providing recommendations to further improve all aspects of this COVID-19 Preparedness Plan. NSC's Skating Director and coaches have the full support of the Board of Directors in enforcing the provisions of this plan.

Our coaches and skaters are our most important assets. NBNSCFSC is serious about health safety and protecting both the coaches and the skaters. Coach involvement is essential in developing and implementing a successful COVID-19 Preparedness Plan.

The Board of Directors and the Skating Director have met on numerous occasions, heard and addressed concerns of the membership, and have solicited guidance from Jane Schaber who was a part of the Minnesota Governor's COVID task force for youth sports in Minnesota. She represented the sport of figure skating as they created these guidelines, and is an ongoing resource by providing guidance to understand the guidelines and how to keep our club safely running.

NBNSCFSC's COVID-19 Preparedness Plan follows the industry guidance developed by the state of Minnesota, which is based upon Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines for COVID-19, Minnesota Occupational Safety and Health Administration (MNOSHA) statutes, rules and standards, and Minnesota's relevant and current executive orders. It addresses:

- Ensuring sick skaters and coaches stay home and prompt identification and isolation of sick persons;
- Social distancing – participants must be at least six-feet apart;
- Skater/coach hygiene and source controls;
- Cleaning and disinfection protocol;
- Drop-off, pick-up and delivery practices and protocol; and
- Communications and training practices and protocol.
- Adhering to the ongoing changing guidelines of the state of MN regarding COVID-19

NBNSCFSC has reviewed and incorporated industry guidance, applicable to our business, as provided by the state of Minnesota for the development of this plan. This includes industry guidance from ISI and USFS regarding clubs responsibilities and COVID - 19. Other conditions and circumstances included in the industry guidance and addressed in the plan that are specific to our business include:

- Parents as/or spectators will not be allowed in the rink- Except at competition and or test sessions as permitted by the state and the facility.
- Coaches are required to wear masks at all times. Skaters and parents must wear masks within the rink. Skaters will not need to wear masks on the ice while skating.
- Sign-up sheets of all skaters for all contracts will be created and maintained by NSC Skating Dept so they hold a list of names of who will be at each date and time of ice time or club event.
- NBNSCFSC will provide if needed a complete list of participants and contact info for any club test session, competition or event in the facility.

- The top of the boards will be wiped down between ice contracts, all skaters must remove their belongings in between, only bring necessary items to the ice.
- Skaters must not stand in groups on the ice talking, may not participate in pairs skating or couples skating where 6 ft distance cannot be maintained, and must sit at least 6 ft apart to put skates on.
- All skaters and coaches must enter the facility in their pod no more than 15 minutes prior to beginning of the ice time, and must exit within 10 minutes of their ice times skated.
- 25 skaters - including coaches will be limited to a full ice surface.
- Skaters will not be able to walk on to different pods than what they are pre signed up for.
- If a skater or coach needs to take a break from the contract and wishes to get back on the ice surface, they may do so but must stay within the rink itself with the exception of leaving to use the nearest restroom.
- Payment will be accepted online through the NSC or NBNSCFSC policies and can be mailed to the PO Box to limit cash/check handling and person to person contact.
- Skaters should warm up in the parking lot or on the sidewalk as space will be limited inside and skaters should not congregate within the facility.

**Ensure sick workers and participants stay home and prompt identification and isolation of sick persons.**

- Skaters, coaches, and families have been informed of and encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess coaches and skater's health status prior to entering the ice rink.
- Coaches or skaters must report when they are sick or experiencing symptoms directly to the Skating Director or Club Board Member prior to entering or after leaving the ice rink.
- No skaters or coaches will be allowed to be in the ice rink with any such symptoms.
- In the event symptoms of sickness arise while at the ice rink, the skater, coach, or family member must return home immediately.
- Anyone entering the building will need to self-screen with the screening questions on the NSC's readiness plan.
- In the case anyone in the family of a skater or the family of a coach has been exposed to someone getting tested for COVID-19, that skater or coach must remain home until they are aware that test results have come back negative.
- In the case a skater, coach, or family member has been exposed to someone with a positive case, they are recommended to get tested and are required to remain off the ice until that test comes back negative.
- If a skater, coach, or family member themselves tests positive for COVID-19 they MUST quarantine at home for 14 days before returning to skating.
- In the event of an outbreak, NBNSCFSC will work with Public Health to notify the skating club and the NSC.

NBNSCFSC has also implemented a policy for informing coaches if they have been exposed to a person with COVID-19 at their workplace and requiring them to quarantine for the required amount of time. We recommend the coaches get tested if they have been exposed to a confirmed case and will need to stay home from the ice rink until they receive a negative test. If positive, they will need to quarantine at home for the full 14 days.

**Social distancing—Coaches and skaters should maintain at least six-foot distance.**

- Social distancing of at least six feet will be implemented and maintained between coaches and skaters as well as skaters and other skaters. This includes in all public areas of the ice rink, on the ice surface, as well as when in the parking lot, bathroom, and when entering and exiting the building in the designated routes.
- Skaters and coaches must enter the building no earlier than 15 minutes before the start of a scheduled ice session.
- Skaters and coaches will have no more than 10 minutes to exit the rink after the contract via the designated route.
- In the event a skater or coach does two contracts of skating in a row, they must exit the building into the parking lot with the first pod, and re-enter the building with the new pod no earlier than 15 minutes before the start of the contract.
- All belongings must go outside with them and back in with the new pod. Printed sheets of who will be on the contract will be posted at the rink side.
- Masks will be the responsibility of the skaters, parents, and coaches to bring as well as hand sanitizer.
- Skaters and coaches should remain touch free and we do not encourage close contact teaching.
- NSC will provide disinfectant to spray and wipe down the top of the boards in between contracts where participants keep their separate water bottles.
- No sharing of water bottles will be allowed.

- Skaters and coaches may not stand and talk or congregate at the boards.
- If skaters or coaches are not following guidelines they will be asked to leave.

#### **Drop-off, pick-up and delivery practices and protocol.**

- All skaters must be dropped off and picked up or drive themselves.
- No parents or spectators will be allowed to be in the ice rink for practices.
- Limited number of spectators will be allowed in the facility for test and competition settings as permitted by the facility guidelines at the time of the event.
- We ask that skaters come to the rink ready and when possible tie their skates in the parking lot, cars, or at home if able to limit this within the rink.
- Locker rooms will be provided by the facility and sanitized between use, masks must be worn in locker rooms and social distancing must be practiced when using locker rooms.

#### **Communications and training practices and protocol.**

- This COVID-19 Preparedness Plan was communicated with all members of NBNSCFSC and coaches as well as a waiver with guidelines sent to the membership.
- Waivers outlining both the NSC guidelines and NBNSCFSC guidelines must be signed and returned to the Skating Director before they are able to skate.
- All guidelines are subject to change as guidance from governing bodies such as MDH, CDC, ISI, and USFS changes and updates.
- We will continue to monitor the situation, get guidance from the state as well as NSC management, and maintain knowledge of the new guidelines and regulations as they come out.

**Submitted by Jane Schaber on behalf of the NBNSCFSC - July 23, 2020**

# GUIDELINES

## FOR SUPER RINK SKATERS/COACHES

To protect yourself and others, please operate with the following guidelines while at the rink

- 1)** Masks are required (except on ice)



- 2)** Maintain social distancing



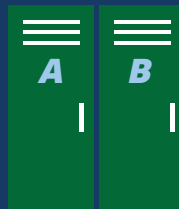
- 3)** Do not enter until 15 minutes prior to ice time



- 4)** Come ready as DRESSED as possible



- 5)** 10 people per locker room – extra chairs outside



- 6)** Maintain your own equipment and water bottle



- 7)** Wash and sanitize your hands



- 8)** Leave 5 Minutes after practice or game



- 9)** Have fun and be safe!



Thank you for visiting  **SUPER RINK**

# GUIDELINES

## FOR SUPER RINK SPECTATORS

To protect yourself and others, please operate with the following guidelines while at the rink

**1)** No spectators at practice



**2)** Only 20 spectators per team allowed per game

**20**

**3)** Masks are required



**4)** Maintain social distancing



**5)** If player needs assistance, you must exit when finished



**6)** Do not enter facility for game until gametime



**7)** Wash and sanitize your hands



**8)** Leave IMMEDIATELY after the game



**9)** Have fun and be safe!



Thank you for visiting  **SUPER RINK**