

# St. Paul FSC COVID-19 Policy

## For Physical Distancing, Training Environment (September 8, 2020)

This policy may be adjusted based on any revised CDC, State, and/or federal guidelines.

1. No more than 1 Pod of 25 people are allowed in the building at any time. A minimum of two coaches or one coach & one parent volunteer is required to comply with SafeSport 2-deep leadership requirement.
2. Spectators are only allowed in the bleachers at Pleasant Arena for Exhibitions, Competitions, Test Sessions, or Ice Shows.
3. Ramsey County will allow one chaperone per skater to enter Pleasant Arena, beginning September 7th, 2020. Chaperones will have designated areas to sit in the bleachers or on the stools by the exit door depending on their pod time. If there are more than 25 people in the building chaperones will have to volunteer to leave until we reach the total of 25 people per Pod.
4. Everyone entering the building must always wash their hands in the bathrooms upon entering the building and wear a face mask. **No Mask = No Entry.** Skaters may take off their face masks while they are on the ice.
5. Upon arrival, skaters will have their temperature taken inside the door. If you have a fever of 100.4 or higher you are not allowed in the building. **PARENTS PLEASE DO NOT DRIVE AWAY UNTIL YOUR CHILD HAS PASSED THE TEMPERATURE TEST. NO ONE WILL BE ALLOWED TO WAIT IN THE BUILDING IF THEY HAVE NOT PASSED THE TEMPERATURE TEST.**
6. Anyone who has symptoms of illness or family members with symptoms of illness should stay at home. If anyone develops symptoms of illness while at the rink, they will be asked to leave the building.
7. Enter and exit Pleasant Arena using the front or side door according to your Pod time. Like many public and private schools, the doors to the arena will remain locked while Pods are in session. Locked doors will still allow people to exit from inside the building. Skaters will line up on the designated X's at the front or side doors no more than 5 minutes before their Pod time. If you miss your allotted Pod start time, you will not be allowed late access and you will not be refunded for your reserved Pod time.
8.
  - a. Skaters using Zuca Bags may park their bag on the X's marked on the floor. This is the best option because skaters will only touch their own equipment and chair. You can buy a Zuca Bag at <https://www.zuca.com>
  - b. Skaters who use their lockers may use the benches and must sit on the X's placed 6 feet apart.
  - c. Skaters who use a skate bag must sit on the X's in the bleachers.
  - d. If there is a parent volunteer in the building, they must sit in the assigned chair by the side exit.
9. Ramsey County employees will disinfect the arena in-between each Pod.
10. Skaters may use the warmup areas. X's have been marked on the floor for physical distancing. **The lobby will be used for an additional warm up area. No one may sit in the lobby.**
11. Skaters must bring and dispose of their own Kleenex in zip lock baggies.
12. Skaters attendance will be recorded for each Pod by the Director of High Performance, Ben Miler Reisman.
13. **Only skaters who have paid in advance for their Pod will be allowed to enter the arena.**
14. Skaters and coaches should stay at least six feet away from each other while on the ice.
15. Ice Dancers can only partner with Ice Dance Coaches if their parent has signed a waiver. Waivers will be provided by Kim Stahle, email [kimberly019@hotmail.com](mailto:kimberly019@hotmail.com)
16. Coaches and skaters will be assigned Pods based on the following protocol: ranking, previous hours taught, number of skaters who can fill the Pod. Assigned Pods will help avoid cross contamination. Skaters must pre purchase their ice pod to enter the building. Please reference the website members page to review how to purchase ice.

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17. Skaters may not enter the office, study, locker rooms or kitchen. There will not be access to the microwave or refrigerator. No gatherings are allowed in the lobby or in the bathrooms.
18. No food for meals may be brought into the building. Skaters may bring water bottles and snacks.
  
19. St. Paul FSC will notify Ramsey County and MN Department of Health of a positive test. St. Paul FSC will send out an email to the members of the date and time the member who tested positive was in the rink.
20. All participants in any St. Paul FSC sessions participate at their own risk.

By signing below, both parents and skaters agree to abide by the above policy.

Signatures:

\_\_\_\_\_  
Parent

Date: \_\_\_\_\_

\_\_\_\_\_  
Skater

Date: \_\_\_\_\_

**We are all in this together, What I do affects you, and what you do affects me. Stay healthy!**