# Guidelines for returning to the ice

**Self- Family Screening**

The FFSC is requiring all members to self-screen all household members before coming to the ice rink. Please stay home if any household members have any of the following symptoms:

- Fever > 100 degrees Fahrenheit
- Cough
- Shortness of breath
- Chills
- Muscle aches
- Sore throat
- New loss of taste or smell

**Face Coverings**

All who enter the rink should wear a face covering. However, if athletic activity is pursued, a face mask is not required.

- Mask should be worn covering both nose & mouth
- Should always be worn while within the facility and on ice, unless pursuing athletic activity.
- Athletes may choose to not wear masks during athletic training
    - If they choose to wear a mask, a physician should be consulted to ensure they are getting enough oxygen and not overheating.
- Avoid adjustment/removal/dropping during skating session and while near others. If adjustment is needed, wash hands before adjusting as to not infect mask.

**Physical Distancing**

Physical distancing is one of the best tools to avoid being exposed to the coronavirus and slowing its spread.

- Coaches are to stay 6 feet apart from their students and can not skate around with their students.
    - Demonstrating routine choreography should be kept to a minimum and occur only if six feet of distance can be maintained.
- Coaches should not help their students unless the student is unable to get up.

- Coaches should use verbal cues instead of physical contact.
- All warm-ups should be done outside (weather permitting).
- Athletes should come dressed to take the ice.
    - If arena benches or dressing rooms are used, wipe down the area before/after use.
- Limit personal items on boards.
- Do not share water bottles, tissue boxes.
- Athletes, coaches should enter/exit the ice at staggered times and at different entrances.
- Spectators should stay 6 feet apart.
- No gatherings in the lobby or bathrooms allowed.
- Please enter the arena no more than 15 minutes prior to your ice time
- Please take no more than 15 minutes to pack up leave the arena
- Follow guidelines put out by Fraser Hockeyland

**Limited Skaters on the Ice**

When the ice rink can open, the FFSC will adhere to the guidelines put out by the CDC as to how many skaters are allowed on the ice at any one time.