

AAFSC WINTER 2020

RULES & INFORMATION

(updated 12/21/20)

Facility Safety Measures

1. **A2 Ice Cube Sanitation Procedures**, Cube staff will be sanitizing high traffic areas and surfaces every 30 minutes. For example, the Cube's staff will regularly clean the rink board caps, door handles, music center, and vending machines.
2. **Many areas of the facility will have limited or no access**, please stay within designated areas.
3. **Upon entering building**, skaters, coaches, chaperones, and guests must have their temperature taken by a staff member with a contactless, infrared thermometer and sign a voluntary waiver of liability. Cube waivers need only be completed one time. You will be asked your name upon entry to ascertain that a Cube waiver is on file.
4. **Maintain Social distancing** - All guests are expected to form a socially distanced line to wait for their temperature check. Spots have been marked on the floor and sidewalk to indicate the necessary 6' social distancing requirement. Please stand in your spot until the spot in front of you becomes available.
5. **There will be 10-minute gaps during resurfacing sessions to allow staff time to sanitize.**
6. **Masks covering the mouth and the nose are required** for all employees and guests in the building. Masks may be provided by the facility, if available. Patrons or guests without a protective face covering will not be permitted in the building.
7. **Hand sanitation stations will be available in the lobby and at the entrance to the ice.** Everyone is encouraged to wash their hands frequently with soap and water.
8. **Most doors will be propped open to minimize touch points (potential contact sites).** Follow the designated traffic flow pattern.
9. **No pets/animals will be allowed in the facility.**
10. **The Cube's drinking fountains are closed.** Please bring a personal, filled water bottle labeled with your name. The Club office cannot fill water bottles. Water will also be available in the lobby vending machines if necessary.
11. **The facility will be open to other user groups.** However, there initially will be no public skate sessions offered by the Cube. Other user groups who will be following their own protocols and unless deemed dangerous to AAFSC members, are not our concern.

General Practices for Skaters/Parents/Coaches

1. **Stay home** if you have reason to believe you may be infected (*tested positive, having any symptoms, exposure to someone who is infected*).
 - a. Take your temperature prior to driving to the rink. If your temperature is 100.0 Degrees or higher, you cannot skate.
 - b. Do not come in if you exhibit any signs (fever, cough, shortness of breath/difficulty breathing, chills, repeated shaking/chills, muscle pain, headache, sore throat, new loss of taste or smell).
 - c. ***It will not do you or anyone else in the Club community any good if the virus is easily introduced into the building. It could lead to you and everyone else not being able to skate.***
2. **Practice good hygiene** – wash hands before and after training, avoid touching eyes, nose, or mouth, cough or sneeze into upper arm, no spitting. Use hand sanitizer.
3. **Maintain a safe physical distance of 6 feet** – no unnecessary contact like handshakes, high fives, hugs, team huddles, or clustering during breaks.
4. **BYO** – skaters must **only** bring their own filled water bottle, skate guards, and a small towel to the rink with them to lay out on the board tops near where your coach is stationed in the rink.
5. **Dress ready to take the ice** – All AAFSC Locker rooms are closed. There will be no areas or club or coaches' locker room available for changing. Changing in the restrooms will **not** be allowed.
6. **Skaters must stagger entry/exit times through separate doors** – there will be separate entry/exit doors marked for the building, the rink, and the ice. There will be no building entry/exit, except through the front of the building.
 - a. You may check into the Cube any time prior to your scheduled ice session on the day you are skating.
 - b. Please check in to rink prior to doing any warmups outdoors.
 - c. **DO NOT** come into the building before you are notified by Club office staff. You should be prepared to come in the building no later or earlier than 10 minutes before your session.
 - d. Use the automatic doors on your left to enter the building. Proceed down the stairs to the skate rental lobby.
 - e. **WAIT** in your chair until you are called to enter the ice.
 - f. **DO NOT** line up at the ice door. **WAIT** for your coach to escort you into the rink. If you are skating without a coach present, please wait until another coach or member of the AAFSC staff escorts you into the rink.
 - g. If you must leave the ice to use the rest room. Please exit center ice into hallway between the Olympic and Stadium rinks. Return thru the Olympic rink doors by skate rental.
 - h. Skaters will be required to promptly leave the Club at the conclusion of their skating session(s) to allow room for the next group of scheduled skaters to enter the facility. Exit the ice through the designated rink exit door, proceed out of the building through

the ramp, and exit the building by using the double doors on your left. DO NOT exit the building through the automatic doors.

- i. ****Parents, please pick up your skater promptly at the end of their session(s) in the Club parking lot, especially during cold or inclement weather.**

7. **As of Monday, October 19th**, AAFSC will be allowing skaters to bring a skating bag into the rink and will allow them to put on/remove their skates inside the building. **Please Note:** The Club Locker Room will not be re-opening any time in the foreseeable future. Please do not enter for any reason. Skaters wishing to put on/remove their skates indoors must comply with the following traffic patterns while maintaining proper social distancing:

- a. Check-in upstairs at Cube front entrance
- b. Take the stairs down to the red chairs/blue benches (*aka downstairs lobby*)
- c. Put on skates and wait until 0:10 past the hour
- d. Collect ALL belongings and enter through skate rental doors to Olympic Rink (*No items are to be left in the downstairs lobby*)
- e. On marked "X's" in 3rd bleacher section (*first section after the center ice doors*), place all items neatly and compact
- f. Walk back toward Skate Rental doors and enter ice surface opposite AAFSC Locker Room
- g. At the end of the ice session, exit through center ice doors
- h. Return to "X's" in 3rd bleacher section, remove skates and collect ALL items (*No items are to be left in the bleachers in between ice sessions unless you are skating the next session*)
- i. Skaters are to leave Olympic Rink either downstairs through center doors and take the ramp up OR by walking up the bleacher stairs and exiting through properly marked doors.
- j. If you are skating another session, you may leave your belongings in the 3rd section bleachers. Please exit through the center doors and return to the red chairs/blue benches to wait for the next ice session

Skaters who do not comply with the established traffic patterns or social distancing will be asked to leave (*no refunds or credits will be given*).

Please remember that food is NOT permitted in the A2 Ice Cube. This rule will be enforced by the AAFSC for the foreseeable future. Thank you for understanding!

SUNDAYS ONLY!!

- a. Skaters do NOT go downstairs to the Skate Rental lobby. Instead, they will enter the Olympic rink by way of the door closest to the AAFSC Office.
- b. Skaters will proceed to the marked locations in Sections 3 or 4 of the Olympic Rink stands:
10:15am, 12:15pm and 2:15pm - Section #3
11:15am and 1:15pm - Section #4
- c. Skaters will remain in their "socially distanced" seats until told, by the coaches, to enter Olympic rink ice. They will enter the ice at gate #4 (*between Section #3 and #4*), leaving their personal belongings on the "X" of their space in the stands.
- d. At the end of the ice session skaters will exit at center ice, proceed to their belongings and once they have gathered their belongings exit Olympic rink thru the center door at the top of the Olympic rink stands and exit the building.

- e. If a skater is skating two or more ice sessions they must move their belongings from one section to the other and then wait for the coaches to call them to the ice for the next session.
8. **Warm-ups** are encouraged to be done outside (*weather permitting*) Skaters may not warm-up/stretch or do any off-ice work in the building unless under the direct instructions of their skating coach(es). NO yoga mats or any warm-up/stretching items may be brought into the building. Coaches are allowed to conduct off ice workouts with their skaters inside the Cube. Coaches must reserve time/space, in advance, with the AAFSC office. Skaters without a coach present are NOT permitted to warm-up indoors.
 9. **No hands** – handling of doorknobs, sideboards, music box, etc., should be kept to a minimum and skaters should not touch equipment. Doors will be marked and left open where possible to minimize touch points.
 10. **Audio cord for music** - coaches will be expected to sanitize and wipe down audio cord after every use. Sanitizing wipes will be provided by the Club if available.
 11. **Masks are required** for coaches and for skaters/parents at all times while within the facility and on the ice. Avoid adjustment, removal, dropping during skating session and while near others.
 - a. **If you are not willing to wear a mask, please do not come to the Club.*
 12. **ABSOLUTELY NO gathering in the lobby, bathrooms, etc.** The Club's primary purpose at this point in the pandemic is to open safely for the express purpose of members resuming their on-ice training. As exciting as it may be to see friends in person, please leave socialization and extended communication with friends for the outdoors or by other means.
 13. **Coaches will be responsible for their skaters' compliance** with these protocols, review this list with their skaters and, if necessary, remind their skaters of the importance of consistently following all published guidelines to keep themselves and other skaters safe. This is something positive and proactive that everyone can do to be a part of the solution to keep the Club safe.
 14. **Access to Ice:** The Club will limit the total number of people on the ice, skaters, and coaches, to "26" skaters (*as of 11/01/20*). These numbers will be adjusted as the reopening phases allow.
 15. **Only Club skaters, coaches, and office staff** will be allowed in the Club managed rink(s) and office area. No guests or non-staff coaches will be allowed on the Club managed rink.
 16. **Parents are expected to wait in their car** while their skater is in the rink. If necessary, each participant/skater is only allowed to have one person with them in the building. Parent or guardian entering the facility must follow all Club and Cube protocols and will only be allowed access to designated seating areas. **ABSOLUTELY NO** siblings, friends, etc. under any circumstances.

17. **Coaches are expected to arrive** no later than 15 minutes prior to their scheduled coaching session.
18. **Coaches should wash their hands** after each skating session and encouraged to use hand sanitizer, especially if they have had any close contact with a skater.
19. **Coaches should plan any meetings** or extended discussions with skaters and their parents outside of the Cube facility.
20. **Learn to Skate classes** - Winter #1 LTS will resume in early 2021.
21. **Parents are expected to report any illness** if their skater becomes symptomatic after spending time at the Cube.
22. **If your skater has a fever, or respiratory symptoms** such as a cough, loss of smell or taste, we ask your skater not to participate until your physician clears your skater. Attendance will be kept allowing for contact tracing.
23. **Coaches are ALLOWED on the ice** during the 7:05 am - 4:05pm and 6:15pm weekday ice sessions, as long as the TOTAL number of persons "on the ice" do not exceed the maximum. As of November 1st that number is "26".
24. **Effective October 5, 2020, on-ice harness, off-ice harness and spinner are allowed to be used by AAFSC coaches Monday thru Friday from 8:15am thru 4:05pm ONLY.** Coaches will be expected to sanitize any on or off ice equipment they use immediately after the teaching session.
25. **Skaters should not touch equipment**, except as directed by coaches.
26. **If available, we will have hand sanitizer at rink side.** Please do not use the Club hand sanitizer supply to fill personal sanitizer bottles. The Club's supply is for use while you are at the Club.

Customer/Coach Payment Procedures and Policies

1. **The Club office will be open.** There will be no more than 2 Club office staff in the office at any time.
2. **Members with questions** are asked to please contact Club Management by phone or email in lieu of entering the office (aafsc.officemanager@gmail.com or 734-213-6768)
3. **Only one person at a time** will be allowed in the office to make a payment that you were not able to complete online. Please do not linger in the Club office. You will not be allowed on the ice if your session has not been paid for in advance.

4. **Skaters must reserve their ice time online. Only 2020/21 skaters and members of the AAFSC professional and junior professional staffs may coach at this time. Please contact Craig or Kim in the AAFSC Office regarding AAFSC membership.**
5. **Only those that have reserved ice time may enter the ice so that we can effectively monitor the number of skaters on the ice at any given time.**
6. **No more than "26" skaters (as of 11/01/20) can register per session. Skaters should consult with their coach to determine the appropriate session for which to register.**
7. **Skaters and coaches who go on the ice without paying** will be asked to leave the facility. The link for coaches and skaters to reserve their ice time is on the AAFSC website.
8. **Ice usage is limited to current AAFSC members.**
9. **ALL sessions in January are 50 minutes in length**, except Monday thru Friday 7:00am to 8:05am (65 minutes). Ice sessions from 7am to 4:05pm Monday thru Friday are \$12. All other ice sessions are \$17. There are NO half sessions. Skaters who opt to leave an ice session early must immediately exit the building. Please be advised that ALL persons, skaters and coaches, are required to leave the ice at :05 past the hour regardless of whether there is an ice make. It is especially important that ALL skaters and coaches leave the ice at 6:05pm on Wednesday and Thursday. Learn to Skate starts promptly at 6:05pm and is ONLY 30 minutes in length. Your cooperation in getting off the ice promptly will be greatly appreciated!

An evolving list

This list can evolve as the situation changes. If you have a suggestion of something that should be added, please let us know. We know that everyone is eager to get back on the ice. Please know that the health and safety of everyone involved will remain our top priority.