



# Freestyle Rules

## Phase 1: Returning to the Rink

### Skaters/Parents:

- Take your temperature before coming to the rink. If you have 100+ fever, and/or cough, sore throat, sneezing...**Please Stay Home!**
- Limit of 15 skaters will be allowed per session. **NO spectators, NO fans, NO parents.** Skaters under the age of 11yrs may be accompanied by **ONE** parent. Parents are required to follow all rules and regulations and will be asked to stay at the skaters designated spot on the bench until the end of the session.
- Must arrive no more than 15 minutes early, fully dressed, and ready to put skates on. **NO** changing will be allowed in the restrooms.
- Enter only through the front sliding doors (side doors will be locked).
- **NO** off-ice warm up will be allowed in the lobby. You may do so outside at your own risk, maintaining 6 feet distance apart.
- Warm Room will be closed.
- Everyone **MUST** wear a face mask at all times while in the facility, however face masks will not be mandatory for skaters while on the ice. Coaches must wear a mask at all times.
- Benches will be marked with a "X" 6 feet apart. This will be your designated spot. You must remain in this spot until it is your time to get on the ice.
- Use hand sanitizer in the lobby before entering the ice room.
- Only water bottles are allowed on the ice and **MUST** be set on a designated "X" on the handrail.
- Absolutely **NO** access to player benches or the penalty box. **NO EXCEPTIONS.**
- If you need tissues you **MUST** bring your own plastic Ziplock bag to store the used tissue, and you must dispose of the bag at the end of the session. **NO** sharing of tissues with others.
- Skate guards **MUST** be placed on your designated area on the rail next to your water.
- **NO** draping of excess clothing, such as jackets, at this phase.
- **NO** playing of music in the box at this phase.
- **NO** pole harness or regular harness use at this phase.
- Skaters are to maintain a 6 foot distance from other skaters at all times. Coaches are to stand along the boards also maintaining a 6 foot distance.
- At the end of the session, please exit at the end gate (by locker rooms) and return to your designated spot.
- Skaters will have 15 minutes to get skates off and leave the facility. **NO** loitering in the building at any time.

### Coaches:

- **MUST** wear face masks in the facility at all times, including while on the ice.
- Only 1 coach at a time will be allowed in the pro room to get their skates on/off and to store their personal belongings in their designated locker. **NO** changing of clothes is allowed. Please arrive dressed and ready to put on your skates.
- During Phase 1 coaches are asked to stay against the boards in a designated spot. Always teach from the same spot so your students know directly where to go. Handrails are marked every 6 feet to allow for social distancing.
- Absolutely **NO** touching of skaters in any form is allowed.
- **NO** harnesses may be used at this time.
- **NO** playing of music unless it is your personal speaker.
- Ensure lessons and drills allow for social distancing.
- Be responsible and lead by example.

