

Southern NH Skating Club
Return to the Ice Rules, Protocols and Procedures
June, 2020

• **REGISTRATION**

- For the summer session (July 8 – August 28, 2020), only SNHSC club members will be allowed to book ice.
- Skaters must register and pay online using EntryEeze. Skaters can pre-register until 11:59 pm of the previous day for ice the next
- NO IN-PERSON WALK-ONS WILL BE ALLOWED. All skaters MUST pre-register/pre-pay to skate.
- Sessions can be booked “a la carte”; you can simply book the days/weeks you want. We hope this flexibility will help when making your decision to return to the ice.
- Ice can be booked in 30-minute blocks. If your skater wants one or more hours of consecutive ice time, you’ll book the appropriate number of half-hour blocks (up to 4).
- There are a limited number of spots available for each session: the cap is 24 total participants - 16 skaters and 8 coaches.
- For the Summer 2020 session, **guest coaches** will be allowed to teach their students who are SNHSC club members on Saturdays only at the Ice Den. Every guest coaches must adhere to all SNHSC policies and procedures herein, as well as our standard club rules.

• **ENTERING/EXITING THE RINK**

- All skaters/parents will enter the rink through the lobby no more than 10 minutes before their scheduled session.
- All skaters will exit the building behind the SNHU locker room (follow the signs at the Ice Den).
- Skaters/parents will follow all signage at the rink and adhere to all traffic patterns/rules.
- Skaters should enter the rink with their skates ON, dressed and ready to take the ice if possible.
- There will be absolutely NO congregating in the Ice Den lobby.
- Skaters and coaches will proceed directly to the ice (preferred) or to the locker room. (skaters)/hockey benches (coaches) to drop off their bags/put on skates. All skaters/coaches will maintain social distance (6 + feet) while putting on/taking off skates when necessary.
- One parent per skater (under age 16) will be allowed to help skaters put on skates if necessary.
- Skaters must immediately exit the building (no more than 10 minutes) after their session.
- Skaters must check in with the ice monitor upon entering the ice.
- Skaters and coaches will exit the ice following the traffic patterns. Note that there will be a one-way ‘on’ door and a one-way ‘off’ door.

• **PARENTS and SPECTATORS**

- Only one parent per skater allowed in the rink.
- Friends and other spectators are not allowed in the rink for any SNHSC sessions at this time.
- Parents are strongly encouraged to wait outside in their cars if possible.
- If parents choose to stay in the rink, they MUST socially distance at least six feet and follow all designated seating rules.
- Parents are not allowed to gather while in the rink for SNHSC sessions. No more than one person per each 6-foot distanced area in the bleachers!
- Parents MUST wear masks at all times when the rink.
- Skaters should return to bleachers if they need to re-tie skates during a session.

- **PERSONAL ITEMS**
 - All skaters and coaches should have a small plastic basket or container (check the Dollar Store), labeled with their name, to put on the boards and keep any personal items (tissues, masks, guards, water bottles, gloves, hand sanitizer, inhalers, notebooks, etc.) organized and distanced from others while on the ice. Be sure to clearly label your water bottles with your name 😊
 - Bring a small Ziplock bag and keep it in your basket; use it to dispose of your used tissues, then dispose of the entire bag at the end of the session.
 - Please remember to sanitize your container and personal items before and being at the rink.
 - Please minimize the number of items you take onto the ice. Less is best!

- **MASKS**
 - Coaches must wear a mask at all times – on and off the ice – while in the building.
 - Skaters should wear a mask into the rink and while getting on and off the ice. Skaters are encouraged to wear their masks at all times while in the rink.
 - Skaters can remove their masks while skating, but must maintain social distance while skating.

- **MUSIC**
 - All music MUST be sent to our ice monitor electronically. No music will be played via CD or from personal phones.
 - Please send all NEW program music (music that you have not previously submitted electronically) to ken@jandksales.com, attn: Ken.

- **ON-ICE BEHAVIOR FOR SKATERS AND COACHES**
 - KEEP MOVING! Absolutely no sitting on the boards!
 - Skaters should spread out, use common sense and follow social distancing rules at all times.
 - No gathering to talk or socialize! Skater safety is our number one priority!
 - Coaches should use creative coaching techniques to eliminate contact with their students and to maintain social distance.
 - Coaches will teach from own areas on the rink.
 - If a skater needs to sit for some reason (injury, breathing issue, etc.) there will be a designated bench area for them to do so. The ice monitor will direct skaters to that area.
 - There is a one-way 'on' door and a one-way 'off' door.

- **PER STATE and CDC GUIDELINES, PLEASE STAY HOME IF YOU HAVE ANY OF THESE SYMPTOMS:**
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea, vomiting or diarrhea