

October 29, 2020

To Our Coaches and Skaters:

In order to try and ensure the safety of all participants, a number of changes have been made to how we operate freestyle:

**All Coaches and Skaters entering the ice must sign the Des Moines Buccaneers' "WAIVER/RELEASE FOR COMMUNICABLE DISEASES INCLUDING COVID-19" when becoming a member of CIFSC.**

**All Coaches and Skaters must adhere to the "DES MOINES BUCCANEERS SAFETY GUIDELINES AND PROTOCOLS" when present in their facility.**

## **Failure to comply with the Des Moines Buccaneers Safety Guidelines and Protocols, or CIFSC's rules regarding freestyle registration and usage will result in denial of freestyle ice usage.**

- **The fee for Members and Associate Members will all be \$15/session.**
- **Two sessions will be offered each morning, 5:30 AM or 6 AM – 7 AM and 7 AM to 8 AM. There will be a maximum of 12 Skaters permitted per session.**
- **Ice MUST be purchased in advance of the scheduled session. We will NOT accept payment at the arena.**
- **Purchasing of sessions are ONLY be available through our website at:**  
<https://www.centraliowafsc.org/pages/Freestyle/Purchase-Ice-for-CIFSC-Members/>
- **No refunds will be given after freestyle is purchased on CIFSC's website.**
  
- **All Full, Associate and LTS USA Members of CIFSC are eligible to purchase freestyle sessions as soon as they are posted to the website.**
- **Visiting Non-CIFSC Members may not purchase freestyle sessions at this time.**
- **To comply with the Buccaneers' requirements all Skaters MUST be supervised by their coach on the ice. If you coach is not present, another coach must agree to monitor you on the ice. (All activities must "remain instructional based and not a free-skate or open skate format.")**
- **Remote Coaching by audio or video will not be permitted.**
  
- **You may arrive no more than 15 minutes before the scheduled session time and must exit the building within 15 minutes after completion of your scheduled session time.**
- **Parents or guardians may enter the building with their child to facilitate entering and exiting the ice but are NOT permitted to remain in the building during the session.**
- **For Parents, the Coach will contact you when your Skater's lesson is complete, and you may then re-enter the building to help prepare them to leave.**
  
- **Personal items such as water bottles, towels and Kleenex MUST be labeled with the Coach's or Skater's name.**
- **All Skaters MUST maintain 6 foot distance from other Skaters.**
- **Masks are recommended for Skaters and Coaches.**
- **All Coaches and Skaters may be subject to temperature screening before entering the ice.**

## **Parents, please review the Des Moines Buccaneers Safety Guidelines and Protocols and CIFSC's rules regarding freestyle usage with your Skater.**

Updates to this document will be posted on CIFSC's website and Members will be notified by email when new updates are posted. If this is successful, we hope to be able to relax these rules over time.

### Example Timeline for Registration

CIFSC schedules a freestyle session for Tuesday, June 2<sup>nd</sup>, 2020 from 6 AM to 7 AM and is available on the Freestyle page on our website.

From the time that it is posted, all CIFSC Full Members, Associate Members and LTS USA Members, whose Coaches will be present for the session, or who have another coach agree to monitor them, may then register.

When a maximum of 12 Skaters is reached no more will be permitted.

**PLEASE verify with your responsible Coach that they will be present!** If they are not, you will be denied entry.

### Special Notes for Coaches

If you have a student scheduled during a scheduled freestyle session, as always, you will not be charged to utilize the ice, as is traditional with CIFSC. If you wish to use a session solely for your personal practice, you **MUST** register for that session on our website and you will be asked to pay the standard \$15 fee.

Coaches are expected to follow US Figure Skating "Returning to the Rink" guidelines as close as possible.

The Des Moines Buccaneers are requiring us to submit a roster of participants for our scheduled freestyle times. **Before attending a freestyle session, you must visit the following website and submit your name and the date of the freestyle session you will be attending:**

Website: <https://forms.gle/5EhHjwqzBHkFyDkB8>