

# RETURN TO TRAINING - ICE SKATING GUIDELINES SCOTLAND

## INTRODUCTION

British Ice Skating has developed the Return to Training – Ice Skating Guidelines, working with rink managers and other Ice Sport's National Governing Bodies to produce the following guidelines for our programmes and disciplines.

By following these guidelines as well as those from the Scottish Government, **sportscotland**, local authorities and health agencies, skaters and their families will be able to make informed decisions as to when they can return to the ice.

This document follows the guidance set out in the following government and sportscotland documents:

Scottish Government [official guidance for exercise and activity](#) updated on 19<sup>th</sup> July 2021.

[Scottish Government Coronavirus \(COVID-19\): guidance on sport and leisure facilities](#) updated 19<sup>th</sup> July 2021

[sportscotland sport and physical activity guidance](#) effective 16<sup>th</sup> July 2021.

Rinks & clubs should appoint a **COVID-19 Officer** to make sure all activities on and off the ice are being adhered to.

See guidance here – [sportscotland COVID Officer role description](#)

1. An [e-learning module for COVID officers](#) is available to support those undertaking the role.

Rinks & clubs should consider a **“Return to sport coordinator”**;

- To promote the health and wellbeing of members and participants as they return to the rink
- To provide confidence and reassurance to members and participants that the rink is safe and a welcoming place to be
- To breakdown barriers as members and participants return to the rink.

See guidance here - [sportscotland-return-to-sport-coordinator](#)

## INDOOR ACTIVITY at Level 0

The number of participants allowed to take part in organised indoor sport or physical activity should follow [Scottish Government guidance on the opening of sport and leisure facilities](#) and sport specific SGB Guidance.

- Patch / Figure skating club / public session allowing figure skating / synchro session: 43sqm per person(including coaches).
- Learn to skate: 18sqm per person (including coaches).
- Speed skating session: 2 groups for 8 for 30x60m rink, 2 groups of 7 people for smaller rinks
- [Inclusive skating](#) lessons: 25sqm per person (including coaches).
- Leisure and family public sessions skating in a circular direction: 15sqm per person.

## INDOOR ACTIVITY at Levels 1-4

The number of participants allowed to take part in organised indoor sport or physical activity should follow [Scottish Government guidance on the opening of sport and leisure facilities](#) and sport specific SGB Guidance.

- Patch / Figure skating club / public session allowing figure skating / synchro session: 56sqm per person(including coaches).
- Learn to skate: 25sqm per person (including coaches).
- Speed skating session: 2 groups for 8 for 30x60m rink, 2 groups of 7 people for smaller rinks
- [Inclusive skating](#) lessons: 25sqm per person (including coaches).
- Leisure and family public sessions skating in a circular direction: 15sqm per person

## PROTECTION LEVELS

This is an overview of the specific measures for each protection level. [Please check the level you are in and act accordingly.](#) This guidance will be updated regularly to demonstrate local measures and restriction.

'Group' activity refers to adults who take part in organised sport or physical activity, where the number of participants is larger than allowed under normal household rules.

'Individual exercise' refers to organised sport or physical activity within household rules i.e.1:1 coaching.

This guidance is not applicable to professional or performance sports activity which is approved through the ['Resumption of Performance Sport'](#) process.

### SINGLES, PAIRS, ICE DANCE AND SKATE UK INDOOR 'ON ICE' ACTIVITIES & INDOOR 'OFF ICE' TRAINING

	Level 0	Level 1	Level 2	Level 3	Level 4
<b>Under 18</b>	<ul style="list-style-type: none"> <li>✓ Individual training</li> <li>✓ private lessons</li> <li>✓ Couples training</li> <li>✓ couple lessons</li> <li>✓ group lessons</li> <li>✓ skateUK lessons</li> </ul>	<ul style="list-style-type: none"> <li>✓ Individual training</li> <li>✓ Private lessons</li> <li>✓ Couples training</li> <li>✓ Couple lessons</li> <li>✓ Group lessons</li> <li>✓ SkateUK lessons</li> </ul>	<ul style="list-style-type: none"> <li>✓ Individual training</li> <li>✓ Private lessons</li> <li>✓ Couples training</li> <li>✓ Couple lessons</li> <li>✓ Group lessons</li> <li>✓ SkateUK lessons</li> </ul>	<ul style="list-style-type: none"> <li>✓ Individual training</li> <li>✓ Private lessons</li> <li>✓ Couples training</li> <li>✓ Couple lessons</li> <li>✓ Group lessons</li> <li>✓ SkateUK lessons</li> </ul>	<ul style="list-style-type: none"> <li>✗ No training</li> <li>✗ No lessons</li> </ul>
<b>Adult</b>	<ul style="list-style-type: none"> <li>✓ Individual training</li> <li>✓ Private lessons</li> <li>✓ Couples training</li> <li>✓ Couple lessons</li> <li>✓ Group lessons</li> <li>✓ SkateUK lessons</li> </ul>	<ul style="list-style-type: none"> <li>✓ Individual training</li> <li>✓ Private lessons</li> <li>✓ Group lessons</li> <li>✓ SkateUK lessons</li> </ul> <p>2m physical distancing required</p> <ul style="list-style-type: none"> <li>✗ couples training*</li> <li>✗ couples lessons* (*unless couple from same household)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Individual training</li> <li>✓ Private lessons</li> <li>✓ Group lessons</li> <li>✓ SkateUK lessons</li> </ul> <p>2m physical distancing required</p> <ul style="list-style-type: none"> <li>✗ couples training*</li> <li>✗ couples lessons* (*unless couple from same household)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Individual training</li> <li>✓ Private lessons</li> </ul> <p>2m physical distancing required</p> <ul style="list-style-type: none"> <li>✗ couples training*</li> <li>✗ couples lessons* (*unless couple from same household)</li> <li>✗ group lessons</li> <li>✗ SkateUK lessons</li> </ul>	<ul style="list-style-type: none"> <li>✗ No training</li> <li>✗ No lessons</li> </ul>

### SYNCHRO SKATING INDOOR 'ON ICE' ACTIVITIES & INDOOR 'OFF ICE' TRAINING

	Level 0	Level 1	Level 2	Level 3	Level 4
<b>Under 18</b>	<ul style="list-style-type: none"> <li>✓ Individual skills</li> <li>✓ In-hold and contact elements</li> <li>✓ Team lessons</li> </ul>	<ul style="list-style-type: none"> <li>✓ Individual skills</li> <li>✓ In-hold and contact elements</li> <li>✓ Team lessons</li> </ul>	<ul style="list-style-type: none"> <li>✓ Individual skills</li> <li>✓ In-hold and contact elements</li> <li>✓ Team lessons</li> </ul>	<ul style="list-style-type: none"> <li>✓ Individual skills</li> <li>✓ Team lessons</li> <li>✓ In-hold and contact elements</li> </ul>	<ul style="list-style-type: none"> <li>✗ No training</li> <li>✗ No lessons</li> </ul>
<b>Adult</b>	<ul style="list-style-type: none"> <li>✓ Individual skills</li> <li>✓ In-hold and contact elements</li> <li>✓ Team lessons</li> </ul>	<ul style="list-style-type: none"> <li>✓ Individual skills</li> <li>✓ team lessons</li> </ul> <p>2m physical distancing required</p> <ul style="list-style-type: none"> <li>✗ In-hold and contact elements</li> </ul>	<ul style="list-style-type: none"> <li>✓ Individual skills</li> <li>✓ team lessons</li> </ul> <p>2m physical distancing required</p> <ul style="list-style-type: none"> <li>✗ In-hold and contact elements</li> </ul>	<ul style="list-style-type: none"> <li>✓ Individual training</li> <li>✓ Private lessons</li> </ul> <p>2m physical distancing required</p> <ul style="list-style-type: none"> <li>✗ In-hold and contact elements</li> <li>✗ Team lessons</li> </ul>	<ul style="list-style-type: none"> <li>✗ No training</li> <li>✗ No lessons</li> </ul>

## SPEED SKATING ON ICE ACTIVITIES & INDOOR 'OFF ICE' TRAINING

	Level 0	Level 1	Level 2	Level 3	Level 4
<b>Under 18</b>	✓ group training sessions	✓ group training sessions	✓ group training sessions	✓ group training sessions	X No training X No lessons
<b>Adult</b>	✓ group training sessions	✓ group training sessions  2m physical distancing required	✓ group training sessions  2m physical distancing required	X group training sessions	X No training X No lessons

## OUTSIDE 'OFF ICE' TRAINING

Groups or teams training outdoors should not be in a group of bigger than 30 persons (including the coach)

	Level 0	Level 1	Level 2	Level 3	Level 4
<b>Under 18</b>	<ul style="list-style-type: none"> <li>✓ Private lessons</li> <li>✓ Couples training</li> <li>✓ Couple lessons</li> <li>✓ Group lessons</li> <li>✓ In-hold and contact synchro elements</li> <li>✓ Team lessons</li> </ul>	<ul style="list-style-type: none"> <li>✓ Private lessons</li> <li>✓ Couples training</li> <li>✓ Couple lessons</li> <li>✓ Group lessons</li> <li>✓ In-hold and contact synchro elements</li> <li>✓ Team lessons</li> </ul>	<ul style="list-style-type: none"> <li>✓ Private lessons</li> <li>✓ Couples training</li> <li>✓ Couple lessons</li> <li>✓ Group lessons</li> <li>✓ In-hold and contact synchro elements</li> <li>✓ Team lessons</li> </ul>	<ul style="list-style-type: none"> <li>✓ Private lessons</li> <li>✓ Couples training</li> <li>✓ Couple lessons</li> <li>✓ Group lessons</li> <li>✓ In-hold and contact synchro elements</li> <li>✓ Team lessons</li> </ul>	<ul style="list-style-type: none"> <li>✓ Private lessons</li> <li>✓ Group lessons</li> <li>✓ Team lessons</li> </ul> <ul style="list-style-type: none"> <li>X In-hold and contact synchro elements</li> <li>X couples training*</li> <li>X couples lessons* (*unless couple from same household)</li> </ul>
<b>Adult</b>	<ul style="list-style-type: none"> <li>✓ Private lessons</li> <li>✓ Couples training</li> <li>✓ Couple lessons</li> <li>✓ Group lessons</li> <li>✓ In-hold and contact synchro elements</li> <li>✓ Team lessons</li> </ul>	<ul style="list-style-type: none"> <li>✓ Private lessons</li> <li>✓ Couples training</li> <li>✓ Couple lessons</li> <li>✓ Group lessons</li> <li>✓ In-hold and contact synchro elements</li> <li>✓ Team lessons</li> </ul>	<ul style="list-style-type: none"> <li>✓ Private lessons</li> <li>✓ Couples training</li> <li>✓ Couple lessons</li> <li>✓ Group lessons</li> <li>✓ In-hold and contact synchro elements</li> <li>✓ Team lessons</li> </ul>	<ul style="list-style-type: none"> <li>✓ Private lessons</li> <li>✓ Group lessons</li> <li>✓ Team lessons</li> </ul> 2m physical distancing required  <ul style="list-style-type: none"> <li>X In-hold and contact synchro elements</li> <li>X couples training*</li> <li>X couples lessons* (*unless couple from same household)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Private lessons</li> <li>✓ Group lessons</li> <li>✓ Team lessons</li> </ul> 2m physical distancing required  <ul style="list-style-type: none"> <li>X In-hold and contact synchro elements</li> <li>X couples training*</li> <li>X couples lessons* (*unless couple from same household)</li> </ul>

# TRAVEL GUIDANCE

Travel guidance outlined by the Scottish Government should always be followed. Further information on what travel is permitted is available at [Coronavirus \(COVID-19\): guidance on travel and transport](#).

Specific information on car sharing is available from [Transport Scotland: advice on how to travel safely](#).

Information for each local authority area, including their level is available at [Coronavirus \(COVID-19\): local protection levels](#) including a post code checker.

Participants can travel freely for organised sport and physical activity or informal exercise within their own Local Authority area.

If you live in a Level 3 or Level 4 local authority area you should:

- Avoid any unnecessary travel out of the area.
- Keep journeys within the area to an absolute minimum.

Adults living in a Level 3 or Level 4 area can also travel up to 5 miles out with their local government area to take part in informal exercise or recreation such as walking, cycling, golf or running that starts and finishes in the same place. Such activity should follow Scottish Government 'local protection levels' guidance.

Participants aged **18 years or over** can travel to and from a Level 0, 1 and 2 area to take part in organised sport, physical activity, training, and competition. However, to help suppress the spread of the virus, it is advised that people should not utilise facilities or take part in activities that are not allowed in their home local area protection Level. Participants should not travel to a Level 3 or 4 area to take part in organised sport or physical activity.

Participants aged **17 years or under** can travel to and from Level 0, 1, 2 and 3 areas to take part in organised sport, physical activity, training and competition.

Children and young people can also travel to and from a Level 4 area, if for example, they belong to a club which is outside their own local government area. This flexibility is to allow children and young people to take part in sport or organised activity, but they should travel no further than they need to. If attending a sport/activity in a Level 3 area or below, Level 4 guidance will apply to the whole activity e.g. 12 to 17-year-old outdoor activity should be restricted to non-contact and include a maximum of 15 participants.

Children and young people living in a Level 3 or 4 area can also travel out with their local government area to take part in informal exercise such as walking, running or cycling. Such activity should follow [Scottish Government 'local protection levels' guidance](#).

Age Group	Level 0	Level 1	Level 2	Level 3	Level 4
U18s	✓	✓	✓	✓	✓

18+ (Adults)	✓	✓	✓	L3 Travel Only	Local Travel Only
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# PHYSICAL DISTANCING

- Under 18's do not need to physically distance during sport training or lessons but should return to physical distancing after the session has ended. This exemption only applies in protection levels 0, 1, 2, and 3. Physical distancing while undertaking sport and physical activity is required for all ages in protection level 4.

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. With patience and cooperation, we can all do our part.

## WHAT DOES PHYSICAL DISTANCING MEAN?

This means making changes in your everyday routines in order to minimise close contact with others, including:

- Avoid crowded places and gatherings.
- Avoid common greetings, such as handshakes, a kiss or a hug
- Keep a distance of at least 2 meters from others in protection levels 1,2 & 3 or 1m in protection level 0.

## HERE'S HOW YOU CAN PRACTICE PHYSICAL DISTANCING:

- Greet with a wave instead of physical contact.
- Conduct virtual meetings with, skaters and parents.
- Arrive ready to skate and put skates on in a designated area.
- Keep all personal equipment in a secure bag or leave it in the car.
- Coaches should use verbal cues when instructing students rather than physical contact.
- All warm-ups should be done outside of the building, weather permitting where possible & if safe to do so.
- Skaters should enter/exit ice at staggered times and separate entrances in accordance with the rink guidelines.
- A buffer time should be included between sessions to prevent the crossover of participants, either within the building or externally in the car parking area/drop-off area
- All participants should have left the rink space prior to any participants in the next class or group being allowed in. A one-way system, traffic-light system or controlled queueing system should be put in place to avoid any crossover of participants.
- Lesson plans should be adopted to ensure skaters and coaches are keeping a distance of at least 2 meters (if required). Utilise markers on the ice and new activities to ensure spacing is maintained.
- Gatherings of groups of any size in the lobby or bathroom is not permitted.

# WHAT TO DO IF I HAVE CORONAVIRUS SYMPTOMS?

1. If you have a continuous cough, high temperature, or loss or change in taste or smell, self-isolate and request a coronavirus test right away. You can do this online at [www.NHSinform.scot/test-and-protect](http://www.NHSinform.scot/test-and-protect) or by calling 0800 028 2816 if you cannot get online.
2. If you develop symptoms, you should self-isolate immediately and stay home for 10 days. Others in your household should stay home for 14 days in case they also develop symptoms.

## HYGIENE

- Hand sanitisers should be available to all participants on entry to the rink
- Wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food.
- Use alcohol-based hand sanitizer if soap and water are not available.
- Participants personal equipment should be cleaned before and after class/session
- All clothing should be washed after every use, including staff uniforms, gloves and jackets
- When coughing or sneezing: Cough into a tissue or the bend of your arm, not your hand
- Dispose of any tissue you have used as soon as possible in a lined waste basket and wash your hands afterwards
- Avoid touching your eyes, nose, or mouth
- Coaches should use a mic when teaching and avoid shouting. Ideally each instructor should have their own head mic.
- Music should be played at low levels to avoid the need for participants to shout

## FACE COVERING

- Participants and visitors should wear face coverings (unless exempt), if indoors, before and after activity in all areas of the facility. This is a mandatory requirement.

## FACILITIES

- Ensure that planned re-start activities comply with the guidelines issued by **sportscotland** called “Getting your facilities fit for sport Operational guidance: Indoor ice rinks”, available here - [getting-your-facilities-fit-for-sport](#)

## TEST AND PROTECT

- [Test and Protect](#) is Scotland’s way of putting into practice the test, trace, isolate and support strategy.
- It is a mandatory requirement as part of Test and Protect that sport facility operators collect the name, contact number, date of visit, time of arrival, and where possible the departure time of all those attending facilities or activities.
- Sport facility operators should store the information for 21 days and share it when requested to do so by public health officers
- A leaflet providing information on the Test and Protect service from NHS Scotland is also available [here](#)

Further health, safety and hygiene guidance is available at:

- [Health Protection Scotland: General guidance for non-healthcare settings](#)
- [Health Protection Scotland: Cleaning in a non-healthcare setting](#)
- [Health Protection Scotland: Hand hygiene techniques](#)
- [St. Johns Ambulance: Covid-19 advice for first aiders](#)
- HSE: First Aid during Coronavirus



# PROGRAMMING CONSIDERATIONS

## PLANNING:

- All participants should be briefed on any new policies or protocols before arriving at the venue.
- Anyone participating in the activity (athlete, volunteer, official, etc.) should proactively and regularly check their health status (including taking their temperature and monitoring for any symptoms) in advance of arriving at the venue. Anyone due to participate who is feeling ill should not come to the venue.
- Schedule sessions to allow for skaters to exit and enter with no overlap or contact.
- Identify, educate and train all volunteers or coaches on roles at the arena to reinforce expectations and guidelines.
- Communicate with all families the new expectations and guidelines for Return to Skating prior to the first day back. Revisit, as necessary.

## DURING SESSIONS:

- Work with the facility operator to establish traffic flow patterns to prevent gatherings.
- Skaters should arrive “rink ready”. They may put on their skates inside the rink in designated areas.
- Warm-ups can occur outdoors in a safe area, where physical distancing can be followed.
- Encourage constant movement on the ice.
- All skaters must bring their own personal items (gloves, facial tissues, water bottles, etc.)
- Utilise lanes for class/group work.
- Use verbal cues and drawings on ice to enhance learning.
- Use verbal incentives and praises.
- No hands-on assistance unless a safety issue arises. Coaches should use verbal cues when instructing students rather than physical contact.
- Limit coach/skater contact during lessons.
- Lesson plans should be adapted to ensure skaters and coaches are practicing physical distancing.

## SPECTATORS:

- No spectating should take place other than where a parent or carer is supervising a child or vulnerable adult or when following specific Scottish Government: [sector guidance for sporting events](#). Please note that Scottish Government is currently reviewing spectator guidance and an update will be provided when available.
- Physical distancing should always be followed where spectating is allowed except between members of the same household, a carer and the person assisted by the carer or as otherwise outlined within Scottish Government approved sport specific guidance.

## POST SESSIONS:

- Encourage people to stagger their departure to clear the area for the next session.
- Suggest cool down activities to be performed at home or in an outdoor safe area, where physical distancing can be followed.
- At the end of each session disinfect all equipment and surfaces.

# SKATE UK

Linked to the operational guidelines produced by rinks.

- Coaches should NOT combine grade classes together if possible
- Maximum of 8 groups on a 60x30 m ice pad at protection level 0
- Maximum of 6 groups on a 60x30 m ice pad at protection levels 1,2 & 3
- Coaches should use cones or water-soluble marker pens to draw out circles and guidelines for skaters to follow
- Coaches to group skater's dependent upon their skating strength
- Coaches to use helpers, assistant coaches, ice marshals etc to assist if necessary
- For Grade 1 and above if required - Use an off ice programme approximately 15 minutes prior to lesson to go through basics of walking, sitting down & getting up safely to reduce contact \*Go through with group on how to tie up skates correctly ensuring all skates are properly fitted before leading group to ice pad \*Use barriers and skating aids of necessary for complete beginners to reduce any falls etc
- Coaches should aim to keep the pupils moving during lesson
- Each individual rink to determine how best to subdivide/utilise the ice space dependant on the Skate UK level being taught & numbers within the group
- Skaters over 18 years of age are able to return to Skate UK lessons in Level 2 areas.

## PLEASE USE CALCULATIONS BELOW WHEN ASSESSING ICE PAD CAPACITY FOR SKATE UK

ICE RINK – for Skate UK lessons, following appropriate venue risk assessments and incorporating appropriate supervision ratios the recommendation is 18sqm at protection level 0 and 25sqm per skater at levels 1,2,& 3.

- 60m x 30m = 1744 sqm
- **18 sqm** per person = 96 to include all coaches, supervisors, skaters, parents etc on the rink. This is a maximum, and if necessary this should be reduced in line with the local risk assessment and facility capacity.
- **25 sqm** per person = 70 to include all coaches, supervisors, skaters, parents etc on the rink. This is a maximum, and if necessary this should be reduced in line with the local risk assessment and facility capacity.
- MAXIMUM NUMBER OF SKATERS PER LEVEL 2 COACH = **10**.
- When planning your return to the ice the focus should be on providing activity involving as few participants as possible, for the minimum amount of time, whilst still allowing the activity to run effectively.
- Participants in any one bubble must not interact with anyone from another bubble and must not be part of more than one sporting bubble per day.
- The number of participants allowed to take part in indoor sport or leisure activity must be risk assessed by the sports facility operator following [Scottish Government Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#) and sport specific [SGB Guidance](#).
- **GRADE 1**\*Use an off ice programme approximately 15 minutes' worth prior to lesson to go through basics of walking, sitting down & getting up safely to reduce contact \*Go through with group on how to tie up skates correctly ensuring all skates are properly fitted before leading group to ice pad \*Use barriers and skating aids of necessary for complete beginners to reduce any falls etc.

- Use hockey circles, soluble marker pens & cones to help with physical distancing. When using a circle put weaker skaters on inside & stronger skaters on outside to assist physical distancing.

## **PARENT & TODDLER SESSIONS / SKATE TOTS**

- Reduced numbers on the ice (A maximum of 6 children plus accompanied adult per coach)
- Ensure the parent has capability to control themselves and the child appropriately at all times, Skate aids to be used as additional support at all times.
- Parent's must ensure they stay 1meter apart from other parents and the coach at protection level 0 and 2meters at levels 1,2 & 3
- All equipment must be fully disinfected prior and after use (this will be undertaken by rink staff)

## PATCH ICE / FIGURE SKATING ICE

- Coaches should teach from barrier / off ice where applicable (avoid touching barrier)
- Coaches should use water soluble marker pens to draw out guidelines / meeting point for skaters to follow
- Ice surface should be re-surfaced more frequently if possible due to skaters falling, blowing of noses (into tissues) & drinking by the barriers & the risks they carry
- Suggest skaters arrive “rink ready”. Boots should be put on in designated areas.
- All skaters must bring their own personal items (gloves, facial tissues, water bottles, etc.)
- Use tape to mark areas where skaters can put on/take off skates, if necessary. Use open areas like outside, lobbies, hallways, spectator areas, etc
- Keep all personal equipment in a secure bag or leave it in the car.
- Limit coach/skater contact during lessons. Coaches should use verbal cues when instructing students rather than physical contact.
- All warm-ups should be done outside of the building, weather permitting where possible & if safe to do so.
- Encourage constant movement on the ice.
- NO skate harness work to be carried out during COVID restrictions, exceptions apply for 1 year olds and under
- Group lessons for those over 18 are able to restart in Level 2 areas.

### PLEASE USE CALCULATIONS BELOW WHEN ASSESSING ICE PAD CAPACITY FOR PATCH / FIGURE ICE

- **43 sqm at protection level 0**
- **56sqm at protection levels 1, 2 & 3.**

	60x30m - Rink Surface 1,744 sqm	56x26m - Rink Surface 1,411 sqm
Protection Level 0	Maximum 35 people on the ice including coaches per session	Maximum 32 people on the ice including coaches per session
Protection levels 1,2 & 3	Maximum 31 people on the ice including coaches per session	Maximum 25 people on the ice including coaches per session

Due to a mixed skill set, most skaters are without a coach & programme work being carried out causing an un-controlled environment. Also, multiple disciplines training together & skaters moving in different directions, at different speeds carrying out different skills increase the risks.

**Rink managers, Head Coaches, Clubs etc should use these figures as guidelines.**  
**Please be mindful that levels of skaters may require more space.** The number of participants allowed to take part in indoor sport or leisure activity must be risk assessed by the sports facility operator following [Scottish Government Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#), the [ice rink operational guide](#) and sport specific [SGB Guidance](#).

## SYNCHRO TRAINING

BIS guidelines for on-ice training sessions are, no more than 15-1 skater to coach ratio as standard. It is necessary, therefore, to have responsible and adequately trained chaperones in attendance, should this ratio not be possible. This ratio is outlined on page 32 of the BIS Safeguarding & Protecting Young People Policy.

Social distancing at levels 2, 3 & 4, by area, is recommended by BIS to be no less than 9 square meters per skater. It is, therefore, recommended that no more than 30 skaters should be training on any given training session and it is advised that coaches and clubs operate the initial training session for each training group with no more than 20 Skaters (full size 60x30 ice surface) to ensure everyone becomes accustomed to the social distancing requirements.

Participants aged **18 years or over** (adults) in level 3 are only allowed to train individually indoors. In level 2 non-contact group training is permitted, with in-hold training only permitted in level 0.

Participants aged **17 years or under** in level 3 are allowed non-contact sport training. In-hold contact elements are permitted in levels 0, 1 & 2.

### PLEASE USE CALCULATIONS BELOW WHEN ASSESSING ICE PAD CAPACITY FOR SYNCHRO SESSIONS

- **45sqm at protection level 0**
- **56sqm at protection levels 1, 2 & 3.**

	60x30m - Rink Surface 1,744 sqm	56x26m - Rink Surface 1,411 sqm
Protection Level 0	Maximum 38 people on the ice including coaches per session	Maximum 31 people on the ice including coaches per session
Protection levels 1,2 & 3	Maximum 31 people on the ice including coaches per session	Maximum 25 people on the ice including coaches per session

Numbers are higher on synchro session than on patch sessions due to the group and coached nature of the activity.

## Social distance models for various drills and skills

Appendix A is a series of accurate CAD schematics showing various configurations and mapping of directions of skating that coaches may use on the ice surface to ensure safe social distancing, in line with BIS guidelines of 3 square metres per skater. The diagrams clearly identify each skater's personal exclusion zone or "bubble". These are by no means an exhaustive list of specific exercises, simply models of typical patterns that are used in training drills and skills for Synchronized skaters to aid Coaches and Clubs in safe return to the ice under social distancing measures. The maps show ways in which skaters can perform side-by-side, follow-the-leader, serpentine and

circular pattern exercises and how it is possible to space/queue skaters whilst they wait for their turn to repeat perform the exercises.

## CLUB SESSIONS

- Every club is required to have a dedicated officer responsible for Covid-19 liaison, making sure that from the club's perspective they are up to date with central or local government recommendations. This person will also have a key responsibility to liaise with the local rink operator and be aware of the rules and guidance set by the facility provider (for all facilities used by the club).
- Clubs should discuss with the rink operator any changes that may affect club access.
- When determining skater ratios clubs should consider the advice on guidance and assessing risk in the rink alongside and with collaboration with the rink operator.
- Coaches should deliver from rink side if possible and avoid touching barrier.
- Review current first aid requirements with your rink.

### PLEASE USE CALCULATIONS BELOW WHEN ASSESSING ICE PAD CAPACITY FOR CLUB SESSIONS

- **43 sqm at protection level 0**
- **56sqm at protection levels 1, 2 & 3.**

	60x30m - Rink Surface 1,744 sqm	56x26m - Rink Surface 1,411 sqm
Protection Level 0	Maximum 35 people on the ice including coaches per session	Maximum 32 people on the ice including coaches per session
Protection levels 1,2 & 3	Maximum 31 people on the ice including coaches per session	Maximum 25 people on the ice including coaches per session

Due to a mixed skill set, most skaters are without a coach & programme work being carried out causing an un-controlled environment. Also, multiple disciplines training together & skaters moving in different directions, at different speeds carrying out different skills increase the risks.

**\*IMPORTANT - Rink managers, Head Coaches, Clubs etc should only use these figures as a guideline and a maximum. Please be mindful that levels of skaters may require more space.** The number of participants allowed to take part in indoor sport or leisure activity must be risk assessed by the local sports facility operator following [Scottish Government Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor](#)

[sport and leisure facilities](#), the [ice rink operational guide](#) and sport specific SGB Guidance.

# COACHING

Coaches operating within clubs and facilities should liaise with the relevant COVID Officer before undertaking coaching and all sporting or physical activity must adhere to operator and relevant SGB Guidance.

Coaches should complete their own risk assessments in collaboration with the rink operators to ensure the assessments are suitable and sufficient. Risk assessments are a requirement as a coach and demonstrates good practice.

Coaches should be aware that local restrictions may be in place for sport and physical activity and this should be considered as part of risk assessment planning and will dictate what activity can be coached, indoors and outdoors and to whom. See information in appendix about protection levels.

Coaches can take multiple indoor sessions per day, however the numbers allowed in each session will depend upon the protection level restrictions in place in the given location.

## WORKING WITH CHILDREN AND YOUNG PEOPLE

Coaches working with young people should not work in isolation. It is important to have the correct level of supervision from a health and safety point of view so that coaches reduce the risk of injury to skaters and ensure adequate cover remains in case of an emergency.

Good practice means at least one other adult in addition to the coach should be present at every session to supervise. The additional adults do not need to be qualified coaches if the ratio of coaches: skaters are met. Coaches must stay a minimum of 1 metre apart from each other at all times.

Participants aged under 18 should not be included in staffing ratios even if they have coaching qualifications. Parents/carers should also not be included in supervision ratios unless they are acting in specific role and not solely in the role of carer.

The level of supervision should take account of the:

- Ability and experience of the skaters.
- Age and any disabilities or special requirements of any of the young people
- Activity being undertaken.
- Geography of the facilities being used (i.e. restricted access to rink or off-ice facility).
- Risk assessment of the activity and facility.

When working with groups of children under 8 years of age government guidance states clearly that there should be one supervising adult for every 6 children (Care Standards Act 2000)

When working with young people aged over 8 years old the ideal teaching/coaching ratio is one fully qualified [Level 2 or above] teacher/coach for every 15 skaters.

**However, during the current situation BIS are recommending one fully qualified [Level 2 or above] teacher/coach for every 10 skaters due to the increased risk.** If there is an accident or an incident which may mean a member of staff has to treat first aid.

Coaches and instructors working with children should familiarise themselves with the additional considerations developed by [Children 1st: Child Wellbeing and Protection Considerations](#)



Guidance for coaches, leaders, personal trainers, and instructors is available at [Getting your coaches ready for sport](#)

### **PHYSICAL DISTANCE**

Physical distancing should be a minimum of 1m apart indoors. Coaches and others supporting organised sporting or physical activity should attempt to keep physically distant, but it is recognised that this will not always be possible to ensure the safety of participants. In such circumstances the responsible 'Covid Officer' should consider appropriate mitigating actions as part of the risk assessment.

Specific consideration should be given to supervision of children under the age of 5 years as it is not appropriate for young children to maintain physical distancing, either practically or in terms of child development. You may, for instance, ask a parent or carer to be present.

Where a disabled participant requires functional support to help them participate coaches or carers can provide this without maintaining physical distancing. In such circumstance the responsible 'Covid Officer' should consider appropriate mitigating actions as part of the risk assessment. For instance, providing appropriate PPE, limiting the number of participants an individual provides functional support to, limiting the duration spent in close proximity, or a combination of actions.

Coaches can take multiple indoor sessions per day, however the numbers allowed in each session will depend upon the protection level restrictions in place in the given location.

### **FACE COVERINGS**

Must be worn by coaches when indoors, except where an exemption applies.

For instance;

- where an individual has a health condition or is disabled, including hidden disabilities, for example, autism, dementia or a learning disability.
- or if there is a reasonable excuse not to wear a face covering such as;
- where there is difficulty in communicating with participants who may not be close by and safety is an issue i.e. in a swimming lesson. In such cases alternative measures should be considered such as use of a face visor.

being physically active or exercising as part of the coached session

**For advice and support on any issues relating to the operation of clubs contact British Ice Skating via their website <https://www.iceskating.org.uk/>**

## Events & Competitions

**Sports competition is defined as “any amateur participation sport, contest or race involving individual participants or teams who regularly compete against opponents as part of an organised SGB, league, local authority or club activity.”**

**Sports event is defined as “an organised gathering or activity of limited duration that brings people together for the primary purpose of participating in the one-off sporting activity such as a marathon, triathlon etc.” For the benefit of this guidance professional sport with spectators is regarded as a sports event not competition.**

Organised sport competition can take place if guidance within this document is followed and subject to appropriate risk assessment and oversight by the designated Covid Officer.

The maximum number of participants allowed to take part in a sport competition should be no more than:

Outdoors: Agreed bubble/daily participation numbers, by Level. These numbers can be found on the sportscotland [Return to sport & physical activity document](#) (in Table A on page 3)

Indoors: Risk assessed maximum numbers following Scottish Government guidance on the [opening of indoor and outdoor sport and leisure facilities](#).

Operators and organisers should where relevant, as part of their risk assessment, consult with and obtain agreement from those bodies that they would normally require agreement from to run the competition. Where the competition would require a licence from the local authority under existing Civic Government legislation, this must include agreement from local Environmental Health Officers. Other bodies depending on the type, location, and scale of the event, may include the landowner, Community Council, the transport police, or other body responsible for the safety of the public.

Some spectating is currently permitted **Spectators are permitted under the following circumstances:**

- Where supervising a child and/or vulnerable person.
- Where a competition or event is organised and takes place at premises whose entrances and exits are controlled (indoors and outdoors) for the purpose of crowd and capacity management in line with Scottish Government (COVID-19): events sector guidance and (COVID-19): calculating physical distancing capacity in public settings.

### Sports Events

Sports events can take place subject to appropriate Scottish Government guidance being followed. Further information is available on the sportscotland website here: [Event information](#).

### Other useful links:

[Scotland’s route map through and out of the crisis – Phase 3 Update](#)

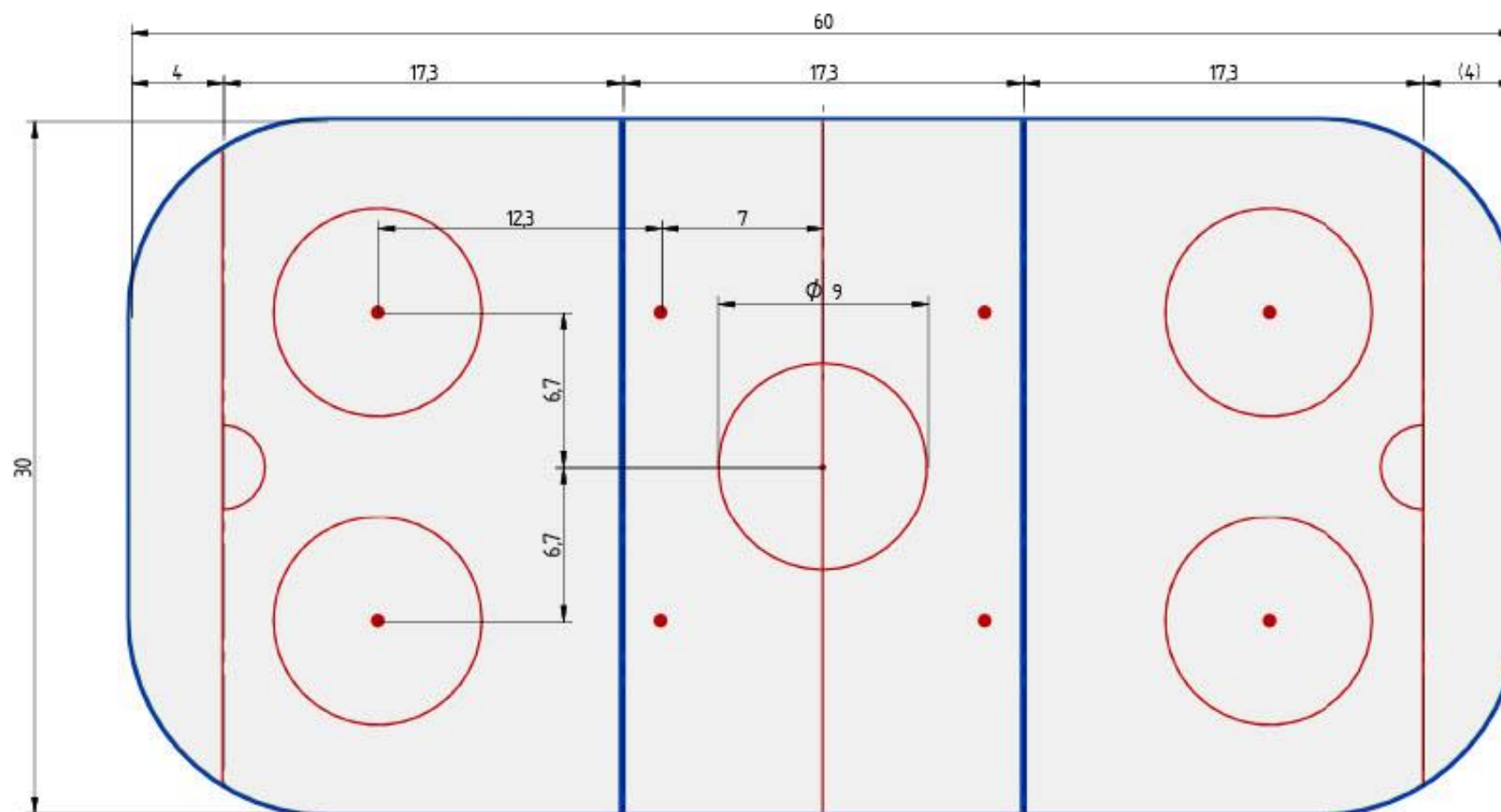
[Latest coronavirus \(COVID-19\) guidance from NHS Scotland and the Scottish Government](#)  
[Coronavirus \(COVID-19\) information and resources](#)  
[Coronavirus \(COVID-19\) Information](#)  
[Test and Protect](#)  
[Phase 3: Return to Sport and Physical Activity](#)  
[Getting you facilities fit for sport - Operational Guide - Ice Rinks](#)

## Appendix A

Social distance models for various drills and skills.

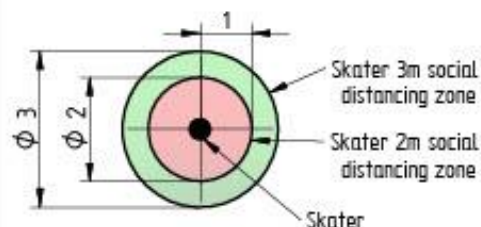
CAD schematics showing various configurations/mapping of directions of skating that coaches may use on the ice surface to ensure safe social distancing, in line with BIS guidelines of 3 square metres per skater

REV	DESCRIPTION	DATE	APPROVED



### Approximate Rink Dimensions 60 x 30

Calculations are based on a 60 x 30 surface.  
However, apart from the returning skaters from the circle exercises,  
the minimum social distancing requirement can still be maintained on an ice surface 56 x 26.  
On the smaller ice surface, it is recommended that only 1 circle travels along the long axis (see sheet 3).



1:100  
Skater Representation



TITLE  
**COVID-19: SYNCHRO DRILLS**

SIZE  
**A3** Rink Dimensions 60 x 30 REV  
**00**

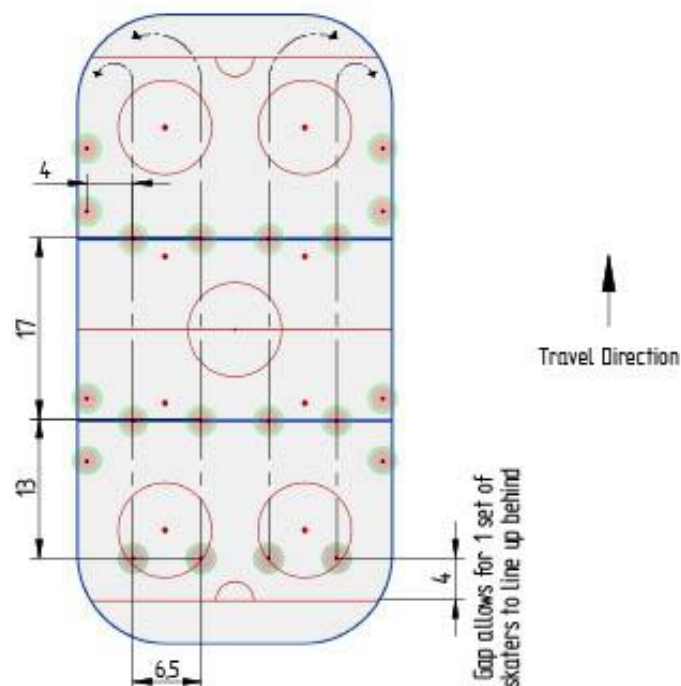
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SCALE: 1 : 200 SHEET 1 OF 7

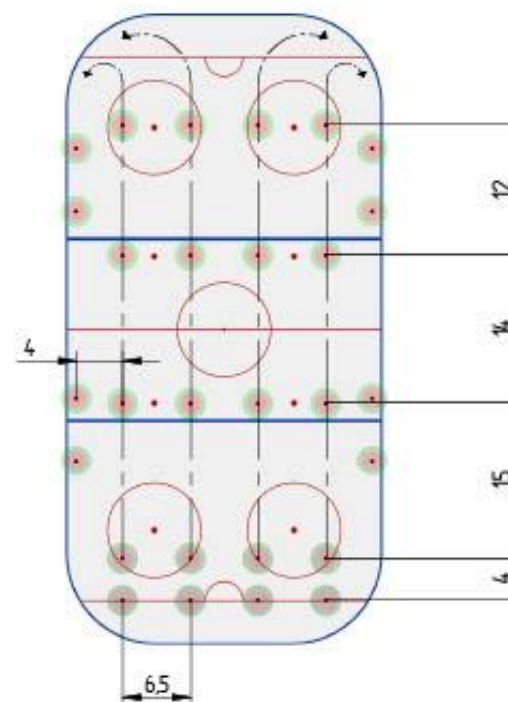
All dimensions rounded to  
the nearest meter (m) unless stated

# REVISION HISTORY

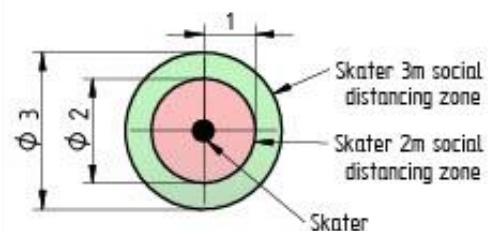
REV	DESCRIPTION	DATE	APPROVED



Tramlines: 20 Skaters



Tramlines: 28 Skaters



1:100

Skater Representation



TITLE  
COVID-19: SYNCHRO DRILLS

SIZE  
A3

Tramlines

REV  
00

Created by: P.Kilham Date Created: 03.06.2020

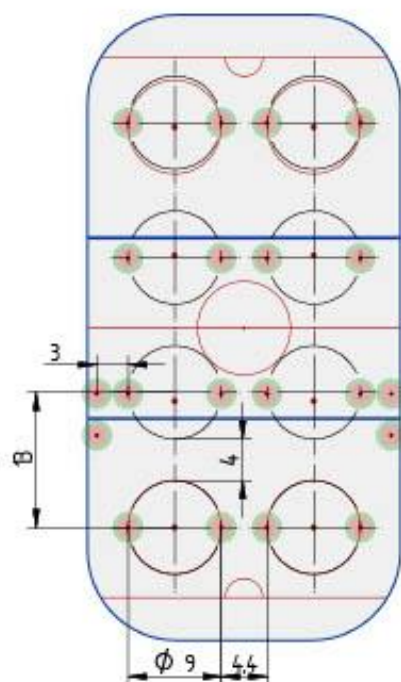
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SHEET 2 OF 7

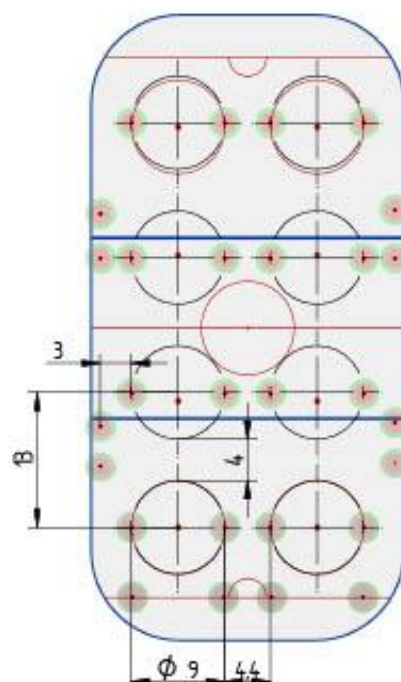


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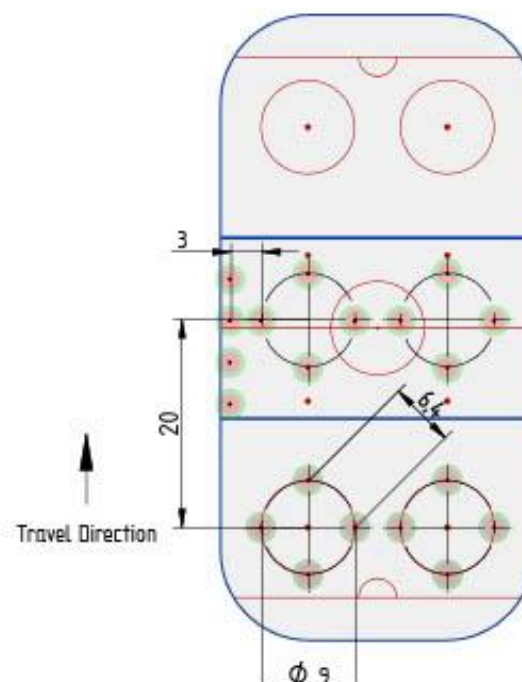
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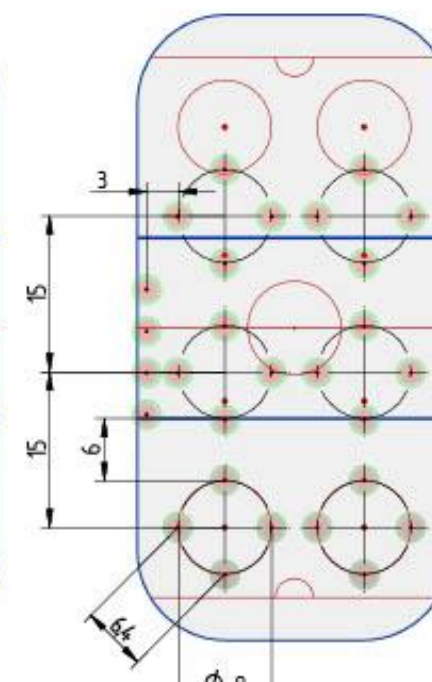
2 Skater Circles  
20 Skaters



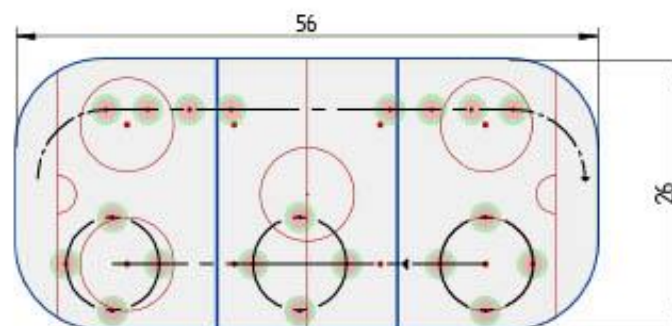
2 Skater Circles  
28 Skaters



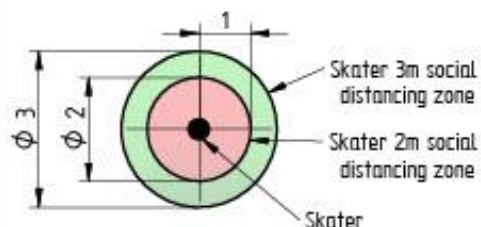
4 Skater Circles  
20 Skaters



4 Skater Circles  
28 Skaters



56 x 26 Rink  
4 Skater Circles  
20 Skaters



1:100  
Skater Representation



TITLE  
**COVID-19: SYNCHRO DRILLS**

SIZE  
**A3** **Traveling Circles**

REV  
**00**

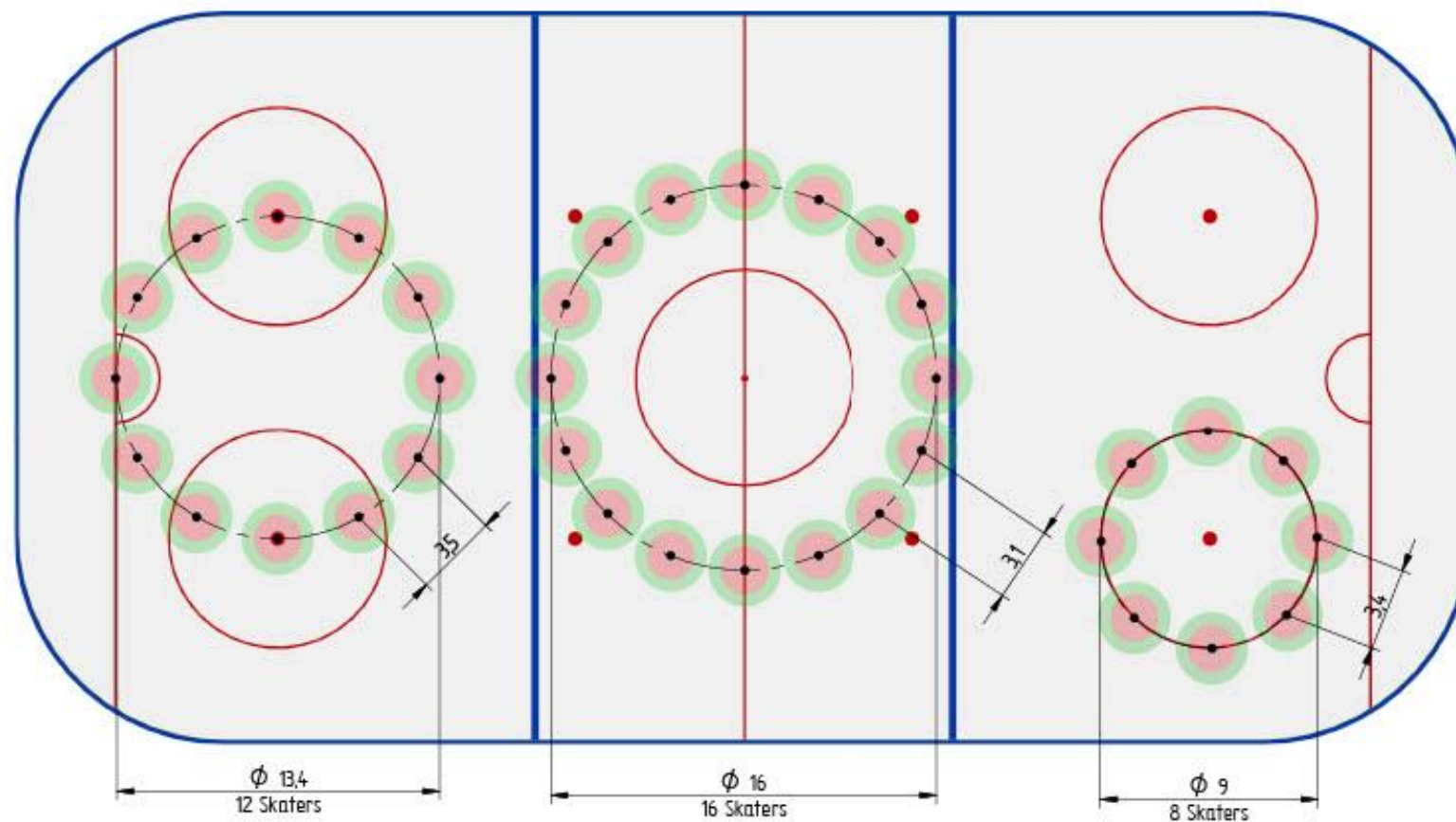
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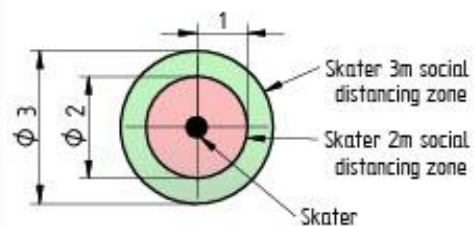
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SHEET 3 OF 7

REV	DESCRIPTION	DATE	APPROVED



Circle Sizes



Skater Representation



TITLE  
COVID-19: SYNCHRO DRILLS

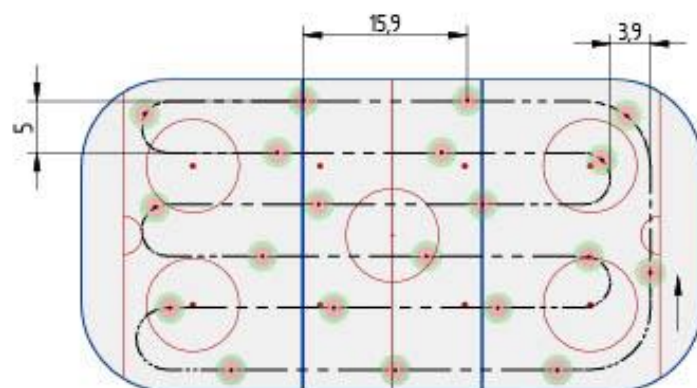
SIZE  
A3 Circle Sizes REV  
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Created by: P.Kilham Date Created: 03.06.2020

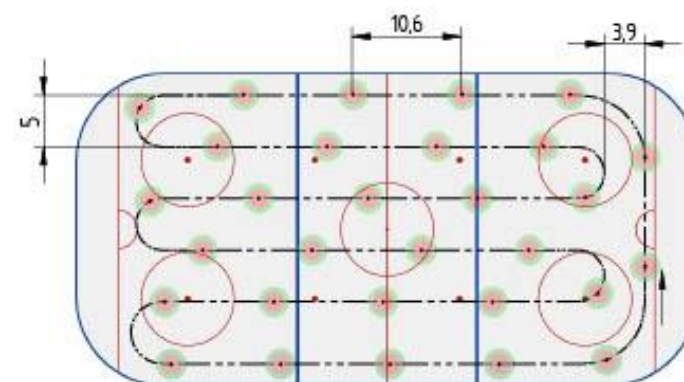
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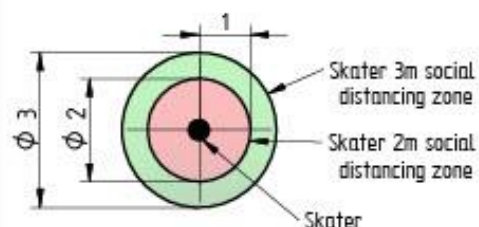
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20 Skaters Serpentine



30 Skaters Serpentine



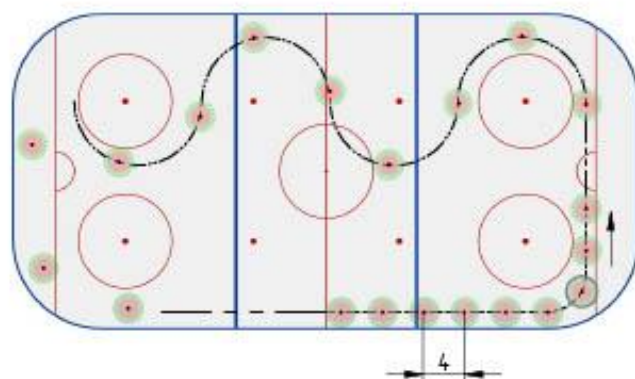
1:100

Skater Representation

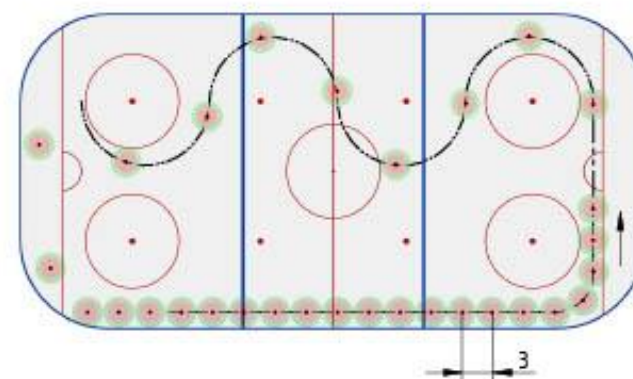
 	
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<b>SIZE</b> A3	<b>REV</b> 00
Created by: P.Kilham      Date Created: 03.06.2020	
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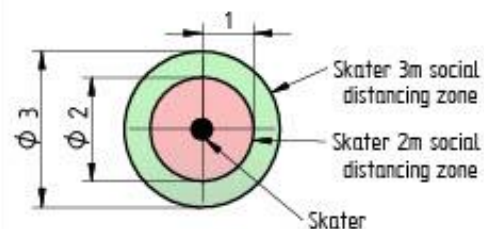
REV	DESCRIPTION	DATE	APPROVED



20 Skaters  
Spiral On Curve



30 Skaters  
Spiral On Curve



1:100  
Skater Representation



TITLE  
COVID-19: SYNCHRO DRILLS

SIZE  
A3 Spiral On Curve

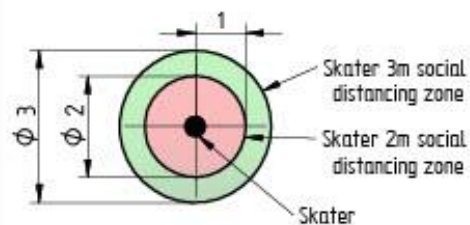
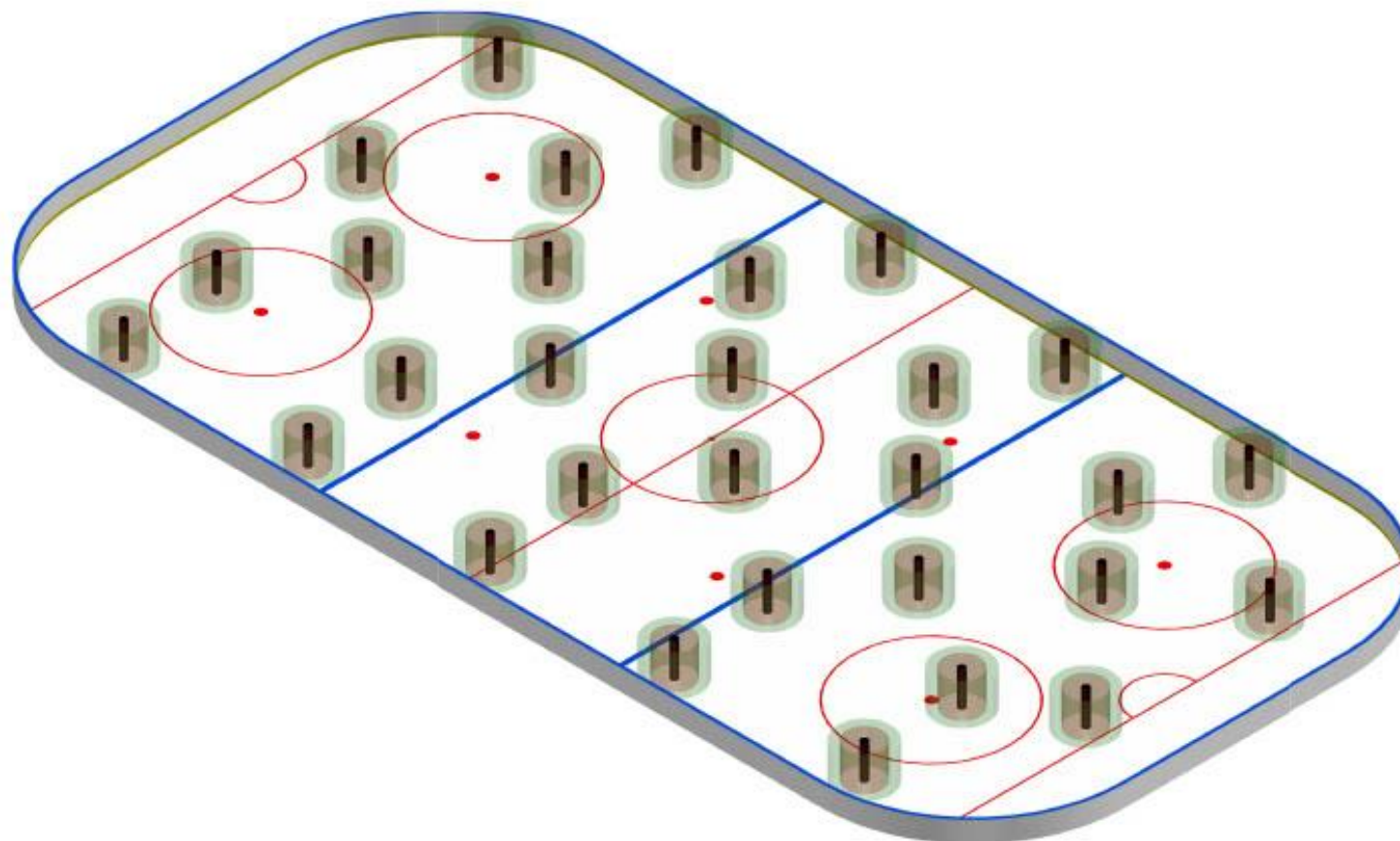
REV  
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Created by: P.Kilham Date Created: 03.06.2020

SCALE: 1 : 500

SHEET 6 OF 7

REV	DESCRIPTION	DATE	APPROVED



1:100

Skater Representation

This is a 3D view of a 60 x 30 rink showing 30 skaters spaced out.



TITLE  
COVID-19: SYNCHRO DRILLS

SIZE A3 3D Spacings REV 00

Created by: P.Kilham Date Created: 03.06.2020

SCALE: 1 : 200 SHEET 7 OF 7