



English Institute of Sport, Coleridge Road. Sheffield S9  
5DA T:0115 9888060 – F:0115 9474780  
[info@iceskating.org.uk](mailto:info@iceskating.org.uk) [www.iceskating.org.uk](http://www.iceskating.org.uk)



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# RETURN TO TRAINING - ICE SKATING GUIDELINES

\*Due to new Government restrictions, for synchronized skating and short track updates please refer to separate guidance on our website: [www.iceskating.org.uk](http://www.iceskating.org.uk). This information will be constantly updated as we have further clarification from DCMS.

**\*Adapted versions will be published relating to ice skating for Wales and Scotland**

## Guidance update from the 17<sup>th</sup> May:

As of 17<sup>th</sup> May, England moved into Stage 3 of the Government's roadmap out of lockdown. This guidance will be in place until Stage 4 (not before 21<sup>st</sup> June) is approved.

Over-18s were allowed to return to ice skating as part of this stage of the unlocking.

All under-18 activity and disability sport can continue as per regulations released on 12<sup>th</sup> April. The cut off for under-18s is measured from 31 August 2020, in line with school years. So those who were under 18 on or before 31st August 2020 will be able to train from the 12<sup>th</sup> April, following the guidance set out on this document.

There are no longer a maximum number of skaters per group. The maximum number of skaters must be regulated by the size of rink.

We appreciate your patience as information is released, we are continuing to work with the Department for Digital, Culture, Media & Sport and will supply updates on our website: [www.iceskating.org.uk](http://www.iceskating.org.uk)



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## 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. The documents are currently being reviewed by DCMS to support a safe return.

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

Rinks & clubs should appoint a **COVID-19 Officer** to make sure all activities on and off the ice are being adhered to. For further guidance please see separate Covid Officer document on British Ice Skating [resource centre](#).



## PHYSICAL DISTANCING

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 minimize 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.

### Here's how you can practice physical distancing:

- Greet with a wave instead of physical contact.
- Conduct virtual meetings with, skaters and parents.
- Put skates on in the car, if possible.
- 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 queuing 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 2 meters. Utilize markers on the ice and new activities to ensure spacing is maintained.
- Discourage gathering in groups in the lobby or bathrooms.

## HYGIENE

If faced with symptoms of respiratory illness such as fever, cough or difficulty breathing, please stay at home and self-isolate. Consult a doctor or NHS and follow their instructions. Limit contact with others and avoid interaction with individuals who are ill. Proper hygiene can help reduce the risk of infection or spreading infection to others:



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- 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

- Facility operators may ask participants and visitors to wear face coverings, if indoors, before and after activity or when in non-skating areas of the facility.

### Test and Trace

- It is a requirement that clubs collect the name, contact number, date of visit, time of arrival, and where possible, the departure time of all those attending their activities. Everyone 16 or over entering a facility needs to provide their contact details and not just have one point of contact for the team/group.
- Club operators should store the information for 21 days and share it when requested to do so by public health officers.
- Please find further information here: <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>

### NHS APPS

We are advising clubs to use the NHS Test and Trace App (England) and Protect Scotland app (Scotland) at all their activities and sessions. Clubs must:

- All attendees must provide their name and contact details (by NHS app or paper copy).
- Keep a record of all staff and volunteers working on their premises and shift times on a given day and their contact details
- Keep these records of customers, visitors and staff for 21 days and provide data to NHS Test and Trace if requested
- Display an official NHS QR code poster (England), so that customers and visitors can 'check in' using this option as an alternative to providing their contact details
- Adhere to General Data Protection Regulations



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To create the a official NHS QR poster please follow this link: <https://www.gov.uk/create-coronavirus-qr-poster>



SIGNED UP TO  
**Good Governance**

Information should be collected prior to the activity and we continue to encourage the use of health surveys and symptom checkers, this is to ensure that nobody who has any sign or symptom of the virus attends the club activities and ultimately reduces the spread of the virus. If you are solely using the app, we would recommend having the option to keep a paper copy if there are any issues with the app or if the attendee for some reason is not using it.

## 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 first day. Revisit, as necessary.

### During sessions:

- Work with the facility operator to establish traffic flow patterns to discourage gatherings.
- Skaters arrive “rink ready”.
- Warm-ups can occur outdoors in a safe area, where social distancing can be followed.
- Encourage constant movement on the ice.
- All skaters must bring their own personal items (gloves, facial tissues, water bottles, etc.)
- Utilize 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.
- For team skating, consider side by side (individual) practice activities and exercises.
- Limit coach/skater contact during lessons.
- Lesson plans may be adapted to ensure skaters and coaches are practicing physical distancing.

### Post sessions:

- Encourage people 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 social distancing can be followed.
- At the end of each session disinfect all equipment and surfaces.



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## Parent & Toddler Sessions / Skate Tots

- 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
  - Children under the age of five do not count towards the attendee limit.

All equipment must be fully disinfected prior and after use (this will be undertaken by rink staff)

## Skate UK GUIDELINES

Linked to the operational guidelines produced by rinks.

- Maximum of 8 groups on a 60x30 m ice pad
- 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

### 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 per skater.**

60m x 30m = 1744 sqm

**18 sqm** per person = 88 to include all coaches, supervisors, skaters, parents etc on the rink.

56m x 26m = 1411sqm

77 to include all coaches, supervisors, skaters, parents etc on the rink

- **MAXIMUM NUMBER OF SKATERS PER LEVEL 2 COACH - 10.**
- **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





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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 social distancing. When using a circle put weaker skaters on inside & stronger skaters on outside to assist social distancing.

## PATCH ICE / FIGURE SKATING ICE

- **Coaches can teach from barrier / off ice where applicable (avoid touching barrier). For example, at smaller rinks, where this would ultimately enable there to be a greater number of skaters on the ice.**
- 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”.
- 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.
- Harnesses are now allowed, please make sure you complete a risk assessment and discuss with your rink.
  - Both over and under-18s are able to train on patch ice.
  - Public skating can restart, with a maximum of 6 people per group from no more than 2 households.

**PLEASE USE CALCULATIONS BELOW WHEN ASSESSING ICE PAD CAPACITY FOR PATCH / FIGURE ICE (Due to the nature of Patch Ice usage our recommendations for Patch sessions are 43 sqm.).**

### **60x30m Rink Surface 1,744 sqm**

\* Maximum 40 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.

### **56x26m Rink Surface 1,411 sqm**

\* Maximum 33 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.

**\*Obviously rink managers, Head Coaches, Clubs etc should only use these figures as guidelines and a maximum. Please be mindful that levels of skaters may require more space.**

Patch Ice is an individual organised activity for figure skaters to receive one to one lessons or train and is supervised either by their coach or a coach identified by the rink.

### Club Sessions

- It is strongly advised that each club should 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 rink operator and be aware of the rules and guidance set by the facility (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.
- Harnesses are now allowed, please make sure you complete a risk assessment and discuss with your rink.
  - There are no regulations on group sizes. The number of people on the ice must not exceed the maximum allowed as per the below rink sizes.

#### 60x30m Rink Surface 1,744 sqm

\* Maximum 40 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.

#### 56x26m Rink Surface 1,411 sqm

\* Maximum 33 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.

**\*Obviously rink managers, Head Coaches, Clubs etc should only use these figures as guidelines and a maximum. Please be mindful that levels of skaters may require more space.**

## **PAIR SKATING, ICE DANCE (COUPLES), SHORT TRACK AND SYNCHRO**

- Short track races are also able to take place, including contact between skaters. Strict social distancing must be followed before and after races as well as other safety measures such as regular hand washing
- There are no regulations on group sizes. The number of people on the ice must not exceed the maximum allowed as per the below rink sizes.
- Ice Dance & Pairs skaters can now train together. All contact elements are allowed as long those involved are part of a sporting bubble.
- All synchronized teams will be able to train as per the approved Synchro training document, but it must be limited to a maximum of 15 minutes of contact per training session.
- Combined teams of adults and children will be able to train together as per the Synchro training document.

### **60x30m Rink Surface 1,744 sqm**

\*Maximum 40 skaters including coaches per session due to a mixed skill set & programme work being carried out causing an un-controlled environment.

\*Maximum 45 synchronized skaters including coaches per session.

### **56x26m Rink Surface 1,411 sqm**

\*Maximum 33 skaters including coaches per session due to a mixed skill set & programme work being carried out causing an un-controlled environment.

\*Maximum 38 synchronized skaters including coaches per session.

## **Off Ice Activities**

- Coaches are only able to run classes they are qualified to teach.
- All government guidelines need to be followed and the venue/environment needs to have a suitable risk assessment and covid prevention measures.
- There are no regulations on group sizes. The overall size of the group must not exceed the permitted amount for the venue.
- Social distancing guidelines must be followed.
- If the activity takes place in a studio or sports hall there will be a minimum of a 10-minute window in between classes (30 minutes in Northern Ireland), so no 'waiting around' in groups
- Equipment (including mats etc) must be cleaned in between use. This can either be done by the customer or staff member using spray and cloths provided.
- No equipment will be shared during the classes.
- If possible, markings will be made on the floor to show the area for individuals
- Maximum gym capacity will be based on 100sqft per person

\*Due to new Government restrictions, for synchronized skating and short track updates please refer to separate guidance on our website: [www.iceskating.org.uk](http://www.iceskating.org.uk). This information will be constantly updated as we have further clarification from DCMS.

**\*The guidance above will constantly be reviewed in line with government guidelines**

## Coaching Ratios

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.

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 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.

Guidance for coaches, leaders, personal trainers, and instructors (herein referred to as coaches) is available at: <https://www.cimspa.co.uk/>

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/>