



**FITNESS AND TRAINING SESSIONS**  
**Updated Phase II Guidelines & Requirements**  
**Effective: August 10, 2020**

**PRICING & RESERVING ICE**

- 1) There is a limit of 20 skaters and 4 instructors on Rink 1, 10 skaters and 2 instructors on Rink 2 for all sessions ***except hockey and synchro (see '1, f' below)***. All sessions will be a minimum of 60 minutes in length.
  - a. For each 60 minute session the cost is as follows;
    - i. Rink 1 - \$150 for 1-5 skaters, \$200 for 6-12 skaters, \$250 for 13-20 skaters
    - ii. Rink 2 - \$100 for 1-5 skaters and \$150 for 6-10 skaters.
  - b. Instructors are required to call the rink at 206-546-2431 or email [info@highlandice.com](mailto:info@highlandice.com) and sign up in advance for ice time.
  - c. Ice is scheduled on a first come-first serve basis. Those not signed up in advance will not be allowed in the building.
  - d. Payments for ice sessions are to be paid prior to start of scheduled sessions. In order to limit the number of transactions, we will only accept credit card payment from one instructor at the time of the reservation. No cash will be accepted. This is required to reduce in-person contact.
    - i. We recommend calling or emailing with alternate days/times in case the time requested is unavailable.
  - e. **Any skater that has an outstanding Highland Ice Arena account balance, and who does not have prior arrangements made with the office manager, will not be allowed to participate until their balance is paid in full or satisfactory arrangements are made.**
  - f. **Per updated requirements issued by Washington State on August 3, 2020, "High and medium contact sports such as hockey... are limited to practice, with no games or competitions allowed. Practice is limited to groups of five, not including coach or trainer, if applicable, with no contact and a minimum of six feet of physical distance between participants at all times. No spectators are allowed for practices". Synchro is included in this updated requirement.**

**INSTRUCTOR REQUIREMENTS**

- 2) Each instructor will be emailed waivers (**Fitness & Training Session Agreement, Release and Waiver of Liability and Commitment, Assumption of Risk and Waiver Relating to COVID-19 Risk**) and this document (**Fitness & Training Sessions Updated Phase II Guidelines and Requirements, Effective August 10, 2020**) prior to

your scheduled ice time. Each instructor will forward both documents to each of their skaters. All participants (instructors included) will be required to:

- a. email these completed waivers to [info@highlandice.com](mailto:info@highlandice.com) prior to their first on ice visit or,
  - b. bring these with them for their first ice session
    - i. **Participants will not be permitted in the building without signed forms.** Forms will be kept on file for the duration. You will not be required to sign one for each session.
- 3) Instructors will provide a list of skaters attending each 60 minute session. If you are sharing ice with another instructor we also need their name and the names of their students
- 4) Instructors will be required to produce a social distancing plan-for each booked ice session that includes detailed instructions for their participants before stepping onto the ice. Neither instructors nor participants will be permitted on the ice without this plan.
- 5) **All coaches / instructors are required to remain in the building until their skaters leave to ensure their skaters follow all requirements as detailed in this document, all posted signage, and all directions from Highland staff.**

## HEALTH

- 6) **All staff, coaches, and skaters are required to wear masks while in the building. It is recommended that you leave your mask on while on the ice, but skaters and coaches will be allowed to remove their mask during their training session on the ice. Masks must be immediately put back on once you leave the ice surface and before entering the lobbies.**
- a. **If you cannot maintain social distance of 6 feet on the ice you must keep your mask on.**
- 7) Skaters and coaches are asked to take your temperature prior to leaving your home. Temperatures will be taken by a Highland Ice Arena staff member prior to entering the building. **Anyone with a temperature of 99.6 degrees or higher, or those who are symptomatic are asked to stay home and will be refused entry.** If either of the two apply to you and you are signed up to come in, please call the rink and let us know that you will not be able to make it in so we can open that time for others to use. Everyone entering the facility will be asked questions about their health, as required by the state.
- 8) All instructors are required to wash their hands or use hand sanitizer before and after each training session.
- 9) All skaters will wash their hands or use facility provided hand sanitizer upon entrance to the facility and prior to entering the ice. This must be confirmed by the instructor.
- 10) Vending machines and the drinking fountain will not be available to anyone at this time. Please plan accordingly.
- 11) Figure Skaters - Clean gloves (any type) are required while on the ice.

- 12) Due to Washington State's Phase II opening requirements, it is recommended that high risk clients remain at home. High risk clients include people over the age of 65, people with serious underlying medical conditions like chronic lung disease, moderate to severe asthma and people who are immunocompromised.
- 13) Per Washington State's Phase II opening requirements, patrons are not allowed to enter Highland Ice Arena if you have been diagnosed with COVID-19 (have not recovered or are still within the 14-day quarantine), had symptoms of COVID-19 (within the last 24 hours), or had contact with a person that has or is suspected to have COVID-19 (within the last 14 days).

## GENERAL INFORMATION

- 14) All skaters and coaches will enter the building and the ice surface through doors marked ENTER ONLY and exit the building and ice surface through doors marked EXIT ONLY.
- 15) **Only skaters and their instructors are allowed in the building during their session time, no parents / guardians / other family members / friends.**
- 16) You will be allowed entry in the building no more than 10 minutes prior to your ice time. All off-ice warm-up activities will need to take place outside of the building and safe social distancing rules will need to be followed. Everyone has 10 minutes to exit the building at the end of your session time. You will be asked to leave by a staff member if you exceed that time limit.
- 17) Access in the building is limited to the lobbies, lobby #1 and lobby #2 restrooms (one stall in each, please pay attention to signage), the ice, and the designated chairs/seats. No other area will be open to anyone other than Highland Ice Arena staff.
- 18) Our offices and all locker rooms will be closed to skaters and coaches. All skaters will be using their personal equipment and will be taking them out as they leave the building. Rented lockers will not be used during Phase II, please take all items with you when you leave.
- a. **Skaters will need to be fully dressed and ready to skate, no changing will be allowed in the lobbies or restrooms. We would prefer you to have your skates on when entering the building (please remember to use your skate guards).**
  - b. **Hockey skaters – no full size gear bags are allowed. The only items to be removed after your session are; helmet, gloves, and skates.**
    - ii. **In addition to the above, goalies are allowed to put on and remove their leg pads and upper body pads in the lobbies.**
  - c. **Skaters will be allowed to use only the specified chairs in the lobbies for putting on or removing skates.**
  - d. Instructors are responsible for assisting those who need help lacing their skates. Skaters are required to bring a small bag to contain all personal items.
  - e. Figure skating instructors may use the pro room; however, there is a maximum number of 2 people in the pro room at one time

- 19)** Skaters and coaches are asked to “leave no trace” during Phase II. Please bring your own plastic bags with you. Dispose of all used tissues in your own plastic bag and take that bag out of the rink with you. Do not dispose of used tissues on the benches, floors, or trash cans of the rink.
- 20)** We will have monitors to ensure that safe distancing is maintained on the ice and in the waiting area. We will have sanitizing equipment and materials and staff will use them to sanitize after each session in all locations utilized by the public. Cleaning will happen prior to opening and closing, as well as during and between scheduled programs.
- 21)** Please be aware that the ice may not be resurfaced between ice sessions. Ice resurfacing will be performed based on ice usage, and is at the sole discretion of Highland staff.