



## CENTRAL GAUTENG FIGURE SKATING ASSOCIATION

P.O. Box 1268  
Rivonia  
2128

Dear Skaters and Parents,

The CG Committee is beyond excited to be able to welcome our skaters and coaches back to the ice.

The groundwork has been done and our Covid-19 Compliance Plan has been approved by the Department of Sports.

Our priority is now to provide a safe and happy return for all our members. To ensure that we minimize the risks of spreading the Corona virus, we ask you for your full cooperation.

Kindly read through these guidelines carefully, and if you are a skating parent, discuss them with your child/children.

It is imperative that we get it right as we face being shut down as a sport and/or having to close the rink for sanitization should we be found in breach of the lockdown regulations.

***Yours in Skating,***

***The CGFSA Committee***



**Chairman- Annika Langa**  
chair@cgfigureskating.co.za  
082 574 3864

**Secretary - Florika Devine**  
secretary@cgfigureskating.co.za  
083 993 1903

[www.cgfigureskating.co.za](http://www.cgfigureskating.co.za)



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## **BACK TO PRACTICE RULES**

### **1. Before coming to the rink:**

- Make sure that your CG membership fees are up to date and you are a member of Central Gauteng.
- As per Government regulations, only members are allowed to skate on our ice patches during lock down.
- You will also have to sign and submit the indemnity form.
- Finally, you will have to fill in our COVID screening form and the Indemnity form **not earlier than 2 hours** before **every** practice. **You are not allowed** to come to the ice rink if you are showing **any** of the symptoms listed in the COVID screening form.

Both COVID screening form as well as the Indemnity form are available on our website: <https://cgfigureskating.co.za/covid19/form>

**Please stay at home if you are not feeling well.**

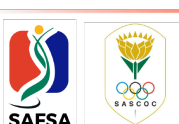
### **2. Arriving at the rink:**

- All Skaters, Coaches, Assistants and COVID Compliance Officers must wear a cloth face mask when arriving at and entering the rink.

Please watch video how to wear the face mask safely.

[https://www.youtube.com/watch?v=9Tv2BVN\\_WTk&feature=emb\\_logo](https://www.youtube.com/watch?v=9Tv2BVN_WTk&feature=emb_logo)

- There will be hand sanitizer available at the door. Here you will also meet our COVID Officer who will check your temperature.
- Please note that parents will not be allowed inside the rink during the lockdown. Children who needs help to tie their boots, may put their skates on outside the rink. Make sure that you have rubber blade guards handy as you will not be able to walk into the rink without these.



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### 3. Getting ready:

- Social distancing must be observed during off-ice warm-up and when putting on skates, i.e. a minimum of 1.5 meters between each skater.
- Masks are also to be worn during off ice training. Skaters will be permitted to remove face masks when stepping on to the ice to train.
- There will be hand sanitizing gel available at the barrier.
- No bottles, tissues or kiss and cry bags will be allowed on the table or barrier.

### 4. On the ice:

- Social distancing must be adhered to (a minimum 1.5 meters between skaters at all times. Where possible, the same should be applied between skaters and their respective coaches).
- Coaches must wear a face masks at all times.
- **No socializing is allowed.**
- **No touching of barriers is allowed.**
- A maximum of 50 people (including skaters and coaches) are allowed on the ice.
- Group lessons must be limited to a maximum of 4 skaters, plus the coach.

### 5. After skating:

- Sanitize your hands and put your face mask back on.
- Leave the ice rink as quickly as possible as the rink needs to be sanitized in between the different sessions.

***Get your skates ready – and stay safe!!!***

You will find all necessary information, on safety measures during this pandemic, on the COVID page of our website: <https://cgfigureskating.co.za/covid19>

***Please feel free to contact your Coach or CG's COVID Compliance Officer Sue Burston (084 464-3541) should you have any questions or concerns.***



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