

Gauteng Interprovincials skater information pack

Date: 18 – 19 April 2021

Venue: Forest Hill Ice Rink



Dear Skaters & parents

Central Gauteng and Gauteng
North Figure skating
associations are looking
forward to hosting you at our
Gauteng Interprovincials 2021

Please take the time to go
through this document so that
you are fully aware of
everything you need to know
for the competition





Practice Schedules

Unofficial Practice



GAUTENG INTERPROVINCIAL 2021**UNOFFICIAL PRACTICE SATURDAY 17 APRIL 2021**

SESSION 1 05H15 TILL 06H15	R 100	Each
DANIELLE LODEWYK ELLA HAWKES ZARA JONES YLARA ESAU-SALIE NIC VD VYJVER LUKE EVANS MADISON MAXWELL STEPHEN NELL EVAN WRENSCH JAIDA NG MIA THOMSON	Barbie Hawkes Barbie Hawkes Lisa Stigant Lisa Stigant Lisa Stigant Dean Fox Dean Fox Dantin Broodryk Dantin Broodryk Vage Evetts Megan Allely	
SESSION 2 06H15 TILL 07H15	R 100	Each
FELICITY CHASE STELLA BEEK SASKIA MATHEE MIANDRI KORF JEMMA LAMPEL CHRISTOPHER JONES AIMEE GIBBONS ZIANI VD MERWE BROOKE LOADER HAYLEY RAE THOMSON	Barbie Hawkes Barbie Hawkes Lisa Stigant Lisa Stigant Lisa Stigant Lisa Stigant Dean Fox Dean Fox Dean Fox Nathan Bashkier	

Official Practice



GAUTENG INTERPROVINCIAL 2021

OFFICIAL PRACTICE SATURDAY 17 APRIL 2021

SESSION 1 07H15 TILL 07H45

(30 MIN)

6 min warm up

Bronze Open Solo Dance

1

Silver Open Solo Dance

1

Gold Open Solo Dance

3

Bronze Open Couples Dance

2 couples

<u>GAUTENG INTERPROVINCIAL 2021</u>
<u>OFFICIAL PRACTICE SUNDAY 18 APRIL 2021</u>

SESSION 1	05H00 TILL 05H20	(6)	(20 MIN)
6 min warm up			
Pre Novice Component		Draw order 1 -6	
SESSION 2	05H20 TILL 05H40	(6)	(20 MIN)
6 min warm up			
Pre Novice Component		Draw order 7 -12	
SESSION 3	05H40 TILL 06H10	(7)	(30 MIN)
6 min warm up			
Juvenile girls		Draw Order 1 -7	
SESSION 4	06H10 TILL 06H40	(7)	(30 MIN)
6 min warm up			
Juvenile girls		Draw Order 8 -14	
SESSION 5	06H40 TILL 07H10	(7)	(30 MIN)
6 min warm up			
Novice Boy Short		Draw Order 8 -14	
Novice Girls Short		Draw Order 1 - 6	

SESSION 6 07H10 TILL 07H40	{6}	(30 MIN)
6 min warm up		
Novice Girls Short	Draw Order 7 - 12	
SESSION 7 07H40 TILL 08H10	{5}	(30 MIN)
6 min warm up		
Junior Ladies Short	Draw Order 1 - 5	
SESSION 8 08H10 TILL 08H40	{5}	(30 MIN)
6 min warm up		
Junior Ladies Short	Draw Order 6 - 10	
SESSION 9 08H40 TILL 09H10	{6}	(30 MIN)
6 min warm up		
Junior Men Short	Draw Order 1 - 2	
Senior Ladies Short	Draw Order 1 - 2	
Senior Men Short	Draw Order 1 - 2	
RESURFACE AND DRY FOR COMP 09H10 TILL 09H45		

GAUTENG INTERPROVINCIAL 2021
OFFICIAL PRACTICE MONDAY 19 APRIL 2021

SESSION 1	06H00 TILL 06H30	(6)	(30 MIN)
6 min warm up			
Silver Falcons Girls Silver Falcons Boy		Draw order 1 -5 Draw order 1	
SESSION 2	06H30 TILL 07H00	(6)	(30 MIN)
6 min warm up			
Sparrows Girls Bronze Hawks Girls		Draw order 1 -2 Draw order 1 -4	
SESSION 3	07H00 TILL 07H30	(6)	(30 MIN)
6 min warm up			
Golden Eagles Ladies Golden Eagles Man		Draw order 1 -5 Draw order 1	
SESSION 4	07H30 TILL 08H00	(6)	(30 MIN)
6 min warm up			
Pre Novice Girls Free		Draw Order 1 - 6	
SESSION 5	08H00 TILL 08H30	(6)	(30 MIN)
6 min warm up			
Pre Novice Girls Free		Draw Order 7 - 12	
RESURFACE			(30 MIN)
08H30 TILL 09H00			

RESURFACE 08H30 TILL 09H00		(30 MIN)
SESSION 6 09h00 TILL 09H35	(7)	(35 MIN)
<div> <div>6 min warm up</div> <div> Novice Girls Free Novice Boy Free </div> <div> Draw Order 1 - 6 Draw Order 1 </div> </div>		
SESSION 7 09H35 TILL 10H10	(6)	(35 MIN)
<div> <div>6 min warm up</div> <div> Novice Girls Free </div> <div> Draw Order 7 - 12 </div> </div>		
RESURFACE 10H10 TILL 10H40		(30 MIN)
SESSION 8 10H40 TILL 11H15	(5)	(35 MIN)
<div> <div>6 min warm up</div> <div> Junior Ladies Free </div> <div> Draw Order 1 - 5 </div> </div>		
SESSION 9 11H15 TILL 11H50	(5)	(35 MIN)
<div> <div>6 min warm up</div> <div> Junior Ladies Free </div> <div> Draw Order 6 - 10 </div> </div>		
SESSION 10 11H50 TILL 12H30	(6)	(40 MIN)
<div> <div>6 min warm up</div> <div> Junior Men Free Senior Ladies Free Senior Men Free </div> <div> Draw Order 1 - 2 Draw Order 1 - 2 Draw Order 1 - 2 </div> </div>		
SESSION 11 12h30 TILL 13H00	{1}	(30 MIN)
<div> <div>6 min warm up</div> <div> Mixed age Synchro </div> <div> Team 1 </div> </div>		
RESURFACE AND DRY FOR COMP 13H00 TILL 13H30		



Competition Schedules

Sunday 18th April 2021 am

FOREST HILL	GAUTENG INTER PROVINCIALS 2021							Sunday, 18 APRIL (AM)			On/Off time
SECTION	TOTAL SKATERS	PROGRAM LENGTH	WARMUP TIME	EXTRA TIME	TOTAL WARMUP	SKATING TIME	ON/OFF TIME	TOTAL TIME	START TIME	END TIME	
GIP SESSION ONE START 09h45AM				0:30:00	0:00:00	0:00:00	0:00:00	0:30:00	9:15	9:45	0:02:30
Bronze Couples Ice Dance	2	0:04:00	0:04:00	0:01:00	0:04:00	0:08:00	0:05:00	0:18:00	9:45	10:03	
Bronze Solo Ice Dance	1	0:04:00	0:04:00	0:01:00	0:04:00	0:04:00	0:02:30	0:11:30	10:03	10:14	
Silver Solo Ice dance	1	0:04:00	0:04:00	0:01:00	0:04:00	0:04:00	0:02:30	0:11:30	10:14	10:26	
Pre Novice Girls Component	6	0:01:30	0:05:00	0:01:00	0:05:00	0:09:00	0:15:00	0:30:00	10:26	10:56	
Pre Novice Girls Component	6	0:01:30	0:05:00	0:01:00	0:05:00	0:09:00	0:15:00	0:30:00	10:56	11:26	
TOTALS	16	0:15:00	0:22:00	0:35:00	0:22:00	0:34:00	0:40:00	2:11:00	9:15 AM	11:26 AM	

Section	Warm up Group		Start Time	Duration	End Time
Bronze Couples Ice Dance	Couples 1 - 2		09h45	0:04:00	09h48
Bronze Solo Ice Dance	Dancer 1		10h03	0:04:00	10h06
Silver Solo Ice dance	Dancer 1		10h14	0:04:00	10h17
Pre Novice Girls Component	Skaters 1 - 6		10h26	0:05:00	10h32
Pre Novice Girls Component	Skaters 7 - 12		10h56	0:05:00	11h02

Sunday 18th April 2021 pm

FOREST HILL	GAUTENG INTER PROVINCIALS 2021							Sunday, 18 April PM			On/Off time
SECTION	TOTAL SKATERS	PROGRAM LENGTH	WARMUP TIME	EXTRA TIME	TOTAL WARMUP	SKATING TIME	ON/OFF TIME	TOTAL TIME	START TIME	END TIME	0:02:30
GIP SESSION TWO START 05h00 PM				0:25:00	0:00:00	0:00:00	0:00:00	0:25:00	16:30	16:55	
Juvenile Girls Skaters 1 - 7	7	0:02:30	0:05:00	0:01:00	0:05:00	0:17:30	0:17:30	0:41:00	16:55	17:36	
Juvenile Girls Skaters 8 - 14	7	0:02:30	0:05:00	0:01:00	0:05:00	0:17:30	0:17:30	0:41:00	17:36	18:17	
Novice Boy Short	1	0:02:30	0:06:00	0:01:00	0:06:00	0:02:30	0:02:30	0:12:00	18:17	18:29	
Novice Girls Short Skaters 1 -6	6	0:02:30	0:06:00	0:01:00	0:06:00	0:15:00	0:15:00	0:37:00	18:29	19:06	
Novice Girls Short Skaters 7 -12	6	0:02:30	0:06:00	0:01:00	0:06:00	0:15:00	0:15:00	0:37:00	19:06	19:43	
Resurface and Dinner				0:27:00				0:27:00	19:43	20:10	
Junior Ladies Short Skaters 1 -5	5	0:02:50	0:06:00	0:01:00	0:06:00	0:14:10	0:12:30	0:33:40	20:10	20:43	
Junior Ladies Short Skaters 6 -10	5	0:02:50	0:06:00	0:01:00	0:06:00	0:14:10	0:12:30	0:33:40	20:43	21:17	
Junior Men Short	2	0:02:50	0:06:00	0:01:00	0:06:00	0:05:40	0:05:00	0:17:40	21:17	21:35	
Senior Ladies	2	0:02:50	0:06:00	0:01:00	0:06:00	0:05:40	0:05:00	0:17:40	21:35	21:52	
Senior Men Short	2	0:02:50			0:00:00	0:05:40	0:05:00	0:10:40	21:52	22:03	
TOTALS	43	0:26:40	0:52:00	1:01:00	0:52:00	1:52:50	1:47:30	5:33:20	4:30 PM	10:03 PM	

Section	Warm up Group		Start Time	Duration	End Time
Juvenile Girls	Skaters 1 -7		16h55	05.00 Mins	17h06
Juvenile Girls	Skaters 8 -14		17h36	05.00 Mins	17h47
Novice Boy Short	Skater 1		18h17	06.00 Mins	
Novice Girls Short skaters 1 -6	Skaters 1 -6		18h29	06.00 Mins	18h27
Novice Girls Short Skaters 7 -12	Skaters 7 - 12		19h06	06.00 Mins	19h06
Junior Ladies Short Skaters 1 -5	Skaters 1 - 5		20h10	06.00 Mins	20h12
Junior Ladies Short Skaters 6 -10	Skaters 6 - 10		20h43	06.00 Mins	20h45
Junior Men Short	Skaters 1 - 2		21h17	06.00 Mins	
Senior Ladies	Skaters 1 - 2	One Warm Up	21h35	06.00 Mins	21h42
Senior Men Short	Skaters 1 -2				

Monday 19th April 2021

GAUTENG INTER PROVINCIALS 2021								Monday 19 April			On/Off time
SECTION	TOTAL SKATERS	PROGRAM LENGTH	WARMUP TIME	EXTRA TIME	TOTAL WARMUP	SKATING TIME	ON/OFF TIME	TOTAL TIME	START TIME	END TIME	
GIP SESSION 3 START 13H30				0:30:00	0:00:00	0:00:00	0:00:00	0:30:00	13:00	13:30	0:02:30
Sparrows Girls	2	0:02:15	0:04:00	0:01:00	0:04:00	0:04:30	0:00:00	0:09:30	13:30	13:39	
Bronze Hawks Girls	4	0:02:30	0:05:00	0:01:00	0:05:00	0:10:00	0:10:00	0:26:00	13:39	14:05	
Silver Falcons Girls	5	0:02:30	0:05:00	0:01:00	0:05:00	0:12:30	0:12:30	0:31:00	14:05	14:36	
Golden Eagles Ladies	5	0:02:30	0:05:00	0:01:00	0:05:00	0:12:30	0:12:30	0:31:00	14:36	15:07	
Silver Falcons Boy	1	0:02:30	0:05:00	0:01:00	0:05:00	0:02:30	0:02:30	0:11:00	15:07	15:18	
Golden Eagles Man	1	0:02:30			0:00:00	0:02:30	0:02:30	0:05:00	15:18	15:23	
Resurface And Dry				0:37:00				0:37:00	15:23	16:00	
Pre Novice Girls Free Skaters 1 - 6	6	0:02:35	0:06:00	0:01:00	0:06:00	0:15:30	0:15:00	0:37:30	16:00	16:38	
Pre Novice Girls Free Skaters 7 - 12	6	0:02:35	0:06:00	0:01:00	0:06:00	0:15:30	0:15:00	0:37:30	16:38	17:15	
Gold Open Solo Dance	3	0:04:00	0:04:00	0:01:00	0:04:00	0:12:00	0:07:30	0:24:30	17:15	17:40	
Novice Boy	1	0:03:10	0:06:00	0:01:00	0:06:00	0:03:10	0:02:30	0:12:40	17:40	17:52	
Novice Ladies Free Skaters 1 - 6	6	0:03:00	0:06:00	0:01:00	0:06:00	0:18:00	0:15:00	0:40:00	17:52	18:32	
Novice Ladies Free Skaters 7 - 12	6	0:03:00	0:06:00	0:01:00	0:06:00	0:18:00	0:15:00	0:40:00	18:32	19:12	
Resurface and Dinner				0:33:00				0:33:00	19:12	19:45	
Junior Ladies Free Skaters 1 -5	5	0:03:35	0:06:00	0:01:00	0:06:00	0:17:55	0:12:30	0:37:25	19:45	20:23	
Junior Ladies Free skaters 6 - 10	5	0:03:35	0:06:00	0:01:00	0:06:00	0:17:55	0:12:30	0:37:25	20:23	21:00	
Junior Men Free Programme	2	0:03:40	0:06:00	0:01:00	0:06:00	0:07:20	0:05:00	0:19:20	21:00	21:19	
Senior Ladies Free	2	0:04:10	0:06:00	0:01:00	0:06:00	0:08:20	0:05:00	0:20:20	21:19	21:40	
Senior Men Free Programme	2	0:04:10				0:08:20	0:05:00	0:13:20	21:40	21:53	
Mixed Age Synchro Free Programme	1	0:03:10	0:01:00		0:01:00	0:03:10	0:02:30	0:06:40	21:53	22:00	
TOTALS	63	0:55:25	1:23:00	1:55:00	1:23:00	3:09:40	2:32:30	9:00:10	1:00 PM	10:00 PM	



Competition
Entries /
Order of
skate

GAUTENG INTER PROVINCIAL 2021

DIVISION A - ORDER OF SKATE

JUVENILE GIRLS FREE (14) WARM UP GROUPS (7+7) 5 MIN WARM UP



1	VAN DER MERWE	Ziani	KZN	Dean Fox
2	COETZEE	Elmary	GN	Yolandie Giering
3	VON BENECKE	Skyla	GN	Yolandie Giering
4	KEENAN	Ava	GN	Susan Marais
5	STRYDOM	Annabelle	GN	Lejeanne Hennessy
6	SNYMAN	Leah	GN	Susan Marais
7	KORF	Miandri	WP	Lisa Stigant
8	MURRAY	Renee	GN	Yolandie Giering
9	KAMEL	Layla	CG	Nadia Snyman
10	HALBE	Anastasia	GN	Lejeanne Hennessy
11	ROSSEAU	Taytum	GN	Susan Marais
12	BEUSCHEL	Taylor	CG	Dino Quattrocecere
13	LOADER	Brooke	KZN	Dean Fox
14	MEYER	Charlotte	GN	Yolandie Giering



PRE NOVICE GIRLS COMPONENT (12) WARM UP GROUPS (6+6) 5 MIN WARM UP

1	VILJOEN	Amber	GN	Lejeanne Hennessy
2	ALEXANDER - SMIT	Amalia	WP	Vage Evetts
3	LAMPEL	Jemma	WP	Lisa Stigant
4	CHASE	Felicity	WP	Barbara Anne Hawkes
5	MAXWELL	Madison	KZN	Heather Ashley
6	LEVIEN	Jessica	CG	Taryn Nicholls
7	MATHEE	Saskia	WP	Lisa Stigant
8	SCHMULIAN	Tristané	GN	Lejeanne Hennessy
9	JARVIS	Jade	WP	Tiana Stanton
10	WELGEMOED	Mia	CG	Dino Quattrocecere
11	BERGH	Nadia	GN	Susan Marais
12	DANIELS	Summer	WP	Vage Evetts



NOVICE LADIES SHORT (12)			WARM UP GROUPS (6+6)		6 MIN WARM UP
1	JONES	Zara	WP	Lisa Stigant	
2	HAWKES	Ella	WP	Barbara Anne Hawkes	
3	NG	Jaida	WP	Vage Evetts	
4	BEEK	Stella	WP	Barbara Anne Hawkes	
5	LODEWYK	Danielle	WP	Barbara Anne Hawkes	
6	MACLARE	India	CG	Taryn Nicholls	
7	WATERSTON	Chloe	GN	Konrad Giering	
8	DU PLESSIS	Mathilda	GN	Yolandie Giering	
9	MASTERS	Christine	CG	Taryn Nicholls	
10	LANGA	Tholakele	CG	Dino Quattrocecere	
11	NAVARRO BRITO	Maria	WP	Megan Painczyk	
12	THOMSON	Hayley Rae	WP	Nathan Bashkier	
NOVICE MAN SHORT (1)			WARM UP GROUP (1)		6 MIN WARM UP
1	JONES	Christopher	WP	Lisa Stigant	

GAUTENG INTER PROVINCIAL 2021

DIVISION A - ORDER OF SKATE

JUNIOR LADIES SHORT (10)		WARM UP GROUPS (5+5)		6 MIN WARM UP
1	CUTLER	Tyla Jayne	CG	Dino Quattrocecere
2	ALEXANDROVA	Elena	CG	Dino Quattrocecere
3	TIMMERMAN	Megan	GN	Susan Marais
4	VENTER	Melissa	GN	Lejeanne Hennessy
5	ISAACS	Gian Quen	WP	Megan Painczyk
6	CROKER	Samantha	CG	Dino Quattrocecere
7	BRAND	Tanith	GN	Susan Marais
8	ESAU SALIE	Ylara	WP	Lisa Stigant
9	THOMSON	Mia	WP	Megan Painczyk
10	GLATTER	Donatella	GN	Susan Marais
JUNIOR MENS SHORT (2)		WARM UP GROUP (1)		6 MIN WARM UP
1	SANGO	Sinali	WP	Megan Painczyk
2	VAN DE VIJVER	Nicolas	WP	Lisa Stigant
SENIOR LADIES SHORT (2)		WARM UP WITH SENIOR MEN		6 MIN WARM UP
1	VILJOEN	Christel	GN	Lejeanne Hennessy
2	SAMUELS	Abigail	WP	Megan Painczyk
SENIOR MENS SHORT (2)		WARM UP WITH SENIOR LADIES		6 MIN WARM UP
1	SAMUELS	Matthew	WP	Megan Painczyk
2	WRENSCH	Evan	CG	Dantin Broodryk
Mixed Age Synchro (1)				
1	IN SYNC	Team	CG	Dino Quattrocecere



GAUTENG INTER PROVINCIAL 2021**DIVISION B - ORDER OF SKATE****SPARROWS GIRLS (2) WARM UP GROUP (1) 4 MIN WARM UP**

1	GRUN	Ava	GN	Yolandie Giering
2	GIBBONS	Aimee	KZN	Dean Fox

**BRONZE HAWKS GIRLS (4) WARM UP GROUP (1) 5 MIN WARM UP**

1	FOURIE	Melissa	CG	Siobhan Beuschel
2	FOURIE	Megan	CG	Siobhan Beuschel
3	LOUW	Robyn	CG	Siobhan Beuschel
4	CHIANG	Joy	GN	Susan Marais

**SILVER FALCONS GIRLS (5) WARM UP GROUP (1) 5 MIN WARM UP**

1	MOILLER	Deidre	GN	Yolandie Giering
2	RAVELL	Caitlyn	GN	Konrad Giering
3	SMITH	Cheryl	GN	Susan Marais
4	VAN WYNGAARD	Kara	GN	Lejeanne Hennessy
5	AHRENS	Hannelore	GN	Konrad Giering

**GOLDEN EAGLES LADIES (5) WARM UP GROUP (1) 5 MIN WARM UP**







1	PLAYER	Kelly	CG	Siobhan Beuschel
2	JANSEN VAN VUUREN	Kayla	GN	Yolandie Giering
3	TIMMERMAN	Zandri	GN	Lejeanne Hennessy
3	CONTE	Michaela	CG	Taryn Nicholls
4	CONTE	Kasey	CG	Taryn Nicholls



SILVER FALCONS MAN (1)		WARM UP WITH GOLDEN EAGLES MAN		5 MIN WARM UP
1	EVANS	Luke	KZN Dean Fox	
GOLDEN EAGLES MAN (1)		WARM UP WITH SILVER FALCONS MAN		5 MIN WARM UP
1	NELL	Stephen	CG Dantin Broodryk	

GAUTENG INTER PROVINCIAL 2021

DANCE - ORDER OF SKATE

BRONZE OPEN SOLO DANCE			DANCE 1 - 14 STEP		1 MIN SOLO/ 1 MIN TO MUSIC
1	SMITH	Cheryl	GN	Susan Marais	
BRONZE OPEN SOLO DANCE			DANCE 2 - FIESTA TANGO		1 MIN SOLO/ 1 MIN TO MUSIC
1	SMITH	Cheryl	GN	Susan Marais	
SILVER OPEN SOLO DANCE			DANCE 1 - ROCKER FOXTROT		1 MIN SOLO/ 1 MIN TO MUSIC
1	VILJOEN	Christel	GN	Susan Marais	
SILVER OPEN SOLO DANCE			DANCE 2 - TANGO		1 MIN SOLO/ 1 MIN TO MUSIC
1	VILJOEN	Christel	GN	Susan Marais	
GOLD OPEN SOLO DANCE			DANCE 1 - VIENNESE WALTZ		1 MIN SOLO/ 1 MIN TO MUSIC
1	TIMMERMAN	Megan	GN	Susan Marais	
2	GLATTER	Donatella	GN	Susan Marais	
3	BRITS	Jaydean	GN	Susan Marais	
GOLD OPEN SOLO DANCE			DANCE 2 - TEATIME FOXTROT		1 MIN SOLO/ 1 MIN TO MUSIC
1	TIMMERMAN	Megan	GN	Susan Marais	
2	GLATTER	Donatella	GN	Susan Marais	
3	BRITS	Jaydean	GN	Susan Marais	

BRONZE OPEN COUPLES DANCE		DANCE 1 - 14 STEP		1 MIN SOLO/ 1 MIN TO MUSIC
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- | | | | | |
|---|-----------------------|--------------------|----|---------------------|
| 1 | HAWKES / JONES | Ella / Christopher | WP | Barbara Anne Hawkes |
| 2 | CHASE / AJAM | Felicity / Mikhail | WP | Tiana Stanton |



BRONZE OPEN COUPLES DANCE		DANCE 2 - FIESTA TANGO		1 MIN SOLO/ 1 MIN TO MUSIC
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- | | | | | |
|---|-----------------------|--------------------|----|---------------------|
| 1 | HAWKES / JONES | Ella / Christopher | WP | Barbara Anne Hawkes |
| 2 | CHASE / AJAM | Felicity / Mikhail | WP | Tiana Stanton |



FACE COVERINGS ARE REQUIRED IN
PUBLIC SPACES AND IN ALL BUSINESSES
- WHERE MAINTAINING PHYSICAL
DISTANCE MAY BE DIFFICULT



**DON'T MAKE US ASK
WEAR A MASK**

WHEN SHOPPING AT OUR BUSINESS,
PLEASE WEAR A FACE COVERING. THANK YOU!

**Practice Social
Distancing**



Imagine there are two
penguins between you and
another person

**Do you have any of
these symptoms?**

SYMPTOMS OF CORONAVIRUS



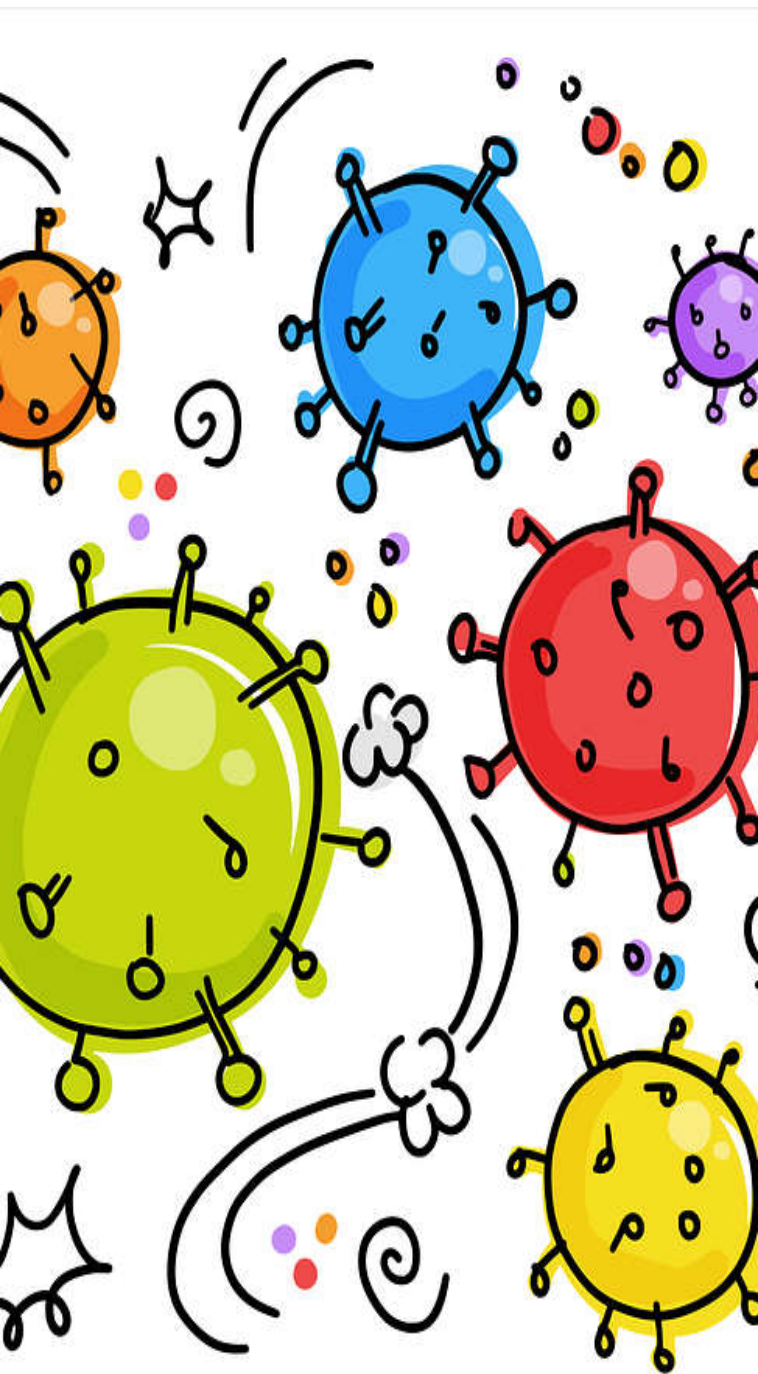
**Remain at home
You may not compete**

COVID Precautions

- **For your safety and the safety of others, please take a moment to complete the health questionnaire below BEFORE you leave your home.**
- Then upon submitting our form below you will receive an email copy of the details you've submitted. Please, either print or bring your mobile device with the email on it, to show to our staff on duty at the rink.

<https://cgfigureskating.co.za/covid19/form/>

- Under Department of Sport regulations, we are still not allowed Spectators under Level 1 therefore **no** parents will be allowed to be inside the rink during their child's skate
- Parents of younger children will be able to assist their child with tying of skates (subject to the number of people inside) and then be required to leave immediately
- Every person will be required to wear masks over nose and mouth at all times inside the rink. Skaters will be allowed to skate without their mask during warm up and their performance.



At the rink

- On arrival ensure mask is being worn when leaving your vehicle
- At the door present proof of your submission.

Without this you will not be allowed to enter. If you are struggling, you can ask the COVID compliance person at the door to assist

- Take Temperature
- Sanitize Hands
- Enter.
- Skaters may only place bags in designated area as per map.
- Hands will be sprayed getting onto the ice and off. Masks must be put back on immediately after your skate. Anyone not wearing masks when off the ice will be asked to leave the venue immediately.

COVID
Regulations
As per
latest
Gazette

Government Gazette Staatskoerant

REPUBLIC OF SOUTH AFRICA
REPUBLIEK VAN SUID AFRIKA

Regulation Gazette

No. 11246

Regulasiekoerant

Vol. 668

28

February
Februarie 2021

No. 44201

- (a) Directions for sports matches issued by the Cabinet member responsible for sport after consultation with the Cabinet member responsible for health;
- (b) only journalists, radio, television crew, security personnel, emergency medical services, and the necessary employees employed by the owners of the venue of the sport match, are allowed at the venue of the sport match;
- (c) only the required number of players, match officials, support staff and medical crew required for the sport match, are allowed at the venue of the sport match;
- (d) no spectators are allowed at the venue of the sports match; and

Photography

Photographs of every skater will be taken during the competition. This is an “order, print and pay” service available only on the night of the competition, directly provided by photographer.



Tossies

A reminder that no tossies purchases outside of the event may be brought into the rink.

Tossies that can be given to the skater inside the rink after their skate can be purchased on the following link.

<https://gip.company.site/>



A stethoscope is shown in the background, partially obscured by the text. The stethoscope has a silver-colored chest piece and a black tube. The background is a dark, textured surface.

Medical Support

We will have medics available on standby at the rink for the duration of the competition. Should you require a hospital, the closest will be Unitas. There is a 24-hour medical center at Medipark.

Streaming

The event will be streamed over the Internet for your convenience and safety.



Awards and Prizegiving

Prize Giving will take place outside the rink for the various sections at the times below

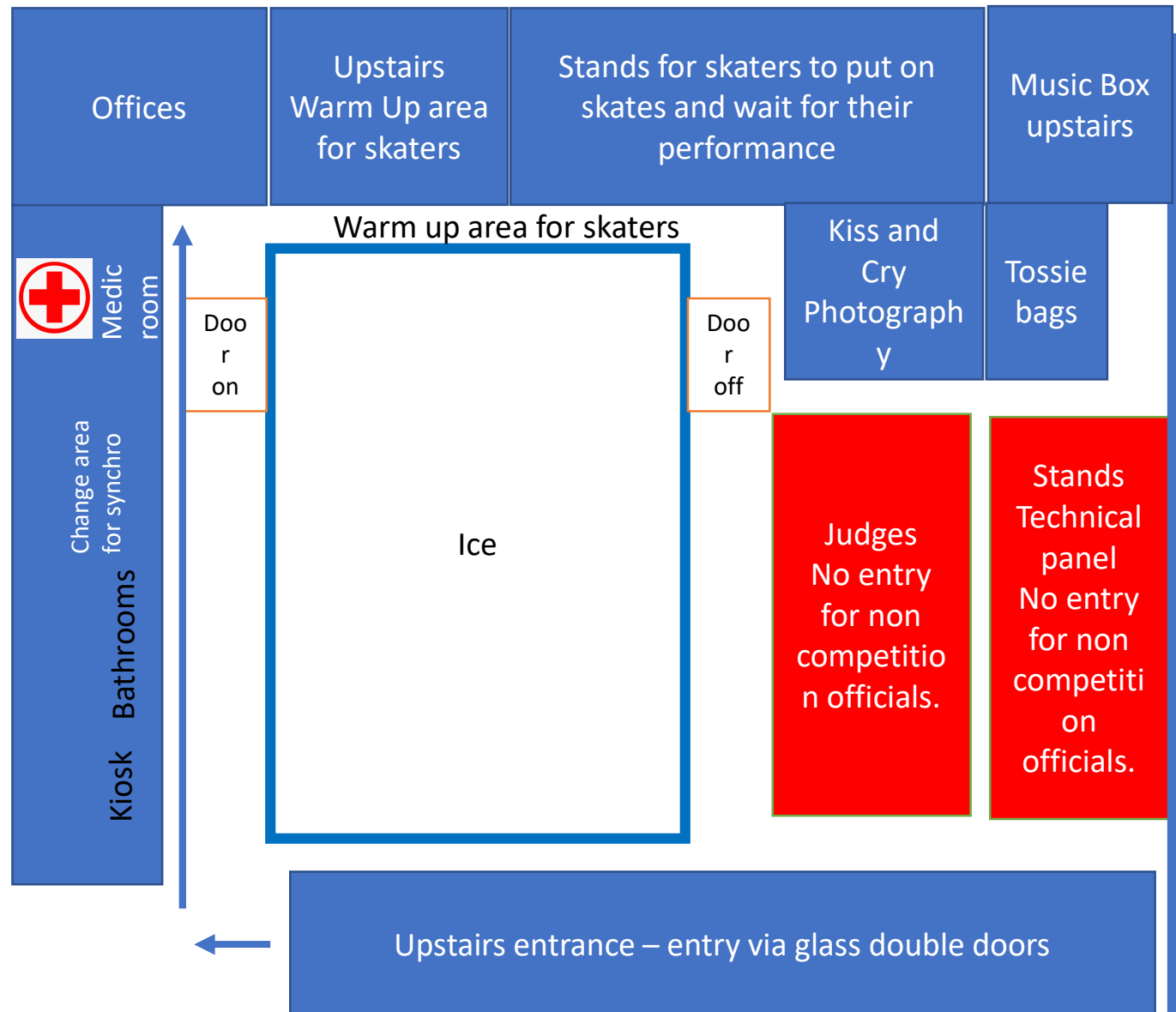
Sunday 18th April @11h30	Bronze Solo Dance Silver Solo Dance Bronze Couples Dance Pre Novice Component
Sunday 18th April @19h45	Juvenile Girls
Monday 19th April @15h25	All Division B Sections except Ice Dance
Monday 19th April @19h15	Juvenile Girls Pre Novice Free Novice Boys Novice Girls
Monday 19th April @end of skating	Gold Solo Ice Dance Junior Ladies Junior Men Senior Ladies Senior Men Mixed age synchro



A friendly reminder to parents, competitions are about getting the opportunity to perform and get a score that is better than previous. Please encourage your children and let them have fun.

Floor Plan

Red Zones are restricted areas for SAFSA officials and team leaders only



Team Leaders

If you have any issues or need to file any objections you need to go through your provincial team leader.
No parent may speak directly to officials.



Petro Welgemoed



Lorette Venter (Sun)
Hayley Walker (Mon)



Jo Brooke



Linda van Der Vijver

A few important things to remember

- Please remember to arrive dressed in your competition clothing and your official tracksuits.
- Don't forget to bring spare stocking, clips and hair bands
- Please arrive early. If you arrive late for your section you will forfeit your chance to compete



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Emergency Contact Details

Ambulance (Emer-g-med)	0861 007 911
The Forest Hill Ice Rink	012 668 1044
Annika Langa	082 574 3864
Anne Thill	071 410 0227
Accommodation – The Club House	076 459 8394
Unitas Hospital	012 677 8000
Medipark 24 hour doctors rooms	012 6615528

