



Instructions for training and ice rink

By participating in the training, the skater agrees to the following rules. Failure to comply with the rules may result in a training ban.

1. Skater should not attend skating class if the person has even mild symptoms of the disease.
You cannot come to the exercises if you have been quarantined, for example, from a school / kindergarten.
2. The safety distances (more than 2 meters) are maintained during the exercises. Synchro skating also takes into account the team's adequate safety distances in all activities other than program training.
3. A group training together, including coaches, is considered as constant as possible and there are no joint exercises for different groups.
4. There is only one group at a time in the dressing rooms and the time must be kept to a minimum (less than 15 minutes in total). Care must be taken in order to maintain safety distances (more than 2 meters).
5. All skaters over the age of 12, as well as coaches and instructors, wear a face mask as long as the person does not have a health barrier to using the face mask. The use of a face mask is required in ALL OTHER SITUATIONS except during sports performance. The use of a mask during a sports performance is not prohibited.
6. After use, disposable face masks must be placed in your own garbage bag or other rubbish. Reusable or disposable face masks should not be left anywhere. Use constant care when using the face mask!
7. Only one at a time in the Warrior Arena equipment storage. Avoiding close contact there. The equipment storage is only used by competing groups. It is recommended that as little goods as possible be stored there now.
8. You should come to the ice rink just before the start of your own shift. If possible, the initial warm-up is done already at home or, weather permitting, outdoors (and the goods are also kept outdoors during that time). A safety distance of more than 2 m must be kept during the initial warm-up and it is recommended to use a face mask. Skaters can't come inside the ice rink to spend the extra time between school and practice. Avoid ALL unnecessary being and walking in the hall. You are not allowed to be in the hall lobby. Always wait your turn and keep a safe distance. Do not block doorways or passageways.
9. Escorts of skaters, such as parents or siblings, will NOT enter the interior of the ice rink. Only for skaters under school age, this rule can be deviated from, for example, for tying skates, but the time spent indoors in the hall should be minimized to less than 15 minutes and the skater may be assisted by only one adult. All possible skating outfit must be put on before entering the ice rink to minimize the time spent in the ice rink. NOTE! Since in the current situation different groups cannot be allowed in the same dressing room, there will be situations where there are not enough dressing rooms for each group but the skates have to reach the hall on foot and when coming they go directly to the edge of the ice; these situations are informed to the groups separately!
10. All participants should wash their hands before and after the event at home and, if necessary, use their own disinfectant at the ice rink.

11. Please keep your own belongings separate from the other person's belongings. Personal effects must be kept for personal use only; mm. no other person should drink from the drink bottle (and no water should be spit), and if an exercise mat is needed, for example, everyone will take their own.
12. Character cones and other coaching aids are handled only by the coach.
13. If you have to cough or sneeze, cough / sneeze into your elbow or sleeve or shirt.
14. These instructions are reviewed in advance with the skaters and the coaches monitor compliance with the instructions. In addition to this, the coaches can give other instructions that must be obeyed. If the skater does not follow these instructions, the skater can be directed away from the ice and his training may be paused.
15. These instructions are based on the safety and operating instructions issued by the Helsinki Metropolitan Area Corona Coordination Group, the Finnish Figure Skating Association and the Olympic Committee.

Protecting yourself against coronavirus infection

The coronavirus is transmitted primarily as a droplet infection when the infected person coughs or sneezes. It is possible that the virus is also transmitted through contact.

Protecting yourself from the virus is important. The best way to protect yourself is to wash your hands and avoid close contact and close proximity: Keep in a safe place for people (over 2 m).

Washing your hands with warm water and soap is preferable to using a hand sanitizer if a washing place is available: Always wash your hands after entering the ice rink, before eating, after using the toilet and after leaving the ice rink. Wash your hands thoroughly with soap and water for at least 20 seconds. For drying your hands, disposable paper is best away from home and at home with your own hand towel; also in the hall, your own hand towel included in the bag is a good alternative for drying your hands. Do not lend the towel to others.

Use an alcoholic hand sanitizer if washing with water and liquid soap is not possible. When using an alcoholic hand sanitizer, take an amount at a time that will allow you to rub your hands throughout. Rub the rinse on dry hands until it evaporates completely. Bring your own hand sanitizer bottle to the hall, do not lend the rinse to others.

Be sure not to touch your eyes, nose or mouth unless you have just washed your hands.

Use common areas (changing rooms, shared toilets) in the hall only if necessary.

Immediately place a used disposable face mask or handkerchief in the trash. Do not leave face masks you use on ice on the edge of the trough or on benches, but put them in the trash immediately.

Other things to consider: illness, exposure, corona flash alarm, absence from training and returning to ice

Exercises should not be attended if the person has symptoms of a respiratory infection or stomach symptoms (such as diarrhea). No one should get into the exercises, even with a small runny nose or mild stomach pain! If a skater becomes ill with any illness or symptoms, he or she will immediately be out of training. If necessary, the coach can point this out if he or she notices that the skater is coughing / sneezing / sneezing during training.

After becoming ill (with any symptoms), the skater must be out of training until he is completely asymptomatic + 2 days (48h) after the symptoms have stopped.

If a person applies for a coronavirus test, the result of the test must be awaited in a quarantine condition, ie must not be trained. Even if a skater has received a negative corona test result, he SHOULD NOT COME TO TRAINING WITH SYMPTOMS OR BEING SICK.

If the skater receives a positive test result, the isolation at home is continued until the skater has been asymptomatic for 2 days (48 hours) AND at least 10 days have elapsed since the onset of symptoms. If symptoms persist after 10 days, the patient should be at home until they have been asymptomatic for at least 2 days (48 hours). The duration of home isolation of an asymptomatic person with a positive test result is 10 days after sampling.

The club has no right to inform other skaters if any of the skaters get sick or get a positive test result; infection detection professionals. The club cannot inform about this due to data protection.

The close contacts of a person who has received a COVID-19 case will be contacted by healthcare. Exposure / close contact is defined as a situation where the patient has had a total of more than 15 minutes of face-to-face (without face mask) distance of less than 2 meters, more than 15 minutes of stay in the same confined space or physical contact with the patient. TO AVOID QUARANTINE, THE SKATER SHOULD CONSIDER THESE LIMITS IN ALL ACTIVITIES RELATED TO TRAINING AND BEING ON THE ICE HALL AND GETTING THERE!

If you suspect covid-19 infection, follow THL's instructions:

<https://thl.fi/fi/web/infektioaudit-ja-rokotukset/ajanohtaista/ajankohtista-koronavirusest-covid-19/ohjeita-kansalaisille-koronavirusest>

Recommendations for a skater who has received an alert via the Corona Flasher app:

It is recommended that the skater / parents immediately inform the coach that the Corona Flasher has alerted them so that the coach and club can ensure the safety of the other skaters. Like the authorities, we strongly recommend that upon receiving information about possible exposure from Corona Flasher, the skater remains in voluntary quarantine and avoids ALL social contacts while the exposure alert is in effect in the application. This is the best way to prevent further infections and, for our part, to ensure that children's leisure activities are not re-closed. Voluntary quarantine is based on volunteering. Official quarantine, on the other hand, is an official decision by an infectious disease doctor. Quarantine cannot be shortened by a corona test, and the validity of a Coron Flasher alarm cannot be overridden even with a negative test result.

The goal of both quarantines is to prevent an asymptomatic person from infecting others, and a negative test result therefore does not change the situation. Some infectious diseases can be transmitted even before the actual symptoms break out.

If a person living in the skater's family or in the same household, other than the skater himself, receives a Corona Flashing Alarm, the skater does not have to remain in voluntary quarantine (in this situation, the skater him or herself is not exposed to the virus).
Tracing of infection can take some time, especially if there are many exposed. If you do not know how to proceed, contact your healthcare provider to confirm.

Together, by acting responsibly, we can play our part in ensuring that children's and young people's hobbies and sports do not have to be shut down completely again!

We trust every Skater and our club community to be able to handle this matter with the precision that is essential in this exceptional time!

Joy and enthusiasm for training - Stay healthy and be safe!

