



## 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 time spent at the dressing room must be kept to a minimum (less than 15 minutes in total). Care must be taken in order to maintain adequate space.
3. All skaters over the age of 12, as well as coaches and instructors, are recommended to 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. 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!
4. Skaters are not recommended to spend the extra time between school and practice inside the future ice rink. Avoid unnecessary being and walking in the hall.
5. It is not allowed to come next to the ice. Only for skaters under school age, for example, for tying skates, the skater may be assisted by one adult.
6. All participants should wash their hands before and after the event at home and, if necessary, use their own disinfectant at the ice rink.
7. 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.
8. Character cones and other coaching aids are handled only by the coach.
9. If you have to cough or sneeze, cough / sneeze into your elbow or sleeve or shirt.
10. Coaches are allowed to 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.
11. 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.

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>

**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!

