



# The Federation of Artistic Roller Skating

**STAY ALERT – CONTROL THE VIRUS – SAVE LIVES**

**GENERAL INFORMATION, GUIDANCE AND ADVICE FOR RE-OPENING FOR ALL ARTISTIC ROLLER SKATING CLUBS AFFILIATED TO THE FEDERATION OF ARTISTIC ROLLER SKATING**

**ISSUE 3 : FARS authorises skating can return, ONLY, if clubs have sent to FARS their risk assessment and the name of their Covid Marshall, to join a zoom call to be arranged by the Head of Dance.**

Extra rules can be dictated by individual club committees and centres, along with the Governments guidelines on Covid 19, we stress to use common sense in most situations, if there are any queries, please contact any of the team to discuss.

Carry out a risk assessment (Please see FARS template issued today) on your own facility to make sure you are safe and have good guidelines in place. Work with your local sports centre/council/management agent/school to make sure you are covering their requirements. If you have any worries please consult the government website on current advice. **Risk Assessments must be emailed to [hod@fars.co.uk](mailto:hod@fars.co.uk) and [hoff@fars.co.uk](mailto:hoff@fars.co.uk) BEFORE you resume skating.**

**Advice has been updated for the planning of re-opening:**

- Sessions indoors should be kept to a maximum of 20 attendees (skaters and coaches). 20 is the absolute maximum but social distancing needs to be met still, so clubs should consider the size of the rink and decide on a number that is best suited to their rink. Example: FARS wouldn't expect 20 skaters to be 4 badminton court rink
- Any venues with less than 2 badminton courts are not permitted to be used as a skating venue.
- Coaches should plan lessons to ensure social distancing can be obtained throughout the lesson.
- Skaters should be dropped off, no parents/spectators in the rink at any time, only the above specified total number.
- Please see attached the Triage Form for skaters to fill in before they skate.
- All fees must be paid to the skating club via BACS, no cash handling.
- Skaters must be able to skate on their own without any aid from the coaches.
- We advise that you must not hold large, public or general skating sessions with the use of hire skates.
- All skaters must bring their own skates.
- Skaters should wear a mask to the rink, but remove to skate, wear the mask to leave. If a skater comes without a mask, they should be sent home and refused permission to skate.
- If the centre is not taking individual temperatures on entry, please make it your responsibility to do this. Club to provide a hand sanitiser/thermometer at the entrance to the hall. Club could also carry out these tasks once skaters are in the hall to be happy all skaters are well and healthy to skate.
- Skaters to arrive/leave in their skating apparel, **do not use changing rooms or showers.**
- Skaters allocated their own area/chair in the rink for changing their skates, 2 metres distance from others. Skaters to keep all their belongings including water, etc in their own designated area with their bags.
- Skaters to ensure they have their own water bottle, hand gel and face mask
- ~~Coaches must wear a face mask during the lesson and/or a face visor if necessary.~~
- Skaters to enter/exit through a different entrance and allow a five to ten-minute changeover for cleaning and social distancing.
- When exiting, clean and sanitise the chairs, before next skaters enter the rink We suggest the first back should be competitive skaters, followed by novice skaters, all small groups with own skates.



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- Toilets – if a skater wishes to use the facility, make sure when they return they re-apply their sanitiser to their hands. Only allow one to go, and others will have to wait. Please check the centre has marked up instructions on one way
- Skaters have not been in rinks for some time, please ensure coaches limit the time on skates to 1-2 hours, to reduce the risk of injury. Update and adapt skating lessons weekly in line with FARS and government advice on social distancing.
- Assess your groups and lessons regularly and be prepared to adjust them quickly if felt changes are needed to ensure COVID secure practice.
- While skating, social distance must be maintained during the lesson.
- Couples, quartets, formations, duos and any other form of held skating is not permitted to resume at this time.
- **IMPORTANT** - Make sure you instruct all skaters to not attend, if they show signs of Covid 19 or any member of their family show signs of Covid 19. All skaters, coaches, and volunteers must undergo a self-assessment for any COVID-19 symptoms. No-one should leave home to participate /attend sport centres if they, or someone they live with, has symptoms of COVID -19 currently recognised as any of the following. Should an individual have demonstrated any such symptoms, they must follow [NHS and PHE guidance on self-isolation](#)
  - A high temperature
  - A new, continuous cough
  - A loss of, or change to, their sense of smell or taste
- Although excited, social distancing must be seriously adhered to, no hugging, shaking hands, no touching. Coaches must not skate with the skater and must stay social distancing from all skaters.
- **FARS Board will be contacting you if you fail to keep to social distancing and to the guidelines above.**
- **Please also make sure photos you send to social media meet all FARS guidelines.**

## Injury treatment

Please revise your first aid items. Please add thermometer and gloves.

Injuries should still be treated as participant wellbeing is utmost. The best way to protect yourself and others is through rigorous cleaning, personal hygiene and regular hand hygiene. An increased frequency of cleaning and disinfection of all surfaces and equipment, using standard household cleaning and disinfection products, is recommended. Face coverings are also advisable when undertaking treatment.

After contact with an injured participant, clean your hands thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity. This advice is applicable to all situations, regardless of whether there was close contact or the minimum social distancing was maintained. Avoid touching your mouth, eyes and nose.

**Outside training** – anywhere, courts, car parks, rinks, etc

All the rules above apply to outside venues, maximum 10 plus 2 metre rule now applies to outside. You must ensure safe Covid practice is taking place: social distancing, hand sanitiser, etc.

## Message from the NSPCC Childline:

As all sport has been cancelled for many weeks, along with schools and social isolation, we need to be aware that many children and young people may be become more vulnerable. Clubs are encouraged to look out for this and use their links and methods of communicating to promote Childline.

**Childline (UK)** [www.childline.org.uk](http://www.childline.org.uk) Tel: 0800 11 11

**NSPCC Helpline:** 0808 800 5000 (8am-10pm Mon-Fri/9am-6pm weekends or [email\\_help@nspcc.org.uk](mailto:email_help@nspcc.org.uk) anytime).

## FARS Executive Board

### PLEASE REMEMBER

**Any social media posts MUST be in line with social distancing and the rules documented above. Any breaches will be seriously investigated by the FARS board**

