



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 1 - DATE: FRIDAY 26TH JUNE 2020 - At present all Leisure Centre's are closed through-out the UK but opening in the Channel Islands so there are many different rules about lockdown. Due to government weekly updates on the opening of leisure centres and sports arenas our advice as of today's date is here to help in planning for re-openings:

- Carry out a risk assessment on your own facility to make sure you are safe and have good guidelines in place. If you have any worries please consult the government website on current advice.
- We suggest your first sessions back should be kept to a minimum. Example: 6 including the coach
- We suggest that skaters are dropped off, with no parents or other persons in the rink at any time, only the above specified total number.
- All fees to be paid to the skating club via BACS, no cash handling
- Perhaps a specially trained first aider/committee member/CPU person should be in the hall for emergencies and also as a second to the coach being on their own, this being separate to the 6
- Skaters have not been in rinks for the last few months, maybe limit the time on skates to one or two hours to begin with.
- Look at changing the skating lessons weekly and updating them with the government advice weekly on social distancing.
- We suggest the first back should be championship skaters, then competition skaters, followed by novice skaters, all small groups with own skates.
- Skaters must be able to skate on their own without any aid from the coaches
- We advise that you do not hold large, public or general skating sessions with the use of hire skates.
- All skaters must bring their own skates.

Many rules can be dictated by individual club committees, 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.

Possibilities/suggestions for return

- Club to provide a hand sanitiser at the entrance to the hall and ask them to apply before entering and then to use their own sanitiser regularly throughout training with coaches giving adequate reminders and breaks to apply regularly throughout training.
- Ask skaters to enter/exit through a different entrance and allow a five to ten-minute changeover
- Skaters allocated their own area/chair in the rink for changing their skates, 1-2 metres distance from others.
- Once sat, the skaters to ensure they have their own water bottle, hand gel and face mask
- They should remove their masks to skate, but put them on to leave.
- When exiting, clean and sanitise the chairs, before next skaters enter the rink
- Ask skaters to come in their skating apparel, **do not use changing rooms**

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 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

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