



## **Aldwych Speed Club**

### **How sessions will work during COVID-19**

#### **Booking procedure**

You must book and pay in advance to come to a session. Please do not just turn up as you will be sent away.

Booking is on-line at <https://bookwhen.com/aldwychspeedclub>. You may need a password which you will be given. You select which event you want to book and how many tickets you want. It shows how many tickets are available. You then need to enter details of who is booking and who will be attending. When you have booked you will get a confirmation e-mail.

If you find that you can not attend, please cancel your ticket so that another skater has a chance to come. If you need to cancel please do so at least 3 hours before the session start time.

If you need to cancel your booking, go into the confirmation e-mail and click 'View booking'. This takes you to the web site. To the right of the details of the tickets you have booked is a 'Ticket options' button. Click this and you will then be able to click 'Cancel'.

#### **Before entering the rink**

If you feel at all unwell DO NOT come to training. This is especially true if you have a new continuous cough, a high temperature or have lost your sense of smell or taste.

Bring a full plastic water bottle with you. You will not be able to fill it at the Spectrum. Please do not bring metal or glass water bottles.

Please sharpen your blades at home. There will not be time or space to sharpen at the rink.

Please arrive in plenty of time. You may not be allowed in the rink if you are late.

Please arrive at the rink in your skin suit. If you have to change in the car, please be considerate to other people. There will be no changing rooms in the rink. Any warm up must be done before entering the rink area.

Entry to the ice rink will be through the back door near the underground car park. There should be signs showing you where to go. You will be allowed into the rink area 15 minutes before the ice session starts.

Children under the age of 16 must be accompanied by a parent/guardian.

Spectators should bring sufficient layers with them to keep warm while at the rink.

#### **In the rink**

Please use the hand sanitiser provided before entering the rink area. Everyone must wear a face covering when in the rink area. Children under the age of 11 do not need to wear a face covering but can if they/their parents wish.

Skaters will be directed to an area where they can put on their skates. If a child needs help putting on their skates, a member of their household may do this.

Any spectators may watch from the balcony. Access to this is via the stairs near the large windows. Please be mindful of other people on the stairs and keep to the left. Please ensure you stay socially distanced from others in the viewing area.

The toilets will be open, but must not be used for changing.

At all times, if moving around the rink area please be aware of social distancing, and follow any instructions regarding one-way flow.

### **During the session**

Spectrum staff will put the mat trolleys onto the ice. Those skaters putting the mats out should use hand sanitiser first and not wear gloves. Please use hand sanitiser again after putting out the mats and before putting on gloves. There will be two skaters per trolley and they must wear face coverings.

Do not enter the ice until instructed that it is OK to do so. Entry to and exit from the ice will be via the double doors at the side of the rink near the changing area. There will be a table near these doors where you can put your blade guards. Please be aware of social distancing. There will also be hand sanitiser and a box of tissues on this table.

There will be no music during the session. It is vital that you listen to the coach and do as you are told. Stay in your group. If there is a skater aged 18 or over in any group, that group will have at most 6 skaters in it.

You may uncover your face when you are on the track but you must cover it again when you are resting.

There will be nowhere to put excess clothing so think carefully about what you want to wear on the ice.

Water bottles should be put where indicated.

If you need to blow your nose, please use the tissues provided and put it straight into a bin. Do not spit on the ice.

Do not handle/touch the blocks or the mats during a session unless asked by the coach to do so. Following a fall, the coaches will manage the process to replace blocks/mats.

### **After the session**

The Zamboni will need to come onto the ice before the mats go off. Therefore, those who are not doing the mats will need to leave the ice immediately. Those doing the mats will need to be aware of the Zamboni and stay out of its way.

Those who are putting the mats on the trolleys should take off their gloves and use hand sanitiser before handling the mats. Once the mats are off the ice, please use hand sanitiser again.

Please ensure you take your water bottle with you when leaving the ice.

When you have changed out of your skates, please follow the one-way system to leave the rink area by the door near the Zamboni. Please be aware if the Zamboni is coming off the ice. Please leave the rink area as soon as possible.

Any warm down must be done outside the rink.

Please wash or sanitise your gloves and face covering after every session. Please wash your skin suit regularly.

If you need any help with booking or have any questions or feedback please contact [info@aldwychspeedclub.com](mailto:info@aldwychspeedclub.com)

October 2020