

The graphic features a large, stylized letter 'S' in the background. The 'S' is composed of three concentric, overlapping shapes: an outer grey ring, a middle white ring, and an inner red ring. The text is centered over this graphic.

USS EVENT  
GUIDELINES -  
COVID 19



# US Speedskating Event Guideline

## Introduction

US Speedskating continues adapting to the COVID-19 situation. The safety and health of our participants always remains our top priority. Thank you to all skaters, officials, coaches, parents and volunteers for your continued passion and support. We are all looking forward to returning to more normal times. In the meantime, we are providing event guidelines suggesting appropriate precautions in planning your local or regional event to mitigate the risk associated with COVID-19 infections.

The following guidelines are reasonable precautions to create conditions for speed skating competitions that are not unduly hazardous for participants. These guidelines should be considered by all meet organizers in addition to any local, regional or state mandates, which would take precedent over the provided USS guidelines.

Facility requirements regarding venue capacity, face mask mandates or other safety measures must be followed and considered in the planning of a competition.

---

*This document is subject to change as we learn from our experiences and are made aware of new information.*

---



Table of Contents	
<i>USS EVENT GUIDELINES -COVID 19</i>	1
<i>US Speedskating Event Guideline</i>	2
<i>Introduction</i>	2
<i>Registration &amp; Information</i>	4
Pre-Registration	4
Registration Process	4
Pre-Event Information	4
<i>Facility &amp; Competition Procedures</i>	5
Daily Health Screening – On Site	5
Coaches Meeting	5
Warm Up	5
Masks	5
Locker Rooms	6
Coaches Box	6
Heat Box	6
Timing Deck	7
Officials/Volunteers	7
Start Lists & Results	7
<i>Venue</i>	8
Venue Preparation	8
Medical Coverage	8
Emergency Action Plan	8
Capacity Management	9
Environmental Hygiene	9
Food Service	9
Resources	9
<a href="https://www.teamusa.org/Coronavirus-Updates">https://www.teamusa.org/Coronavirus-Updates</a>	9
<a href="https://www.cdc.gov/coronavirus/2019-ncov/index.html">https://www.cdc.gov/coronavirus/2019-ncov/index.html</a>	9
<a href="https://globalepidemics.org/key-metrics-for-covid-suppression/">https://globalepidemics.org/key-metrics-for-covid-suppression/</a>	9



## Registration & Information

### Pre-Registration

- a. Provide instructions to all participants to daily monitor their temperature at least 7 days prior to skater check-in
- b. All participants need to provide a minimum of 7 day temperature log before receiving their helmet cover at skater check-in

### Registration Process

- a. Set registration deadline 10 days out so participants can log temperatures at least 7 days prior to skater check in
- b. Register all event officials and volunteers in a spread sheet, so you know who all attended your event
- c. Registration should include phone number and email for each participant
- d. Use registration information to share all on-site policies and procedures ahead of time
- e. Use registration information to provide information in response to a potential COVID-19 case

### Pre-Event Information

To avoid any face-to-face meetings, the organizer shall prepare a event information package. The package will be distributed to registered participants via email and may include

- a. Any applicable competition rules
- b. Proper hand washing and hand sanitizing procedures
- c. Possibly a virtual tour of the facility to familiarize participants with the flow of traffic
- d. Link to self-assessment tool
- e. Competition schedule including warm up times, check-in times and any applicable procedures in relation to that
- f. List of participants
- g. Any information the referee is providing in regards to application of rules
- h. Any other important rink, local health department information



## Facility & Competition Procedures

### Daily Health Screening – On Site

- a. All participants (including coaches, officials and volunteers) complete an online self-assessment screening daily before arrival at venue (google forms via QR code)
- b. All participants will receive a temperature check upon arrival at the venue (cut off temperature 100.4 degree Fahrenheit)
- c. If there are spectators allowed who use the same entrance, they will also undergo temperature check and an online self assessment screening
- d. Maintain daily attendance records and self-assessments for 21 days post event conclusion. This will help to facilitate contact tracing should an attendee test positive for COVID-19
- e. Availability of disposable masks

### Coaches Meeting

- a. No face-to-face meetings for coaches and/or officials
- b. Conduct a virtual coaches meeting via zoom to confirm entries or have all participants confirm their entry via email the day before
- c. Post any necessary information online on your event website or through email or What's App
- d. Avoid any social gatherings outside the competition such as officials dinner

### Warm Up

- a. If weather permits athletes should warm up outside and avoid shared space with the public
- b. Limit time spent on indoor warm up to 15 minutes
- c. Maintain physical distancing of 6ft or more indoor and outdoor
- d. Monitor hygiene in warm up area and wipe down touch points in regular time intervals
- e. If stationary bikes are available, wipe down before and after each use. Bikes must be physically distanced
- f. Hand sanitizer must be available in designated warm up area
- g. Limit on-ice warm ups to first day of competition only and assign only small groups (i.e. 16 skaters for ST)

### Masks

- a. Mask will be worn at all times indoors, in all spaces
- b. Mask will be worn for warm up off and on the ice



- c. Mask will be worn during outdoor warm up unless a physical distance of at least 6ft is given
- d. Masks will be worn during competition as following:
  - i. For Olympic style long track racing, masks must be worn for warm up on the ice. Masks are not required during race. You must clearly label your mask with your name or store your mask within your skinsuit while racing. Mask must be worn again after race is completed.
  - ii. For short track or pack style racing, masks must be worn during official warm up. Masks are not required during race and can be either stored in your skin suit or left within a concealed container (zip lock bag) in the heat box.

## Locker Rooms

- a. Follow facility/venue procedures
- b. Provide appropriate sanitizing materials in each locker room
- c. Maintain a 6ft distance between skaters
- d. If no locker rooms are available assign sections of stands to clubs/participants who usually train together
- e. All participants must contain their belongings in one bag at all times

## Coaches Box

1. Long Track
  - a. Coaches must physically distance at all times. At least 10ft from each other on the back stretch on ice. At least 6ft on the infield
  - b. Coaches must wear masks at all times including active coaching on the back stretch
  - c. Hand sanitizer must be available in the coaches zone
  - d. No sharing of any equipment (stop watches, lap boards etc.)
2. Short Track
  - a. Only coaches who have a skater racing are permitted
  - b. Coaches must use hand sanitizer upon entering the coaches box
  - c. Masks must be worn at all times
  - d. No sharing of equipment (stop watches, tools etc.)
  - e. Coaches outside the coaches box must maintain physical distance of at least 6ft from each

## Heat Box

- a. Time spend in the heat box should be minimized by already wearing all necessary equipment
- b. Skaters will be placed at least 6ft apart from each other



- c. Depending on available space no more than two heats should be in the heat box at any given time
- d. All personal items such as clothing, shoes, bottle will have to be contained in a labeled bag/container (single bag or bin), provided by the skater
- e. Upon entering the ice skaters has to bring their container to the exit themselves before reporting to the start line
- f. Identify separate entry and exit points to the ice
- g. If entry and exit is through the same door, control movement off and on to the ice
- h. Skaters belonging are not to be handled by volunteers
- i. Hand sanitizer must be available

### Timing Deck

- a. Limit number of officials on and around timing deck
- b. Physical distance and separate work areas for each person with a physical barrier or at least 6ft space between each person
- c. No sharing of work materials (pens, tape, etc.)
- d. Availability of hand sanitizer

### Officials/Volunteers

- a. Any official or volunteer may withdraw from the competition at any time if they deem the conditions pose an unacceptable risk to themselves
- b. All officials and volunteers shall wear masks in all indoor spaces at all times
- c. Hand sanitizer will be provided in each work space occupied by officials and volunteers (i.e. timing deck, officials table)
- d. On ice officials shall physical distance at least 6ft from each other or any skater
- e. Use [electronic whistle](#) or [whistle cover](#) in place of a traditional whistle which would send droplet into the air
- f. Reduce the number of officials to a minimum requirement that allow a competition to be held safely
- g. Any officials communication should take place via radio as much as possible

### Start Lists & Results

- a. Start lists will only be distributed electronically via email, Dropbox or WhatsApp
- b. Results will be distributed only electronically via email, Dropbox or WhatsApp
- c. Any additional race information will be shared via email, Dropbox or WhatsApp



## Venue

### Venue Preparation

1. Your Local Health Department
  - a. Contact your local health department to revive any relevant protocols for events, mass gatherings that may apply
  - b. Receive information about required response to any COVID-19 symptoms or potential positive COVID-19 case
2. Venue Operations
  - a. Know your venues requirements, procedures and policies and share with participants via email well before arrival
  - b. Confirm any additional needed staffing to keep common used areas clean and sanitized at regular times
  - c. Confirm entry and exit points as well as flow of the traffic during competition. Avoid close contact points or two directional areas
  - d. Place sanitary signages throughout the venue and remind participants of physical distancing and mask guidelines or rules and to practice good hand hygiene

### Medical Coverage

If medical personnel is in attendance please confirm the following:

- a. Availability of PPE for emergency responders; including masks, eye protection and gloves
- b. Availability of disposable masks for skaters needing a medical assessment/treatment for an acute injury
- c. Sanitizing materials to clean all surfaces in first aid room after each assessment/treatment

### Emergency Action Plan

In addition to your emergency action plan you should develop and communicate any additional COVID-19 related measures for

- a. Withdraw of a participant due to COVID-19 symptoms
- b. Withdraw of a participant due to positive COVID-19 test
- c. Plan to inform participants in case of a post-competition report of a positive COVID-19 test
- d. Plan to remove participants or spectators who do not comply with venue, competition or local health department mandates/rules.





## Capacity Management

If possible create a split schedule to limit the number of participants within the venue at one time

- a. Increase timing between races to allow skaters to clear ice before new ones come on
- b. Reduce number of skaters for your competition
- c. Create racing groups and conclude one group before other group enters the building
- d. Limit number of accompanying parents, coaches etc.

## Environmental Hygiene

- a. Helmet covers will be collected at end of competition and washed
- b. Transponders will be collected at end of competition and sanitized
- c. Eliminate arm bands in long track or skaters should purchase their own and bring to competition
- d. Clean high touch points in heat box, officials area and locker rooms regularly
- e. Use hand sanitizer for track stewards if they share equipment (squeegee, buckets, blocks)
- f. Pad set up: all helping hands need to use hand sanitizer before setting up and breaking down

## Food Service

- a. No food will be provided for skaters
- b. Skaters will need to bring own snacks and clearly marked water bottle
- c. No self-service
- d. Volunteer food shall be pre-packaged meals
- e. Pick-up of volunteer food with maintaining 6 ft distance
- f. Minimize touch points and provide single use packages (ketchup, mustard etc.)

## Resources

<https://www.teamusa.org/Coronavirus-Updates>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://globalepidemics.org/key-metrics-for-covid-suppression/>