

Welcome to Learn To Skate at Body Zone!

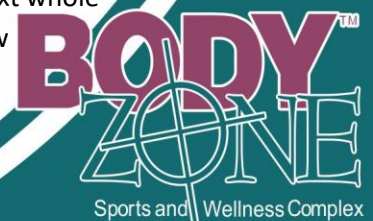
Safety Measures & Important Class Details

BEFORE YOU ARRIVE:

- One parent or guardian per child will be permitted to enter the facility 15 minutes before the program start time. Siblings or other family members are not permitted.
- Make sure everyone attending is healthy. If you or the participant/child is sick or you suspect one of you may be sick do not come to the lesson.
- Children must be fully dressed in related sports and exercise gear before entering the facility. Bring mittens or gloves, and a helmet. Bike helmets work perfectly. Skaters need to wear long pants and a jacket. Snow pants are great for younger skaters. Please do not wear clothing that restricts movement.
- Don't forget your face masks. All parents/guardians are required to wear a face mask at all times while at Body Zone. Children over two years of age must wear a face mask before and after their program.

WHEN YOU ARRIVE:

- You must check-in at Guest Services on our main level for a touch-free temperature check for parent/guardian and participants. This is mandatory for all customers/members/guests. **If not already submitted, you will be asked to complete a Body Zone Liability Waiver.**
- Social distancing, six-feet or more apart, is mandatory while at Body Zone.
- Make sure to wash your hands and/or use hand sanitizer prior to the program. We will have "Sanitation Stations" in our ice sports lobby and ice rink for this purpose.
- After checking in at Guest Services, please proceed to our Ice Sports lobby to sign in for class, get your child's name tag and free rental skates if necessary. Place the name tag on the front of your child's helmet or jacket. You'll notice a colored dot on your child's name tag. This dot corresponds to their group and group's meeting location on the ice. Our staff will assist you and your child with this process.
- Need Body Zone complimentary skates? These have been thoroughly disinfected for you. You will be asked to swap your child's shoes for the skates. We recommend starting with your child's typical shoe size, and then adjusting from there if necessary. If your child typically wears a half size, we recommend asking for the next whole size down. For example, if they wear a 2 ½, ask for a 2 first, and see how that fits.



- Body Zone's Director of Ice Skating Programs, Audrey Turner, groups skaters together according to age and ability. This process evolves over a few weeks so continue to check the color of the dot on your child's name tag before the first few classes -- it might change.

DURING CLASS:

- **While class is in session, parents/guardians must utilize the "Designated Viewing Area" in Rink #1. Please adhere to social distancing rules in this area and please do not travel to other parts of Body Zone.**
- Please do not use any other restrooms at Body Zone besides our main corridor restrooms located just past Guest Services.

AFTER CLASS ENDS:

- When the program ends, parents and children must leave Body Zone immediately so Body Zone staff may begin disinfecting the utilized areas.
- Body Zone's face mask and social distancing rules apply while in our parking lot. Please exit the premises after your program ends and refrain from gathering in groups and socializing.

If you have any questions, please refrain from in-person conversations with the instructor. Instead, please email Coach Audrey: aturner@bodyzonesports.com or Jason Bowman: jbowman@bodyzonesports.com

Learn To Skate coaches follow Body Zone COVID-19 Employee Guidelines as detailed here: bodyzonesports.com/safety. They must wear masks at all times and complete temperature checks and health screening before every shift.

