

Hi Skaters and Parents

Hope you've all enjoyed first day at alert level 1!

Full list of government [Golden rules for everyone at Alert Level 1](#)

Key points:

1. If you're sick, stay home. Don't go to work or school. Don't socialise.
2. Wash your hands. Wash your hands. Wash your hands.
3. Sneeze and cough into your elbow, and regularly disinfect shared surfaces.
4. Keep track of where you've been, when and who you've seen to help contact tracing if needed. Use the NZ COVID Tracer app as a handy way of doing this. Our business Ministry of Health QR Code is displayed in the foyer for your own contact tracing.
5. People will have had different experiences over the last couple of months. Whatever you're feeling — it's okay. Be kind to others. Be kind to yourself.

There are no physical distancing requirements at Alert Level 1. You can still play it safe by continuing to keep a distance from people you don't know. Use your judgement. The more space there is between you and others, the harder it is for COVID-19 to spread.

The Cafe is open for public and spectators, skaters will need to use the grandstand or benches on rink side to put their skates on, no changing of skates or skate bags in the café.

Figure Skating Term Schedule from now until Saturday 4th July

<https://www.paradice.co.nz/ice-sports/figure-skating/>

During term time, after the weekday figure sessions ice time from 8:45am-9:45am is available for private hire at \$150 per hour for a max of 10 skaters. To arrange booking ice time please contact ezlyn@paradice.co.nz or danielle@paradice.co.nz

Monday to Friday figure sessions group lessons of up to max of 3 students is permitted during off peak times. Providing sections of ice are not blocked and do not prevent other skaters and coaches from using the ice.

*Saturday Morning at Avondale Split Level Schedule

Rotation	6:00am – 7:30am	7:15am – 8:45am
13 June, 27 June	Group 1	Group 2
20 June, 4 July	Group 2	Group 1

*Group 1: Pre-Elementary to Basic Novice, Adults (Bronze to Gold), Ice Dance, Synchro skaters that do not compete in Solo – shadow with another skater is not permitted.

*Group 2: Intermediate Novice to Senior, Adult Elite

Saturday Am Split Session Procedure

Provided coaches have reviewed all possible options to fit skaters lesson within their session level, coaches can take a skater for a lesson on the other groups session only for a solo, pair or ice dance lesson, and be on the ice for a maximum of 5min before their lesson (*coaches please ensure your skaters following this procedure*).

Please note group lessons max of 3 skaters is only permitted during their levels session time not the alternative levels session (note as Saturday morning is a peak session recommend only private lessons i.e. 1skater:1coach)

Best Regards

Rosie

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