



# Ames Figure Skating Club

## Covid-19 Policies

Ames Figure Skating Club (AFSC) believes it is essential to the physical, emotional, and mental well-being of our athletes and coaches to continue skating. However, the health and safety of our skating community is vital.

To help slow the spread and ensure that our Club remains healthy, we are refining our Covid-19 policy based on CDC guidance and continuing to enforce social distancing and sanitizing the rink.

If you are ill, please stay home! Covid-19 affects different people in different ways. Infected people have had a wide range of symptoms reported – from mild symptoms to severe. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have Covid-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Look for emergency warning signs for Covid-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds

**What To Do If You've Had a Covid-19 Exposure or Close Contact:**

If you have a confirmed exposure or a close contact exposure as defined by the CDC (more than 15 minutes closer than 6 feet apart), we ask that you test before returning to the ice. We will also ask for a list of your close contacts from AFSC for contact tracing purposes. Please send test results and close contacts to AFSC Board Member Taylor Arnold, [taylorarnold524@hotmail.com](mailto:taylorarnold524@hotmail.com). All results will remain confidential.

***Once tested, there are two options:***

1. Positive tests--We ask that you follow CDC guidelines for quarantining and remain home from AFSC-affiliated activities for 14 days after a positive test. If you currently have, or begin to develop symptoms, please fill out the following the symptoms checker: [https://docs.google.com/forms/d/e/1FAIpQLSc89HW7Qk4eCsPUxMtO5yPk8hdfkMFDZrS6t5eOdFY2MJEjQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSc89HW7Qk4eCsPUxMtO5yPk8hdfkMFDZrS6t5eOdFY2MJEjQ/viewform?usp=sf_link) You can return to AFSC activities, including Club ice time, when 14 days have passed AND you are symptom-free.

2. Negative tests--If no symptoms, we welcome you on the ice after a negative test. If you have a negative test and start feeling symptoms, please retest, quarantine if positive, and fill out the symptoms checker above.

There is a Covid testing site by Hy-Vee Gas on Lincoln Way. You can schedule that here: <https://www.hy-vee.com/my-pharmacy/services/covid-19-testing> People have been able to get in fairly quickly and had the option for a rapid test (\$100) or a standard test (\$25). Rapid tests take a few hours and standard tests take a few days. You can also go through Test Iowa for free, but it can take a few days to get an appointment.

*Skaters who miss their contracted ice time for Covid-19, or any other illness or injury, are not eligible for a refund or reduction in their ice cost.*