



**Capital Ice Synchro Classic
Bismarck Figure Skating Club
January 31, 2021**

The Capital Ice Synchro Classic will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current Rulebook as well as any pertinent updates which have been posted on the U.S. Figure Skating web site.

This competition is open to all synchronized teams comprised of members who are eligible, restricted, reinstated or readmitted persons, as defined by the Eligibility Rules, and currently registered members of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current U.S. Figure Skating Rulebook. Refer to the current rulebook regarding eligibility of non-U.S. citizens.

This event is proud to participate in the National Synchronized Skating Series. Visit usfigureskating.org for more information on this series. Results of this event for participating teams will be reported to U.S. Figure Skating for calculation of the series results.

COVID POLICY: (rink maps are at the end of this announcement)

MONITORING PARTICIPANTS ENTERING THE BUILDING: The first line of defense is monitoring all participants, officials and volunteers entering the building. The BFSC will purchase several digital-thermal thermometers. Each member of each team will have their temperature checked before entering the arena. All officials and volunteers will also be screened. Skaters, Coaches, Officials and Volunteers with fevers exceeding 100.4 degrees will not be permitted to enter the arena. All volunteers, coaches, judges, spectators, and/or competitors will be required to sign a waiver to ensure they understand the risks they may face in participating in a public activity

CLEANING AND DISINFECTING WARM UP AREAS AND LOCKER ROOMS: The ice arena will be fully cleaned and disinfected before the event and throughout the event. Volunteers will be stationed at each locker room and warm up area.

When team moves from their warm up location to their locker room, a volunteer will clean and disinfect the area and wipe down all of the surfaces before the next team enters that warm up area.

Hand Sanitizer and disinfecting wipes will be available in all locker rooms and throughout the arena.

MASKING FOR EVERYONE: All participants, officials, Spectators and volunteers will wear masks while in the building. All skaters will be expected to wear a mask unless they are warming up or skating on the ice.

Volunteers will assist monitoring skaters, coaches, and officials for compliance. Any individual not compliant with masking wearing will not be permitted in the arena.

SPECTATORS: Spectators will be at 25% capacity with a max of 50 people or as directed by Burleigh County Health Department. If Spectators are allowed at time of competition Spectators will be ushered in to watch the group their team skates in and ushered out when group is finished. Seats will be sanitized in between. Seats will be marked off to ensure social distancing.

SOCIAL DISTANCING OF SIX FEET: Teams will be scheduled so they will not have to travel through the building passing another team. Movement in building will be in one direction from upstairs to the lower level, going directly to the locker rooms.

COMPETITORS: Skaters will be required to arrive in full hair, make up & costume. They will put skates on in locker rooms. Masks will be worn by skaters at all times with the exception of while they compete or warm up. Each team will have no more than two coaches and two team personnel.

JUDGES: We will put as much distance as possible between judges and have sanitizer available to judges. Judges meals will not be buffet style. Judges room will be cleaned & sanitized before competition.

MINI-SYSTEM COMPUTER USE: Every effort will be made to have officials assigned to a specific chair and computer for use throughout the competition or segment of competition. When there is an official panel change for an event or competition segment, the computers and equipment will be wiped down with disinfectant and the area sanitized.

COMPETITION SCHEDULE: Each team registered to compete will be assigned a time they may enter the arena upstairs. After each team member is screened, the team will be escorted to a designated warm up area. The team will have a set amount of time (15 min) to warm up. Rooms with more than one team will be taped off with specific traffic pattern identified keeping teams from mingling or passing close to another team.

WARM UP AREAS/LOCKER ROOMS: When it is time for the team to enter their locker room/s the team will be escorted from their warm up area to their locker room/s. Each locker room is also equipped with a restroom for team use. After a team competes and vacates the locker room/s, the space will be disinfected and all surfaces wiped down. Teams whom have finished competing will be escorted out of the building using a different door from where they entered.

ADDITIONAL SPACE TO SOCIAL DISTANCE: The arena has two ice surfaces. Rink 1 will be used for the competition. Rink 2 for some practice Ice. We will provide an area for skaters to wait for their bus & or transportation. The BFSC will work closely with representatives from our local health department and follow all North Dakota Guidelines identified for Non-Contact Sport Competitions.

We will follow Bismarck/Burleigh Public Health Recommendations and changes as they come.

ELIGIBILITY/TEST AND AGE REQUIREMENTS: Skaters must meet the age requirements by the July 1 preceding this competition.

- This competition is not requiring that moves in the field test requirements be met, with the exception of the maximum allowed at the Learn to Skate USA levels (Snowplow Sam Synchro and Synchro Skills 1-3).

NOTE: Test requirements have been modified for the 2020-21 season for preliminary teams and above. View the [technical notification](#) and [clarification](#).

ENTRIES: Entry Deadline for the event is January 12th, 2021

Synchro Skills 1-3 and Snowplow Sam Synchro events should be run in accordance to the Learn to Skate USA Compete USA Manual (a maximum of 6 teams per group).

For Synchro Skills levels, if a team fits into one level age-wise, but would like more of a challenge, they should be able to "skate-up" one level (for example, team has majority of skaters under 9 years old but would like to skate in the Synchro Skills 2).

NEW IN 2020-21 SEASON: In order to be added to a competition roster, all skaters are required to complete the U.S. Figure Skating waivers and medical registry. EMS will not permit a skater who has not completed these items prior to registration to be added to a competition roster. For instructions on how your skaters may complete these items, [CLICK HERE](#).

EVENTS OFFERED AND ENTRY FEES:

To see the current synchronized skating handbook/technical information and current ISU communications: [CLICK HERE](#) or on the event offered below.

Event Offered	Judging System	Team Fee	Skater Fee
Snowplow Sam	6.0	\$250	
Synchro Skills 1	6.0	\$250	
Synchro Skills 2	6.0	\$250	
Synchro Skills 3	6.0	\$250	
Preliminary	IJS*	\$400	
Pre-Juvenile	IJS	\$400	
Open Juvenile	IJS	\$400	
Juvenile	IJS	\$400	
Intermediate	IJS	\$400	
Novice	IJS	\$400	
Junior Short Program	IJS	\$400	
Junior Free Skate	IJS	\$400	
Junior Combined	IJS	\$400	
Senior Short Program	IJS	\$400	
Senior Free Skate	IJS	\$400	
Senior Combined	IJS	\$400	

*If a competition is Compete USA only or a State Games, preliminary may be offered as 6.0.

All teams are required to register online via the U.S. Figure Skating Event Management System (EMS). Anyone listed as a team manager or coach for a team in their Members Only Team Profile will be able to access the registration system. Registration for the competition is not considered final until online payment has been received. Online payment via credit card is the only form of accepted payment for registration in EMS.

REFUND POLICY:

Entry fees will not be refunded after entry deadline unless no competition exists or is canceled. The online processing fees are non-refundable.

FACILITIES: The competition will be held at:

VFW Sports Center
1200 N Washington St, Bismarck ND 58501
701-222-6588

<https://capitalicesynchro.com>

Standard NHL Sized Rink (200' x 85')

LOCKER ROOMS AND CHANGING AREAS: This event will follow the Locker Rooms and Changing Area policy included in the [SafeSport Handbook](#).

MUSIC AND PPC:

All teams are required to upload their competition music and, if competing in an IJS event, submit their planned program content to their Team Portal in EMS *by* music and PPC deadline as indicated below. All music and PPC submissions must be made via the Team Portal in the Event Management System (EMS) under the Music and Program Content Tab. After the deadline, music and PPC can no longer be uploaded online. Questions regarding upload? Email productsupport@USFigureSkating.org.

MUSIC DEADLINE: 01/15/2021 at 11:59PM ET

PPC DEADLINE: 01/15/2021 at 11:59PM ET

*** PLEASE HAVE SEPARATE CDs FOR PRACTICE AND COMPETITION BACKUP***

LIABILITY: Per Rule 1600: U.S. Figure Skating and the clubs or organizers of competitions undertake no responsibility for damages or injuries suffered by the skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials will be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the

competition, and to waive and release any and all claims which they may have against any officials, U.S. Figure Skating, the club hosting the competition and its officers; their entries shall be accepted only on such condition.

ON SITE CHECK IN: Check in will begin Sunday, January 31, 2021 at 6:00AM CST and end at the start of the last event on Sunday, January 31, 2021. The check-in table will be located in the rink lobby.

One team representative should check in on behalf of the team, as soon as the team arrives at the competition. Team personnel (coaches, team managers and team service personnel) must check in separately to receive their credential (see requirements below).

COMPLIANCE AND CREDENTIALING:

Each team will receive a maximum of four coach credentials and two team service personnel credentials as well as one credential for each skater on the competition roster. In order to receive a credential at the competition team personnel (coaches and team service personnel) and any mandatory athletes must meet all compliance requirements for the current season.

The local organizing committee/club will have a list of team personnel who are cleared for a credential at the competition. Team personnel will need to check in at the event registration desk and show a government issued photo ID to receive a credential. Team personnel who are **NOT** on the list will need to show proof of compliance, as required by your role with the team, and a photo ID at check-in.

If a team personnel cannot provide a photo ID and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – **no exceptions**. We strongly urge all team personnel to have their compliance cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Non-credentialed team personnel will not be permitted in any team designated areas.

The local organizing committee/club will also have a list of mandatory athletes who are cleared for a credential at the competition. Mandatory athletes will not be required to check-in independently from the team, but the athletes' credentials should be pulled, and the team flagged for review at check-in. Any mandatory athlete that cannot provide proof of SafeSport completion will not be allowed a credential or participation in the competition – **no exceptions**. We strongly urge all team managers and mandatory athletes to maintain a copy of proof of compliance with them at the time of check-in.

* Items noted with a red star are accessible via U.S. Figure Skating Members Only Website: www.usfsaonline.org · Person Icon  or Account · Member Profile · Compliance

Coach/Choreographer (domestic/non-foreign):

- ✓ Must be a current full member of U.S. Figure Skating either through a member club or as an individual member.
- ✓ If 18 years or older, must submit information for, proper payment of \$30 and successfully pass a background check. *
 - The background check will be valid for two seasons, the one in which it was completed plus one additional.
- ✓ If 18 years or older, must complete annual SafeSport Training. *
 - The training will be valid for 365 days from date of completion and there is no cost for the training/certification.
- ✓ Must complete the Professional Coach/Choreographer Coaching Education Requirement (CER) through the [Professional Skaters Association \(PSA\)](#).
- ✓ Must submit proof of general liability insurance with limits of \$1 million per occurrence/ \$5 million aggregate.
- ✓ Must agree to the U.S. Figure Skating Code of Ethics. *
- ✓ Must complete three waivers: 1) Assumption of Risk, Waiver and Release and Indemnification Agreement, 2) Medical Consent and 3) Name and Likeness Release and Consent Agreement. *
- ✓ If attending a qualifying competition or traveling as a part of Team USA and/or International Selection Pool (ISP), must be a full member of the [Professional Skaters Association \(PSA\)](#).

Foreign Coach/Choreographer:

- ✓ Required to present the LOC with a letter from their federation verifying they are a member in good standing.

Team Service Personnel (if 18 years of age or older):

- ✓ Submit information, pay for and successfully pass an annual background check through U.S. Figure Skating in Members Only. No other form of background check will be accepted. *
- ✓ Complete SafeSport certification. *

Mandatory Athletes:

Athletes age 18+ as of the competition start date who will be competing on a team (i.e. synchro, dance, pairs, Theatre, etc.) with at least one minor athlete must complete SafeSport training. *

Minor athletes who turn 18 mid-season are encouraged to seek parental consent to take the online SafeSport training early to avoid any disruptions in their ability to participate as the training is required upon turning 18. The athlete will not be SafeSport compliant until they have completed the training and their Members Only portal reflects completion. Please email safesport@usfigureskating.org for instructions or questions regarding parental consent.

PRACTICE ICE:

The decision to offer practice ice will be made closer to the date of the event and based on current restrictions due to the pandemic. Once registration for the event is closed, and we know the number of teams competing we will make the decision whether practice ice can be offered. Communication will be sent to all team managers and contacts at that time to identify teams interested in purchasing practice ice.

AWARDS: Awards will be made on the basis of placement. All team members of teams placing first through fourth will be awarded medals. All Snow Plow Sam and Synchro Skills Teams will be awarded a medal.

OFFICIAL NOTICES: An official bulletin board will be maintained at registration desk. It is the responsibility of the team personnel to check the bulletin board frequently for any schedule changes and/or additional information.

The official schedule of events will be posted no later than 7 calendar days prior to the start of the competition.

CONTACT INFORMATION:

<https://capitalicesynchro.com>

For questions, please contact the following individuals:

Competition Chair:	Jenny Renton & Jen Rambur	jenrenton@me.com & jenrambur@hotmail.com	701-202-9087 & 701-250-6402
Chief Referee:	Mary Ann Wilcox	wilcoxmh@aol.com	801-597-5597
Practice Ice Chair:	Jenny Renton & Jen Rambur	jenrenton@me.com & jenrambur@hotmail.com	701-202-9087 & 701-250-6402

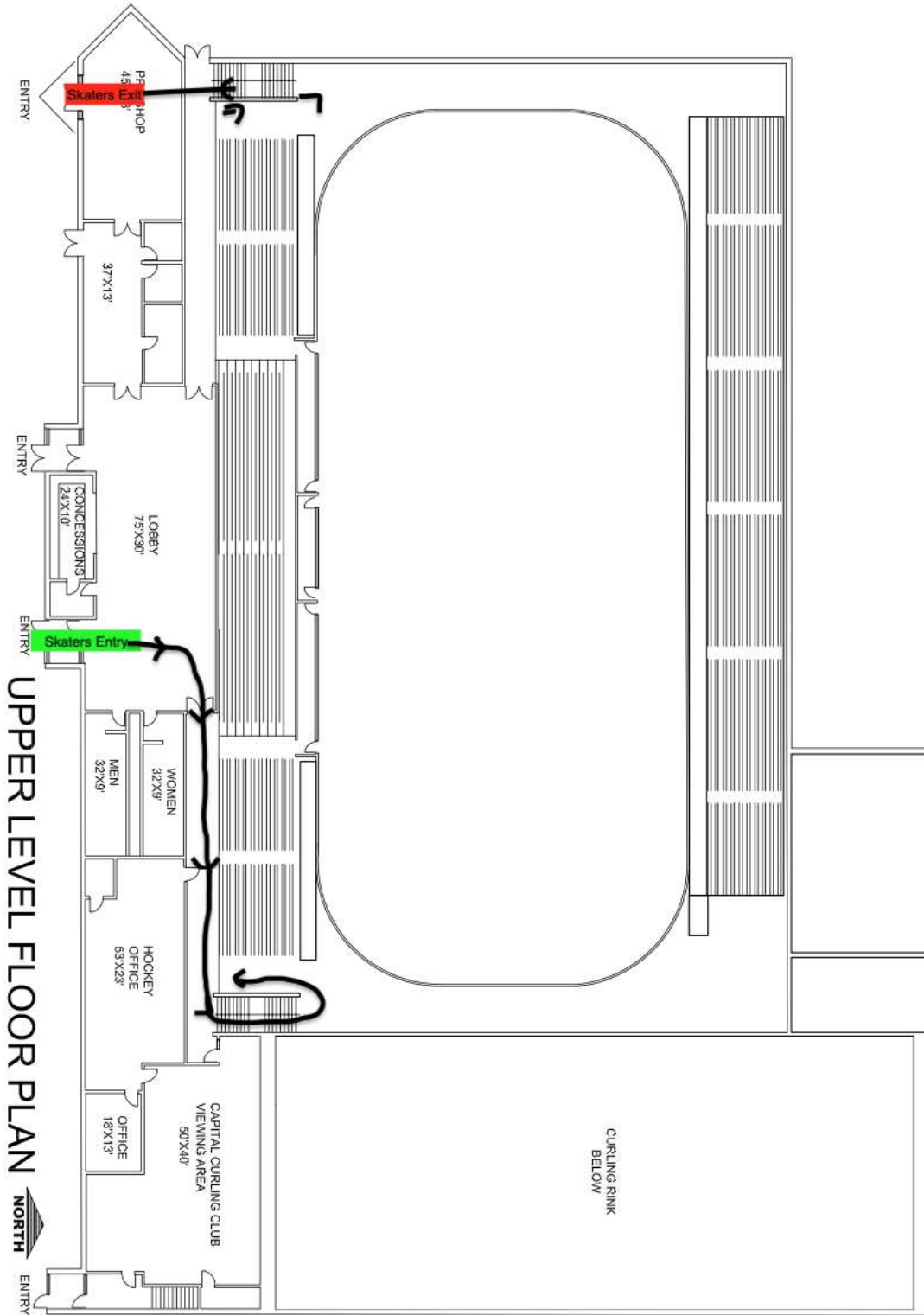
ADDITIONAL INFORMATION:

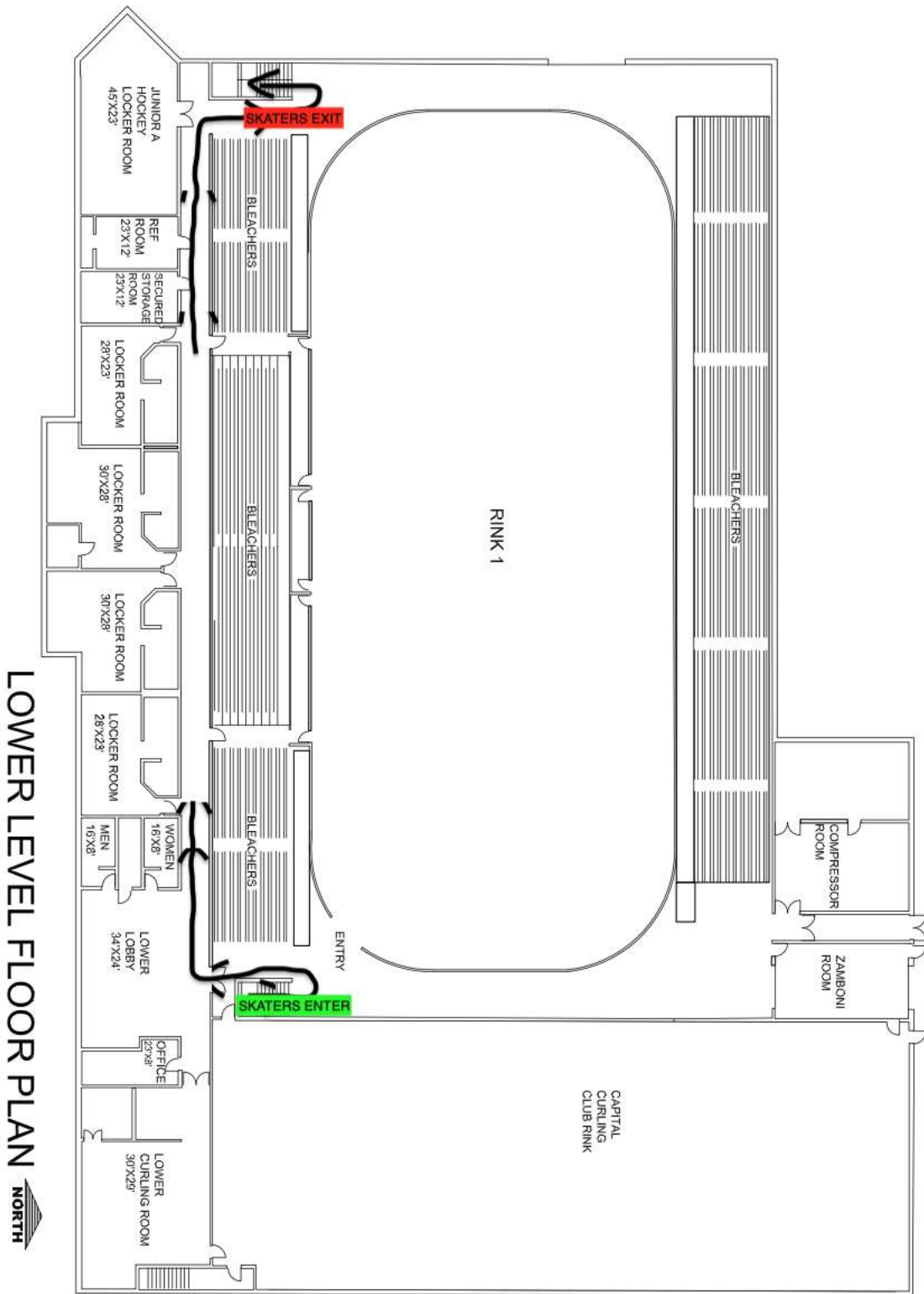
RECOMMENDED ACCOMODATIONS:

[Sleep Inn & Suites I-94](#) (\$79/night) - (701) 751-4860

FOOD:

Information about the concession stand will be available closer to the event date. Maps for area restaurants will also be available on-line.





LOWER LEVEL FLOOR PLAN 