

2022 NATIONAL SKATING MONTH

# FROZEN 5K INSTRUCTIONS



## WHAT IS A FROZEN 5K?

The Learn to Skate USA® Frozen 5K is a fun way to keep skaters happy and engaged during their time on the ice. Thirty-four laps around a standard NHL rink is equivalent to a five kilometer distance, so completing 34 laps in one session is like completing a 5K race.

Frozen 5Ks are great for all ages and skill levels and a fun way to bring new skaters to the rink. Here are some ways you can use them at your facility:

- As a members-only fun activity for your club or Learn to Skate USA® members
- As a new skater recruitment event – encourage current members to invite friends and family to participate and market the event at public sessions the week prior.
- As a fundraiser – turn the event into a fundraiser for your organization with all the registration fees going back to the organization.
- As a fitness activity – encourage every- one to set a goal time, wear a heart rate monitor and track their stats. In- stead of filling out the tracker as they go, each skater can have a designated lap counter rinkside or keep track of laps in their head.

## TIPS FOR HOSTING A FROZEN 5K:

### PRIOR TO YOUR EVENT:

- Set aside one hour of time for the event.
- Create a pre-registration link allowing people to sign up for free or for a small fee.
- Send a thank you message to all registrants (automated) with information about what to expect on the day of the event. We suggest having people arrive 15 minutes early to get skates on and be ready to go when the hour starts.
- Suggested: Include a photo policy and waiver at the bottom of your form to indicate that by participating in this event, all skaters agree to have their likeness used in future marketing materials and that they will not hold the rink/program liable in the event of an accident.

### DAY OF YOUR EVENT:

- Open your registration/check in table 30 minutes prior to the start of the event.
- Check in each skater as they arrive and allow on-site registration. If you don't have enough pins or medals to accommodate on-site check ins, let them know that they will only receive a certificate for the completion of the 5K.
- Provide each skater with a lap tracker. They can use it themselves or hand it

to a friend or family member to track for them while they skate their 34 laps.

- Suggested: Have a box of colored pencils on hand so skaters can color in their trackers as they participate
  - Once the hour starts, everyone takes the ice and completes their 34 laps at their own pace.
  - Once a skater completes all 34 laps, they return to the registration desk to indicate that they completed their 5K. This is on the honor system.
  - The registration desk will fill in the blank certificate and provide it to the skater along with the medal or pin as a reward. Then, indicate on your check in sheet that the skater completed the 5K.
  - Close out the event with snacks or a little congratulations ceremony for all winners. You may choose to present awards at this time too.
  - Post the Frozen 5K finisher signs near your check in table and ask each finisher to share their results with Learn to Skate USA®. Five lucky skaters will receive a special swag bag from Learn to Skate USA® and U.S. Figure Skating!
- ### AFTER YOUR EVENT:
- Send a thank you email to everyone that participated and congratulate them on their successes.
  - If you are using the 5K as a recruitment tool, be sure to follow up with information about lessons and programming.



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