

Resources for Coaches

U.S. Figure Skating wants to assure you that the health and well-being of our figure skating community is paramount. The information and links provided below are designed to provide helpful information and resources for our coaching membership on the many issues surrounding the COVID-19 pandemic. The references are provided for informational purposes only and do not constitute an endorsement of any website or other sources. It is our hope that sharing this information will better serve our coaching community.

- From U.S. Figure Skating, PSA and the USOPC
 - [Letter from U.S. Figure Skating President Anne Cammett 3/24/2020](#)
 - [Professional Skaters Association \(PSA\) Update 3/13/2020](#)
 - [U.S. Olympic & Paralympic Committee \(USOPC\) Updates](#)
 - [U.S. Figure Skating SafeSport Recommendations for Online Coaching](#)

- Health & Safety Updates
 - [White House Coronavirus Task Force \(CORONAVIRUS.GOV\)](#)
 - [World Health Organization \(WHO\)](#)
 - [The Center for Disease Control & Prevention \(CDC\)](#)
 - [Department of Homeland Security](#)

- Mental Health and Wellness
 - [Stress and Coping \(The CDC\)](#)
 - [Mental Health & COVID-19 \(Mental Health America\)](#)
 - [Medication Access during COVID-19 \(Mental Health America\)](#)
 - [Staying Emotionally and Physically Healthy During COVID-19 \(Psychology Today\)](#)
 - [Feeling Anxiety about Coronavirus? A Psychologist offers Tips to Stay Clearheaded \(UC San Francisco\)](#)
 - [Free Course: The Science of Well-Being \(Yale University\)](#)
 - [Managing Stress through Physical Exercise \(The Mayo Clinic\)](#)
 - [Time Saver: High Intensity Fitness Circuit in Minutes \(The American College of Sports Medicine\)](#)
 - [Stay Active at Home with these Free Live Stream Workouts \(MSN\)](#)

- COVID-19 Economic Programs
 - [Families First Coronavirus Response Act \(U.S. Congress\)](#)
 - [CARES Act \(U.S. Congress\)](#)
 - [Small Business Guide and Checklist \(U.S. Chamber of Commerce\)](#)
 - [Paycheck Protection Program \(PDF\)](#)
 - [Paycheck Protection Program Fact Sheet \(U.S. Treasury Dept.\) \(PDF\)](#)
 - [Documents Needed for PPP Loan Application \(PDF\)](#)
 - [Paycheck Protection Program Borrower Application \(U.S. Small Business Administration\)](#)
 - [Unemployment Benefits Finder by State \(U.S. Dept. of Labor via CareerOneStop\)](#)
 - [IRS Coronavirus Tax Relief](#)

- Financial /Business Health (Other)
 - [List of Banks Offering Help to Customers Impacted by COVID-19 \(BankRate.com\)](#)
 - [Verizon Wireless COVID-19 Economic Relief](#)

- [AT&T COVID-19 Economic Relief](#)
- [Comcast COVID-19 Economic Relief](#)
- [Charter Communications COVID-19 Economic Relief](#)
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- **Learning**
 - [YouTube Video: How to set up Zoom Meetings](#) (Coach from Home)
 - [Article: Going Online in a Hurry: What to Do and Where to Start \(Chronicle of Higher Education\)](#)
 - [Article: Advice for Instructors Teaching Online for the First Time \(Chronicle of Higher Education\)](#)