

Proctor Hockey Practice Covid Procedures - Parent Info

The following information is based on MN Hockey Return to Play Guidelines and Proctor School District Facilities guidelines. It is imperative that we follow these instructions in order to continue to play hockey.

Please review the following guidelines prior to coming to practice:

- If your child, or anyone in your household, is experiencing any of the following symptoms: fever, chills, a new cough, shortness of breath, a new sore throat, new muscle aches, new headache, or new loss of smell or taste; your player should stay home and you should contact your healthcare provider. If anyone in your household is positive for covid 19 or has a pending Covid test, keep your child at home.
- If your child or anyone in your family is having symptoms of COVID or receives a positive test, please alert your coach and email pahacovid@gmail.com immediately. Your personal health information will not be shared, but general information about a positive test may need to be shared based on MN Dept of Health recommendations.
- When your child arrives at the arena, temp checks will be taken at the door. If a player's temp is 100.4 or higher, they will not be allowed to enter the arena.
- Players must come to the arena fully dressed. Hockey bags are not allowed in the arena and players will not be allowed to dress in the arena or outside the rink. Players are encouraged to wear their skates in with skate guards, especially those that cannot tie their own skates. Players will be allowed to put on skates and helmets once they enter the arena. Goalies may put on additional equipment at the rink as needed.
- Players are required to wear masks in the arena when not on the ice. They should bring a labeled (ziplock) bag to store their mask while on the ice or may wear a buff/gaiter and leave it around their neck during practice. Masks must remain on until they are ready to put on their helmet and take the ice.
- Players must bring their own filled and labeled water bottle, they will not be able to drink from the fountain and coaches will not be providing water bottles.
- With the exception of Mites, players will need to be dropped off and picked up at the door. No spectators will be allowed at practice.
- Players will not be allowed to enter the arena more than 10 minutes before practice starts. Incoming players will have to wait until players from the prior event have fully vacated. Players should maintain physical distancing while waiting to enter the arena and have their temperature checked.
- When practice ends, players will need to remove skates promptly and leave the building within 5 minutes. Parents should be on time for pick up as players will not be allowed to wait inside.
- For Mites: One parent/guardian will be allowed to accompany Mite players in the rink to help with any equipment needs. Those parents/guardians may also be at the rink, socially distanced from others (in a designated area) to provide assistance to the player if needed throughout practice time. Masks are required per the MDH mandate.

This document is meant to highlight important points parents need to know prior to starting practice at St. Luke's Sports & Event Center. Please check <https://www.proctorhockey.com/covidinfo> regularly for the most updated Covid procedures information.

