



## COVID-19 Return to Play Safety & Risk Guidelines\*

- PYHA will follow all mandates issued by the local and state government for youth hockey and the facilities that they are happening in.
- If you are sick, STAY HOME.
- Everyone entering the Deep Freeze is required to wear a mask.
  - Players must wear a mask until they put their helmet on for game play.
  - Coaches should wear a mask entering the building, in the locker room, and on the bench for games. Coaches do not have to wear masks during practice.
  - Penalty Box, EMT, Scorekeeper, and Timekeeper volunteers must wear a mask.
  - All Spectators/parents/families MUST wear a mask at all times.
- Social Distancing must be adhered to during all events. The outer rink walls and stands within the rink have been marked with orange dots for social distancing
- **No Locker Room usage for practices until further notice.** Please have your player dress before entering the rink (at least most of the way). They can put their skates on when they enter the rink. Players should not be getting fully dressed in the lobby area.
  - If your players are coming to the rink for dryland before practice, they should enter the rink to complete dryland, and then exit to get dressed prior to taking the ice.
- **Game Day Protocols** - Locker Room usage for Games/Scrimmages: Players should enter the Deep Freeze **NO MORE THAN 15-20 minutes prior to their game** and are to leave the facility immediately after. Players should then proceed to their locker room (or other designated dressing area) to put their skates on and any final gear. Players must remain socially distanced in locker rooms/dressing areas.
  - **No congregating before or after ice events inside the building. Parents/spectators should exit the building after the game and wait for their player outside the building.**
  - **Players should exit the building as soon as possible after the game has finished.**
- Parents will be permitted at practices and games, however, social distancing and mask rules must be followed. On game day, only 2 people per player may attend.
  - If we find spectators cannot follow these rules, we will have to limit them further.
- NO sharing of water bottles. Please bring your own filled water bottle to all events and please have player names on these bottles.
- Players and coaches will not shake hands with the opposing teams or officials. They will line up on the blue line and give a stick tap for sportsmanship.
- There will be no sharing of equipment. Please double check your hockey bags, as we will not be lending out equipment this season.
- PYHA teams must take attendance at each event, and make sure all players have completed a health evaluation using the TeamSnap Health Check
- All players or people in the player's household who test positive for COVID-19 need to report that diagnosis to the President of the PYHA immediately and that player will need to perform the proper quarantine protocols. All reports will stay confidential due to privacy laws. If a player or coach tests positive for COVID-19, the entire team will need to quarantine for 14 days.

*\*This policy may change at any time, due to new guidelines and recommendations and will be shared via our website and via email.  
These guidelines were last updated November 11, 2020*