

We understand that parents would like to be allowed into the rink to watch the youth games. However, we as a rink have adopted policies so we can limit the exposure to our staff, our coaches, and our players and their respective families that are both at the rink and at home. Our rink is implementing these measures to also ensure we are compliant with current state guidelines.

For contact tracing purposes, all persons entering the building must create an account at - <https://apps.dashplatform.com/pr/dash/x/#/online/capitals/register> . Be sure to add yourself and your child/ren to **only one parent account**. If there are other people that are related that will enter the facility at some point, they will also have to have an account.

Once you have created your account – be sure to download the ‘DASH Online’ app. You will be asked to display your Member Card and barcode upon check-in, which can be found under your profile in the upper right corner. There will be a barcode for each of the people on your account. Just scroll down to find the one to display. We strongly encourage players to print their barcode, if possible, prior to arrival for quicker access.

Information that you will need to know for your games at MedStar Capitals Iceplex is below:

1. As soon as parents and players arrive to the facility parking lot, please check-in at the front doors to get temperatures checked and acquire wristbands.
  - a. **Due to the recent executive order updates by the State of Virginia there will be no spectators for any event at MedStar Capitals Iceplex**
    1. **Allowed into the rink are: bench coaches, players, 1 team manager per team, and 1 videographer to stream to parents in the parking lot.**
    2. **Team Managers, scorekeeper, timekeeper, and the dedicated videographers must check-in at the front doors to be screened and acquire a different colored wristband.**
    3. **Restrooms are available for use, however, a mask MUST be worn by the individual and they must leave immediately after use.**
    4. **Parents/guardians may enter the facility to escort players to their spots (need wristband and DASH account to check-in) no more than 10 minutes prior to the beginning of their time slot so they may help their player finish getting ready. But, the parent/guardian must immediately leave after they've stepped onto the ice.**
    5. **Parents/guardians may enter the facility no more than 5 minutes prior to the ending time of their slot to locate and pick-up their player to escort them outside. You MUST still have your wristband on that you acquired when originally checking in.**
2. Games MUST end on time (so we stay on schedule with cleaning and distancing)
3. Games will be played 5v5 at MedStar
4. Penalty boxes are not to be used. Penalized players will be sent to their respective bench and cannot play until the penalty time has expired.
  - a. The referee has discretion on whether the penalized player is to step onto the ice to signal that they are out of the box
5. Only one timekeeper in the box with the clock operator device and they must wear a mask
  - a. Adjacent penalty box may be used for scorekeeper if they are not the same person
6. Teams will have no more than 10 minutes prior to their slot to check-in to the rink and get situated at their designated areas around the rink (tie skates, put on helmet, etc.)

- a. We recommend players come as dressed as possible with skates on and skate-guards on
  1. Goalies may enter the building no more than 20 minutes prior to their start time so they may get dressed inside.
  2. Goalies **MUST** wear a mask while they are getting dressed inside.
- b. There will be areas outside of the rink that have rubber matting and seats for players to tie skates
- c. Hockey bags are allowed in, but players need to be in and out of the facility within 5 minutes of their ice slot ending
7. Teams will have 5 minutes to leave the rink unless they are visiting our retail store or pro-shop
8. Players on the bench need to continue to adhere to social distancing rules
  - a. Benches have 'Sit here' signage on them

**We are not allowing spectators into MedStar Capitals Iceplex at this time.**

**Allowed into the rink are:**

**Team bench coaches, players, 1 team manager per team, and 1 videographer to stream to parents in the parking lot.**

Here are a few additional rules that **everyone** must abide by:

- All persons must check-in at the front entrance of the rink located on Level 8 of the parking garage.
  - Front desk staff may be outside checking people into the building prior to the 10 minutes in which persons may enter the building
  - They will give wristbands to persons that have already checked in that they must wear so we can identify that they've already checked in
  - Temperature checks will be taken at the door
- Maximum of 2 coaches per bench; additional coaches can be behind or besides the bench area
- Masks **MUST** always be worn by parents and/or coaches
- Masks **MUST** always be worn by players upon entering the facility, until they step onto the ice, and immediately after they step off of the ice
  - Helmets with a cage or a visor, **do not** count as a mask
- Players must adhere to current PVAHA guidelines
- All persons **MUST** always keep 6 feet of distance between themselves and other persons where practicable
- Bench doors leading to the areas outside of the bench will be open so that benches may be "extended" and can be utilized by players
  - Maximum amount of players on a bench at any one time is 6

Thank you.