

Minneapolis High School Hockey
Captain's Practice COVID-19 Guidelines

Updated 8/27/2020

Guidelines and recommendations are based on current state regulations. These are subject to change as the state guidelines are updated.

- If a player or guardian is feeling ill or has any symptoms, do not come to the rink until he is symptom free, per Minnesota Department of Health guidelines. Symptoms include:
 - Fever 100.4 or higher
 - Chills
 - A new cough
 - A new sore throat
 - New muscle aches
 - New headache
 - New loss of smell or taste
- If a player has a confirmed case of COVID-19, the parent/guardian/player will be asked to report it to Nikki Gilbertson (612-272-4624 or via email at nikegilbertson@comcast.net). The player's name will remain confidential. All players potentially exposed within 48 hours of onset of the infected athlete will be notified.
- If a player has been exposed and is at high risk for becoming infected with COVID-19 (i.e., has an infected family member), the player should self-quarantine and not attend practices until he has had a negative COVID-19 test.
- Players will not be allowed inside of the rink until 10 minutes prior to their scheduled camp time by the Captain's Practice supervisor, and must wear a mask until they are ready to put on their helmets. If a player can't dress in the allowed 10 minutes, they should dress in the parking lot. Goalies can report to the arena staff for extra time, if necessary.
- There are no spectators allowed for practices.
- Players should bring their own water bottle and fill it at home.
- Social distancing recommendations of keeping 6 feet apart will be enforced both on and off the ice.
- Players are expected to wash or sanitize their hands both before and after skating.
- Players must leave the locker room and arena within 10 minutes of the end of their ice time. No congregating in the lobby, so rides should be coordinated accordingly.
- The Booster Club will be in contact with the Parade and Northeast Ice Arena staff, and non-adherence to this policy and the MPRB COVID 19 policy will not be tolerated.
- Parade and Northeast staff should be treated with respect and locker rooms must be left clean.
- If there is an instance that a player is diagnosed with COVID-19, please note that you may not hold the MPRB or the Booster Club at fault. Players will play at their own risk.

If you have concerns about your health and safety, do not come to the rink!

The waiver must be signed by all athletes and 1 parent/guardian prior to attending.

PLAYER NAME: _____

PLAYER SIGNATURE: _____ **DATE:** _____

PARENT NAME: _____

PARENT SIGNATURE: _____ **DATE:** _____