



Lakes Region Youth Hockey Association is committed to the health and safety of our families. Please do your part in ensuring the safety of all by adhering to the following guidelines.

GENERAL RULES AND GUIDELINES

COVID-19 SELF SCREENINGS

All players/family members must answer the following questions prior to entering the Merrill Fay Arena. If you answer yes to any of the questions, please do not enter the facility.

1. **Do you have any symptoms of COVID-19 or fever of 100.4 degrees Fahrenheit or higher? Symptoms of COVID-19 can include:**
 - a. **Fever, or feeling feverish;**
 - b. **Respiratory symptoms such as runny nose, nasal congestion, sore throat, cough, or shortness of breath;**
 - c. **General body symptoms such as muscle aches, chills, and severe fatigue;**
 - d. **Gastrointestinal symptoms such as nausea, vomiting, or diarrhea, and**
 - e. **Changes in a person's sense of taste or smell.**
2. **Have you had close contact with someone who is suspected or confirmed to have COVID-19 in the prior 14 days? (Note: healthcare workers caring for COVID-19 patients while wearing appropriate personal protective equipment should answer "no" because they are not considered to have a COVID19 exposure)**
3. **Have you traveled in the prior 14 days outside of New Hampshire, Vermont, Maine, Massachusetts, Connecticut, or Rhode Island for non-essential purposes?**

FACE COVERINGS

Anyone entering the rink (ages 2+) will be required to wear a face covering such as a cloth, mask, or shield to help protect against the spread of the virus. You will NOT be allowed to enter the rink without a mask.

*Exceptions may be made for those unable to wear a mask due to a medical condition.

SOCIAL DISTANCING

Everyone is expected to practice social distancing while in the arena. Please keep at least 6 feet or more between anyone not in your family. There will be social distancing markings throughout the facility as well as the bleachers and benches for everyone's safety.

Please adhere to the traffic flow signage posted throughout the building.

FACILITY ACCESS AND RESTRICTIONS

- The warm room will be closed to the public.
- The lobby will be used as an entry and exit point only and will not be an area for congregating or socializing.
- The snack bar will remain closed.
- Showers will not be available.
- Locker rooms will only be made available 15 minutes prior to and 15 minutes immediately following a scheduled practice or game.

WATER BOTTLES

- Please bring your own water bottle to practices and games with your player's name clearly taped to the bottle. There will be NO sharing of water bottles of any kind.
- Water fountains and bathroom faucets will not be accessible for filling. Please plan accordingly.

FOOD & DRINK

- The Merrill Fay Arena is not allowing any outside food or drink inside the facility

PRO-SHOP

- The Pro-Shop will be open on a limited basis and only one customer at a time will be allowed. If you need your child's skates sharpened, please allow extra time. If possible, consider coming on a non-practice day or prior to the start of practices to take care of any pro-shop needs.

CLEANING PROTOCOLS AND PROCEDURES

- Please see the COVID-19 Re-Opening Guidance Health and Safety Protocols on the [Merrill Fay Arena Website](#) for full details of cleaning procedures.

PRACTICES

- Players may enter the arena no more than 15 minutes prior to their scheduled practice. Players should come dressed in their gear to the greatest extent possible. Locker rooms will be made available for the purpose of tying skates and putting on helmets and gloves. Masks must be worn in the locker room.
- The first couple rows of bleachers will also be available for those who wish to utilize that space to tie skates.
- Masks may be removed immediately prior to getting on the ice and must be worn directly after coming off the ice.
- Spectators are discouraged during practices. Coaches will have contact information for all players in the event of an emergency. If you feel it necessary to be in the building during your child's practice, you must use the bleachers and practice social distancing.

GAMES

- We ask that you keep spectators to a minimum. The Merrill Fay Arena is observing a 50% building capacity and reserves the right to deny entry at any point if numbers exceed 50%. Further, while we are not initially restricting the number of spectators for Laker families, we ask that you use good judgment and limit the number of family members that attend games. Please keep in mind that most rinks have a one family member per player rule.
- Spectators must watch games from the stands and will not be permitted to stand along the boards
- Spectators are asked to refrain from screaming and yelling and to remain seated.
- When at all possible enter the building at the start of the game and not prior to the start of the game. If there is a game being played immediately before your player's game, allow that game to finish and spectators to exit the building before entering.
- All visiting teams will be limited to one family member per player.
- Players may enter the arena no more than 15 minutes prior to their scheduled game time.
- Your child's coach will be allowed to enter 20-25 minutes prior to game time in order to secure a locker room key.

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