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## Aspen Junior Hockey

Standard Operating Procedures

### Return to Hockey Version 1.0 August 2020

*Respect*

*Determination*

*Commitment*

*Perseverance*

Preface:

The AJH values of Respect, Determination, Commitment, and Perseverance are inherent in this Return to Hockey document and throughout the related USA Hockey guidelines on the return to the ice for our sport. These AJH guidelines are in alignment with the direction given by both CAHA and USA Hockey.

All athletes and their families must **respect** the guidelines being set out by the club, our facilities, and State and National governing bodies for this return to hockey to work. By **respecting** these guidelines, you are **respecting** those that you will be skating within your training cohorts (groups); the coaches training and their families; as well as the facility staff who will be ensuring we have a safe environment in which to train. The return to the ice will require the honest and forthright approach to monitoring your health and the health of those around you as we venture back to the ice rinks. We will be asking for declarations from players and families for every training session in which they participate – these are for the health and safety of all participants – the integrity of these declarations must be 100%. Our Leafs players and their families must wholly **commit** to supporting the guidelines listed as a part of our club’s return to the ice rink. The **commitment** must be throughout the entire process with no compromise.

It has not been an easy time on anyone these last few months and we must remember that fact in how we carry ourselves and in how we portray ourselves to the general public, who will have different and more restrictive guidelines than we will when they are at the rink. For our families and our players who post social media please understand that what you post will be taken in a certain context and we need to appreciate that.

The following steps will be taken before AJH game-play being brought to the arena in a stepped approach:

1. The AJH Return to play Plan & the Aspen Recreation Center to In-Person Training & Playing will be distributed to Board of Directors & Staff
2. Club declaration requirements with Pitkin County/City of Aspen to be signed
3. An information and training session will take place with staff
4. An information and training session will take place with athletes & families by the roster group
5. All players and families will sign related liability waivers and assumption of risk
6. AJH Members to use the [Apple COVID App](#) (or similar) for easier trace logging
7. The plan will be enacted and skaters will be allowed back to the rink for regular play



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Lewis Ice Arena & Aspen Ice Garden Arena – facility

Related Source Documents:

[USA Hockey Coronavirus \(COVID-19\) Information](#)

[USA Hockey is Back updated Info](#)

[USA Hockey Player Safety](#)

[USA Hockey Is Back info](#)

[Return to Organized Youth Sports](#)

[CDC Playing sports](#)

[CDC Consideration for Youth Sports](#)

[WHO Mask Guidance](#)

AJH Hockey Acknowledgement and Assumption of Risks Form

[COVID-19 Symptom Screening](#)

[COVID-19 Employee Health Screening Form](#)

[Colorado Dept of Health Mask Guidance](#)

[Colorado Dept of Health Indoor Sports Guidance](#)

[Pitkin County Employee/Employer Guidance](#)

[Colorado Dept of Public Health](#)

[Colorado Dept of Health Cleaning Guidance](#)

AJH Liability Waiver

Colorado Amateur Hockey Association 2020 Return to Play Draft

[Arvada return to hockey](#)

[Jr Hurricanes Return to play](#)



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## Revisions

This document is to be considered “gold-green” and will be revised and updated as needed. All revisions to this document will be listed here.

14 August 2020 Version 1.0



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## 1. Safety

### a. PPE Requirements

- i. All coaches & staff will wear masks during practices/scrimmages.
- ii. Staff should wash their hands before donning a mask and before and after removing the mask (as per Pitkin County guidelines), and before and after touching any items used by players.
- iii. All athletes & staff will wear masks entering and exiting the facility.

### b. Physical Distancing Requirements

- i. Coaches & Staff (on the bench and off) will maintain a 6ft distance as much as possible between themselves and between their athletes. In instances of a familial relationship between coaches, staff, or players this distance requirement is not applicable.
- ii. When at the ice rink, but not directly interacting in and amongst their cohort group athletes need to try to maintain a 6ft distance between themselves and anyone not in their cohort group.
- iii. Athletes will need to follow markers (seating etc.) at the ice rink for ingress and egress (getting in and getting out).

### c. Facility Procedures

- i. The building/rink will have a one-way entrance and a one-way exit. This is already in place and will be outlined by the building and specifics will be communicated to athletes and families during our information sessions. Once again, all athletes will need to follow directional markers on and in the building.
- ii. Locker rooms will be limited to restroom use only. All other areas will be taped off and will not be accessible to AJH members.
- iii. There will be no communal water fountains available to anyone in the building. Please ensure your player brings their water bottle, already filled, to their designated practice time.
- iv. There will be a built-in window of time between all designated practice sessions.
  1. All athletes from the previous practice must have exited the arena before any incoming athletes allowed to enter. Outgoing and incoming groups must remain at minimum 6ft from each other at all times. Ingress and egress from the practice area will be controlled to avoid any contact or interaction between training groups.
- v. The facility will clean and disinfect frequently touched objects and surfaces as per Pitkin County Public cleaning guidelines.



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### Athlete & Family Protocols

- vi. All AJH member families will need to read, approve, and sign the Hockey assumption of risk limited liability waiver.
- vii. A copy of the completed assumption of risk form will be emailed to the family once they have completed it. A copy of this form will be emailed to AJH COVID-19 representative jackieayers@aspenjuniorhockey.com

### d. Drop Off & Pick Up Procedures

- i. Athletes must arrive and depart in their equipment (the exception to skates, helmets, and gloves) – please ensure you are dressed appropriately to accommodate this. Athletes will not be permitted to change or shower at the facility nor will athletes be permitted to change in the arena (the exception to goalies).
- ii. There will be a designated area at the facility for drop-off and pick-up of your player. Parents / Spectators will not be allowed in the facility at any time and are expected to practice physical distancing while waiting for their athlete (the exception to younger athletes who need assistance).
- iii. Alcohol-based hand sanitizer containing at least 60% alcohol content will be placed in all entrances to the program area in for use by staff, parents doing pick-ups/drop-offs, and other essential visitors.
- iv. Signs will be posted reminding persons not to enter if they are sick (even if symptoms resemble a mild cold).
- v. Athletes must bring their water bottle (already filled as you will not have access to any refilling stations at the facility) and any other training equipment required by their coach. There will be no sharing of equipment allowed nor will there be any communal equipment available for use.
- vi. The following criteria must be met by the athlete and anyone residing in their household to be eligible to attend practice:
  - 1. Athletes cannot have contact with anyone who has tested positive for COVID-19 in the last 14 days.
  - 2. Staff members, parents, or guardians and athletes **must not attend the practice session** if they are sick, even if symptoms resemble a mild cold. Symptoms to look for include: fever, cough, shortness of breath, sore throat, runny nose, nasal congestion, headache, and a general feeling of being unwell. This complete list of symptoms is updated on an as-needed basis based on PCH guidelines and is included in this document as an appendix.
  - 3. Athletes cannot have traveled internationally in the last 14 days before attending the practice session.



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4. All athletes will be required to fill out and submit the screening checklist related to the above-listed symptoms each session. Athletes who have not submitted their form will be unable to access the facility and their training session.
  5. All attendees including athletes, coaches, any required volunteers as well as parents/guardians who enter the rink area will be required to fill out the club's contact tracing log (provided by AJH). If the facility requirements for entry are such that they are away from the line of sight of parents, you may bring your athlete to the facility entry; however, you will then have to register with our contact tracing document.
  - vii. For all AJH participants and their families to stay healthy and be able to keep skating, we ask our athletes to please practice responsible physical distancing when they are away from the arena as well.

**e. Training Procedures**

- i. Roster groups will be divided into specific training groups or cohorts. Inside our listed cohorts' groups, players will be assigned to specific practice days and times. These will remain consistent throughout each training block phase. There will be no make-up sessions with another cohort group available if a player is unable to attend one of their listed training sessions. Athletes must be on time before the start of their designated training time.
- ii. At this time, we are not planning any dryland training in the rink. For the time being that will still be done outside the facility.
- iii. ***We have been directed to strongly advise against having our athletes participate in another sporting cohort group outside of the ones we are creating with AJH unless that other cohort group will be able to always maintain a physical distance of 6ft or greater when participating.***
- iv. There will be three phases in our RTP plan that will change the cohort size. The timelines for phases are contingent on several factors notwithstanding that all changes in cohort size are dependent upon published PCH guidelines & approval:

1. Phase I: (Current Protocol as of August 17<sup>th</sup>, 2020) The allowable number of players, coaches, and staff per cohort group is currently set at 25(over four weeks with no known cases under AJH).
2. Phase II: (August 21<sup>st</sup>) Cohort groups allowable set to 50 and can be blended based on PCH guidelines to form even larger cohort groups. Phase II is allowable for on-ice scrimmages within your cohorts.



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### 3. Phase III: (September 18<sup>th</sup>) Tournament and Regular season game allowable.

- v. Cohorts cannot mix with other cohorts or be within the same room/space at the same time, including pickups and drop-offs. You may form a carpool if it is within your cohort group. The recommendation at this time is that athletes should not participate in more than one sporting cohort group.
- vi. AJH will keep daily records of anyone attending the training session and of anyone who stays for 15 minutes or longer (e.g. coaches working each day, players, staff, etc.). Records must be kept up-to-date and available to facilitate contact tracing in the event of an outbreak. Records will be kept for two weeks.
- vii. All visitors or special guests will also be documented.

## 2. Illness

### a. General

- i. Any athlete or staff member that is required to leave a training session as a consequence of experiencing signs or symptoms consistent with COVID-19 is required to contact their physician to consider the appropriateness of further investigations. Further investigations may include a test for COVID-19, which then may lead to the notification of appropriate public health officials regarding a positive test result. Public health officials will determine any requirements related to facility and/or group operations, as well as any requirements around contact tracing as it relates to managing the spread of the virus. The athlete or staff member may not return until receiving clearance from the physician, and if a test for COVID-19 was completed, a negative test result will be required before further training is permitted. If home isolation is required, guidelines have been provided in the subsequent section below.
- ii. Staff or athletes at risk for severe illness from COVID-19 are recommended to review their specific health concerns with their primary care provider before attending training sessions.
- iii. Common underlying health conditions that may place an individual at higher risk would include hypertension, heart disease, diabetes, obesity, chronic respiratory diseases such as asthma and those who are otherwise immunocompromised.

### b. Symptoms Display During Training

- i. If a player develops symptoms while at the program, the athlete will be isolated away from other athletes and the parent or guardian will be



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notified to come and pick up the athlete immediately.

- ii. If the athlete requires close contact and care, the staff can continue to care for the athlete until the parent or guardian can pick them up. Staff should wear a mask and gloves during all interactions with the athlete and should avoid contact with the athlete's respiratory secretions.
- iii. Staff should wash their hands before donning a mask and before and after removing the mask (as per mask guidance), and before and after touching any items used by the athlete.
- iv. If a staff person develops illness while at work, they should immediately remove themselves from any contact with others, notify their supervisor, and go home.
- v. Families will be contacted advising as to the reason their player was asked to leave. Additionally, all members of that training group will be contacted advising as to the occurrence during training and be asked to monitor their athlete for any signs or symptoms of COVID-19.

### **3. Positive Test Procedure**

- a. Should someone test positive for COVID-19 within the club membership, the following measures will take place:
  - i. The individual should let the staff know immediately.
  - ii. The club will notify the facility so that they can enact their appropriate COVID-19 response protocols.
  - iii. All athletes inside that individual's cohort will be notified of a positive test result and asked to monitor their player for any COVID-19 related symptoms.






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APPENDIX: SCREENING CHECKLIST

If an individual (*athletes, coaches, staff*) answer **yes** to any of the questions, they **must not** be allowed to participate in the sport. Children and youth will need a parent to assist them to complete this screening tool.

1.	Does the person attending the activity, have any of the below symptoms:	CIRCLE ONE	
	Fever	YES	NO
	Cough	YES	NO
	Shortness of Breath / Difficulty Breathing	YES	NO
	Sore throat	YES	NO
	Chills	YES	NO
	Painful swallowing	YES	NO
	Runny Nose / Nasal Congestion	YES	NO
	Feeling unwell / Fatigued	YES	NO
	Nausea / Vomiting / Diarrhea	YES	NO
	Unexplained loss of appetite	YES	NO
	Loss of sense of taste or smell	YES	NO
	Muscle/ Joint aches	YES	NO
	Headache	YES	NO
	Conjunctivitis	YES	NO
2.	Have you, or anyone in your household, traveled outside of the USA in the last 14 days?	YES	NO
3.	Have you or your children attending the program had close <u>unprotected*</u> contact (face-to-face contact within 6 feet) with someone who is ill with a cough and/or fever?	YES	NO
4.	Have you or anyone in your household been in close <u>unprotected</u> contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	YES	NO

If you have answered “**yes**” to any of the above questions **do not** participate. Do not come to practice and use the [CDC](#) quarantine guide to determine if [testing](#) is recommended.





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## APPENDIX: PLAYER CHECKLIST

Use this checklist to help your player prepare for practice.

### Before you Leave Home

- Complete the Screening Checklist (Appendix: Screening Checklist)
- Eat before you come – no food on-premises.
- Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
- Thoroughly wash water bottles with soap and warm water.
- Bring a filled water bottle(s).
- Bring thoroughly washed equipment.
- Use the washroom at home.
- Remember to bring a mask and personal hand sanitizer.

### Arrival

- Meet at the designated location.
- Respect physical distancing guidelines.
- Register your attendance for contact tracing and confirm Daily Health Monitoring.
- Wash hands at provided handwashing stations.
- DO NOT share water bottles.
- Follow traffic flow signs at your location.

### After an activity is Complete

- No Loitering
- Exit through established exits.
- Wash at provided handwashing stations.
- Follow traffic flow signs out of your location.
- Respect physical distancing guidelines.
- Thoroughly wash water bottles with soap and warm water.
- Thoroughly wash clothing and sanitize equipment. (e.g. sticks, gloves, helmets)



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## APPENDIX: STAFF/COACH/VOLUNTEER CHECKLIST

Use this checklist to help prepare for practice safely.

### Before you Leave Home

- Complete the Screening Checklist (Appendix: Screening Checklist)
- Eat before you arrive.
- Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
- Thoroughly wash water bottles with soap and warm water.
- Bring thoroughly washed/sanitized equipment (pylons, markings, etc.)
- Use the washroom at home.
- Consider Activating Contact Tracing App on phone.
- Remember to pack a mask and personal hand sanitizer.

### Arrival

- Set- up established entrances & exits with traffic flow considerations.
- Set-up traffic flow signs to your location.
- Set-up physical distancing 'grids' for participants.
- Respect physical distancing guidelines.
- Wash at provided handwashing stations.
- Take attendance for all coaches and players, including confirmation of daily health monitoring.
- DO NOT share water bottles.
- DO NOT share personal coaching items. (e.g. whistle)
  - Sanitize all shared equipment between sessions. (pylons, cones, etc.)
- Consider wearing PPE (masks, gloves) at all times.
- Must wear PPE if dealing with an injured participant.

### After an activity is Complete

- Sanitize all shared equipment (balls, cones, etc.) between group arrivals if applicable and at end of the day.
- Takedown established traffic flow signs, entrances & exits.
- Wash at provided handwashing stations, between-group arrivals if applicable, and at end of day.
- Respect physical distancing guidelines.
- Thoroughly wash water bottles with soap and warm water.
- Thoroughly wash equipment (clothing) each day.



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## APPENDIX: PARENT/GUARDIAN CHECKLIST

Use the below checklist to help prepare your player for practice.

### Before you Leave Home

- Complete the Screening Checklist (Appendix: Screening Checklist)
- Check the expected weather conditions.
- Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
- Thoroughly wash water bottles with soap and warm water.
- Use the washroom at home.
- Remember to pack a mask and personal hand sanitizer.
- Consider Activating Contact Tracing App on phone.

### Arrival

- Drop participants at a designated location.
- Respect physical distancing guidelines.
- Consider wearing PPE (masks, gloves) at all times.

### After an activity is Complete

- No Loitering.
- Respect physical distancing guidelines.
- Pick up participants at a designated location.
- Leave the location immediately.
- Thoroughly wash water bottles with soap and warm water.
- Thoroughly wash clothing and sanitize equipment. (e.g. sticks, gloves, etc.)



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## Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and is being treated as such by the Centers for Disease Control and Prevention (CDC) in the United States. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and other mitigating actions, and have also, in many locations, prohibited or limited the congregation of groups of people.

Aspen Junior Hockey Inc. doing business as Aspen Junior Hockey ("AJH") has put in place preventative measures to mitigate the spread of COVID-19 at the places in which programming is offered; these measures have been derived from recommendations from federal, state and local governments and health agencies; however, AJH cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending any AJH programming could increase your risk and your child(ren)'s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending or participating in AJH programming and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 while attending or participating in AJH programming may result from the actions, omissions, or negligence of myself and others, including, but not limited to, AJH employees, independent contractors, volunteers, facility staff, and other program participants and their families. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance at any AJH event or program ("Claims"). On my behalf, and behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless Aspen Junior Hockey Inc., its employees, independent contractors, agents, owners, officers, directors, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of AJH, its employees, independent contractors, owners, officers, directors, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any AJH program.

**Examine this document carefully before signing it.**



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Print Participants Name:

\_\_\_\_\_

***IN WITNESS WHEREOF**, the undersigned on behalf of themselves and their above-named child have signed their names effective this, \_\_\_\_\_ (Date), and acknowledge that they have read, fully understood, accept and agree to the entire contents of this document.*

**PARENT / GUARDIAN:**

\_\_\_\_\_

Print Name

\_\_\_\_\_

Signature

**PARENT / GUARDIAN:**

\_\_\_\_\_

Print Name

\_\_\_\_\_

Signature



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**Attestation:**

- The undersigned attests that I/we and our child, named below, are not infected with the coronavirus and have not been diagnosed with Covid-19, are not experiencing any symptoms described by the Center for Disease Control and Prevention (CDC) as being associated with the Covid-19 illness caused by the coronavirus, such as a fever, cough, shortness of breath, chills, shaking with chills, muscle pain, headache, sore throat, or a new loss of taste or smell. That we have not experienced any of those symptoms in the past two weeks and that no one who lives in our home has experienced any of these symptoms in the past two weeks or has been diagnosed with Covid-19. That to my/our knowledge none of us, or anyone living in our home, have been exposed to any person who has been infected by the COVID-19 virus. If any of us or anyone in our home develops any of these symptoms, or are diagnosed with the Covid-19 illness we agree to notify Aspen Junior Hockey Inc. (AJH) and to not attend any AJH programming until the symptoms have cleared, testing has proven that there is not a coronavirus infection or that if there was an infection we are no longer contagious. We acknowledge that this is an ongoing obligation to notify. Permission must be received from AJH before our child and/or us may return to the program.
- We are aware that we must follow the safety and hygiene protocols that have been implemented by AJH and the facility which have been provided to us and we have reviewed, and that if any of us fail to do so we could be asked to leave the program and not be permitted to participate in the future.
- **We attest that:**
  - We have not traveled internationally in the past 14 days
  - We have not traveled to a highly impacted area within the United States in the past 14 days
  - We do not believe that any of us have been exposed to a person with a confirmed or suspected case of COVID-19
  - None of us have been diagnosed with COVID-19 and not yet cleared as noncontagious by state or local public health authorities and doctors.
  - We are following recommended guidelines as much as possible - practicing social distancing by participating in group activities of fewer than 25, trying to maintain separation of six feet from others, and otherwise limiting our exposure to the coronavirus.

**Examine this document carefully before signing it.**





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Print Participants Name:

\_\_\_\_\_

***IN WITNESS WHEREOF**, the undersigned on behalf of themselves and their above-named child have signed their names effective this, \_\_\_\_\_ (Date), and attest that we have read, fully understood, conveyed the content of this Attestation to our child, and attest that the statements and representations are true and accurate and agree to the entire contents of this document.*

**PARENT / GUARDIAN:**

\_\_\_\_\_

Print Name

\_\_\_\_\_

Signature

**PARENT / GUARDIAN:**

\_\_\_\_\_

Print Name

\_\_\_\_\_

Signature



As together we make our way through the COVID-19 pandemic, USA Hockey has been asked if wearing a helmet with a full clear shield is better than a visor (half shield) or cage. In addition, many are asking about players wearing a face mask to cover their mouth/nose while practicing or in games. Below is information that we hope is helpful.

#### HELMETS -- FULL CLEAR SHIELD vs. HALF SHIELD OR CAGE

There is no scientific proof that a full clear shield on a hockey helmet provides better protection against infectious diseases compared to a visor (half shield) or cage.

That said, a full clear shield is *likely* better than a visor (half shield) or cage:

1. Can act as a barrier in case someone in close proximity coughs or sneezes
2. May be a deterrent to decrease touch of the face (vs. cages where players stick their fingers through the cage)
3. Likely to prevent spitting on the ice/bench (should be enforced regardless)

It should be noted that a full clear shield *will not* prevent the inhalation of aerosolized droplets.

And it is important that regardless of what kind of mask a player wears that it be cleaned thoroughly after each use.



*Examples of facemasks on hockey helmets above from left to right: visor/half shield; cage; full clear shield*

#### MASKS TO COVER MOUTH/NOSE

A cloth mask protects the wearer's nose and mouth from contact with droplets and may protect others by reducing exposure to the saliva and respiratory secretions of the mask wearer. This is especially important if someone is infected but does not have symptoms.

Players should wear cloth masks at all times, except while playing. Coaches and other support personnel should wear cloth masks at all times.

Wearing a cloth mask during high intensity aerobic activity is not recommended by the CDC and WHO.

30June2020



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Colorado Amateur Hockey Association  
14177 Roaring Fork Circle [www.CAHA.CO](http://www.CAHA.CO)  
Broomfield, CO 80023-3929

## 2020 CAHA Return to Play Standards

### Colorado Amateur Hockey Association

- CAHA will not impose delays to the start of the traditional hockey season
- CAHA will issue valid 1-T rosters without any delays for all teams properly registered with USA Hockey and CAHA
- CAHA will issue tournament sanctions without delay for any tournament hosts that are in compliance with USA Hockey policies, CAHA policies and the laws, rules and policies established by the local government and health authorities
- CAHA will not prevent unsanctioned play however CAHA policy 1 regarding non sanctioned play shall apply.
- CAHA is strictly **prohibiting** spitting anywhere in or around a rink or team sanctioned activities
- CAHA is strictly **prohibiting** the post-game handshake and time permitting, encouraging players to line up on their respective blue lines to acknowledge the opposing team and fans
- It is **mandatory** for each individual to have their own personal water bottle permanently identified with person's name on the bottle - absolutely no sharing
- Each team should designate an adult responsible for maintaining team compliance with government and health department policies and guidelines
- Each team should designate an adult responsible for maintaining an attendance log and include each participants full names, start and end time including date for ALL team events such as practices, skill sessions, games, dryland and any other team gathering to facilitate contact tracing

### Associations

- Associations, teams, players, coaches, officials, and spectators are expected to maintain compliance with city, county, state and federal guidelines at all times
- Associations, teams, players, coaches, officials, and spectators are expected to maintain compliance with CDC guidelines at all times
- Associations, teams, players, coaches, officials, and spectators are expected to maintain compliance with the USA Rink Association, USA Figure Skating and USA Hockey "Returning to the Rinks" document dated May 4, 2020
- Associations shall document mouth guard protocols documented - who can touch, protocol for cleaning
- Associations should consider encouraging players wear a full-face shield instead of cage
- Associations should establish and document the protocol for permitting participation vs sitting out - temperature checks, coughing, sneezing, other symptoms
- Associations should establish and document quarantine protocols and what will trigger a quarantine for an individual or team
- Associations should develop a training plan for staff on how to interact with others that are not observing conventions, coughing, not social distancing etc.
- Associations should establish and document dress/undress protocols - whether at home or rink
- Associations should document athlete conditioning plans for the athlete and coaching staff - gradual return to reduce risk of injury
- Associations should develop an athlete communication plan with specific intervals to stay in contact - let them know of changes and why



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- Associations should consider developing, documenting and sharing an emotional support plan - team/player bonding
  - Associations should document plans/standards for on ice and off ice drills - small groups, minimize direct contact
  - Associations should develop, plan for and document a "new" participation model should the government and/or health department impose additional restrictions
  - Associations should develop a communication plan for parents, players, coaches, association staff - regular cadence to keep parties informed
  - Associations are encouraged to establish individual participant policies for example:
    - Wipe down sticks before and after
    - Recommend each player carries Lysol and/or Clorox wipes
    - "Sit out" policies – sneezing, coughing, and temperature
    - Hand washing

## Rink Operators

- Rink operators are expected to maintain compliance with city, county, state and federal guidelines at all times
- Rink operators are expected to maintain compliance with CDC guidelines at all times
- Rink operators are expected to maintain compliance with the USA Rink Association, USA Figure Skating and USA Hockey "Returning to the Rinks" document dated May 4, 2020
- Rink operators should update all staff job descriptions and standards for COVID
- Rink operators shall identify and secure PPE for staff
- It is recommended that rink operators train staff on how to interact with customers that are not observing new social conventions, coughing, not social distancing etc.
- Rink operators should Identify have on hand and use EPA registered disinfectants
- Rink operators should Identify and hire necessary staff at appropriate staffing levels to maintain hygienic operations
- Rink operators should update employee SOP's in writing to each employee
- Rink operators should provide updated EEOC and Family First Coronavirus Response Act (FFCRA) policies in writing to employees
- Rink operators should update and document call off and sick leave policies for staff
- Rink operators should develop a staff training plan that is documented in writing and available to all staff
- Rink operators shall identify, document and regularly disinfect all high touch equipment and fixtures – recommend minimum of hourly
- Rink operators should document and publicly post cleaning intervals for all areas including high touch surfaces
- Rink operators should have signage on all entry doors, locker room doors with reminders for safe practices
- Rink operators should have hand sanitizer at all entry/exit doors fully stocked at all times
- Rink operators should have established and documented protocol for entry and exit to/from the facility including clear signage
- Rink operators shall have building entry/exit pathways and protocol clearly marked
- It is recommended that rink operators investigate and consider modifying and/or updating building air handling
- Rink operators should document disinfecting protocol and intervals for locker rooms, benches and other common areas
- Rink operators should document drinking fountain and vending machine protocols including clear signage
- Rink operators should document policies and have clear signage posted for spectators and general public concessions, restrooms, stands, lobbies



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- Rink operators should document policies for participants - locker rooms, changing areas, benches, score box etc. posted with clear signage
  - Rink operators shall have clear floor markings for maintaining proper social distancing and traffic flow
  - Rink operators should mark players benches, penalty boxes, score box etc. where sitting is permitted
  - Rink operators should have documented protocol for sanitizing rental skates