

Welcome back to the Fall 2020 hockey season. With the current Covid restrictions there will be a modified practice schedules and policies until further notice.

Even though the State of Virginia relaxed some of the Covid guidelines on September 10, the Potomac Valley Amateur Hockey Association (PVAHA), the USA Hockey affiliate for Virginia and Maryland issued extremely strict guidelines

All players (except goalies) are required to arrive at the rink already dressed in their hockey gear and must wear facial masks in the rink. Masks are not required for players on the ice but are required on the bench. Players will be directed either to locker rooms or the lobby (stuff bags under the benches) to store bags and put on skates. Arrive no more than 20 minutes prior to your scheduled practice time and all players must leave the rink no more than 20 minutes after their ice session.

SPECIAL GUIDELINES

All players will be divided into **separate practice groups** in their age group and each group will practice once during week and once on the weekend. The groups will be posted on the website and emailed to all players.

SEPT	14	MON	6:15PM	7:05PM	ICELAND	MISC	GIRLS	MT JAMB
SEPT	15	TUES	6:00PM	6:50PM	ICELAND	U8	GRP A	GRP A
SEPT	15	TUES	7:00PM	7:50PM	ICELAND	U10	GRP A	GRP A
SEPT	15	TUES	8:00PM	8:50PM	ICELAND	U13	GRP A	GRP A
SEPT	15	TUES	9:00PM	9:50PM	ICELAND	HS	GRP A	GRP A
SEPT	16	WED	5:30PM	6:20PM	ICELAND	U8	GRP B	GRP B
SEPT	16	WED	6:30PM	7:20PM	ICELAND	U10	GRP B	GRP B
SEPT	16	WED	7:30PM	8:20PM	ICELAND	U13	GRP B	GRP B
SEPT	16	WED	8:30PM	9:20PM	ICELAND	HS	GRP B	GRP B
SEPT	17	THURS	6:30PM	7:20PM	ICELAND	EJ	U10	U12

The above schedule is for the first week only. There will be adjustments for the HS division in week 2 going forward.

This modified practice schedule will be in place at least until October 30th and will be modified only if the guidelines from USA Hockey change. So instead of having approximately 30 plus players on a shared ice practice there will be approximately half that number on a full ice practice. Each group will practice once per week.

For game purposes **players will be assigned to teams that will have smaller rosters** to accommodate the game guidelines. During games players will be required to wear face masks while on the bench but can remove when playing. We will post the PVAHA guidelines as a word document on the website. Coaches are required to wear face masks during games also.

League games will begin the weekend of October 17 at Iceland and PYHA.

2021 AGE GROUPS

Based on registrations at HRYHA and PYHA here are the age groups for this season:

8U 2012 and younger (Cross Ice Mites)

10U 2010-2011 (Squirt)

14U 2007-2008-2009(PW plus 1st year Bn/2nd yr bn may play up)

HS 2002-03-04-05-06(Mg plus 2nd year Bantam)

Due to low registrations at the Bantam level it was necessary to move players to the U13 and HS divisions.

FIRST WEEK OF PRACTICE

The first week of practice is normally crazy but his year is much more difficult. With over 35 new players and the recent Covid restrictions we need to start differently. Here are the guidelines:

PLAYER CHECK IN:

PLAYERS MUST ARRIVE AT THE RINK DRESSED IN THEIR GEAR AND ARRIVE NO MORE THAN 20 MINUTES BEFORE THEIR ICE SLOT. WHEN YOU ARRIVE, THERE WILL BE COACHES AT THE CHECK IN TABLE IN THE RINK LOBBY. ALL PARENTS MUST SIGN A FAMILY COVID WAIVER AND LIST ALL PARENTS AND PLAYERS. THESE FORMS WILL BE KEPT ON FILE AND ARE GOOD FOR THE SEASON. THE PLAYERS WILL BE INFORMED AS TO WHETHER THEY SHOULD PROCEED TO AN ASSIGNED LOCKER ROOM OR USE THE LOBBY. PLAYERS MUST ADHERE TO THESE ASSIGNMENTS. ALL GOALIES WILL BE ASSIGNED TO A LOCKER ROOM. EVERYONE MUST WEAR FACE MASKS INCLUDING THE PLAYERS. AFTER WEEK ONE, THE PLAYERS WILL STILL NEED TO CHECK THE LOCKER ROOM OR LOBBY ASSIGNMENTS UPTON ARRIVAL AT THE RINK.

PLAYER CONDUCT:

WE EXPECT ALL THE PLAYERS TO ADHERE TO THE POLICIES AND LOCKER ROOM/LOBBY ASSIGNMENTS AND WE APPRECIATE THE PARENT'S SUPPORT. IF THE PLAYERS IS ASSIGNED TO THE LOBBY, WE WOULD LIKE THEIR BAGS TO BE PUT UNDER THE BENCHES SO THE WALKING AREAS ARE CLEAR. AS PER THE GUIDELINES SPITTING ON THE ICE AND BENCH AREAS ARE PROHIBITED. PLAYERS SHOULD HAVE THEIR OWN MARKED WATER BOTTLE. THERE WILL BE NO HANDSHAKES AFTER GAMES BUT PLAYERS WILL LINE UP ON THEIR RESPECTIVE BLUE LINES AND TAP STICKS.

COACHES CONDUCT:

ALL COACHES MUST PUT ON THEIR SKATES EITHER IN THE LOCKER ROOMS OR THE LOBBY WITH THE PLAYERS. COACHES WILL BE MONITORING THE LOCKER ROOMS AND LOBBY FOR PROPER BEHAVIOR.

PRACTICE TIMES WILL **BE REDUCED 5 MINUTES** TO ALLOW TIME TO EXIT THE ICE IN A TIMELY MANNER AS REQUIRED BY THE PVAHA.

WE NEED ALL PLAYERS TO REMOVE THEIR SKATES PROMTLY AFTER PRACTICE AND EXIT THE RINK WITHIN 20 MINUTES.

AS WE HAVE EXPLAINED TO MANY THAT IF YOU ARE NOT COMFORTABLE WITH THESE GUIDELINES OR CONCERNED WITH THE COVID ISSUE, HRYHA WILL ISSUE A 100% REFUND OF DUES PAID PRIOR TO THE SEASON START SEPTEMBER 14TH. AFTER SEPTEMBER 14TH REFUNDS WILL BE AVAILABLE ON A PROTATED BASIS. PLEASE FEEL FREE TO CONTACT ME WITH QUESTIONS OR CONCERNS. WE WANT TO ENSURE THAT THE PLAYERS GET TO PLAY IN A SAFE ENVIRONMENT. HOPEFULLY, THE RESTRICTIONS WILL LESSEN IN THE NEAR FUTURE

RICH APPLEBY 7570470.0973 RICHAPPLEBY08@GMAIL.COM