

GBNHC Protocols

The GBNHC Board and coaches take the health and safety of all of the players very seriously. The following procedures and policies are based on CDC guidelines and policies from other similar organizations. While these procedures and policies have been in place to do our best to maintain an environment where our players and coaches can participate in the sport they love as safely as possible, we can only, as an organization, attempt to mitigate risk – we cannot eliminate the risk associated with COVID-19. Ultimately, as always, the players, with the advice and consent of their families, choose to play at their own risk of sustaining injury and, now, of also contracting diseases like COVID-19. Players and families will choose to participate at their own risk. Please note that this is a fluid situation and thus our policies and procedures may change during the season.

Tryouts:

- No parents are allowed inside the rink – the tryouts are closed as they have been for many years.
- All tryouts are at the Oakton Ice Arena.
- There will be a large group invited to the first day of tryouts. The second night will be invites for the Varsity team. The 3rd night will be the remaining players for JV team tryout.
- Tryouts are Sunday, Aug. 23 at 1:45 pm, Monday, Aug. 24 at 8 pm and Tuesday, Aug, 25 at 8 pm.
- All coaches and volunteers will have a temperature check and be screened before each tryout.
- Players must check in via the rink-designated door of the arena every tryout for temperature check and screening – all players must wear a face mask until they are getting on to the ice.
- All players must bring their own water bottle with their name on it.
- All **non-goalie players** are to dress at home with the exception of their skates:
 - Two locker rooms will be open for each tryout group for putting on skates only. Players may leave their belongings in that locker room. After the tryout is done, they will remove their skates in their locker rooms, with masks on and staying socially distant, for **skate removal only**. They will then exit the rink at the designated exit.
 - **Goalies** do not have to come to the rink dressed – they will have a separate dressing area.
 - Non returning varsity players will get a tryout jersey that they will need to keep until the end of tryouts. Tryout jerseys should be washed each night and must be washed before returning to GBNHC.
- If your son has a fever of 100.4 or higher when they arrive at the arena, or if they do not pass the screening, you will be contacted to come collect him. They will wait separately from the rest of the players with a mask on until you arrive.
- If your son feels sick at any time during the tryout process, they must tell a coach immediately. Please reassure your player that the coaches will contact you to discuss when he can return. We all need to make sure that our players feel that it is best to tell someone instead of trying to “play through” the discomfort or any symptoms. The coaches will err on the side of caution and expect all the players and families will do the same.
- While the symptoms of COVID-19 (cough, shortness of breath, aches, chills, headache, sore throat or a loss of taste and/or smell) can all be symptoms of a cold, or allergies, the risk to the community is great enough that we encourage you to keep them home. If this is the case, please reach out to [Evan Poulakidas](#) and [Thomas Burke](#). Again, GBNHC will work with you on when your player can return and all information will be kept confidential.
- The team players and parents will have an in person meeting outside after the tryouts are completed. The date and time of the meeting will be emailed to you after tryouts are complete.
- The teams will be posted on the GBNHC website.

For the regular season:

- Once practices start, the temperature check and screening will be done at home by a parent. Before each practice, SportsEngine will send an email to each family which will collect the player's temperature and the answers to the screening questions. If a player's temperature is 100.4 or higher, or if the screening questions are not passed, the player must stay home from practice. A coach from the player's team will contact the family to discuss return to play.
- If your son feels sick while on the ice they must tell a coach immediately. Please reassure your player that the coaches will contact you to discuss when he can return. We all need to make sure that our players feel that it is best to tell someone instead of trying to “play through” the discomfort. The coaches will err on the side of caution and expect all the players and families will do the same.
- If your son was not feeling well during the day of a tryout, but seems better by practice, please practice caution. While the symptoms of COVID-19 (cough, shortness of breath, aches, chills, headache, sore throat or a loss of

taste and/or smell) can all be symptoms of a cold, or allergies, the risk to the community is great enough that we encourage you to keep them home. If this is the case, please reach out to [Evan Poulakidas](#) and [Thomas Burke](#). Again, GBNHC will work with you on when your player can return and all information will be kept confidential.

- If your player tests positive for COVID-19, the following are the **minimum** conditions that must be met before he can return to the ice:
 - You should email your player's [head coach](#) and [Thomas Burke](#) as soon you have the results. All information will be kept confidential.
 - He must wait **at least** 10 days from the first sign of symptoms (cough, shortness of breath, aches, chills, headache, sore throat or a loss of taste and/or smell) **AND**
 - He must be free of fever for 24 hours without any fever reducing medication **AND**
 - He must provide a note from his physician or a healthcare professional stating it is safe for him to return to the ice
- If a family member or a person in close contact with your player tests positive:
 - You should email your player's head coach and **Thomas Burke**. All information will be kept confidential.
 - Your player should stay home for 14 days and watch for symptoms (cough, shortness of breath, aches, chills, headache, sore throat or a loss of taste and/or smell)
 - You are encouraged to take your player to a medical professional for additional guidance
- If a teammate tests positive:
 - You will be notified that a case has been found on your team. All personal information will be kept confidential. You will be advised further depending on the situation, but it is always recommended that you watch for symptoms in your player.
- These return to ice policies are subject to change.
- Each player must have their own water bottle with their name on it. There will be no swapping of jerseys or sharing of water bottles.
- Again, while we will attempt to create a safe environment for players and coaches, each family must understand the risks and uncertainty we are all faced with and then decide if they are comfortable participating in the sport of hockey.

Non-COVID Season Info:

- The Club is working with USA Hockey, AHAI, SHL and the rinks to get league play going as soon as possible. In the meantime, the coaches are working on ways to ensure that the players have fun, are challenged and will be ready to be competitive as soon as league play is permitted.
- Upon selection and placement to a team, all players will have paid a first installment of the annual player fees. Given the likely changes throughout the year, GBNHC will consider what adjustments, if any, may be appropriate to remaining player fees. However, all players and parents are notified that with the start of the season, GBNHC will have financial obligations to satisfy.
- Similarly, given the fluidity of the season, each team's schedules will be subject to change according to their league's agenda. We will do our best to keep ice times consistent for each team and to post schedules in a timely fashion. However, we will have to remain flexible to accommodate changes as they arise.