



## COVID-19 Policy

The following policy has been developed with the expectation that we all work together to adhere to the following guidelines to ensure that everyone can have a safe hockey season. This policy is evolving and is subject to change.

### General Guidelines:

- Anyone with a fever, cough or other COVID symptoms MUST stay home
- Face coverings are REQUIRED for everyone
  - If you do not wish to wear a face covering or are unable to then you will not be allowed to enter the MRC
  - Coaches are required to wear a face covering except for when they are on the ice but are required to maintain 6ft social distancing
  - Coaches are required to wear a face covering while on the bench coaching
  - Players are required to wear a face covering when inside the rink unless their helmet is on
    - If a player with Asthma, other respiratory problems, Panic Attacks, etc. is unable to wear a face covering then they must maintain 6ft social distancing in the rink until they are on the ice
- Social distancing must be maintained when appropriate
- All MRC users must abide by rink guidelines (attached)

### Player/Parent Guidelines:

- Players must arrive dressed in hockey gear – there will be a designated area to put on skates upon arrival. Locker rooms will only be available under special circumstances and with advanced permission from the rink.
  - Due to the limited number of people allowed in the rink at a time, it is strongly suggested that players learn to tie their own skates. We cannot guarantee parents will be allowed in the rink prior to the scheduled session to assist players due to capacity reasons. There will be team parents available to help if needed.
- Per rink protocols, there will be one adult allowed in the rink during the scheduled session for each player under the age of 11. Adults must wear a face covering and remain socially distant from others.
- Arrive 10-15 minutes prior to your schedule session and follow the arrival procedure (attached)
- Exit immediately after your scheduled session following the departure procedure (attached)
- Practice jerseys or pinnies will not be shared – Storm will provide each player with a reversible practice jersey or pinnie that is expected to be worn in practice
- It is recommended that players use shields on their helmets
- No handshake lines or fist bumps - stick taps only from a distance to recognize a good play
- No sharing water bottles – all players must bring their own water bottles to practices and games
- No sharing equipment – all players must bring their own hockey equipment
- NO SPITTING ON THE ICE

## Coaches:

- It is recommended that Coaches use shields on their helmets
- Coaches and referees will use electronic whistles
- There will be 2 Team Assistants per team to help manage player flow, enforce the guidelines and take attendance of players coaches and parents (if applicable) at each team event

**It is expected that these guidelines along with other rink guidelines be followed while home or away visiting other rinks – remember you are representing the entire Storm organization**

## COVID Diagnosis or Exposure:

- If a player or anyone in their household has tested positive, has symptoms or has been exposed to COVID-19 then the player must withhold from team activities for 2 weeks
- If a player tests positive for COVID-19, they may return to hockey activities when the following has been met:
  - At least 10 days since symptoms first appeared AND
  - At least 72 hours with no fever without fever-reducing medication AND
  - Symptoms have improved AND
  - Has a doctor's note allowing the player to resume hockey activities
- Testing positive or entering into quarantine requires notification to a Maine Coast Storm Coach, Storm President, Vice President or Safety Director
  - Sara Nash: 207-322-4321 or [saranash2019@outlook.com](mailto:saranash2019@outlook.com)
  - Bo Hoppin: [stormpresident2@gmail.com](mailto:stormpresident2@gmail.com)
  - Jacob Breshears: [weldonjb2@gmail.com](mailto:weldonjb2@gmail.com)
- Maine Coast Storm will follow the guidance of the Maine CDC regarding notification and contact tracing. It is our intent that we be transparent as possible while respecting the privacy of every member.

## MRC Arrival and Departure Guide

### **Arrival:**

Arrive at MRC 10-15 minutes prior to your scheduled time  
Arrive dressed in hockey gear with the exception of helmet and skates  
Don't forget your face covering!

Enter MRC using the center doors, wearing your face covering  
Sanitize hands using the provided sanitizer  
Use restroom if needed

Enter the rink using the doors on the left  
Once in the rink, keep left and find the next open seat along the wall  
Use this area to put on skates, helmet, etc.  
Remain here until Coaches invite you on the ice

Once instructed, collect street shoes and other belongings  
Skate them across the ice to the door closest to the party room  
Leave the ice, set down belongings in designated area  
Return to the ice using the door across from the rink entrance

### **Departure:**

Exit the ice using the door closest to the party room  
Go to the area you stored your belongings  
Put on your street shoes or skate guards and face covering  
Exit the rink using the exit doors

At this time, you will need to exit MRC fully geared

# MRC

## MRC Phase 1 COVID-19 GUIDELINES as of 8.13.20

Protecting the health and well-being of MRC participants, employees and greater community is our top priority. Toward that end, we have developed a proactive plan designed to minimize the impact of Covid-19. MRC will roll the plan out in phases as necessary, beginning immediately. Because the Covid-19 public health emergency is rapidly evolving, this plan is subject to change. Thank you for your cooperation.

### All Participants:

- **MASKS ARE REQUIRED** for anyone not engaged in physical activity at MRC.
- Anyone with a fever, cough or other symptoms **MUST** stay home.
- Parents of participants are not allowed in the building unless their child is under the age of 11. Only one parent/guardian per child is allowed.
- Waivers **MUST** be current and filled out within the current year/season.
- Prepay for all programs before arriving. This can be done by calling our front desk or through links on our website.
- Upon entering MRC you **MUST** use hand sanitizer or wash hands.
- Follow social distancing when possible, that is staying at least 6 feet away from others not in your household.

### Arena Participants:

- Come dressed for play so that you can get on the ice without visiting a locker room.
- Arrive as close to your groups start time as possible and exit within 15 minutes of finishing your activity.
- User groups must provide full rosters for contact tracing purposes.
- An outdoor seating area will be made available for those that want to put skates on outside.
- Locker rooms can be used by authorized use only.
- Participants should exit the Side Arena Door instead of coming back through the lobby after the session.

# MRC

## **MRC is taking the following steps for your safety:**

- We are staggering arrival times for programs to minimize customer contact in the lobbies/common areas. We are limiting programming to minimize the number of people on the ice at one time.
- We are limiting the total number of people in our facility at one time.
- We are marking the floors and benches to designate six feet distances.
- We are providing hand sanitizer.
- We are cleaning and sanitizing surfaces, restrooms, locker rooms, player benches, penalty boxes, dasher board rail tops and frequently used equipment.
- All Coaches will be wearing masks when 6' distancing is not able to be maintained.
- Our employees are receiving specific training in COVID-19 protocol. Our employees are wearing masks, practicing social distancing, and frequently washing their hands.