



## 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 at all times including while on the ice and while on the bench coaching
  - Players are required to wear a face covering when entering the rink, while getting their skates on and up until the time they put their helmet on just prior to getting on the ice. Also, players must put a face covering back on after practice/game while taking off gear in the designated areas
  - Players are required to wear a face covering while participating in a face-off at center ice and while on the bench
  - Officials are required to wear a face covering
- Social distancing must be maintained when appropriate
- All MRC users must abide by rink guidelines (attached)
- All Players, Coaches and Officials must abide by MEAHA's guidelines (attached)

### Player/Parent Guidelines:

- Players must arrive dressed in hockey gear – there is 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 age 10 and under. 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 and water bottles must be spaced out along the wall during practice and placed in the hydration station during games

- No sharing equipment – all players must bring their own hockey equipment
- NO SPITTING ON THE ICE

### Coaches:

- There will only be 2 coaches allowed on the bench during a game
- Coaches and officials 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 14 days after last contact with the person (per Maine CDC guidelines)
- 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 SafeSport 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.