

North Stars Youth Hockey Event Covid Guidelines

- Limited locker room use will be available; No showers available. Locker rooms will be made available prior to games and we ask all players to exit locker room as quickly as possible. Please come dressed to limit time in locker rooms to external equipment only. (Skates, helmet, gloves)
- Players will be allowed a 10 minute warmup on the ice, locker rooms will only be open 30 minutes prior to game time. We are limiting time spent in locker rooms. Masks are encouraged while in locker rooms, not required on the ice or player boxes.
- Public Restrooms are available
- Concessions will be available
- Try to limit parents or spectators in the venue to immediate family or pods only. If it is possible to leave small children at home, please do so. Please spread out. Masks are encouraged. Fans are expected to leave the building when their child, or participant is done playing.
- Home fans are expected to sit on the West side of bleachers and visiting fans are expected to sit on East side of bleachers.
- No spitting or use of chew
- Players must bring their own clearly marked water bottle/bench towel. No sharing of personal items
- If you are sick stay home and do not come to the rink. People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:
 - o Cough
 - o Shortness of breath or difficulty breathing
 - o Fever
 - o Chills
 - o Muscle pain
 - o Sore throat
 - o New loss of taste or smellThis list is not all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.

These guidelines are subject to change at any time based on the COVID-19 risk level in the State of North Dakota