

McKenzie County Hockey Club



Social Distancing Guidelines

Prior to entering the Rough Rider Center building or participating in any Watford City Oilers events, ask yourself the following questions. If the answer is yes to any of the questions, you should not enter the area or participate in any events until you have been symptom free for at least 14 days. This assessment must be made every day before entering the building. Anyone experiencing symptoms must stay home and will not be allowed to participate until the skater and/or parents/guardians have no symptoms.

- Have you tested positive for COVID-19 within the last 14 days?
- Have you been within 6 feet of any person who has tested positive for COVID-19 for at least 5 minutes in the past 14 days?
- In the last 48 hours have you experienced any of the following symptoms?
 - Fever of 100.5 degrees Fahrenheit or above
 - Cough
 - Trouble breathing, shortness of breath, or severe wheezing
 - Chills or repeated shaking with chills
 - Muscle aches
 - Sore throat
 - Loss of smell or change of taste
 - Nausea, vomiting or diarrhea
 - Headache

Everyone must enter and exit through the main door of the facility to help monitor public traffic. Every person who enters the building must sign in and out at the door when doing so to help with contact tracing if ever necessary.

Public restrooms are open and can be used but should not be used at a locker room.

We encourage spectators and coaches to wear facial masks when in the building. Athletes are also encouraged to wear facial masks before and after wearing their hockey gear, however is not expected to wear if when wearing their helmet, or during physical activity.

Skaters and/or parents/ guardians should practice social distancing and remain at least six feet apart from others whenever possible off the ice. Skaters are encouraged to come halfway dressed to limit their time in the locker rooms.

Skaters shall bring their own water bottles for their own personal use. The water fountain is shut down however the water bottle filling station is open for use.

Skaters are encouraged not to shake hands, high five or fist bump but to instead bump elbows, or sticks.

We encourage skaters, parents/guardians, and coaches to practice good hand washing and use hand sanitizer upon entering and exiting the building. Avoid touching your face.

Avoid sharing personal equipment and families are encouraged to sanitize and clean their equipment as much as possible.

Exchanging of documents or money for payments shall be kept to a minimum.

Teams can only go into the locker rooms one hour before the game and stay in the locker rooms up to 30 minutes post game

Skaters, parents/guardians and coaches are participating in activities through the McKenzie County Hockey Club at their own risk. No player, parents/guardians, or coaches shall hold McKenzie County Hockey Club accountable if they contract COVID-19 while attending an activity.

If an individual who participates in a McKenzie County Hockey Club activity is confirmed positive for COVID-19, the individual must immediately inform the McKenzie County Hockey Club of the positive test result and the following protocols must be followed:

- Individual shall immediately isolate and follow any recommendations from the State Health Department.
- Provide a list of dates and times that the individual participated in any activities through the McKenzie County Hockey Club Board of Directors or Club Admin.
- Provide a list of additional individuals that were present while the infected individual was present at any activity through the McKenzie County Hockey Club to the Board of Directors or Club Admin.

We all need to do our part to stay as safe as possible. Programming this season may look different and the McKenzie County Hockey Club is also taking precautions to keep our players, family, and fans safe. The building will be sanitized frequently to help stop the spread.