

Returning to the Ice at Williston Basin Skating Club

The purpose of the following rules and regulations is to help mitigate a coronavirus outbreak by taking necessary precautions in hopes of having a complete hockey season. As you plan for a return to the ice, below are some ideas to consider assisting with developing a return to hockey programming in context of COVID-19. Please know these are not requirements but are recommendations and ideas to consider when evaluating your programming. As conditions and requirements may vary throughout the state, our best advice is to follow state and local government guidelines and recommendations from the CDC. Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way of eliminating the risk of infection. We are thankful to all those essential workers and first responders who are guiding us and keeping us safe and healthy during this pandemic.

Remember that we can contribute to helping eliminate COVID-19 by doing these four things:

1. Physical Distance
2. Wash Hands and Practice Safe Hygiene Habits
3. Clean Surfaces & Equipment between uses
4. Staying Home When Sick Or Experiencing Any Symptoms

Prior to entering the building or participating in any WBSC 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?
 - o Fever of 100.5 degrees Fahrenheit or above
 - o Cough
 - o Trouble breathing, shortness of breath, or severe wheezing
 - o Chills or repeated shaking with chills
 - o Muscle aches
 - o Sore throat
 - o Loss of smell or change of taste
 - o Nausea, vomiting or diarrhea
 - o Headache

Requirement; If you have been informed of being in contact with a person(s) that has tested positive and/or been required to quarantine you are expected to abide by the quarantine regulations set in force by the State and Local District Health Department and are **not** allowed to enter WBSC until required time has past.

For all levels of play, games, tournaments, coaches, fans, opponents, etc.;

- a. Players or coaches with any risk factors or illness should not participate in any on-ice activity
- b. Any players, coaches or spectators exhibiting symptoms or signs of an illness should not be in the facility at any point.
- c. Equipment use:
 - i. No team water bottles. Each individual responsible for their own water bottle with name labeled clearly on it. Fill at home and bring to rink as each rink may or may not have water bottle filling stations.
 - ii. No spitting anywhere inside the arenas.
- d. Coaches need to help facilitate moving kids out of the arena in a timely fashion. Coaches must be the last team member to leave the rink.
- e. Players are not to enter the arena more than 15 minutes prior to skate and shall leave the rink within 15 minutes following their ice session.
- f. Remain in designated area until ice is ready
- g. Coaches to use same team locker rooms or sit just outside on locker room when getting ready
- h. Eliminate “coach’s rooms”
- i. Avoid unnecessary contact. (high fives, group huddles/team cheers, etc.)
- j. Everyone must enter and exit through the main door of the facility to help monitor public traffic.
- k. All participants at the Mite level are **REQUIRED** to come to the rink fully dressed.
- l. All participants Squirt level up to Bantam level are **HIGHLY RECOMMEND** to come to the rink fully dressed.

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. Skaters, parents/guardians and coaches are participating in activities through Williston Basin Skating Club at their own risk. No player, parents/guardians, or coaches shall hold Williston Basin Skating Club accountable if they contract COVID-19 while attending an activity. If an individual who participates in a Williston Basin Skating Club activity is confirmed positive for COVID-19, the individual must immediately inform the Williston Basin Skating 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 Williston Basin Skating 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 Williston Basin Skating 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 Williston Basin Skating Club is also taking precautions to keep our players, family, and fans safe. The building will be sanitized frequently to help stop the spread.