



Updated 01/20/2021

We have developed the following regulations for JYH Home practices and activities. It is our goal to continue to play hockey throughout the season and by following these regulations we feel we can have a successful year. As coaches and managers, please be sure to enforce these regulations among yourselves, your players, and our hockey families.

### **JYH HOME PRACTICE & ACTIVITY COVID-19 REGULATIONS**

- Participants are asked to not attend games if in the prior fourteen days she/he or any household member exhibits signs/symptoms indicative of COVID-19 infection. Symptoms of COVID-19 can include fever (>100.4) or feverishness, cough, shortness of breath or difficulty breathing, chills or shaking chills, muscle pain, headache, sore throat, and new loss of taste or smell.
- If at any time during our season a player, coach, or family member is diagnosed with COVID-19 or has had known exposure to someone who has been diagnosed with COVID-19, that information MUST BE communicated to your Team Manager as promptly as possible.
- Quarantined players, coaches or families are not allowed to attend JYH practices or events.
- Players, families, and coaches with immune deficiencies or other elevated risk factors should not attend any organized JYH events.
- NO SPECTATORS/FAMILIES allowed in rink during practice (excepting Mites for skate and helmet install)
- Temperatures of all players and coaches will be taken upon arrival at the rink.
- TeamSnap app will be implemented at all age levels and teams to assist in attendance records. Players/parents must declare their attendance yes/no prior to practice and perform a health check.
- Snow King Ice Arena Entrance is through the sliding doors and Exit is through the push door.
- All coaches, players and visitors are required to wear a face covering while inside the arena.
- Upon arrival at the rink, segregated areas will be adhered to for the arriving and exiting teams/age levels to maintain social distancing.
- Locker rooms are CLOSED.
- Mites and Squirts must arrive with skates on (skate guards a must). Coaches will not be allowed to tie player skates or buckle helmets. Mites and Squirts will be allowed into the rink 10 minutes prior to the start of practice.
- Pee Wee/Bantam age levels must arrive to rink fully dressed and will be allowed inside the rink 15 minutes prior to the start of practice to tie skates and enter ice.
- High School may arrive 20 minutes prior and dress in commons area socially distanced for driving safety.
- There will be segregated areas within the arena for entering and exiting teams
- Only 1 team will be practicing on the ice together. Players will work to maintain 6' distance and practice in 6 person max groups.
- Teams must exit the building IMMEDIATELY at the end of practice and games.
- All participants should bring a full personal use water bottle. No sharing of equipment or food will be allowed.
- Players will not congregate in groups larger than 12 individuals.
- Coaches will wear face coverings on the ice, and they must be utilized whenever 6' social distance cannot be maintained.
- Face coverings are not required by players on the ice during practices and games.
- Before any physical contact is made (i.e., to render first aid or assist with an equipment malfunction), a face covering must be in place and hands sanitized.
- Spitting anywhere in or around a rink or team is prohibited.
- Practices will be conducted using cohorts of players, with the same players always working out together as much as possible.
- Each team should designate an adult responsible for maintaining team compliance within these regulations.

### **Home Game Regulations – These regulations are in addition to or override practice regulations.**

- Cloth face coverings will be worn by coaches/volunteers on the bench/booth during games at all times.
- Players will arrive at the rink dressed in hockey gear. Large gear bags should remain in vehicle. Mites and Squirts will arrive with skates on.
- Players and coaches at all age levels will be allowed inside the arena 10 minutes prior to the game AND after the



previous teams have exited the arena.

- Only 2 family members per player are allowed in the arena as spectators. Spectators must wear masks at all times and maintain 6' distance from all non-family members.
- Families will be allowed inside the arena AFTER teams have entered ice sheet.
- There will be no handshake line at the end of games. Opposing teams will line up on the blue line and recognize their opponent with a stick tap on the ice.
- All spectators and players will exit the arena IMMEDIATELY after game completion.

### **Away Game Travel Regulations**

- We expect all participants to self-monitor. Before travel players should check temperature and check for any COVID-19 symptoms.
- Carpooling to away games is prohibited. Only members of the same family should travel in a vehicle together.
- No shared team hotels. Families should book individually and spread out to assist in reducing off ice exposure.
- No team dinners or events should be organized.
- It is recommended to travel with food and meals to avoid eating out.
- Group dining or events are prohibited.

### **At Home Behavior and Regulations**

- We expect all participants to self-monitor. Before practices or games, players should check temperature and check for any COVID-19 symptoms.
- Participating in social gatherings puts you and your team at risk. Consider how your actions outside the rink affect your entire team.
- Wash your hands with soap and water or hand sanitizer thoroughly prior to arriving at practices and activities.
- Fill water bottles at home and wash regularly.
- Whenever possible, players should use the restroom at home prior to leaving for the rink to limit bathroom use at the rink.
- Carpooling to practices and activities is not recommended. Only members of the same family should travel in a vehicle together.

### **Positive COVID-19 test**

- If a team participant has a positive COVID test, JYH will work with local health officials to determine the appropriate level of participation in activities. If allowed to participate, practice and game availability will be determined in conjunction with local health officials.
- If a player or coach tests positive for COVID-19 and has known exposure with the team (<6', >15 min), then the team they are on may be put on hold up to 14 days from the last known team contact.

Given the changing pandemic environment, these regulations may change at any time. Additional regulations will follow as the COVID-19 pandemic continues to evolve. Finally, JYH acknowledges and supports the decisions of players, families, and coaches who are uncomfortable participating in games for any reason.

**It is going to be a great season - We look forward to a safe and successful hockey year!**

**I have read and understand the above regulations regarding Jackson Youth Hockey (JYH) practices, games, and events. I agree to abide by these regulations as a member and participant of JYH. I understand refusal to abide by these rules could lead to suspension or termination from JYH at the discretion of the Executive Director or Board of Directors.**

Player Name: \_\_\_\_\_ Player Signature: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Parent Signature: \_\_\_\_\_