



Ice Angeles Hockey League, Inc. at The Skating Edge Ice Arena will keep current with CDC recommendations and guidelines as well as mitigation levels in the community. We understand that these guidelines will help ensure the safety and health of our participants and staff. Adult Recreational Ice Hockey play is a non-checking sport. The game is modified to where players will not come into contact, no more than Soccer or Basketball would. Ice hockey defense is played with hockey sticks that are used to try to take the puck away, not the hands and arms or feet and legs like in basketball or soccer. There is never any skin to skin contact in ice hockey. Skating is one of the essential activities that promote strong mental and physical health and well being.

**Prior to entering ice rink, Ice Angeles will...**

- Require all participants to be pre registered online at [www.iceangeles.com](http://www.iceangeles.com) at minimum their name, address, phone number and email address and that individual players fees be paid prior to getting on to the ice.
- Communicate with the entire league membership to be sure they are all aware of the facilities rules and guidelines.
- Educate and reinforce keeping physical and social distancing at all times inside and outside the ice rink.
- Promote healthy hygiene practices and reinforce washing hands and frequent use of the rinks hand sanitizing stations.
- Encourage people, when there is the urge to sneeze or cough, to do so in a tissue or towel, when a tissue or towel is not available, use the inside of your shirt or hockey jersey by pulling it over your mouth/face.
- Limit the number of people into the ice rink based on what is best for the facility.
- Require participants to dress as much as possible in hockey gear at home or in their cars once arriving at the ice rink parking lot. They may leave their skates off until inside the building. Locker rooms may not be available for usage.
- Require participants to wait outside until instructed to enter the ice rink.

**Pregame, Ice Angeles will...**

- Require every participant to wear face covering when entering the ice rink.
- Require every participant that enters the ice rink to have their temperatures taken.
- Require anyone that is sick or feels sick to stay home and to follow illness self monitoring guidelines at [www.cdc.gov](http://www.cdc.gov)
- Direct participants to put on their hockey skates in the ice rinks designated areas.
- Require participants, once they are ready to get on the ice surface, to use the north and west ice surface entrances to ensure physical distancing.
- Take attendance to keep account of who attended each ice session to allow for contact tracing.

### **On ice participation in hockey activities, Ice Angeles will...**

- Limit the total number of skaters on the ice to ensure there is no contact on the ~14,000 square foot ice surface.
- Participants not on the ice surface skating will be off ice on the designated player benches.
- Remove anyone that shows symptoms of being sick from the ice immediately and sent home.
- Require each skater bring their own personally labeled water bottles and towels as sharing will not be allowed.
- Require skaters to keep their hockey gloves on at all times while on the ice or off the ice resting.
- When referees are present, electronic whistles will be used. Electronic whistles do not require blowing, it is battery operated. The pushing of a button will mimic the sound of a whistle.
- Enforce no spitting at any time.
- Enforce the no fighting rule and no checking rule to avoid physical contact.
- Enforce no handshaking, hugging or physical contact for scoring goals.
- Require skaters to wear face coverings at all times while on and off the ice.

### **After the allotted ice time has expired, Ice Angeles will...**

- Require participants to immediately exit the ice using the multiple exits off the ice, while keeping physical distance when the allotted ice time has expired.
- Require participants to return to the same designated areas inside the ice arena to take off their hockey skates and wear their face covering. They will then exit the ice arena immediately. They may finish undressing outside at or in their automobiles so they may drive home comfortably and safely.
- Remind participants to keep physical distancing and minimize or eliminate socializing while taking their skates off.
- Require the next group of skaters waiting outside to wait until instructed to enter the ice arena.
- Stagger ice time to minimize or eliminate contact with other skaters from one group to the next group.
- Strongly encourage the washing and disinfecting of all equipment after each use.
- Encourage each participant's belongings separated from others' and in designated sectioned areas.

### **In Closing, Ice Angeles will...**

- Communicate with the Skating Edge Ice Arena management on any changes and policies they are implementing and relay those new guidelines to all participants.
- Encourage all participants to stay current on City of Los Angeles government guidelines, recommendations and requirements.