

EMPOWER HOCKEY

SAFETY PROTOCOLS

- All participants must have been free of any symptoms of Covid-19 for a period of 14 days or more and have not been in close contact with any person who has been diagnosed with Covid-19. If any coach or participant displays symptoms of Covid-19 that individual will be required to leave the facility and we will notify the facility manager.
- All participants and coaches will arrive no more than 15 minutes prior to reserved ice time and will be dressed in advance of arrival, with the exceptions of skates and helmets.
- All coaches and participants must leave the building within 15 minutes of the end of the reserved ice time.
- Skaters enter through lobby & immediately proceed to bleachers. Skaters are encouraged enter building dressed, skates on & ready to take the ice but they may put their skates on in the bleachers. Spots will be marked where they can sit to ensure social distance. Once a session ends, skaters are encouraged to put their guards on, gather their things & leave the building – remove skates in car, outside etc. However, you may remove skates on the bench if needed (see below for more info).
- 1 parent / guardian may enter building with skater if needed. Parents are encouraged to wait outside / in their cars if possible, but may wait in bleachers while staying socially distant if you feel it is necessary for a younger skater. This is so we can keep numbers as low as possible in the rink per state guidelines.
- LOBBY, LOCKER ROOMS WILL BE CLOSED.
- Everyone MUST be wearing a mask at all times. Exception is skaters may remove mask ONLY when skating (but are encouraged to keep mask on while skating if they are able to). All other times skaters MUST be wearing one (getting ready, waiting in between sessions, leaving building).
- Once a class begins skaters will bring all belongings (which should all be able to fit in a small bag if needed - NO HOCKEY BAGS) to the hockey benches. Bags should be spread out. Extra seating & mats will be added on either end of benches. Parents are allowed to assist skaters on the hockey bench at the end of the session if they need help removing their skates (but we encourage skaters to just put guards on & leave the area – remove skates outside or in car).
- Once session ends skaters will either use guards or remove skates & immediately exit the building using either the parking lot side door by visitor bench or front door (Lawrence) or emergency exit (Haverhill).

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- Skaters, coaches, parents must exit the building IMMEDIATELY after their session ends (within 15 minutes), allowing next group to come in.
- NO congregating in lobby or bathrooms. Skaters will remain socially distant while waiting for ice makes etc.
- Bring your own water, no sharing. Skaters should have their own hand sanitizer etc.
- During class: Skaters should do their best to stay distant from other skaters. We will be forming training “groups” to keep skaters spread out on the ice. Skaters will report to these same groups each week and stay there for the entire class each week. NO gathering on boards – KEEP MOVING / SKATING!
- Limit amount of personal belonging brought to ice. Everything should fit & be kept in a small bag (NO HOCKEY BAGS unless parent can bring it outside once skater takes the ice). Water bottles will be the only thing permitted on the boards.
- Coaches will teach from own areas on the rink and will refrain from physical contact with students – use verbal or visual cues instead of physical contact to teach. Masks will be worn by coaches at all times.
- Rink will be posting notices about not entering if sick if you have been in contact with someone who has been sick etc. per CDC / state guidelines.
- Rink will be sanitizing regularly & purchased special disinfecting sprayers etc. to do so more effectively.
- **ABSOLUTELY NO HORSE PLAY WILL BE TOLERATED. SKATERS ARE EXPECTED TO BE ON THEIR BEST BEHAVIOR AND FOLLOW COACH INSTRUCTIONS TO HELP US ENSURE EVERYONE'S SAFETY. IF SKATERS ARE NOT LISTENING TO DIRECTION, STAYING IN THEIR OWN GROUPS, STAYING DISTANT FROM OTHER SKATERS ETC., THEY WILL BE ASKED TO WAIT ON THE HOCKEY BENCH.**

We know everyone is excited to return to the ice and we are looking forward to offering a fun, challenging & rewarding class for all, we hope everyone will take these rules seriously.