**Olmsted Medical Center Sports Medicine and Athletic Performance**
**5155 55Street NW Rochester MN 55901**

**Dodge County Hockey Association (DCYH) 2021/2022 season**

**Covid-19 Guidelines:**
- Please continue to social distance of 6'
- Only the athlete registered for session will be allowed to stay in the workout and hockey area.
- Parents can wait in the lobby after helping young athletes get ready
- Athletes not feeling well need to stay home
- Any athlete arriving with symptoms will be sent home
- All athletes and parents must bring and wear mask when entering through lobby to their designated training area
- Athletes under 5 years of age will NOT be required to wear a mask while training
- Athletes from 5 to 12 years old will need to wear masks while training
- Athletes 12 years of age and older who have been vaccinated for Covid do not have to wear a mask while training
- OMC coaches will wear masks throughout the training session
- Athletes are encouraged to bring their own filled water bottle, water fountain is currently working
- No athletic bags or hockey bags will be allowed in the building
- Items athletes can bring in the building
  - For Hockey-must enter fully dressed (shoulder pads optional)
    - Filled water bottle, sticks, helmet, gloves, and skates can be carried in
- Restroom/locker room is open please keep the 6' social distancing
- Hand sanitizer stations will be readily available
- All OMC equipment cleaned between sessions
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- Dropping off and picking up is through the front doors
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    - Parking located along 52 Ave NW, 56 St NW, or in the NW Clinic parking lot directly east of SMAP building
    - Drop off located in SMAP parking lot or along 56St NW

- Please watch for updates and changes to the Covid guidelines throughout season.

Thank you,


*Steve Nelson*
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