

MILES CITY YOUTH HOCKEY COVID PROTOCOLS

Health and Safety Protocols for Hockey Activities

- 1) Masks are recommended to be worn by participants and attendees.
- 2) When teams arrive at the rink, please check with rink officials for locker room assignments.
- 3) Teams assigned locker rooms will be responsible for picking up trash and gear and making sure everything is out of the locker room before the next team enters the locker room so personnel can sanitize the locker room.
- 4) No hockey equipment will be allowed to be left at the rink.

Obligations of Players, Parents, Coaches and Volunteers

- 1) **GOLDEN RULE – STAY HOME IF SICK OR DIRECTLY EXPOSED TO COVID-19.** Do NOT come to the rink (a) if you have any symptoms of Covid-19 or ANY other illness, (b) if you have had close contact with anyone confirmed with COVID-19 in the last 2 weeks, or (c) if you have a fever of 100.4 degrees or higher.
 - Monitor for symptoms of illness and take the temperature of you and your child prior to coming to the rink.
- 2) **Respect for YOUR TEAM.** Be aware that your actions effect your entire team and take reasonable precautions to protect your own health and that of your teammates and coaches.
 - Practice social distancing and masking outside of hockey and be sensible about higher-risk activities.
 - Practice good hygiene – wash and/or sanitize your hands frequently, including upon entering the rink, carry your own hand sanitizer and cleaning wipes, wash jerseys regularly and air out/clean your hockey gear after every use.
- 3) **Respect for the Rules.** Respect and Respect and strictly adhere to (A) all rink restrictions for the State Tournament, (B) all rules of hosting programs, and (C) all additional on-ice and locker room health and safety precautions requested by tournament officials.
- 4) **Reporting of Illness.** Promptly report to your Head Coach. **Do not come to the rink while waiting for the results of a Covid-19 test.**
- 5) Let your head coach know if you will not be at playing due to Covid-19 and/or if you are subject to quarantine for any reason, even if you are not sick.
 - Quarantines may be required due to exposure at school, work, or another household member.
- 6) Use reasonable judgement whether to refrain from hockey activities.

7) Team Socializing. Use reasonable judgement if engaging in activities with your team outside of the rink.

8) We ask all spectators to adhere to social distancing guidelines and please be respectful to rink staff.

MCYHA reserves the right to change these protocols and guidelines based on changing circumstances due to COVID-19 regulations mandated at the national, regional, state and local level.