

RMU Island Sports Center

COVID-19

Safety Protocols and Procedures

November 21, 2020 Update



Robert Morris University, in accordance with guidelines and recommendations from UPMC, the Centers for Disease Control and Prevention (CDC), the Pennsylvania Department of Health, and the Allegheny County Health Department, designed the following procedures and protocols in order to be compliant with the regulatory agencies. Also, because we take the health of our customers, students, and staff very seriously to provide a recreational and training complex to guests, athletes, and the ISC staff that is safe by minimizing exposure to the risk of contracting or spreading COVID-19. They will be updated as new requirements, information and data is introduced. These protocols and procedures will be in addition to any specific ISC programs, activities, leagues, or services protocols and procedures.

Warning: An inherent risk of exposure to COVID-19 exists in any public location where people are present; we cannot guarantee you will not be exposed during your visit. COVID-19 is an extremely contagious disease that can lead to severe illness and death, and people who show no symptoms can spread COVID-19 if they are infected. According

to the CDC, older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19. Visit the CDC website for the latest guidance. By visiting the RMU Island Sports Center you voluntarily assume all risks related to exposure to COVID-19.

Attention: RMU management reserves the right to remove patrons if not compliant with facility requirements.

Customer/Participant Safety Guidelines, Policies, and Procedures

ALERT

On November 17, 2020, the Pennsylvania Department of Health updated its Orders and issued a statewide mandate regarding Face Coverings and Out of State Travel. Subsequently, Governor Wolf's office released new information clarifying masks for athletes. Accordingly, RMU has updated and implemented the following policies effective Saturday, November 21, 2020:

Face Coverings / Masks

"Face Covering" as defined in PA Dept. of Health Order, means covering the nose and mouth with material that is secured to head with ties, straps, or loops over the ears or is wrapped around the lower face.

- Everyone must wear a face covering at all times while inside the facility, including all participants on the training and skating surfaces during practices and games.
- Exceptions include individuals that cannot wear a face covering due to a medical condition, children under the age of 2, individuals who would be unable to remove the face covering without assistance, and individuals that must communicate with someone who is hearing impaired.

IMPORTANT NOTICE REGARDING ATHLETES WEARING MASKS

If wearing a mask causes breathing issues during training/competition, athletes must work through alternatives that would reduce or eliminate the respiratory droplets that would impact others in proximity. If the sport, equipment, or exertion level does not allow for face covering to be worn safely then the athlete should not wear a face covering.

https://cdn4.sportngin.com/attachments/document/a9e8-2276760/COVID-19_Guidance_for_Sports_11.19.20.pdf#_ga=2.113499140.207730163.1605987527-1253966653.1596646591

From the Pennsylvania Department of Health (November 20, 2020)

Can an athlete remove their mask during play if the mask causes a medical condition, including respiratory issues that impedes breathing?

- *Yes, the Order provides an exception in Section 3 that if wearing a face covering would either cause a medical condition, or exacerbate an existing one, including respiratory issues that impede breathing, a mental condition or disability. The Order indicates all alternatives to wearing a face covering, including the use of a face shield, should be exhausted before an individual is excepted from this Order.*
- *Using football as an example, wearing a mask in addition to a mouth guard and a helmet would likely create a medical issue for the athlete whether the athlete is a professional or youth player even if a previous medical issue was not present. For example, the CDC says that “wearing a mask with these types of protective equipment is not safe if it makes it hard to breathe.” There are other sports where there are similar concerns that a mask would create a medical issue where one would otherwise not exist in an athlete. For example, it should be obvious that wearing a mask while swimming presents an imminent health issue.*

Hockey Players should try to wear the traditional facemasks and gaiters. If they find that it causes difficulty in breathing, especially if that they are also wearing a mouth guard while engaging in high intensity activity, they can remove the face covering. Face covering alternatives such as the CCM “Game On” face cover should be explored.

<https://ccmhockey.com/en/product/accessories/player/facemasks-and-more/skater-game-mask>

For more information regarding the Face Covering Order, go to the link below:

<https://www.health.pa.gov/topics/Documents/Diseases%20and%20Conditions/Updated%20Order%20of%20the%20Secretary%20Requiring%20Universal%20Face%20Coverings.pdf>

For Frequently Asked Questions regarding the Face Covering Order, go to the link below:

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Guidance/Universal-Masking-FAQ.aspx#:~:text=The%20Secretary's%20Order%20requires%20individuals,place%20C%20or%20near%20others%20at>

Travel

1. Anyone who visits from another state must have a negative COVID-19 test within 72 hours prior to entering Pennsylvania.
2. If someone cannot get a test or choose not to, they must quarantine for 14 days.

3. Pennsylvanians visiting all other states are required to have a negative COVID-19 test within 72 hours prior to their return or to quarantine for 14 days upon their return.

For more information regarding the Travel Order, go to the link below:

<https://www.governor.pa.gov/wp-content/uploads/2020/11/20201117-SOH-Travel-Mitigation-Order.pdf>

Before Arriving

- Do not visit the Island Sports Center and please stay home if anyone in your family has any COVID-19 symptoms, or if they are not feeling well, or if you or your family member have been exposed to someone who tested positive for COVID-19.
- Please stay home if you have a weakened immune system or you are living with someone who is considered vulnerable.
- We require that all guests practice social distancing by staying at least 6 feet away from other people not in your group and wearing a mask while in the facility and on the premises.

Parents/Guardians

- Parents/guardians should refrain from entering the indoor and outdoor facilities. Players should be dropped off and picked up whenever possible.
- If necessary, only one parent/guardian per child may enter the facility and remain, but must wear a mask at all times and practice 6 feet social distancing. Additional non-skating siblings should not enter the facility. However, if a sibling must attend, **the child must wear a mask, stay with the parent at all times**, and social distance from others in the facility.
- Parents should arrive no more than 10-15 minutes prior to their child's activity start time, proceed directly to the designated/applicable area, and remain in that area as much as possible.
- Parents shall not enter a locker/changing room nor surrounding hallways unless necessary to help their young child with skates and helmet before and after activity. It is strongly encouraged and advised that the child learn as soon as possible how to tie and untie his/her skates and secure their helmet.
- Nonessential visitors and spectators are not permitted to enter the facility. Family or friends are not permitted in the facility.
- Parents/guardians are not to congregate inside or outside the facility without practicing 6 feet social distancing and wearing a mask.

- Parents are not to congregate before or after activities. Please leave immediately after the activity is over.
- Parents and spectators are encouraged to watch their child or acquaintance on the **LiveBarn** streaming service (use ISC sign-up code: **df08-72b8**).

Players & Coaches

- Coaches and athletes must always wear face coverings in the facility – indoor and outdoor – which includes, which includes anytime they are not on the playing surface or training, as well as when entering and exiting the facility.
- Coaches who are on the bench or on the playing surface must wear masks.
- Athletes are required to wear masks while changing into or out of equipment.
- Players should arrive no more than 15 minutes prior to their activity start time. They are to proceed directly to their designated/applicable area and remain in that area as much as possible.
- Do not congregate before and after activities. Leave immediately after the activity is over.
- Although some of our locker/changing rooms are open, we ask that players arrive fully or partially dressed in gear, including skates, if possible. Due to reduced occupancy limits in these locker and changing rooms, additional chairs and benches are placed throughout the facility to also use.
- Locker and changing room occupancy limits are posted outside of each room. Masks must be worn while in the room, and **locker room doors must remain open at all times**.
- Locker room bathrooms and showers are not available.
- Please leave equipment bags at home or use a much smaller bag to carry only a few items, such as helmet, skates, and gloves.

Practices, Scrimmages & Games

- **Practices**
 - Teams are allowed to have full rostered practices as well as shared practices with other teams.
 - Teams are encouraged to enter and exit through separate doors or stagger going on and off the rink.
- **Scrimmages & Games**
 - Scrimmages and games are allowed under the following protocols:
 - Teams must enter and exit the playing surface through separate doors or stagger going on and off the rink.
 - Players must arrive fully or partially dressed in their hockey gear, including skates, if possible.

- Due to reduced occupancy limits in the locker/changing rooms, some players will need to finished getting dressed and undressed using the additional chairs and benches in the hallways.
 - Teams are not to engage in the traditional pre or post game handshake line.
 - Referees must wear a mask everywhere in the facility, including the locker room, surrounding hallways, and while on the playing surface.
 - Team managers and game personnel (medic, scorekeeper, PA announcer, penalty box attendants, etc.) must keep masks on at all times.
 - Parents/guardians who need to attend – no more than one per player – must sit or stand in the respective seating section of their child’s team. They must wear a mask and social distance from others.
 - It is the hosting organization’s responsibility to inform its members of the ISC’s policies and procedures, and to enforce them.
 - It is the home team’s responsibility to inform the visiting team of ISC’s policies and procedures, and to enforce them.
 - High school and amateur hockey leagues, such as the PIHL, PAHL and PIRHL, may impose stricter or different policies for their games. Any policies they implement will have been approved by ISC management.
- **All the safety guidelines and procedures are applicable to Youth and Adult Hockey.**

Additional Info

- Some ISC programs may have limits, policies, and procedures that differ slightly and are designed more specific to each program. Always refer to and abide by the specific details of the program or activity you are registering for.
- We do not loan out equipment.
- We do not maintain a Lost & Found. All found articles are thrown away.
- The pro shop is open for purchases.
- Follow all posted signage.

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