



# Centennial Sports Arena Return to Play Guidelines

(September 1 – April 30)  
Practices, Clinics, Tryouts

## Section 1. Arriving at the rink:

1. Players or coaches with any risk factors or illnesses should not participate in any on-ice activity. Any players, coaches or spectators exhibiting symptoms or signs of an illness should not be in the facility at any point.
2. Participants should utilize the [Minnesota Symptom Screener Guide](https://mysymptomscreener.minnesotasafetycouncil.org) at (mysymptomscreener.minnesotasafetycouncil.org) prior to any on-ice activity. These screens should be monitored by each association. If you choose not to use the Minnesota Symptom Screener you will need to provide the arena with your plan to monitor participants that show COVID related symptoms.
3. **Masks are required to be worn at all times in the arena except while on the ice. This means anytime you are not on the ice surface, players' bench, or walking to and from the locker room a mask is required. Masks are required in team rooms.**
4. **Players and coaches should arrive at the rink no more than 10 minutes before the start of on-ice activities.** Anyone arriving earlier than 10 minutes before their start time should wait outside of the facility and be socially distanced from others.
5. If there is an activity occurring at the rink before the team's scheduled start, the incoming team should wait until all players from the prior event have vacated the building. There should not be interaction between the two groups.
6. Players aged 11 and older should be dropped off at the rink, and picked up afterward. Their parents/guardians should not be in the arena. Players aged 10 and under are allowed one parent/guardian in the rink to help with any equipment needs. Those parents/guardians may also be at the rink, socially distanced from others, to provide assistance to the player if needed throughout practice time. Masks are advised.
7. Spectators may be allowed into the building on a limited basis. **No more than two immediate family members may be allowed in the facility to watch scrimmages and games only.** For practices the rules outlined under guideline Section 1, Rule 6, must be followed.
8. **Spectators are not allowed in the facility until the start of the scheduled scrimmage or game. When the game is over spectators must leave the facility immediately and wait outside, properly social distanced.**
9. Families should provide coach/team manager with accurate contact information in the event of emergency while the player is at the arena. This information MUST be accurate and the responsible party MUST be able to reach the designated person if the need arises.
10. Whenever possible, players should use the restroom at home prior to leaving for the rink in an effort to limit bathroom use at the facility.
11. Players should arrive to the arena fully dressed with the exception of skates (coming in to the arena with skate guards on is ideal) and helmets. Exceptions may be made for goalies, who may need to put on additional equipment at the rink.
12. Players should be bringing their own rehydration liquids to the rink in clearly marked or labeled containers with the player's identity. The container should be re-sealable. Players should NOT plan on refilling their containers at the rink. Water fountains will not be available for use.
13. Coaches should be as prepared as possible to ensure complete utilization of the allowed ice time. This also helps ensure that players are not distracted and know they need to be on time and ready to go, not engaged in other areas of the building.
14. Each user group should have an emergency plan for any positive outbreak within the group members or community.

15. Each user group should have an alert plan to notify participants, coaches, and anyone else who may have been exposed following any positive outbreak within group members or community.
16. Dryland activities inside the arena are not allowed during Phase 1.

## Section 2. On-ice Activities:

1. Within the program, create consistent pods of the same staff, volunteers and participants with a maximum number of 25 people in each pod. Ice rinks will be allowed to have two (2) pods of 25 people or less at a time with no mixing between the groups.
2. Players need to maintain as much separation as possible. Whenever possible, coaches should be promoting social distancing on the ice, while recognizing that there may be times of close contact by players.
3. Avoid using player benches.
4. Coaches should be keeping players active and engaged at all times. Players should not leave the ice during a practice unless absolutely necessary.
5. The number of coaches on the ice should be kept to a minimum, and it should be noted that each coach will count toward the number of people allowed on the ice as stipulated by the Department of Health.
6. Extra “helpers” or players who are not full-time members of the team should not be on the ice.
7. Coaches should avoid talking face-to-face with players, as well as avoid contact with players whenever possible. Physical contact may be necessary when assisting a young player or a player with a disability (helping up or adjusting equipment), but whenever possible, coaches should provide assistance without physical contact, or ask the player’s parent/guardian to assist.
8. Each on-ice session will be given two locker rooms (when possible) to provide adequate space for social distancing. It is the coach’s responsibility to enforce social distancing measures. Players should leave and enter the locker room area one by one without physical contact.

## Section 3. Leaving the Rink:

1. No on or off-ice interaction (socializing, team meetings, dry-land activities) should occur following the conclusion of practice. **Players should remove skates and helmets and leave the premises within 5 minutes of the end of practice.**
2. **All spectators must leave the premises immediately when the scrimmage or game has ended.**
3. Parents/Guardians must be made aware of the time when the players will be done. The parents or person assigned to pick up players at the arena must be punctual. Players should not have to wait for a ride.
4. Players should vacate the arena immediately to allow for the next user group to enter.
5. Coaches or other responsible adults should remain until all players are safe and removed from the premises.
6. While at home, players should clean and disinfect gear as often as possible.

## Games and Scrimmages

1. All arrival and leave protocols outlined in Section 1 and 3 are to be followed for games and scrimmages.
2. At the scorer’s/announcer’s box, best practice would be that one assigned adult will be responsible for clock and scorebook with nobody else allowed in the area.
3. Whenever possible, resurfacing of the ice sheet should only take place before or after a game. During breaks in action, players should remain on the bench.
4. Coaches on benches should be wearing masks.
5. During a stoppage of play caused by a save, the goalie should drop the puck on the ice for the official to retrieve.
6. There should be no pregame or postgame handshakes. Teams should honor each other after the game with a stick salute.
7. A two official system shall be used for games at all levels

This document is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. Users must adhere to guidelines set by the CDC and MDH. The knowledge and circumstances around COVID-19 are changing constantly and, as such, Centennial Sports Arena encourages all programs engaging in activities to stay up-to-date on future developments. Below are some additional resources for programs to reference:

Minnesota's Stay Safe Plan - <https://mn.gov/covid19/for-minnesotans/stay-safe-mn/stay-safe-plan.jsp>

MDH Guidance for Social Distancing in Youth Sports –  
<https://www.health.state.mn.us/diseases/coronavirus/schools/youthsports.pdf>

CDC Considerations for Youth Sports -  
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

USA Hockey Coronavirus Information - <https://www.usahockey.com/playersafety>

Minnesota Ice Arena Managers Association COVID-19 Resources –  
<https://miama.org/members/covid-19-reference-page/>

**Agreement to adhere to Centennial Sports Arena's Return to Play Guidelines:**

As the user group owner/administrator, I agree to adhere to the guidelines outlined in this document. Also, I will instruct coaches, players, and parents of my association/user group to follow these guidelines.

Owner/Administrator Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_