

# Melrose Youth Hockey COVID-19 Rules and Guidelines

## Introduction

The COVID-19 pandemic has changed our lives in many ways over the past six months. The following rules and guidelines are being put in place to ensure the safety and good health of our players, their families, our coaching staff (and their families) during these still uncertain times.

Several of the following rules and guidelines are part of the Flynn Rink COVID-19 policy. The rink's COVID-19 policy can be viewed at <http://www.flynnrink.com/>. Additionally, patrons of the Flynn Rink are subject to the guidelines set forth by the *Massachusetts Executive Office of Energy and Environmental Affairs* in their *Workplace Safety and Reopening Standards (Youth and Adult Amateur Sports Activities)* document updated on **August 19, 2020**. The MYH Board of Directors is supplementing, enhancing and/or superseding the state and rink guidelines to add another layer of protection to further protect our players and coaches as another hockey season is set to begin.

It is important to note - the requirements and guidelines presented below apply to Flynn Rink and our practice nights only. MYH teams who travel to other rink facilities for league games will be required to adhere to the requirements and guidelines of that specific facility.

## Program Rules and Guidelines

-All players should be checked before leaving for a practice or game for the presence of illness like fever, cough or other symptoms generally believed to be associated with COVID-19 and/or the seasonal flu. Should any of these symptoms be present we require you keep your skater home and away from the rink. Similarly, any player with a family member exhibiting illness or symptoms must remain at home and away from their team and the rink.

-Players should come to the rink fully dressed for practice...skates with skate guards are recommended for all Mite and Squirt age players...

-Locker room access during MYH practice times will be prohibited...the locker rooms during our practice hours will be locked and unavailable...

-Players should not arrive any more than fifteen minutes before their assigned ice time – this is a rink management requirement which is fully supported by MYH...conversely; players should leave the rink within ten minutes after the conclusion of their assigned practice time...again, this exit requirement is part of the rink management's COVID-19 policy. The purpose of this requirement is to allow ample time for rink staff to properly and fully sanitize and clean the facility in between user groups. This means only the players practicing at a particular hour should be in the facility.

-Face coverings are required at all times while in the rink. Facial coverings can be removed by players once they get on the practice ice although this is not required...

-Social distancing guidelines should be practiced and employed as much as possible...

-Everyone is encouraged to use the hand sanitizer which will be provided by the rink management throughout the facility...

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-There is a one parent/guardian per player limitation for players at all levels. We strongly encourage a “drop off” format for the older age groups (Pee Wee and Bantam age players) whenever possible. This will limit the number of individuals in the rink each hour which will allow for proper social distancing and other safety measures.

-Every player should bring their own water bottle to practice and games...water will NOT be provided by the coaching staff or program during practice or games. Each player’s water bottle should be clearly marked with the player’s name and/or team...

Finally, please be mindful of the CDC guidelines for stopping the spread of the virus: wear a face covering, wash your hands thoroughly and frequently, practice social distancing whenever possible, avoid touching your eyes, nose and mouth and if you are feeling ill stay home.

### Summary

The good health and safety of our players and coaches has always been the primary objective of our program. The threat of COVID-19 has made us all step back and think more carefully about our everyday activities. We understand some of these rules and guidelines make your participation in our program more challenging and difficult. However, the Board of Directors believes these steps are absolutely necessary in order to reduce the risk of exposure in a sport that has been deemed “high risk” by the Commonwealth of Massachusetts and the governor.

The Board of Directors respectfully and sincerely requests your understanding and cooperation with the rules and guidelines set forth by the Commonwealth, Flynn Rink and our program. They will be strictly enforced.

Thank you for your support of our program. Stay well...