



Program Resumption

January 19, 2021

Rules & Guidelines

Beginning on January 19, 2021, the Team Sports on Pause will no longer be in effect, and new Rules have been established as part of the continuing effort to safely Reopen Connecticut. These rules are subject to the continued stability in COVID-19 metrics, and subject to modification at any time.

Overview

The COVID – 19 pandemic is far from over, as new cases continue to grow in Connecticut, the country, and around the world. Until COVID-19 is either eradicated, a vaccine is developed and distributed, and/or a cure is found, there is no way to completely eliminate the risk of infection.

The Rules set forth here are designed to minimize the risk of transmission of COVID-19 while enabling ice sports to continue to be offered. All Rules are compliant with protocols developed by the Center for Disease Control (CDC), the Connecticut Department of Health (DPH), the Connecticut Department of Economic and Community Development (DECD), and USA Hockey/US Figure Skating, as well as local government.

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. The knowledge and circumstances around COVID-19 are changing constantly and, as such, Twin Rinks makes no representation and assumes no responsibility for the accuracy or completeness of this information. These rules and guidelines may change at any time.

The basic protocols must be followed by everyone in order to be effective:

- Maintain a Physical Distance of at least 6 ft. from people you don't live with
- Wear a Cloth Mask/Face Covering anytime you are outside of your home
- Wash Hands regularly and Practice Safe Hygiene Habits
- Stay Home When Sick or Experiencing any Symptoms, or if Directed to Quarantine by Health Officials
- Stay home if you are 65 or older, or have Underlying Health Issues

Rules Enforcement

Enforcement of the Rules is everyone's responsibility: participants/players, parents, coaches/instructors, program representatives, and ice rink personnel. Failure to follow the Rules may lead to:

- Individual players/participants, teams, or programs being suspended or expelled from the rink
- Reinstatement of stricter guidelines by the State or banning of ice sports altogether
- Fines of up to \$10,000

COVID-19 Exposure Response

The following steps must be taken if a case of the COVID-19 or exposure to a confirmed case by an employee, supplier, or customer is reported to have taken place.

1. Confirm with employee/supplier/customer that they have or been exposed to a case of COVID-19
 - Ask for details: date of onset or exposure, and likely contacts while at the rink
 - Determine when & where in the facility they have been, and who they have had contact with
 - Use the security system cameras (copy to file) and staff input
2. Identify and close off potentially infected area: thoroughly decontaminate to CDC & OSHA standards
3. Notify IMMEDIATELY the local health dept. to initiate contact tracing
 - Provide date of exposure and likely persons exposed (within 6' for 15+ minutes, direct physical contact, sharing eating or drinking utensils, sneezed/coughed on)
 - The Health Dept. will confirm the case with the doctor and reconfirm with the rink
 - The Health Dept. will notify those who have been potentially exposed and outline the next steps
4. The rink will notify directly employees, suppliers, and other customers of potential exposure
 - The organization whose member was infected/exposed must contact their other members
 - The rink will provide the CDC steps: i.e. 14-day quarantine, testing, watch for symptoms
5. Open a file with all relevant information and communication concerning the case
 - Include cleaning logs, COVID-19 signage photos, participation waivers
 - Advise the rink's insurance agent of any cases
6. All participants who become infected with COVID-19 must undergo a health screen and clearance examination with a healthcare provider prior to returning to the ice. This clearance process should incorporate the American Academy of Pediatrics (AAP) guidelines for return to play.

Facility Preparation

The Building:

- Ice rinks have a unique ventilation system providing large quantities of filtered make-up air which can be dehumidified, and which is monitored continually.

Entry & Lobby

1. The outside entryway has appropriate mandatory face mask and maintaining 6' distancing signage
 - Each door is clearly marked ENTRY ONLY or EXIT ONLY (both inside and outside of doors)
2. The inside entry area is cordoned off with stanchions
 - A table is in place at the entry to provide customer information and, masks to purchase for those requiring one. The table is manned by a COVID-19 Enforcer person during busy times and monitored other times by Admissions personnel.
 - Two free-standing touchless sanitizing stations are in place at the entry for customer use
 - The Enforcer at the table directs customers to their destination within the rink
 - Large protocol signs are on both sides of the table and client logos identify the "Safety Team"
 - Assumption of Risk signage are prominently displayed at the entrance and other areas
3. Plexi shields have been installed over the top portion of the admissions windows
 - Credit card processor with a touchless feature has been installed (use of cash discouraged)
4. Brochures and their holders have been eliminated

Public Areas

1. New, durable dot distancing markers are in place in the public skating skate changing area, on the hockey skate changing chairs and benches, on the bleachers, and the players' benches
2. Party rooms, offices, hallways, and other spaces are used as skate changing areas
3. Hand sanitizers have been placed in strategic locations throughout the facility
4. Public bathrooms:
 - The number of sinks and urinals in use has been reduced to achieve the 6' distancing
 - Touchless soap dispensers and air hand driers have been installed
 - Hand washing signs have been placed on the inside of each bathroom door
5. The drinking fountain has been shut down, while still allowing bottle filling
6. A sick room, convenient to the main entrance, is set up for use if needed for potential COVID-19 cases

Locker-Rooms

1. Locker rooms are currently closed unless written permission is obtained from rink management
 - Showers are off-limits to everyone
2. When locker rooms are utilized, coaches must enforce the posted capacity limits, distancing on the bench (decals in place), in and out times, and no team meetings are allowed

Other Services

1. The pro shop is open and is set up and operating according to CDC retail guidelines
2. The food service locations are currently open, with CDC restrictions
3. The arcade and vending machines are closed until further notice

Rink Operations

Communication

Management will notify customers on a regular basis of any operating modifications required to further ensure the safety of everyone: the information will also be on the web site

1. LiveBarn will NOT be in use during Step 1 as the approved activity does not include games

Schedule

1. The rink will be open for use only when the State and local authorities deem it safe and appropriate
2. A staggered schedule has been developed to minimize the overlap of people arriving and leaving
 - Skaters must arrive no earlier than 10 minutes prior to going onto the ice, and leave no later than 10 minutes after they come off the ice
3. Time has been added between uses to allow for proper cleaning and sanitation

Employees

- Only employees who feel comfortable working during the COVID-19 pandemic are being utilized
- All employees are asked upon arrival if they have been exposed to anyone with COVID-19
- All employees are tested for their temperature when they arrive each day: 100+ not admitted
- All employees must wear masks when in the building and maintain 6' distancing
- All admission personnel, instructors, and facility staff are required to wear gloves
- Employees take a mandatory 5 min hand wash/sanitize break every hour
- Procedures for handling mail and deliveries safely have been established
- Management and staff are trained to handle a potential COVID-19 exposure in the facility

Cleaning & Sanitation

1. The entire facility has been decluttered and thoroughly cleaned & sanitized
2. The customer and staff portions of the building will be tri-cleaned every day:
 - Deep cleaned every night
 - A detailed cleaning checklist is utilized daily when the facility is open
 - High volume "touchpoints" are sanitized on a regular basis
 - Hockey player's benches are sanitized on a regular basis
 - A 3rd party cleaning company may be utilized during the busy season to assist with deep cleans

Coaches & Instructors

All coaches and instructors will follow the mandated protocols: wearing masks, distancing in their changing room, common areas, and on the ice, SafeSport rules, and others

- Coaches and instructors are responsible for their team/student rules enforcement

Customer Basic Protocols

1. The rink's and tenants' customers have access only to those parts of the facility that are open
 - All individuals are asked upon entry if they have been exposed to anyone recently with COVID-19 and if they feel well: they are denied entry if they answer in the affirmative to either question
 - High-risk customers are encouraged not to enter the facility
2. All individuals are required to wear masks at ALL times unless contrary to their health
 - Face masks are mandatory when on-ice
 - If a customer refuses to wear a mask, they will be asked to leave the facility immediately
3. Social distancing will be strictly enforced
 - Spectators must stand on floor/bleacher decals
 - No congregating in the lobby or the hallways is allowed, nor in the parking lot

Hockey

There will be 2 Steps involved in allowing hockey to resume being played at a near-normal level:

Step #1: January 19, 2021: Team Practices: the restrictions on the number of participants allowed on a rink has been raised to a level which allows Hockey practices. Details below.

Step #2: February 1, 2021: In-State youth and adult Hockey Games will be allowed. Inter-State competitions and all hockey tournaments are still banned. Details will follow.

Preparation Prior to Going to the Rink

1. Players, coaches or spectators exhibiting symptoms or under quarantine are not allowed into the rink
 - Coaches, players, and officials who are classified as "High Risk" should consider not participating
2. Only 1 parent/spectator is allowed to enter with a player for practice or clinics
 - There may be times when a parent/guardian must be a younger sibling, which is allowed as long as those over 2 years old wear mask and stay with the person who brought them
3. All players, coaches, and officials must be registered with USA Hockey to participate in CHC activities
4. The parents/guardian must provide the coach or manager emergency contact information
5. Each Association must have an emergency notification plan in the event a COVID-19 case occurs
 - Every team and each Association must have a contact person
 - All Associations and Teams must fully cooperate with the local Health Dept with contact tracing
 - Associations must have a parent meeting prior to review all current COVID-19 protocols
6. Players and coaches must be fully dressed upon arrival, except skates, helmet, and gloves
 - Locker rooms are closed except with written permission of rink management
 - Hockey equipment bags will not be allowed in the facility
 - Skates, helmet, and gloves will be put on in designated areas of the facility
 - Goalies and Officials may come half-dressed and will be directed to a changing room
7. Players must bring their own water bottles with their name on it
8. Players should use their home bathroom prior to coming to the rink in order to limit rink restroom use
9. Coaches must be prepared to get their team on the ice at the appointed time, and fully utilize the ice time in order to keep the players focused

Arriving at the Rink

1. Everyone is required to wear a mask at all times while inside the rink, including while on the ice
2. Players cannot arrive prior to 10 minutes before the start of on-ice activities. Anyone arriving earlier must wait outside of the facility and be socially distanced from others.
3. The parking lot shall not be used as informal meeting spaces for teams or parents prior to, during, and after activities. Congregating in groups larger than 6 is prohibited by state mandate.
4. If there is an activity occurring at the rink before the team's scheduled start, the incoming team should wait until all participants from the prior event have vacated the building.
5. Players will be directed to the area where they can put on their skates, helmet, and gloves
 - There will be no lingering/socializing in the lobby
6. Carpooling to the rink is not recommended
7. SafeSport policies will continue to be in effect. There should always be a minimum of two adults at every on-ice event, and no unsupervised one-on-one interaction between a player and a coach

Practices, Clinics, and Tryouts

1. The maximum number of people allowed on the ice is 25% of the rink capacity
2. The rink can be divided as long as capacity limits are followed
3. Player benches are not to be used for practices, clinics, or tryouts, except by the coaches
4. Entering and exiting the rink should be done one player at a time: use all available doors
 - Players should not be asked to pick up pucks and equipment at the end of a session
5. Coaches should maintain as much separation of players as possible
 - Keep players active and engaged at all times
 - Use separate small groups for skill development drills
 - Coaches should avoid talking face-to-face with any player
 - Limit player-to-player contact drills
6. Coaches should use electronic whistles if they are available
7. Dryland activities inside the common areas of the facility are not allowed
8. There is no spitting allowed by players or coaches on the ice or inside the facility

Games (rules to be completed by Feb. 1)

1. A maximum of three coaches are allowed on the bench during gameplay.
2. A team meeting will only be held on-ice, and distancing protocols will be followed
3. Only active players and the coaches are allowed on the bench during gameplay
4. Players who are quarantined by public health officials will be ineligible: rules regarding playing an ineligible player shall be enforced

After On-Ice Activities are Completed:

1. No on or off ice interaction (socializing, team meetings, dryland activities) following practice
2. Players must remove skates and helmets and leave the premises within 10 minutes after practice.
3. Parents/Guardians must be aware of when players are done and be punctual for pick-up
 - Coaches or assigned adult should remain in the facility until all players have left
4. Players should clean and disinfect equipment after each use.

The requirements listed are the minimum requirements that each facility and participants must adhere to, and some rules are stricter than the State mandates