

PLYMOUTH OVER 55 HOCKEY LEAGUE COVID PROTOCOLS

- 1). Player entry and exit will be through separate doors (ENTER through the front door and EXIT through the southeast doors near the primary parking lot.
- 2). All players will have their **temperature checked upon entry to the rink**. Anyone with a reading of 100.4 or greater will not be permitted to play and will be sent home.
- 3). Players will also be asked to **fill out a short health questionnaire** upon entering the rink.
- 4). All participants are required to **wear a mask when inside the ice arena**, including in the locker room.
- 5). Masks are not required on the bench.
- 6). There will be **no showers or restrooms open inside the locker rooms**. The public restroom near the observation area can be used if needed. No showers can be taken after the game.
- 7). Water bottles should be filled prior to leaving for the rink. Water bottles may not be filled in the arena. Each player should **bring his own drink** to the games (no group beverages).
- 8). Due to the coronavirus situation, **no spitting or mouth rinsing** can be done on the bench, Given the potential risk this exposes other players to, anyone spitting or rinsing their mouths out on the bench will be asked to leave the game.
- 9). Players can **arrive up to twenty minutes before their game but must leave the arena within twenty minutes of their game ending**. The arena staff needs time to sanitize the locker rooms for the next group of players. Players need to leave the arena as soon as possible after their game (no lingering between games).
- 10). As much as possible, please **practice social distancing** both on the bench and in the locker room.
- 11). If you are ill, please do not attend the game. Let your team captain know as soon as possible about your absence due to illness so he can arrange a substitute player for the game.
- 12). If a player tests COVID positive, he should self-quarantine for 14 consecutive days (no hockey),
- 13). Please notify your team captain if you have had contact with anyone that has tested positive for coronavirus (including asymptomatic carriers). For the medical safety of everyone involved, such players will need to self-quarantine for fourteen days.

THANKS VERY MUCH FOR YOUR COOPERATION AND ASSISTANCE IN FOLLOWING THESE GUIDELINES AND KEEPING THE PLAYERS IN OUR LEAGUE AS MEDICALLY SAFE AS POSSIBLE.