

# Arlington

(Ed Burns Arena)

ED BURNS ARENA FLOW CHART

Spectator Viewing Area – Stands marked for 6' social distancing  
There is no ice viewing from the hallway areas all viewing must be in the stands, socially distanced, and masks are mandatory

Player Bench

Player Bench

Rink Surface  
25 Skater Maximum

C  
L  
O  
S  
E  
D

Everyone Exits Through Side Doors



Scorekeeper

Hallway used for on ice team to keep personal belongings

Exit

Locker Rooms Closed

Enter

Locker Rooms Closed

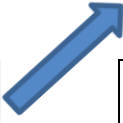
Lobby will be available for the on deck team to get ice ready. Bathroom open and limited to 2 maximum.

Lobby will be available for the on deck team to get ice ready

Enter

Upon Entry Everyone Must Sign-In and Sanitize Hands

Concession Closed  
Skate Rental Only



# *Ed Burns Arena COVID Guidelines for Players, Coaches, & Spectators*

1. Modified Game Rules As Per State Recommended Guidelines
  - a) No Body Checking Allowed.
  - b) Masks **MUST** be worn on the bench at all times and players need to remain six (6) feet apart on the bench.
  - c) Masks **MUST** be worn during ALL face-offs by Centers And Wingers.
  - d) Referees and Coaches **MUST** wear masks at ALL times.
2. Contact Tracing - **ALL** rental groups are required to provide an accurate roster with contact information of all participants. **ALL** rink visitors (players, coaches, officials spectators, etc.) must also sign in daily.
3. Players must walk into the facility dressed and show up to the rink no more than 15 minutes prior to ice time. We will provide adequate space for skaters to put their skates on, but we recommend bringing walkable skate guards as well.
4. Players **MUST** leave within 15 minutes of the end of their ice time.
5. For the safety of all customers, participants and employees we strongly recommend drop-off only for skaters. If that is not an option, only one (1) spectator per skater is allowed inside the facility. Spectators will be required to wear a face mask and practice social distancing of six feet.
6. Protective masks are required at all times in the building and must cover both mouth and nose.
7. Players will be required to use their own water bottles and fill them at home.
8. If a player or coach has any sort of illness, coughing, or sneezing the CDC recommends staying home.
  - a. If any individual develops symptoms of COVID-19 during the activity, they should promptly inform organizers and must be removed from the activity and instructed to return home. Organizers of activities are responsible for following all guidelines and creating a safe environment for participants. Organizers must educate all participants and spectators on the applicable protocols for the relevant activity, protocols for entering/leaving the facility, and any other hygiene requirements
  - b. If a player or coach develops symptoms of COVID 19, organizers must have a COVID 19 procedure that removes them from the activity and sends them to home
9. Players, coaches, and anyone working with teams at the rink should check their temperatures at home prior to coming to the rink. If your temperature is 100.4°F or higher, stay home and contact your organizations Covid Director.
10. Any participants, players, or coaches who test positive for COVID-19 may not return to the Ed Burns Arena until compliance is achieved with State and CDC guidelines
11. All players must be free of COVID symptoms for the past 14 days and have not been exposed to someone who has been ill in the last 14 days
  - a. This only refer to players so an edit could be: To participate or attend, players, coaches, and spectators must show no signs or symptoms of COVID-19 for 14 days
12. No contact or battle drills are allowed.
13. A **maximum of 25 skaters** on the ice at one time.
14. Coaches must be responsible for social distancing among players and coaching staff.
  - a. State regulation states coaches should also educate all (players, spectators, etc.) on protocol for entering and leaving the facility.
15. Must achieve proper hygiene at beginning and end of all activities thru hand washing and sanitizing.
16. Please make sure to cover your mouth and/or nose when sneezing or coughing. After which hands should be washed and sanitized.
17. **NO SPITTING** inside facility
18. Ed Burns Arena will provide hand sanitizing stations throughout facility.
19. Locker rooms will have a **10 person maximum** and shower areas will be closed until further notice.
20. Bathrooms have a **2 person maximum** at any given time.
21. No handshakes, fist bumps, hugs, or elbow bumps before, after, or during practices or games
22. Practice proper hygiene at the rink (wash hands frequently, use hand sanitizer, etc.)
23. Snack Bar will not be open until further notice, vending machines are available and will be sanitized throughout the day.
24. No congregating in the lobby area or in the parking lot.
25. All spectators must utilize the bleachers on the player bench side of the rink for viewing, no viewing from the runway area behind the score keeper area and in front of the locker rooms. The stands are marked for social distancing. Stands will be sanitized throughout the day.

*Thank you for your cooperation by following these guidelines*

# Bedford

(Edge Sports Center)



Dear Edge and East Coast Wizard Families and Customers:

As we progress through Phase 3 of the State Re-opening plan the following guidelines and protocols will be in place.

Below are key safety points we will operate under for Phase 3 of the re-opening. We will continue to monitor safety guidelines from the CDC and State of Massachusetts daily to determine if we need to adjust our protocols as the situation changes. Based on the State Guidelines issued August 7, 2020 the following protocols must be followed at the Edge Sports Center.

1. Players are strongly encouraged to arrive dressed to skate before entering the Edge.
2. Players must bring their own water bottles.
3. Locker Rooms will be open during Phase 3. Locker room time should be limited to 15 minutes prior to ice time, and masks must be worn in the locker rooms. Showers will continue to be closed.
4. Only one spectator per player is allowed in the building.
5. All coaches, officials, and staff must wear a face covering at all times in public areas of the building, including while on the ice.
6. Players should use the main lobby to enter the rink and exit the rink directly to the parking areas through the emergency exits. There is no returning to the lobby after the game. Upon completion of each event, everyone must leave the building as quickly as possible. There is no loitering in the lobby or other areas of the rink.
7. All public areas of the rink (locker rooms, lobby, restrooms, etc.) will be cleaned and disinfected frequently throughout the day. If you see an area that needs cleaning please notify the rink staff.
8. Please make frequent use of the hand sanitizer available in the lobby and hand soap in the bathrooms.
9. Social distancing guidelines are to be followed at all times and in all areas of the building. It is the responsibility of all customers to follow the guidelines.

#### Game Protocol

1. All games are played under USA Hockey no check rules as used in 12 and under youth and girl's/women's hockey.
2. Face coverings are required for the centers during faceoffs and for all players and coaches while on the benches. Referees will define and enforce the faceoff protocols.
3. Players should remain socially distanced as much as possible while on the bench. Benches have been extended to help with this.

4. Only 1 player is allowed in the penalty box at a time. If there is more than one penalty being served subsequent players will remain on the bench.
5. There will be no handshakes after the games.

# **Billerica**

(Hallenborg Ice Rink)



**ATTN: Spectators, Players and Coaches**

**All users will follow MA Hockey's "Return to Rink" guidelines**

<https://www.mahockey.org/hockeyresources>

1. Do NOT arrive earlier than 15 minutes before your scheduled ice time
2. Do NOT enter the facility more than 5 minutes before your scheduled ice time
3. Equipment and uniforms must be put on prior to entry. There are marked boxes along the boards where skaters can put on skates
4. Players MUST leave rink within 5 minutes of their scheduled end time through the designated EXIT ONLY door (*see below*)
5. Only one (1) spectator per player (8/17/20)
6. Locker rooms ONLY open to goalies and one (1) parent/coach for each.
7. Shower areas and locker room bathrooms are closed
8. There are hand sanitizer stations at the entry and exit doors.
9. Face covering are required for all spectators, coaches, and players on the bench
10. Each bench is a one way and has a capacity of ten (10). Players must sit on marked "X's"
11. Players will be required to use their own individual water bottles and fill offsite.

Conduct of players, spectators, and coaches is the responsibility of the affiliated organization and/or renter associated with them.

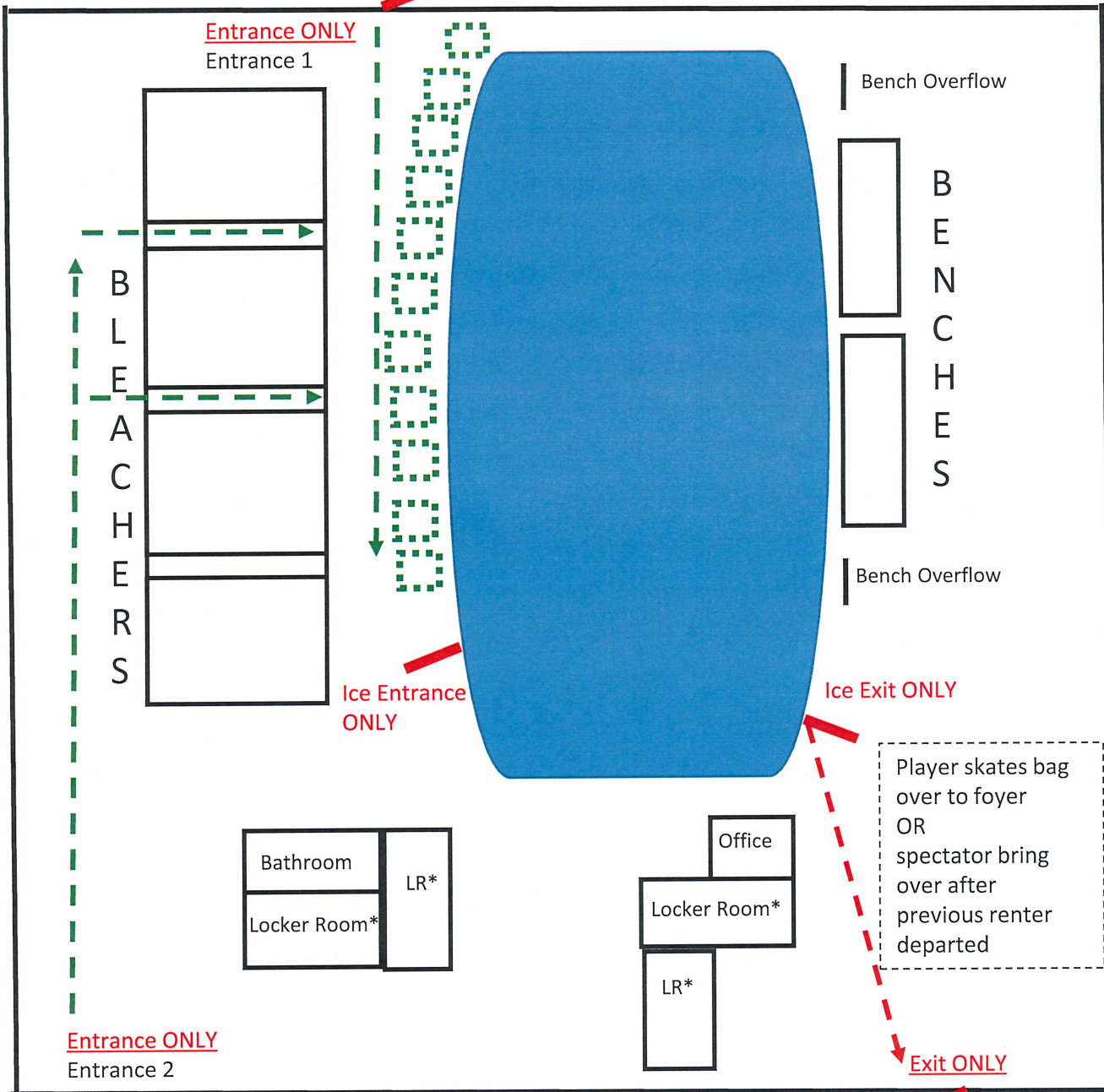
Guidelines are dictated by the MA EEA (Environmental and Energy Affairs)

The below images show user can enter through the rear (**Entrance 1**) and the side adjacent to the stadium (**Entrance 2**). There is one **Exit Door**.





Skate Tying and Bag drop off



\* Locker Rooms only open to goalies and 2 adults to assist goalie

Not drawn to scale

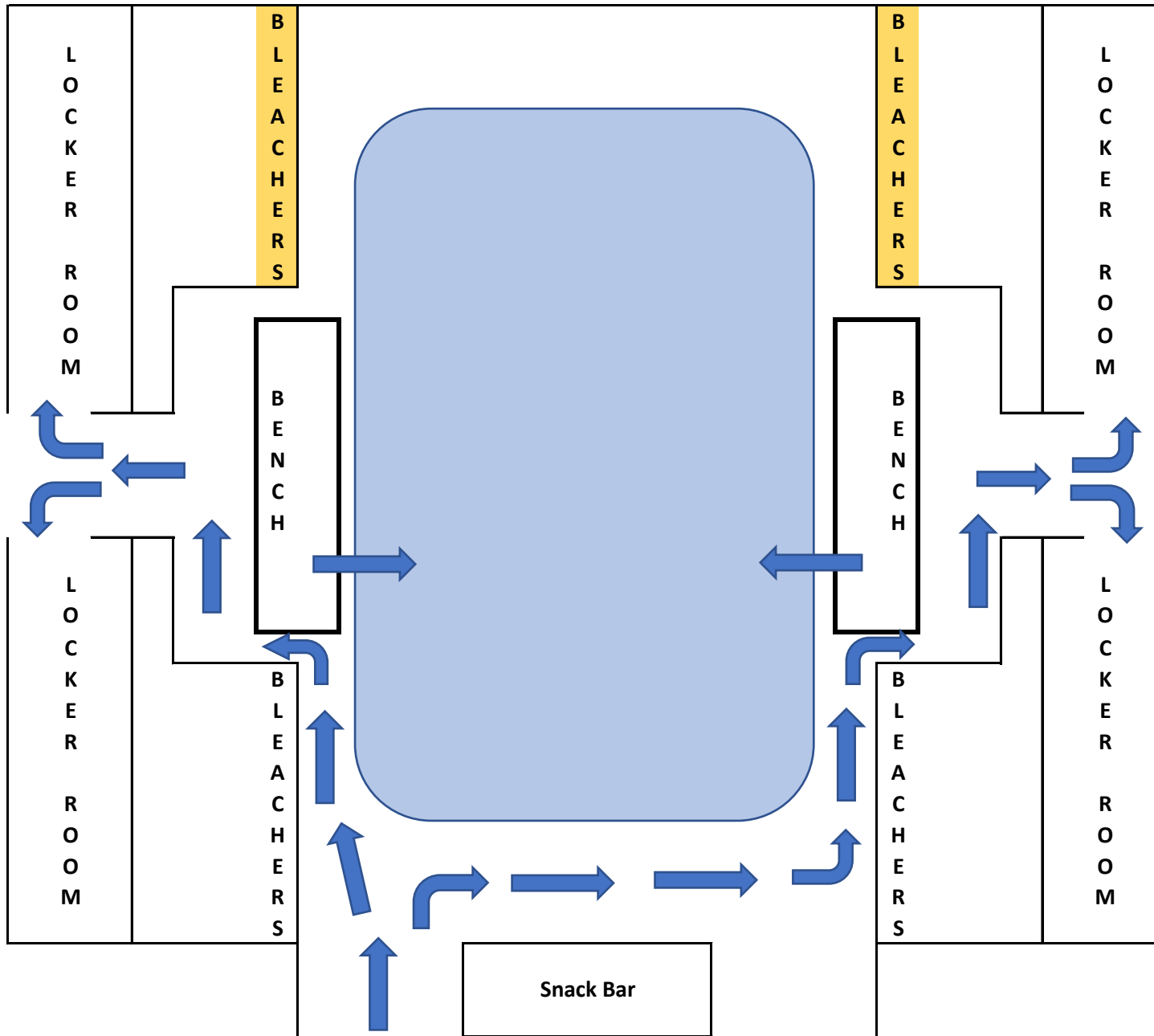
# Chelmsford

(Chelmsford Forum)

## **Guidelines for Players and Coaches**

1. NO Spectators Allowed.
  - a. 2 Coaches & 2 Team Managers/Chaperones
2. Modified Game Rules:
  - a. Masks **MUST** be worn at all times and players need to remain six (6) feet apart on the bench.
  - b. Referees and Coaches **MUST** wear masks at ALL times.
3. Contact Tracing - ALL rental groups are required to provide an accurate roster with contact information of all participants. The Valley Hockey League will utilize our online rostering system to fulfill this requirement.
4. Players must walk into the facility dressed and show up to the rink no more than 15 minutes prior to their ice time. We will provide adequate space for skaters to put their skates on, but we recommend bringing walkable skates guards as well.
5. Players **MUST** leave within 15 minutes of the end of their ice time.
6. **Protective masks are required** at all times in the building.
7. Players will be required to use their own water bottles and fill them at home.
8. If a player or coach has any sort of illness, coughing, or sneezing please stay home.
9. No contact or battle drills are allowed.
10. Groups must be broken up into groups of 25 or less. Multiple groups are allowed on the ice. Ice can be split into different areas with groups of 25 if they are separated by 14 ft.
11. Coaches must be responsible for social distancing among players and coaching staff.
12. Must achieve proper hygiene at beginning and end of all activities thru handwashing and sanitizing.
13. Please make sure to cover your mouth and/or nose when sneezing or coughing.
14. **NO SPITTING** inside facility.
15. Valley Rinks will provide hand sanitizing stations throughout the facility.
16. Shower areas will be closed until further notice.

# Chelmsford Forum - Entry Traffic Flow



➡ Entry Into Facility and Onto Ice

■ Designated Changing Area

**When entering the facility:**  
*We strongly recommend players show up dressed to the rink when possible.*

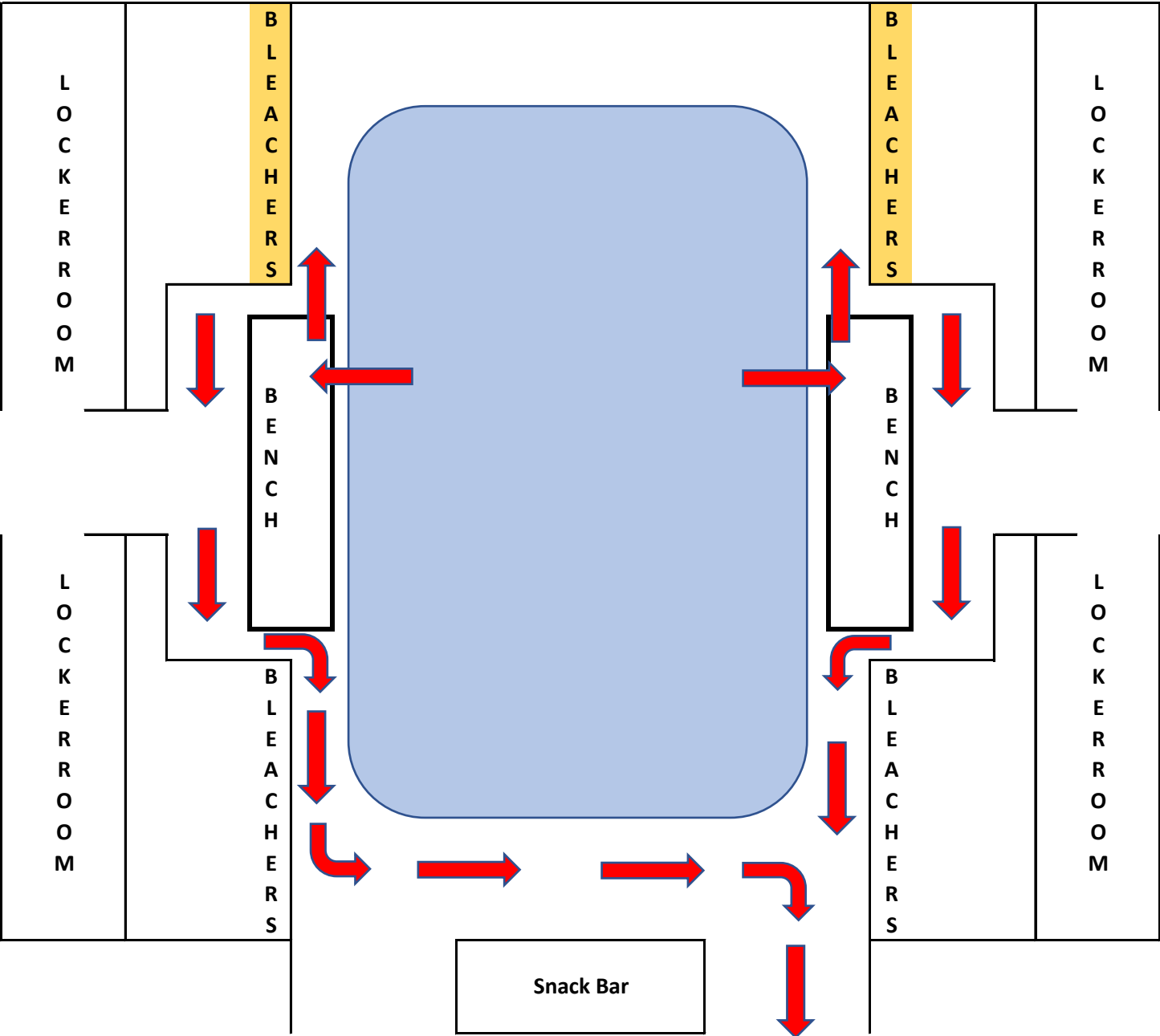
**Practice** - Teams need to divide up between all 4 locker rooms.

**Games** - Home teams stay to the left, using the locker rooms behind the Home bench. Visting team go to the right, using the locker rooms behind the Visitors bench.

When teams are finished getting dressed, they are to bring their equipment out to the designated changing areas before going on to the ice.




# Chelmsford Forum - Exit Traffic Flow



**When exiting the facility:**

Once practice or games are finished, teams will exit their benches and proceed to the designated changing areas. Teams will have 15 minutes to change and exit the facility through the appropriate exit doors, which are located to the right of the snack bar.

 Exit Off of Ice and Out of Facility

 Designated Changing Area

# Newton

(Fessenden Ice Rink)

**Good afternoon**

**Please find below our Covid -19 rules**

**Please review and acknowledge receipt of these rules prior to your game at the facility.**

**Failure to comply with these rules could result in loss of ice time.**

## **FESSENDEN ICE RINK COVID-19 RULES**

### **Building Access and Check-In**

- Participants should not arrive more than 10 minutes prior to their ice time and leave no later than 10 minutes after their ice time.
- Only coaches, players, and officials are allowed in the rink.
- If age appropriate, one parent or guardian can accompany their child into the lobby for drop-off purposes only.
- Regulations require that everyone that enters the building log their name and contact information. A check-in table will be set up in the lobby. A representative from each user group must arrive 15 minutes before the ice time to manage this process. The rink staff will be present until the representative arrives. Please note that late arrival could cut into groups ice time as the rink staff will be delayed from servicing the ice.
- Two Chaperones per team will be allowed inside to help with sign in and observe the game to ensure proper procedures are followed. They will be given lanyards.... No other person will be allowed inside the rink for any reason

### **Changing And Locker Rooms Access**

- Locker rooms will be closed.
- Players must arrive in full gear. No changing inside nor outside the rink.
- Having skates on is advised. However, there will be staging areas to put skates on or off if needed.

### **Health and Safety**

- Visitors, guests, or participants who, within the past 14 days have tested positive, reside with, had close contact with or cared for someone who has been diagnosed with COVID-19 or suspected to have COVID-19 or are not in compliance with Massachusetts travel requirements are not allowed in the rink or on campus.

- Masks must be worn at all times within the facility, unless sanctioned when on the ice.
- Masks are required outside at all times
- Hand sanitizer stations are available throughout the rink.

### **Group Size and Supervision**

- Cohort size is limited to 25 players. If more than one group is on the ice, groups must maintain a separation of 14 feet.

### **Traffic Flow**

- All visitors will enter the facility through the lobby and exit through the side doors inside the rink.
  - The lobby is for entrance, skate shop, and bathroom use only.
  - There is 4 person occupancy in the lobby at any one time. Additional guests must wait outside.
  - There is a one person occupancy limit in each restroom at one time.
- \*Parents/spectators are not allowed to congregate outside.

# Flynn

(Flynn)



# COVID-19 FLYNN RINK RULES UPON ENTRANCE

- Please **DO NOT** enter if experiencing any symptoms of the COVID-19 virus (fever, cough, shortness of breath, fatigue, loss of taste and smell, sore throat, nausea/vomiting or congestion)
  - All entering Flynn Rink, **MUST WEAR A MASK.**
- Skaters may remove mask only when on the ice, and must immediately put it on when exiting the ice.
- **1 GUARDIAN ONLY**, may enter with a skater ages **9** or below.
- No spectators are allowed into the rink with skaters over the age of **9**.
  - Skaters must come fully dressed.
- Limited space available in locker rooms for skate tying. If skaters can come fully dressed with skate guards on, it would be greatly appreciated.
  - **25 Skaters** allowed on Big Rink at a time
  - **12 (skaters & coaches)** allowed on Mini Rink at a time.
- **Hand sanitizing stations** around the rink, please use often.

Thank you for your compliance,  
Management



## ALL FMC LOCATIONS

### Phase III, Step 1 | Operating Standards & Guidelines

Version 2.0 – August 17, 2020

Based on the 8/13/2020 EEA Expansion of Activities Number 1

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During Phase III, Step 1, Expansion of Activities Number 1, of the Massachusetts re-opening, the rink will adopt and implement the following measures to ensure the safety of our patrons, staff and community. These measures may be updated as further federal/state/local guidance becomes available. Phase III, Step 2 of the statewide reopening may include changes and updates to these best practices and as such a new guideline will be created and implemented to comply.

These measures will be posted both at the rink and on the rink website page to ensure maximum awareness and transparency. Staff will be trained on all aspects of these measures as well as the requirement for full compliance. Participants and spectators will also be provided with the information pertaining to their responsibilities and limitations of use required for the safe enjoyment of the ice rink.

#### **General Guidelines:**

1. Both youth and adult participants are allowed in Phase III, Step 1, Expansion of Activity # 1.
2. Health screening will be required (questionnaire for participants and employees as well as temperature check for employees).
3. Face coverings **MUST** be worn by everyone at all times on the premises with the exception of participants ON THE ICE AND ENGAGED IN AEROBIC ACTIVITY. Coaches / instructors / Officials are **NOT** exempt from the face covering rule even when on the ice. Learn to Skate and figure skating participants should wear face covering on the ice unless engaged in highly aerobic skating.
4. Social distancing (6' separation) must be maintained at all times possible by staff, participants and spectators, even on the ice and in the parking lot.
5. Youth and Adult ice hockey scrimmages and games may be played **ONLY** if they comply with the game modifications as attached hereto (Exhibit A). These modifications include no checking and other measures to minimize incidental contact during play.
6. Only one parent/guardian/chaperone should accompany the youth participant (under 21). We request that the parent or guardian return to their vehicle or outdoor space (distanced) when possible during the session but if spectating you must maintain social distance. If the limited spectator space is filled you will be asked to wait outside the facility. **AT NO TIME SHOULD A PARENT/GUARDIAN/CHAPERONE COME TO THE RINK IF THEY EXHIBIT ANY COVID-19 SYMPTOMS (see attached)!**

7. At no time shall the total of spectators, participants, coaches, officials, volunteers and rink staff exceed 40% of the rated building capacity. This includes the persons from the previous or following sessions who remain inside the facility.
8. NO SPECTATORS ARE ALLOWED FOR ACTIVITIES INVOLVING ADULTS 21 AND OLDER.
9. Individuals (participants, coaches, instructors, spectators, staff) who are in high risk categories (as defined by CDC) should NOT come to the rink.
10. Avoid getting closer than 6' or contact with other participants, spectator or employee to the greatest extent possible.
11. Do not arrive to the rink earlier than 15 minutes prior to the start of your session, leave the rink IMMEDIATELY after your session to minimize contact with the group before and after you.
12. Participants practicing on the ice must be in cohorts (groups) of NO MORE THAN 25 and socially distanced as much as possible. Two cohorts may use the same sheet of ice but each cohort must be separated by at least 14' in all directions. No movement between cohorts is allowed. Coaches / Instructors must be kept to a minimum and are not considered part of the cohort however face coverings are required at all times even on the ice.
13. No public water fountain or bottle fill will be provided, participants and spectators should bring their own water bottles or purchase in the rink vending machines.
14. No sharing of water bottles or equipment, bring and use your own.
15. The snack bar and skate shop may be closed but the vending machines will be available. Snack and/or skate shops that open must follow the industry specific guidance and ensure social distancing by patrons.
16. Designated entrance (right front door) and exit (left front door) will be created with floor marking to ensure safely distanced walkways will be created.
17. Restrooms will be available for participants, spectators and staff only with limited occupancy posted at the entrance to the rooms (every other stall or fixture will be closed off) to ensure distancing. The restrooms will not be open to the public nor will the public be allowed to enter the rink to spectate.
18. Sanitation protocols will be implemented in all common areas with even greater attention to touch points (handles, knobs, fixtures, benches, vending machines) and high use areas (benches, lobby, restrooms). Electrostatic fogger sanitizers will be used with spray sanitizer and wipes used as a backup. All sanitizers shall be certified to kill Covid-19 virus and be used per the product instructions.
19. Offices and all private areas will be off-limits to all but staff including meeting/ activity rooms.
20. Team rooms will be open for use only up to 50% capacity with maximum number of occupants posted near each door. Players may need to dress sequentially in small groups if rooms do not accommodate the full team. Face coverings are required in the rooms as they are everywhere else off the ice surface. ALL PLAYERS ARE STRONGLY ENCOURAGED TO ARRIVE DRESSED OR COMPLETE DRESSING IN THE PARKING LOT AND PUT SKATES ON IN THE ASSIGNED AREAS – SOCIAL DISTANCED.
21. Showers will be closed for all use – NO EXCEPTIONS.
22. Player benches may be used only with 6' social distancing. If space is not adequate players must sit or stand outside the benches in a designated socially distanced area until it is. Face coverings ARE required for players on the bench.



23. Penalty boxes are limited to one player at a time, additional players must serve out their penalty on the team bench. Face coverings are required to be worn for players serving a penalty.

### **Facility Operations Specific Guidelines:**

1. Complete MA Business Compliance AND Sport Compliance attestations as well as Sport Facility Operator checklist and post with MA required employer / employee posters in the rink office.
2. ALL staff shall complete a health checklist upon entering the facility and record their temperature. The staff person shall immediately contact the rink manager if there is any deviation from the normal and healthy range. The manager shall immediately relieve the staff person until medical attention has been provided and the staff person cleared to return. All staff are encouraged to take their temperature before coming to the rink and report any abnormality or symptoms to the manager in advance for replacement.
3. In the event of a Covid 19 positive case with anyone (staff, participant, spectator, etc.) we will close the facility immediately and perform an in-depth sanitation regimen of ALL areas prior to re-opening. Report any staff or persons who may have been in contact or exposed to the person testing positive. If any staff person may have been exposed they must cease working immediately and not return until cleared by testing.
4. All staff must follow FMC employee guidelines for frequent hand washing, face covering, hand covering, enhanced cleaning / sanitation and other pertinent guidance or policy.
5. Establish one-way traffic patterns to maximize distancing with directional wall signage and tape markers on the floor. This includes separate enter and exit ways as noted in general guidance.
6. Using tape, mark off 6' distancing guides for lobby benches, and spectator areas around the dashers, being sure to maintain distance at all dasher gates.
7. Set up folding chairs a minimum of 6' apart against the wall in the rink area to accommodate participants putting on their skates. No more than 10 chairs should be placed in a grouping with all other groupings located 14' apart. These groupings will be cleaned and sanitized in between each use.
8. Close / secure concession stand during Phase 3, Step 1.
9. Bleachers may be used only if marked for social distancing.
10. Locate and maintain hand sanitizer (at least 60% alcohol) at the facility entrance and exit as well as at the spectator and ice rink gate.
11. Ensure hand washing soap is available and stocked in all open restrooms.
12. Rental skates and skate aids are allowed during phase III, Step 1 provided they are thoroughly sanitized between every use.
13. Clean and sanitize restrooms, seating, vending machines, player benches, ice gates and all high touch areas after each session following FMC guidelines. Record the date/time/scope of the cleaning and sanitation into the FMC log. Electrostatic sanitizing fogger units should be used.
14. Chalk open doors in public areas wherever possible or practical to reduce high touch points.
15. Post high visibility signage at the entrance and key locations of the facility to remind staff and visitors of hygiene and safety protocols.
16. Relocate rink first aid kit to the home player bench and sanitize after any use.

### Participant / Spectator / Organizer Specific Guidelines:

1. **RULE #1: Safety is EVERYONE'S responsibility:** these standards and guidelines are meant not only to protect you, but just as importantly the people you come in contact with, your friends, your family at home and our community at large. Please remember that and keep in mind that your actions could inadvertently put them at risk. Your good faith adherence to these measures will go a long way to ensuring the rink is a safe place for all of us. Any concern with the level of cleanliness / sanitation or adherence to these guidelines should be immediately brought to the attention of FMC at (888) 747-5283 or [customercare@fmcicesports.com](mailto:customercare@fmcicesports.com). You are our eyes and ears and our partner in creating a safe environment for everyone to enjoy being on the ice again!
2. Program organizers are responsible to educate, supervise/ manage participants, spectators and all others involved with the program to ensure compliance with these and the general guidelines above. They are also responsible to record and submit to FMC the name of each participant, coach, official and spectator as well as their contact information to assist with contact tracing if necessary.
3. All participants (including coaches and instructors) will be required to complete a questionnaire / certification (see attached) prior to your first visit to the rink. This questionnaire is intended to prevent anyone with symptoms or potential exposure from coming to the rink and must be answered fully and honestly. Any changes to answers given during the course of participation will require an immediate notification to the program director and/or rink manager, leave the rink immediately and you must refrain from returning until such time as you are officially cleared.
4. When possible, leave an open parking space on both sides of you when parking at the rink to create safe distancing and space for hockey players to complete dressing.
5. Come to the rink ready: have your skating outfit or hockey uniform and as much equipment as possible on when you arrive at the rink, put any remaining gear on at your vehicle if possible and finally put your skates on in the designated area of the rink if you cannot put them on at your vehicle and walk in with guards. The more we can minimize dressing inside the rink the lower the risk of transmission will be and the more time you will have to be on the ice. Team rooms **may** be available at 50% capacity but you are strongly encouraged to come ready.
6. Don't come early and don't stay after: please arrive no later than 15 minutes prior to your scheduled session. Wait in your vehicle until 15 minutes prior to the session start time and then enter the rink through the marked "entrance". Go directly to the area assigned for putting on skates or changing room. Once skates and/or hockey equipment are on, wait in your assigned area until called to enter the ice. Maintain social distance (6') at all times during this pre-session including queuing up to enter the ice. When the session ends, immediately exit the ice, remove your skates and return to your vehicle through the marked exit. This protocol is intended to limit any crossover between groups.
7. Participants (including coaches and instructors) must properly sanitize hands prior to and immediately after each session. The program organizer is responsible to provide sanitizer (60%+ alcohol based) for this purpose.
8. Hockey scrimmages and games are only allowed when the attached game play modifications are followed. **NO EXCEPTIONS!**
9. Wear your face covering: all participants must wear a face covering at all times on the rink property. The only exception is participants (not coaches, instructors or officials – these must wear face covering on the ice) on the ice during aerobic activity as this may not be practical and could be detrimental during physical exertion. When it is practical please wear the face covering on the ice. Remember a face covering is not meant to protect you, it is meant to protect everyone around you from potential exposure. Respect and care for them by wearing your face covering.

10. Parents/guardians/chaperones are encouraged to assist your participants to follow the guidelines and help them to maintain distance. Refrain from assisting others as much as possible to avoid any potential for transmission. Again, wear face coverings at all times.
11. Participants, coaches & instructors must stay in their cohort (group) at all times during the session and may not cross over into other cohorts during the session. However, participants may participate in other cohorts in subsequent sessions that day or in the future but must always remain in the single cohort every session.
12. Distancing on the ice IS REQUIRED (with the exception of hockey game play): within each cohort there must be at least 6' of distance between each participant. There must also be at least 14' of distance between each cohort. These requirements are to protect YOU and prevent the transmission / spread of the Covid-19 virus. Coaches/Instructors/Program Managers are responsible to ensure the distancing requirements are adhered to. We understand there may be incidental violation of this requirement but it is your responsibility to organize and manage programs/cohorts to ensure compliance to the greatest extent possible.
13. Participants must refrain from "handshakes", "high fives", "fist bumps" or any other type of customary or congratulatory contact in order to minimize potential for transmission.
14. Personal equipment cannot be shared and must be dedicated to an individual player throughout the season. Personal equipment includes all gear that is worn by players (e.g., gloves, helmets, masks, skates, footwear, pads, etc.).
15. Shared drink or food is not allowed and the rink water bubbler/water bottle fill will be closed off to avoid potential for transmission.

**THANK YOU FOR YOUR HELP AND COOPERATION AND LET'S GET BACK ON THE ICE!**

**Exhibit A.**  
**Mandatory Hockey Practice, Scrimmage and Game Modifications**

1. **NO BODY CHECKING IS ALLOWED.** All games, regardless of age / level / gender must be played under the USA Hockey No-Check rulebook traditionally used for girls and 12U levels. This includes all high school, junior and adult play as well.
2. **Face-Offs:** Defenseman will position a minimum of 6' apart; Wings must face sideways and physically distance from centers and opposing players. Centers must remain distanced until signaled by official to approach for puck drop. Centers **MUST** wear a face covering during the face-off but may remove it once regular game play begins.
3. **Timeouts:** No timeouts during games will be allowed to eliminate team and coach close contact at Youth Level. Timeouts will be allowed at the high school and older age levels per game/league rules.
4. **Hockey practices:** Practices are limited to team training of rostered players / coaches in a cohort no more than 25. Players within the cohort must be socially distanced to the greatest extent possible. Up to two cohorts may use the same sheet of ice as long as each cohort is 14' or more apart. Coaches and players in each cohort must remain with that cohort the entire practice and never cross over into another cohort.
5. **Sideline/Bench Area:** Player benches will be marked to keep players 6' apart whenever they are in the box. Benches will be extended outside the box to accommodate more players. It is the coach's responsibility to organize players / lines to safely facilitate the rotation of players from outside the box. Players must wear face covering while on the bench.
6. **Penalty Box:** Only one player at a time is allowed in the penalty box. When more than one penalty is being served simultaneously, the other player shall serve their penalty on their respective team bench. Players must wear face covering while serving their penalty.
7. **Additional Personnel / Volunteers:** Other personnel and/or volunteers (coaches, officials, scorekeepers & spectators) must keep socially distanced and wear face covering at all times.
8. **Locker Rooms:** Locker rooms will be available up to 50% capacity as posted next to the door. Coaches shall be responsible to socially distance rotate players through the room if the capacity is not sufficient for the team. Face covering is required at all times in the locker rooms for participants and coaches. No showers will be available for use. *We STRONGLY encourage all players to come to the rink dressed and ready, putting your skates on once inside.*
9. **Water bubbler:** Water bubblers will be removed or covered. Participants must bring or purchase their own water and are not allowed to share it with anyone else.
10. **Players:** Must wear face coverings at all times, except when on the ice participating in aerobic activity.
11. **Personal Equipment:** Players must transport their own equipment, only player or parent should handle their equipment. Players must not share equipment or hydration at any time.

**These measures are MANDATORY and not discretionary. Failure to comply with these modifications or the previous general requirements will result in the suspension from the facility of players, coaches, teams or spectators.**

**Exhibit B.**  
**Participant Certification and Release of Liability**

Each participant or legal guardian is required to sign this document prior to program participation or facility use.

This shall certify that I, as participant or parent/guardian with legal responsibilities for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, I or my child/ward understands and accepts these risks and responsibilities for myself and child/ward. I hereby certify the following:

- a. I have not traveled outside of the state of Massachusetts within the last 14 days, except to states currently designated as "lower risk" by the Commonwealth of Massachusetts, and
- b. I have not to the best of my knowledge had ANY close contact nor cared for someone who has been diagnosed with Covid-19 within the last 14 days, and
- c. I have not experienced ANY cold or flu symptoms within the last 14 days – regardless of severity, these symptoms include but are not limited to: fever, chills, shaking with chills, muscle pain (unrelated to physical exertion), headache, loss of taste or smell, cough, sore throat, respiratory illness, shortness of breath or difficulty breathing, and
- d. I certify that if any of the conditions attested to in a. through c. above changes during the term of this participation, I will immediately cease participating and bring such change(s) to the attention of the arena manager or program director. I understand that I may not be allowed to resume participation for at least a period of 14 days or until providing documentary evidence of testing negative for Covid-19, in this instance I agree to cooperate fully with public health and other officials in developing contact tracing, and
- e. I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. I further agree to comply fully with applicable federal, state and local guidelines with regard to Covid-19. If, however, I observe any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official or management immediately, and
- f. I accept that participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and Covid-19. While rules and personal hygiene /discipline may reduce this risk, the risk of serious illness and /or death does exist; and,
- g. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, even if arising from the negligence of the releasees or others and assume full responsibility for my participation, and
- h. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and hold harmless FMC Ice Sports, their officers, officials, agents and / or employees, other participants, sponsors, and owners of premises used to conduct the activity or event, with respect to any and all illness, disability, death or damage to person or property, whether arising from the negligence of releasees or otherwise, to the fullest extent permitted by law.

Name of Participant: \_\_\_\_\_ Participant signature: \_\_\_\_\_

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

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Name of Legal Parent/guardian (if participant is a minor): \_\_\_\_\_

Parent / guardian signature: \_\_\_\_\_

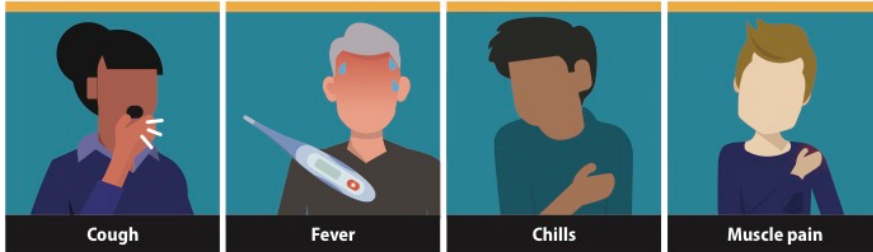
Date signed: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Exhibit C.  
Typical Covid-19 Symptoms

## Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

**\*Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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# Framingham

(Loring Ice Arena)

Loring Arena COVID-19  
Proposed Safety Guidelines  
as of September 1st, 2020

Introduction

According to the Standards for Sports & Recreational Activities in Phase III, Step 1, Ice Hockey is an example of a “higher” risk sport. These are defined as sports or activities for which there is a requirement or a substantial likelihood of routine close and/or sustained proximity or deliberate physical contact between participants and a high probability that respiratory particles will be transmitted between participants.

As outlined in Mass Government Phase 3, Step 1 guidance:

(<https://www.mass.gov/doc/safety-standards-for-youth-and-adult-amateur-sports-activities-phase-iii-step-1/download>)

Sports and activities included in the Higher Risk category can participate in Level 1 as traditionally played. Level 2 and Level 3 play are only allowed if the Minimum Mandatory Standards for Modification to Play are met.

- Level 1: Individual or socially distanced group activities (non-contact workouts, aerobic conditioning, individual skill work, and drills)
- Level 2: Competitive Practices (Intra-team/group games, contact drills, and scrimmages)
- Level 3: Competitions (Inter-team games, meets, matches, races, etc.)

These guidelines specific to Framingham Youth Hockey (FYHP) have been created to align with guidance put forth effective August 17<sup>th</sup> and will be shared with all coaches and families registered in FYHP, and visiting organizations coming to play in Framingham at Loring Arena from other cities and towns during FYHP games.

*All guidelines are subject to change at any time per FYHP Board, Mass Hockey, USA Hockey, City of Framingham Board of Health, State of Massachusetts, and CDC.*

General Requirements for FYHP Operation

- Participants, coaches, spectators, staff must show no COVID-19 symptoms for 14 days; If symptoms have been present within 14 days, attending activities at the rink is forbidden.
- High risk persons are discouraged from attending the rink as participants, spectators, volunteers, or employees.
- Hand sanitizing will be available throughout the facility and pre/post participation as outlined by state guidelines.
- Spectators will be confined to designated viewing areas as directed by facility operator (Loring Arena) only and will be responsible for maintaining 6 ft distancing from each other.
- One person from the organization will be charged with monitoring crowd size to ensure compliance with the facility 40% capacity limit. This amount shall include athletes, coaches, referees, staff, spectators, media, scouts, etc.
- FYHP’s facility operator (Loring Arena) will direct one-way traffic inside Loring Arena in a manner which meets state and local guidelines.
- FYHP’s facility operator (Loring Arena) will designate Entrance and Exit with one-way traffic aisles to create distancing between participant groups that are getting on/getting off the ice.
- Restrooms set-up for distancing and reduced occupancy will be posted by FYHP’s facility operator (Loring Arena).
- Facility operator (Loring Arena) will maintain bathrooms as outlines in the state and local guidelines.



- Signage at the entrance and throughout the rink is required to remind of hygiene and distancing will be posted by FYHP's facility operator (Loring Arena).
- FYHP's facility operator (Loring Arena) will perform frequent cleaning/sanitizing high use areas and touch surfaces and maintain logs.

#### General Requirements for Coaches / Team Managers:

- Coaches, staff, referees and other officials are required to wear facial coverings (masks) and maintain social distancing of 6ft from players, coaches, spectators, and other persons at all times.
- The number of coaches and staff will be limited. (Specific numbers of coaches per team will be discussed and outlined by the FYHP Board of Directors) USA hockey limits it to 4 max and all coaches will maintain 6-foot physical distance.
- Written attendance of participants (players) and coaches will be maintained at each event and monitored by a dedicated FYHP Board member.
- Coaches will be responsible to organize the players for line rotation to minimize proximity as much as possible.
- Coaches will utilize electronic whistles during no-contact drills and skills practices.
- Coaches/parent volunteers & Loring arena staff will disinfect any shared equipment before and after every clinic, practice, and game. Coaches will not travel outside of Massachusetts with their Framingham Youth Hockey team for any hockey related events. Board may vote to change this at a later date, if state guidelines change.

#### General Guidelines Governing Play & Players

- No 'Checking' games or practices at all levels of play.
- No more than 25 players or participants may be on a single playing surface (ice surface) at any one time.
- Face coverings must be worn by everyone at all times while inside the facility – skaters, coaches, refs, spectators, etc. Failure to appropriately wear face covering will result in disciplinary action up to and including banning the individual from the rink or participation in on-ice activities.
- Bench areas will require 6-foot distance between players as well as coaches.
- Locker rooms will be closed; except for one Community Room for use by goalies. Loring Arena will disinfect community room between each group.
- Pucks will be handled by referees and coaches. Players are not to handle pucks except with their sticks during the normal course of play.
- Referees will be utilizing an electronic whistle (to minimize respiratory particles and lifting of mask).
- All players are required to bring their own bottled water. The sharing of water or snacks is strictly prohibited.
- Contact between players and opposing team other than incidental contact in the course of play is not permitted. (This includes handshakes, high fives, fist bumps, etc.). Players can raise sticks at the end of a game to signify good game/respect.
- Only one player allowed in penalty box at a time. If there are multiple penalties at one time, the additional players will go on the bench, maintaining social distancing of 6 feet.
- Players are prohibited from spitting out water or fluids on the ice or areas around their benches.

#### General Guidelines for Spectators

- Spectators are limited to one parent/guardian/chaperone per participant at games.

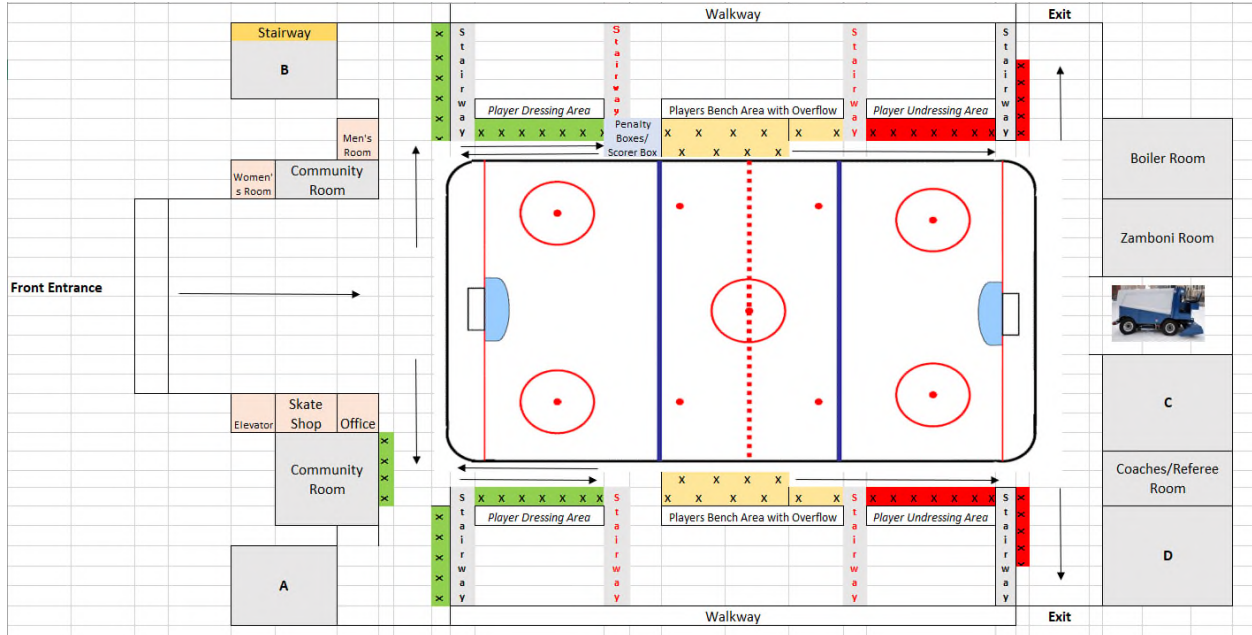
- Spectators are only allowed at practices at the Learn to Play, Mite & Squirt level (for tying skates or assisting with equipment).
- Spectators are not allowed at the PeeWee, Bantam or Midget level practices.
- No siblings are allowed at any practices or games.
- The rink bleachers may be closed, and spectators will need to adhere to rink guidelines for spectating set forth by Loring Arena.
- Facility operator (Loring Arena) will be closing the “Sky Lounge” on the second floor to spectators; unless required by individuals with disabilities via elevator access and following ADA guidelines.

#### Communications Plan

- Coaches, Managers and FYHP Executive Board of Directors will be responsible for all communications with families and players.
- FYHP President or Vice President (or designee from FYHP BOD) will be responsible for all communications with Framingham City Departments (e.g., Parks & Rec, Board of Health, etc.).
- FYHP has designated BOD member, Brian Downey, as the organizations go-to person for COVID related questions or concerns.
  - FYHP to have a process in place if a player or coach is positive or having symptoms. Most important thing is not releasing the name of the individual (as it will remain anonymous outside of individual, parent and the COVID-chair, Brian Downey).
  - FYHP can only provide a set of instructions based on guidelines that are available at the time of a positive test or date of occurrence of symptoms. The guidelines that day dictate the response.
- Communications with the media:
  - Coaches will be responsible for any communications with media regarding game play only (e.g., scores, highlights, interviews summarizing player performance, etc.)
  - FYHP President or Vice President or designated COVID Response Individual be responsible for any communications with media regarding any other topic (e.g., COVID Policy questions, general league and/or policy questions, etc.)

Rink Diagram:

- Team benches clearly outlined with tape to promote 6ft spacing and a player walkway on and off the rink around each side of the perimeter.
- One-way traffic aisles to create distancing between participant groups that are getting on/getting off the ice



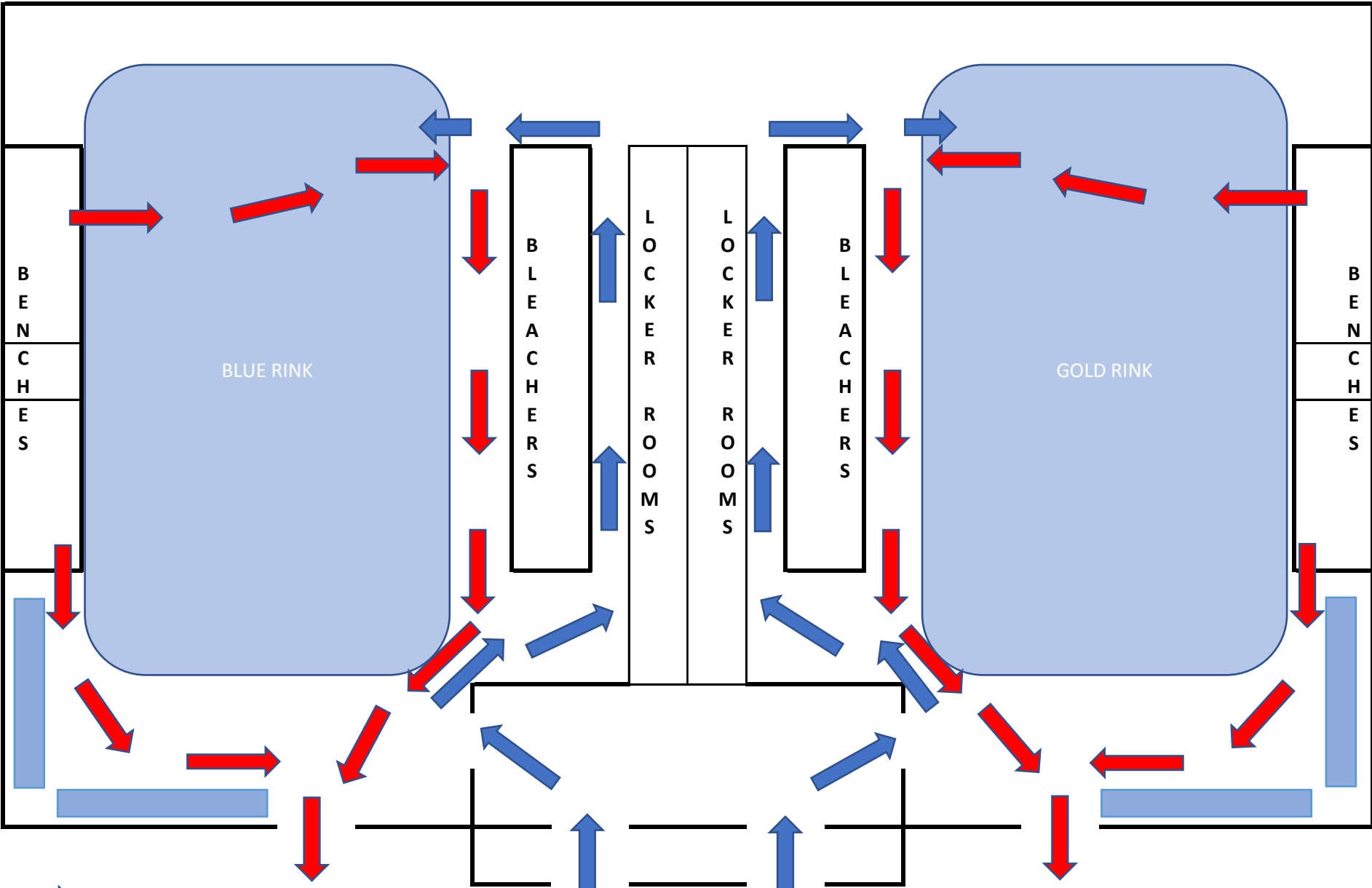
# **Haverhill**




(Haverhill Valley Forum)

## **Guidelines for Players and Coaches**

1. NO Spectators Allowed.
  - a. 2 Coaches & 2 Team Managers/Chaperones
2. Modified Game Rules:
  - a. Masks **MUST** be worn at all times and players need to remain six (6) feet apart on the bench.
  - b. Referees and Coaches **MUST** wear masks at ALL times.
3. Contact Tracing - ALL rental groups are required to provide an accurate roster with contact information of all participants. The Valley Hockey League will utilize our online rostering system to fulfill this requirement.
4. Players must walk into the facility dressed and show up to the rink no more than 15 minutes prior to their ice time. We will provide adequate space for skaters to put their skates on, but we recommend bringing walkable skates guards as well.
5. Players **MUST** leave within 15 minutes of the end of their ice time.
6. **Protective masks are required** at all times in the building.
7. Players will be required to use their own water bottles and fill them at home.
8. If a player or coach has any sort of illness, coughing, or sneezing please stay home.
9. No contact or battle drills are allowed.
10. Groups must be broken up into groups of 25 or less. Multiple groups are allowed on the ice. Ice can be split into different areas with groups of 25 if they are separated by 14 ft.
11. Coaches must be responsible for social distancing among players and coaching staff.
12. Must achieve proper hygiene at beginning and end of all activities thru handwashing and sanitizing.
13. Please make sure to cover your mouth and/or nose when sneezing or coughing.
14. **NO SPITTING** inside facility.
15. Valley Rinks will provide hand sanitizing stations throughout the facility.
16. Shower areas will be closed until further notice.

# Valley Forum Haverhill - Entry and Exit Traffic Flow



-  Entry Into Facility and Onto Ice
-  Exit Off of Ice and Out of Facility
-  Additional Seating

# Saugus

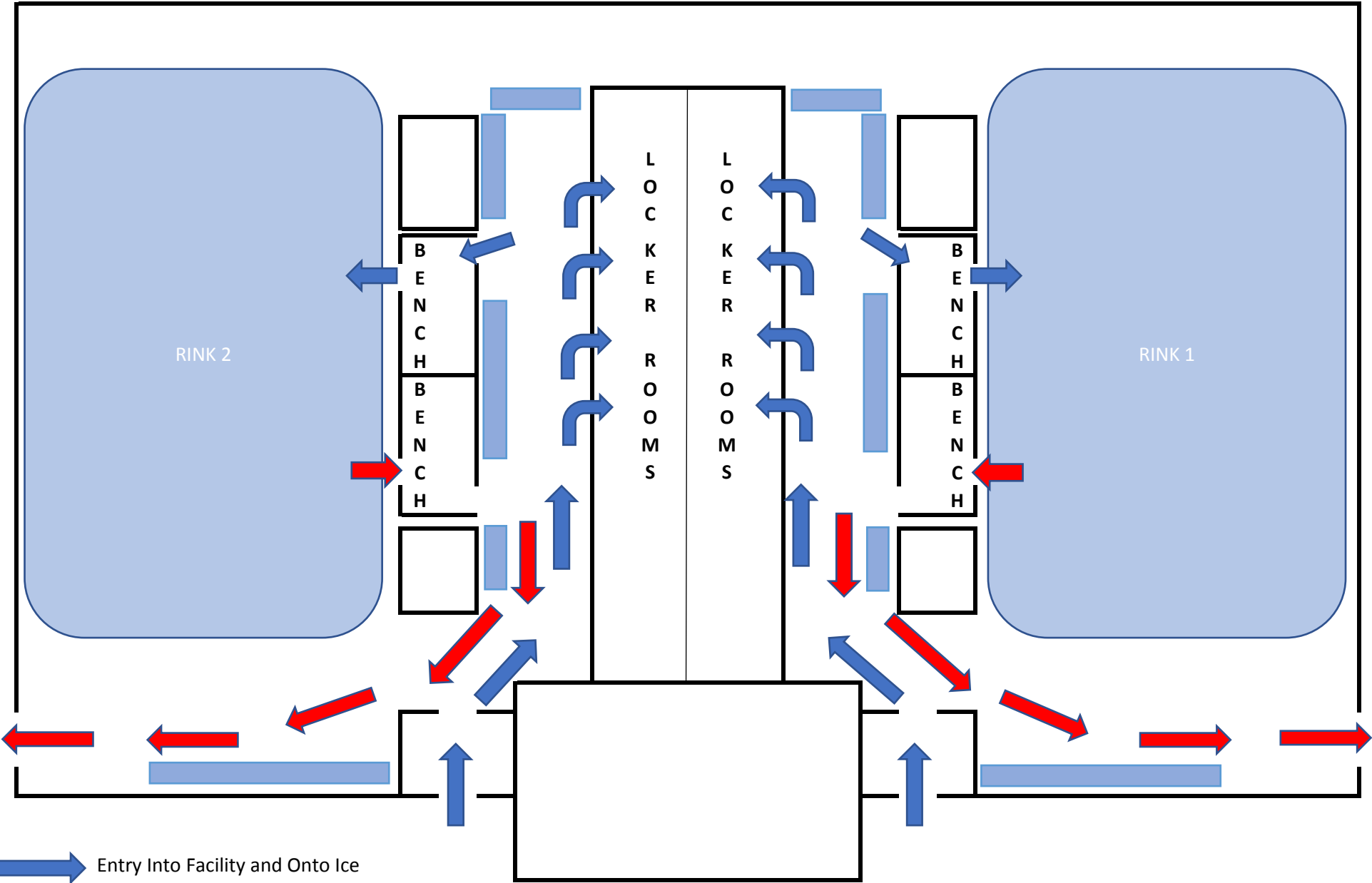
(Hockeytown)




## **Guidelines for Players and Coaches**

1. NO Spectators Allowed.
  - a. 2 Coaches & 2 Team Managers/Chaperones
2. Modified Game Rules:
  - a. Masks **MUST** be worn at all times and players need to remain six (6) feet apart on the bench.
  - b. Referees and Coaches **MUST** wear masks at ALL times.
3. Contact Tracing - ALL rental groups are required to provide an accurate roster with contact information of all participants. The Valley Hockey League will utilize our online rostering system to fulfill this requirement.
4. Players must walk into the facility dressed and show up to the rink no more than 15 minutes prior to their ice time. We will provide adequate space for skaters to put their skates on, but we recommend bringing walkable skates guards as well.
5. Players **MUST** leave within 15 minutes of the end of their ice time.
6. **Protective masks are required** at all times in the building.
7. Players will be required to use their own water bottles and fill them at home.
8. If a player or coach has any sort of illness, coughing, or sneezing please stay home.
9. No contact or battle drills are allowed.
10. Groups must be broken up into groups of 25 or less. Multiple groups are allowed on the ice. Ice can be split into different areas with groups of 25 if they are separated by 14 ft.
11. Coaches must be responsible for social distancing among players and coaching staff.
12. Must achieve proper hygiene at beginning and end of all activities thru handwashing and sanitizing.
13. Please make sure to cover your mouth and/or nose when sneezing or coughing.
14. **NO SPITTING** inside facility.
15. Valley Rinks will provide hand sanitizing stations throughout the facility.
16. Shower areas will be closed until further notice.



# Hockeytown - Entry and Exit Traffic Flow



-  Entry Into Facility and Onto Ice
-  Exit Off of Ice and Out of Facility
-  Additional Seating

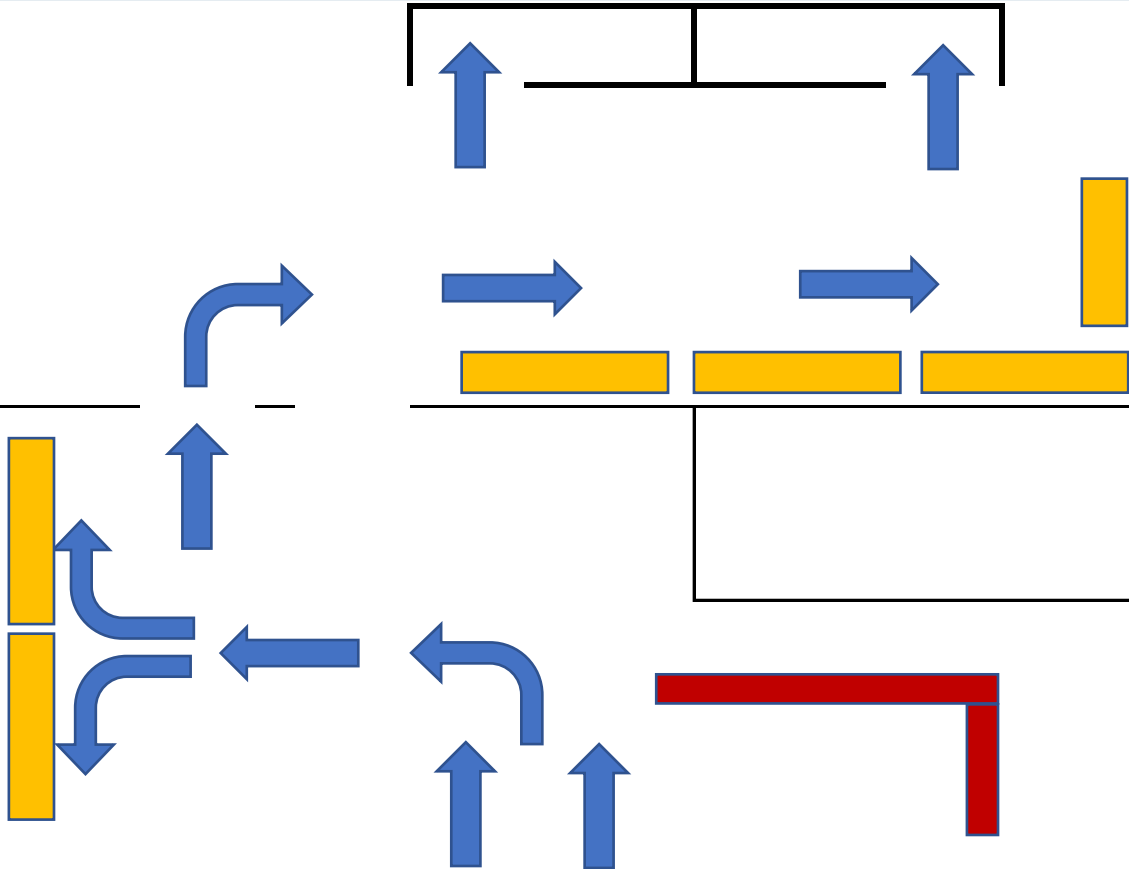
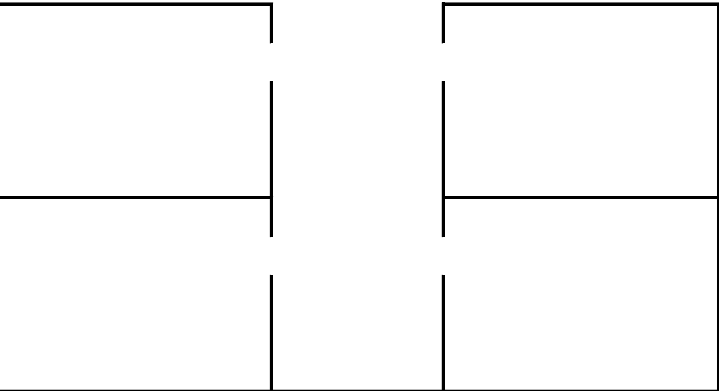
# Saugus



(Kasabuski)

## **Guidelines for Players and Coaches**

1. NO Spectators Allowed.
  - a. 2 Coaches & 2 Team Managers/Chaperones
2. Modified Game Rules:
  - a. Masks **MUST** be worn at all times and players need to remain six (6) feet apart on the bench.
  - b. Referees and Coaches **MUST** wear masks at ALL times.
3. Contact Tracing - ALL rental groups are required to provide an accurate roster with contact information of all participants. The Valley Hockey League will utilize our online rostering system to fulfill this requirement.
4. Players must walk into the facility dressed and show up to the rink no more than 15 minutes prior to their ice time. We will provide adequate space for skaters to put their skates on, but we recommend bringing walkable skates guards as well.
5. Players **MUST** leave within 15 minutes of the end of their ice time.
6. **Protective masks are required** at all times in the building.
7. Players will be required to use their own water bottles and fill them at home.
8. If a player or coach has any sort of illness, coughing, or sneezing please stay home.
9. No contact or battle drills are allowed.
10. Groups must be broken up into groups of 25 or less. Multiple groups are allowed on the ice. Ice can be split into different areas with groups of 25 if they are separated by 14 ft.
11. Coaches must be responsible for social distancing among players and coaching staff.
12. Must achieve proper hygiene at beginning and end of all activities thru handwashing and sanitizing.
13. Please make sure to cover your mouth and/or nose when sneezing or coughing.
14. **NO SPITTING** inside facility.
15. Valley Rinks will provide hand sanitizing stations throughout the facility.
16. Shower areas will be closed until further notice.

# Kasabuski Entry Plan Using Chairs and Benches

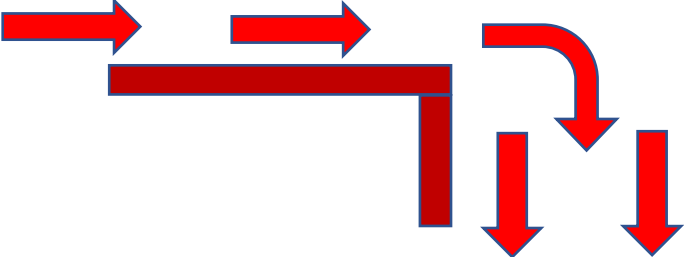
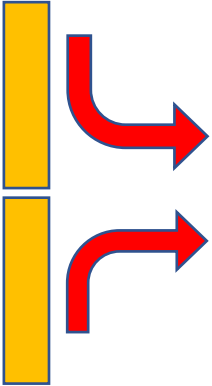
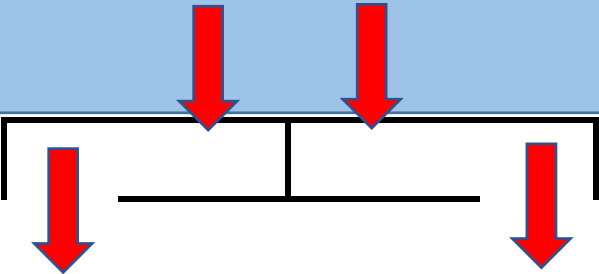
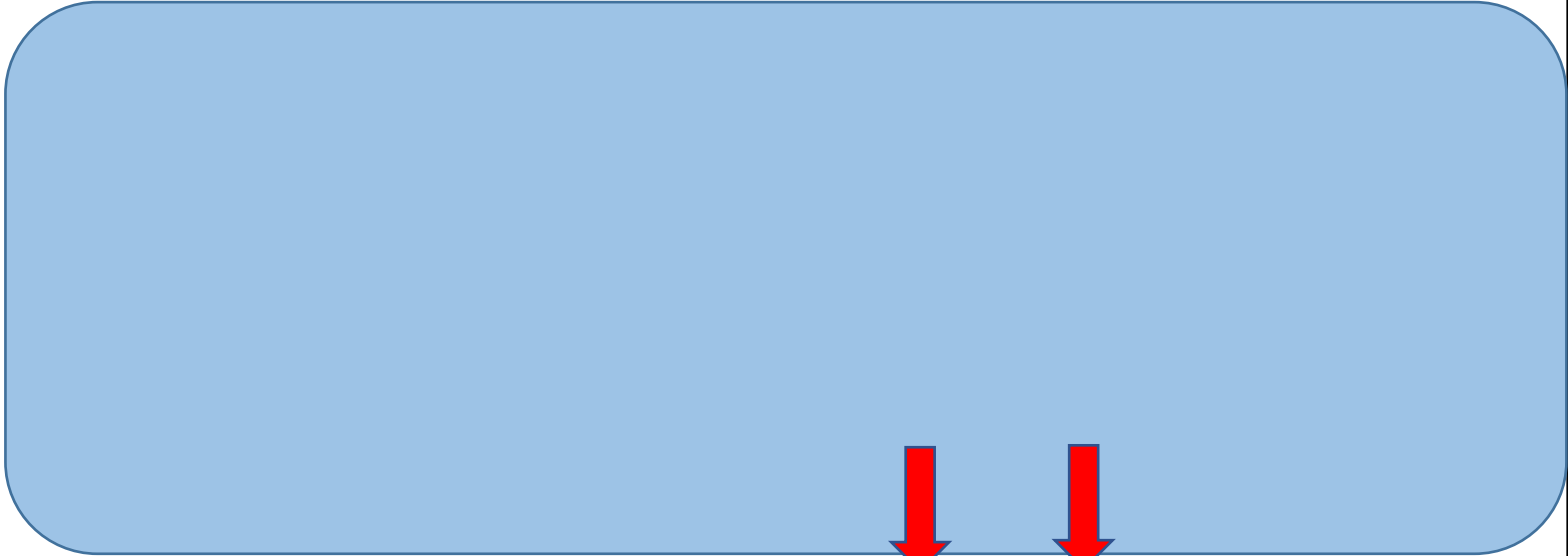




-  Additional Seating
-  Entry Into Facility, Chairs, Benches and Ice

Groups using the chairs and benches will leave their bags at the chairs and benches and enter the ice through the players benches.



# Kasabuski Exit Plan Using Chairs and Benches

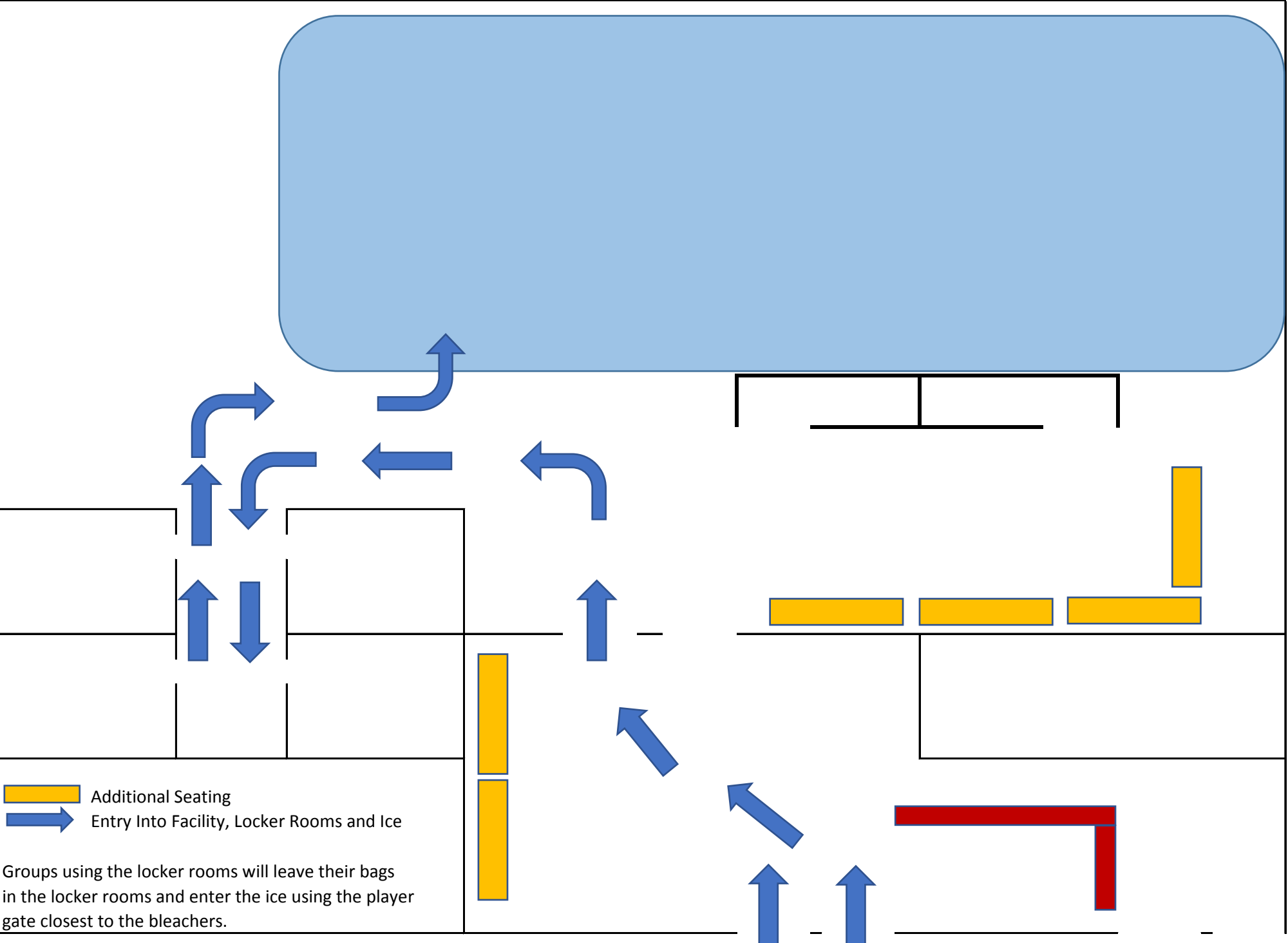


-  Additional Seating
-  Exit Out of Facility, Locker Rooms and Ice

Groups using the chairs and benches will exit the facility through the lobby using the door marked "Exit" and stay to the left to exit facility.



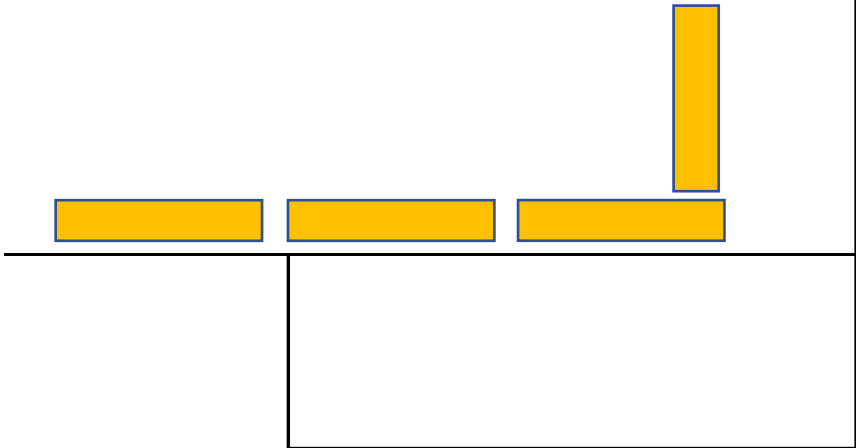
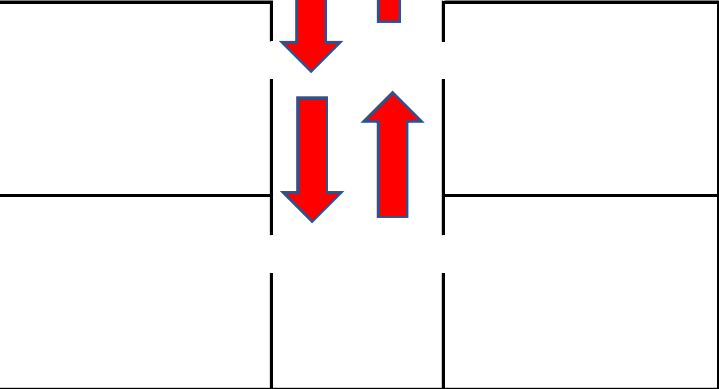
# Kasabuski Entry Plan Using Locker Rooms







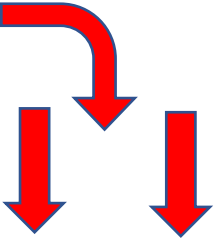


# Kasabuski Exit Plan Using Locker Rooms



-  Additional Seating
-  Exit Out of Facility, Locker Rooms and Ice

Groups using the locker rooms will leave the locker rooms and exit through the lobby using the door marked "Exit" and stay to the left to exit facility.







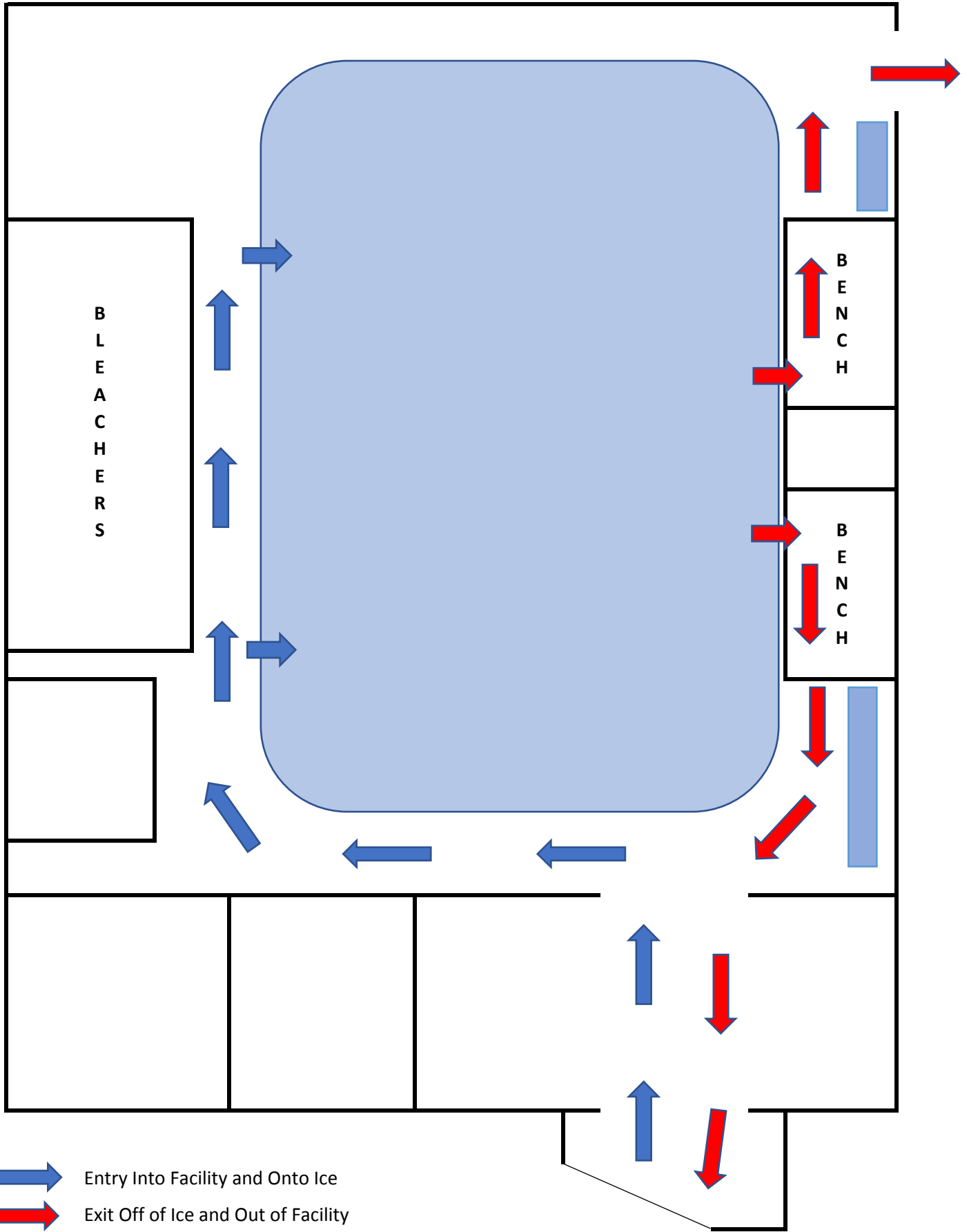
## VHL Mite Half Ice COVID Protocols

- a. **Maximum of 2 coaches allowed on bench**
- b. Face coverings or masks must be worn at all times including during play
- c. All mite players must arrive dressed in their equipment and we strongly recommend players being fully dressed with skates and skate guards
- d. Strongly recommend Mite rosters be limited to 8 skaters and 1 goalie
- e. **Absolute Player Maximum for any given game will be 10 skaters and 1 goalie.**
  - Teams with more than 11 must rotate players on a weekly basis
  - No more than 11 players may dress for any single game
- f. Only one (1) player allowed in the penalty box at a time.
- g. Players need to remain six (6) feet apart on the bench.
- h. Referees and Coaches **MUST** wear masks at ALL times.
- i. Referees will utilize electronic whistles
- j. For Rinks with no spectators please review rink specific guidance for mites and special allowances to assist players with skate tying.
- k. **No Face-offs!! Referees will commence play after each buzzer, goal or penalty by tossing puck in neutral area.**

## **Guidelines for Players and Coaches**

1. Modified Game Rules:
  - a. No Body Checking allowed
  - b. Masks **MUST** be worn on the bench at ALL times and players need to remain six (6) feet apart on the bench.
  - c. Masks **MUST** be worn during ALL face-offs by Centers and Wingers.
  - d. Referees and Coaches **MUST** wear masks at ALL times.
2. Contact Tracing - ALL rental groups are required to provide an accurate roster with contact information of all participants. The Valley Hockey League will utilize our online rostering system to fulfill this requirement.
3. Players must walk into the facility dressed and show up to the rink no more than 15 minutes prior to their ice time. We will provide adequate space for skaters to put their skates on, but we recommend bringing walkable skates guards as well.
4. Players **MUST** leave within 15 minutes of the end of their ice time.
5. For the safety of all customers, participants and employees we strongly recommend drop-off only for skaters. If that is not an option, only one (1) spectator per skater is allowed inside the facility. Spectators will be required to wear a face mask and practice social distancing.
6. **Protective masks are required** at all times in the building.
7. Players will be required to use their own water bottles and fill them at home.
8. If a player or coach has any sort of illness, coughing, or sneezing please stay home.
9. No contact or battle drills are allowed.
10. Groups must be broken up into groups of 25 or less. Multiple groups are allowed on the ice. Ice can be split into different areas with groups of 25 if they are separated by 14 ft.
11. Coaches must be responsible for social distancing among players and coaching staff.
12. Must achieve proper hygiene at beginning and end of all activities thru handwashing and sanitizing.
13. Please make sure to cover your mouth and/or nose when sneezing or coughing.
14. **NO SPITTING** inside facility.
15. Valley Rinks will provide hand sanitizing stations throughout the facility.
16. Shower areas will be closed until further notice.

# Valley Forum Lawrence - Entry and Exit Traffic Flow



# Lowell

(Janas Memorial Skating Rink)

## **Janas Skating Rink**

### **Phase III Step 1 COVID-19 Policies**

- **MASKS MUST BE WORN AT ALL TIMES IN THE ARENA BY EVERYONE.** Players and coaches may remove their masks just before getting on the ice and must put them back on as soon as they get off the ice.
- Phase III step 1 is restricted exclusively to supervised groups per the state of Ma.
- All groups should refer to MA Hockey and US Figure Skating for on-ice practice/game/event protocols
- ONLY 1 parent will be allowed to accompany each skater into the rink. Siblings are not allowed inside at this point. Parents are asked to wait until the game/practice start time to enter the building unless skate tying is necessary. Parents MUST socially distance while inside the arena. AT NO POINT ARE YOU ALLOWED TO STAY IN THE LOBBY. You must move into the rink or outside.
- ALL parents and participants (INCLUDING COACHES) must take their temperature at our self-serve kiosk and sign in on the sign sheet In the lobby. Please note your temp as you need to log it on the sign in sheet for our records. Parents may sign for players if they are to young to do so on their own
- Skaters and coaches (NOT PARENTS again unless tying skates) will be allowed into the arena 15 minutes prior to game/practice time. YOU WILL BE ASKED TO WAIT OUTSIDE IF YOU SHOW UP EARLY
- Locker rooms will be available but only at ½ capacity. Skaters are asked to come to the rink dressed as much as possible. If you need to tie skates we ask that you do so outside of the locker room to minimize the occupants in the room. SHOWERS WILL NOT BE



AVAILABLE UNTIL FURTHER NOTICE. Please leave all valuables at home or in your car.

- Players must put everything inside their bags before going on the ice. PArents and coaches will be asked to move the bags from locker room so the next teams can use them. Skaters will remove Skates and helmets in the stands in either “ZONE 1” or “ZONE 2”. Then exit immediately. DO NOT GET FULLY UNDRESSED IN THE ARENA.
- The referees room will only be used for game referees. NO COACHES IN THE REFS ROOM. The shower in the refs room is also closed until further notice.
- Every other row in the stands is closed. The First row is reserved for skaters to take the skates off only. Please only sit where there is a marked “X”.
- Anything left behind will be thrown away at the end of the night. THERE IS NO LOST AND FOUND AT THIS TIME!
- All skaters/coaches/parents will enter the arena through the front main lobby entrance. Everyone must exit the building through the marked side doors. At no point should you re-enter the lobby from inside the rink unless you are an employee.
- Spitting will NOT be tolerated, this includes on the ice.
- Please exit the arena as soon as possible when your ice time is over. (no more than 10 minutes)
- Please make use of our hand sanitizer throughout the building and wash hand regularly.
- Rotondo Enterprises reserves the right to forfeit the ice time of any group found not adhering to rink policies.

\*\*Thank you for your understanding and cooperation\*\*

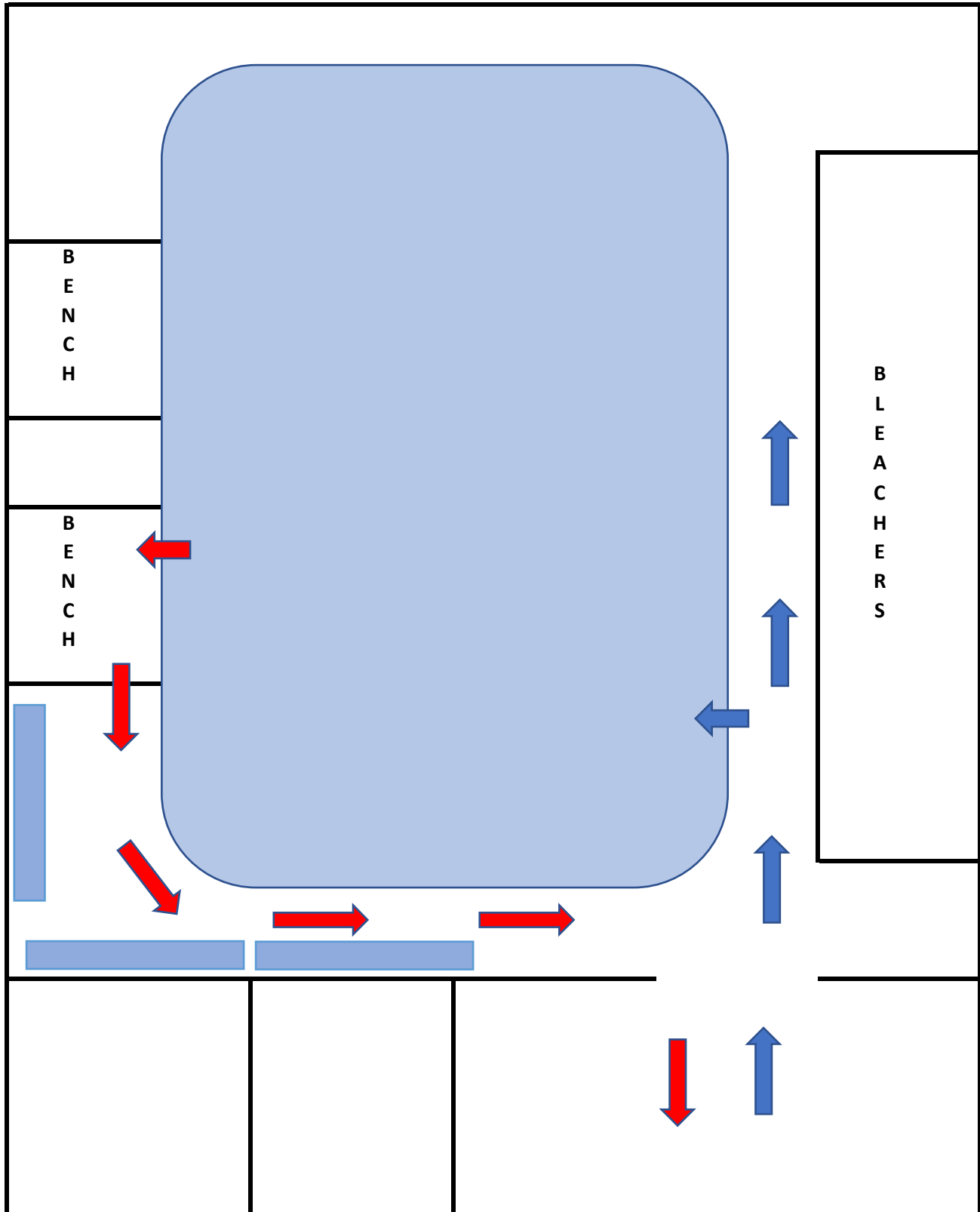
# **Malden**



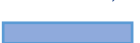
(Malden Valley Forum)

## **Guidelines for Players and Coaches**

1. NO Spectators Allowed.
  - a. 2 Coaches & 2 Team Managers/Chaperones
2. Modified Game Rules:
  - a. Masks **MUST** be worn at all times and players need to remain six (6) feet apart on the bench.
  - b. Referees and Coaches **MUST** wear masks at ALL times.
3. Contact Tracing - ALL rental groups are required to provide an accurate roster with contact information of all participants. The Valley Hockey League will utilize our online rostering system to fulfill this requirement.
4. Players must walk into the facility dressed and show up to the rink no more than 15 minutes prior to their ice time. We will provide adequate space for skaters to put their skates on, but we recommend bringing walkable skates guards as well.
5. Players **MUST** leave within 15 minutes of the end of their ice time.
6. **Protective masks are required** at all times in the building.
7. Players will be required to use their own water bottles and fill them at home.
8. If a player or coach has any sort of illness, coughing, or sneezing please stay home.
9. No contact or battle drills are allowed.
10. Groups must be broken up into groups of 25 or less. Multiple groups are allowed on the ice. Ice can be split into different areas with groups of 25 if they are separated by 14 ft.
11. Coaches must be responsible for social distancing among players and coaching staff.
12. Must achieve proper hygiene at beginning and end of all activities thru handwashing and sanitizing.
13. Please make sure to cover your mouth and/or nose when sneezing or coughing.
14. **NO SPITTING** inside facility.
15. Valley Rinks will provide hand sanitizing stations throughout the facility.
16. Shower areas will be closed until further notice.

# Valley Forum Malden - Entry and Exit Traffic Flow



-  Entry Into Facility and Onto Ice
-  Exit Off of Ice and Out of Facility
-  Additional Seating

# Nashoba

(Nashoba Valley Olympia Rink)

## Nashoba Valley Olympia Covid-19 Protocols and Regulations

***With everyone's safety in mind, please help us observe these new procedures and policies.***

- Our staff will be cleaning and sanitizing often and thoroughly.
- Please arrive no earlier than 15 minutes before your session, and leave within 15 minutes after your session as ended.

- Please arrive as **fully dressed as possible** and ready to skate or play

Please **exit as fully dressed as possible**-no changing will be allowed inside the building (exception: skate removal and goalies)

- Entrance through the main entrance and **exit through Rink 3**

- **No spectators allowed**

(parents may come inside to tie skates, but then must leave the building)

- **All locker rooms will be closed.**

- Stay 6 feet apart from non-family members (even while wearing a mask)

- **Contact Tracing: Hockey and Private Rentals**

All hockey and private groups must provide NVO with a contact tracing list of everyone (skaters and coaches) who is in the building for each session

- No food or drink (other than water) can be consumed in the building.

- Many hand sanitizer dispensers are available throughout the facility, please use them frequently

- Everyone **must** wear a face mask at all times when inside the facility (over the age of 2).

- **Facemasks must be worn by** coaches and referees at all times

- Facemasks must be worn by all players on the **bench**, and while taking a **face-off**

- **Skaters must place their masks back on before they step off the ice.**

### **Players Benches**

Benches will be marked with an "X" for each skater to sit 6 feet apart. Additional benches/chairs with matting will be extended to accommodate all players. For larger groups, players may have to sit on the bleacher side of the rink to ensure 6 foot distancing

- Only one person is allowed in the restroom at any one time.

- There are designated areas marked with an "X" on the bleachers for skaters to sit and to keep their belongings.

All items must be clearly marked with your name, especially water bottles.

All of your belongings must stay in this area during your session

- Any water bottles left in the building will be discarded to reduce the spread of germs

- Do not linger in the lobby

**• There will be a tent outside the Rink 3 building for skaters to wait for parent/guardian pickup.**

- Cover your coughs and sneezes.

Do not spit or drop your tissues on the ice or the floor.

(Yes, we had to say that.)

- **Do not enter the facility if...**

**-You feel ill, have a fever or cough, feel short of breath, or recently lost sense/taste or smell.**

**-You have been in close physical contact in the last 14 days with someone diagnosed with COVID-19.**

- If you have a medical history that places you in a high-risk category, we recommend that you do not enter the facility.

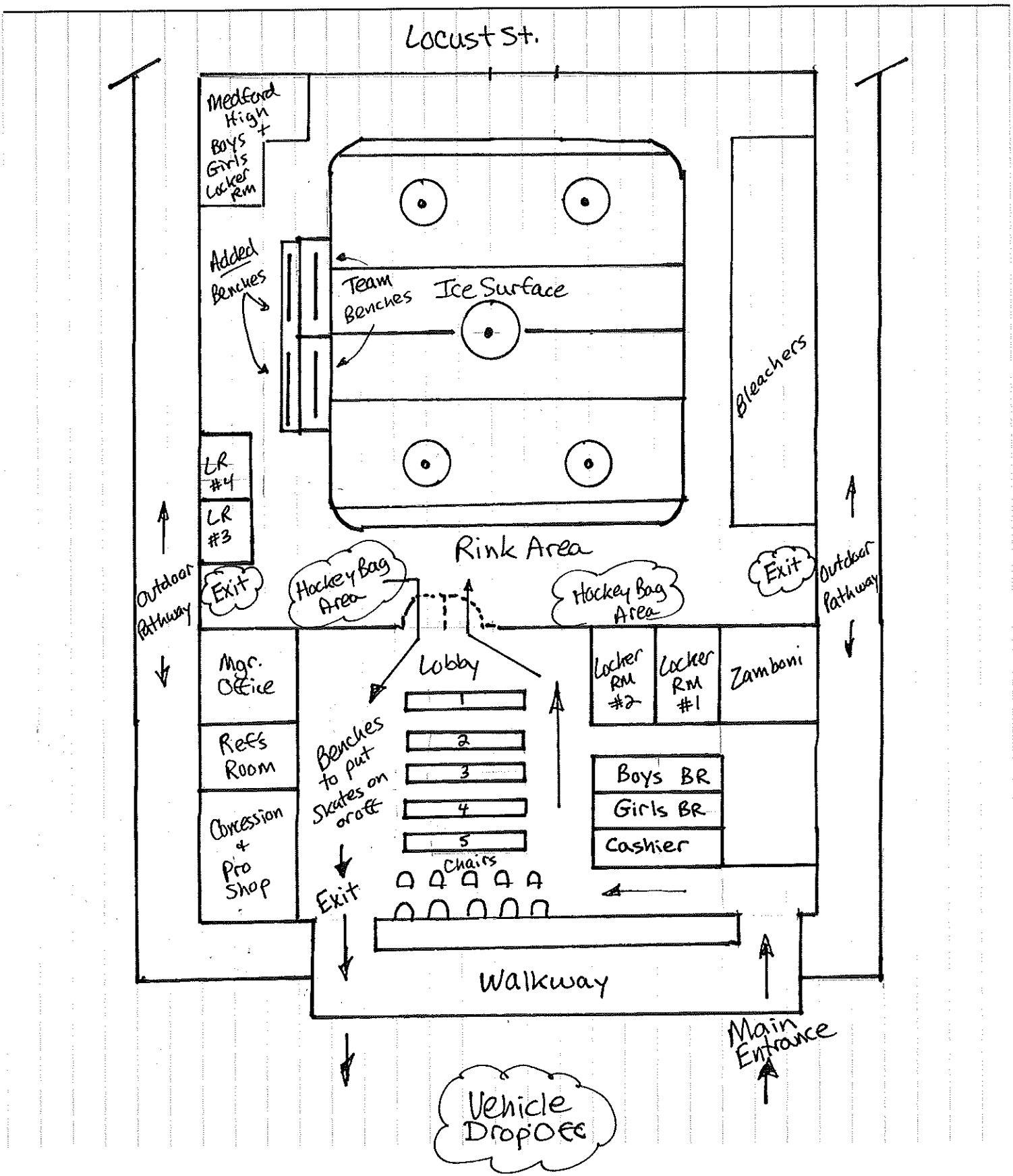
**Thank you for your understanding and willingness to work with us to protect our community.**

# Medford

(LoConte Memorial Rink)



LoConte Rink, Medford  
 97 Locust St. (Within Harmel Stadium Complex)

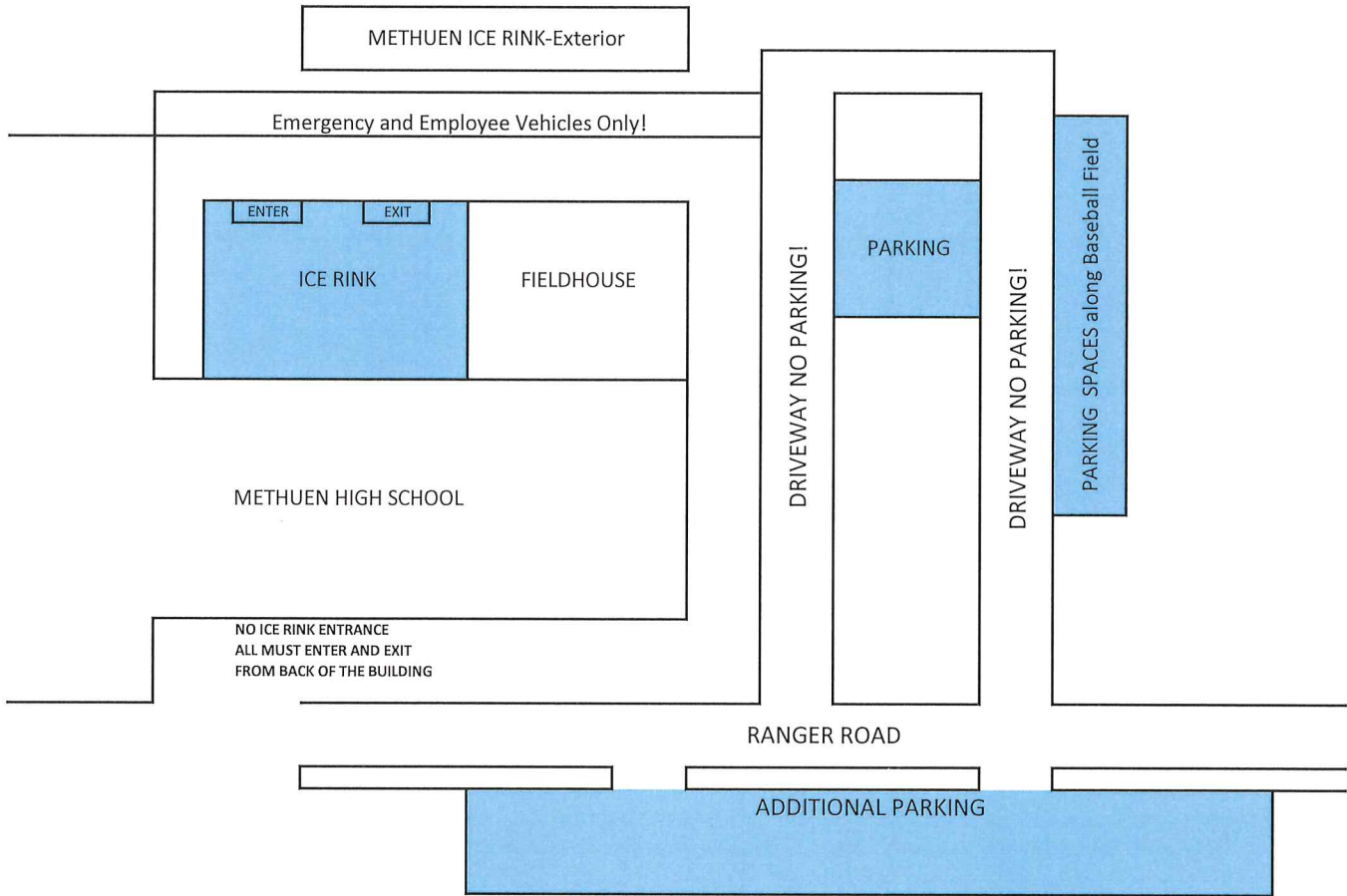


# **Methuen**

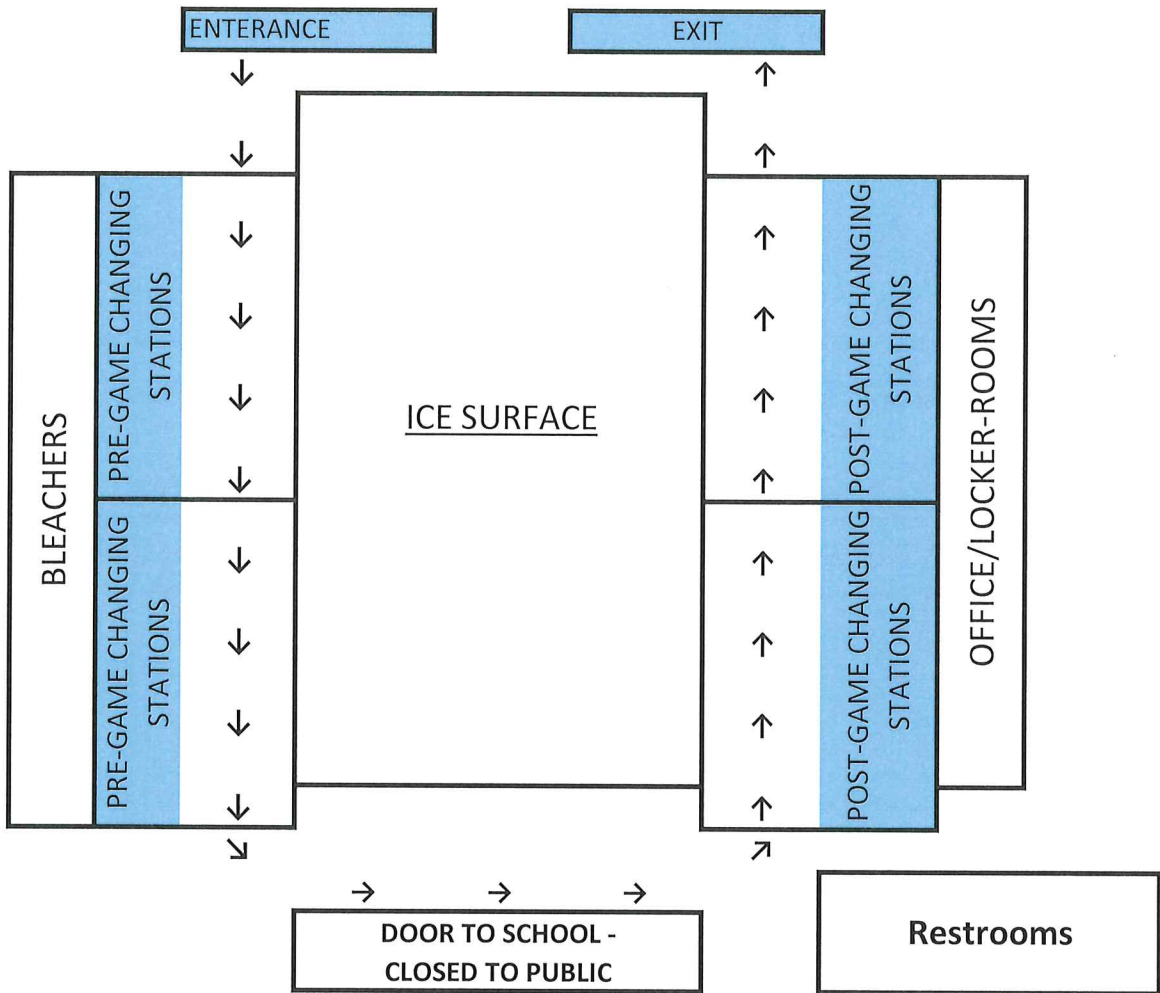
(Methuen High School Ice Rink)

## Methuen Ice Rink Guidelines

1. Access to the Ice Rink will be from the rear of the ICE RINK only. **The public will not have access to the school building.** (see maps)
2. There is one door to enter and another to exit. (see maps)
3. There are designated parking areas. PLEASE no double parking in the access ways. Vehicles may drive up and let player/s out and then must move the vehicle.
4. There will be a hand sanitizing station as you enter the building and throughout the building.
5. **Face masks/coverings are required.**
6. Each team will be allowed 2 coaches and 2 team assistants to help with skates and monitoring the players (for practices).
7. We will allow **1 spectator per player,** (for games only) with the understanding that spectators **must wear masks and socially distance.** We are also working on getting Live Barn for remote access.
8. The bubbler/waterfill stations have been turned off. Players should bring their own water bottle.
9. Renters of the ICE Time (teams/league) must **keep an up to date list of players/ coaches/ assistants who enter the facility** (for contact tracing purposes).
10. There will be a pre-game area. Skaters would arrive dressed, not more than 15 minutes prior to ice time. This allows teams to get skates on and ready for their game/practice.
11. There will then be a post-game area for teams to take off skates and proceed to the exit. Teams must leave within 10 minutes of coming off the ice.
12. Locker rooms/ showers will not be open.
13. Players/ Coaches/ Assistants who exhibit any illness must not enter the building.
14. **PLEASE not spitting** within the facility.



METHUEN-ICE RINK INTERIOR



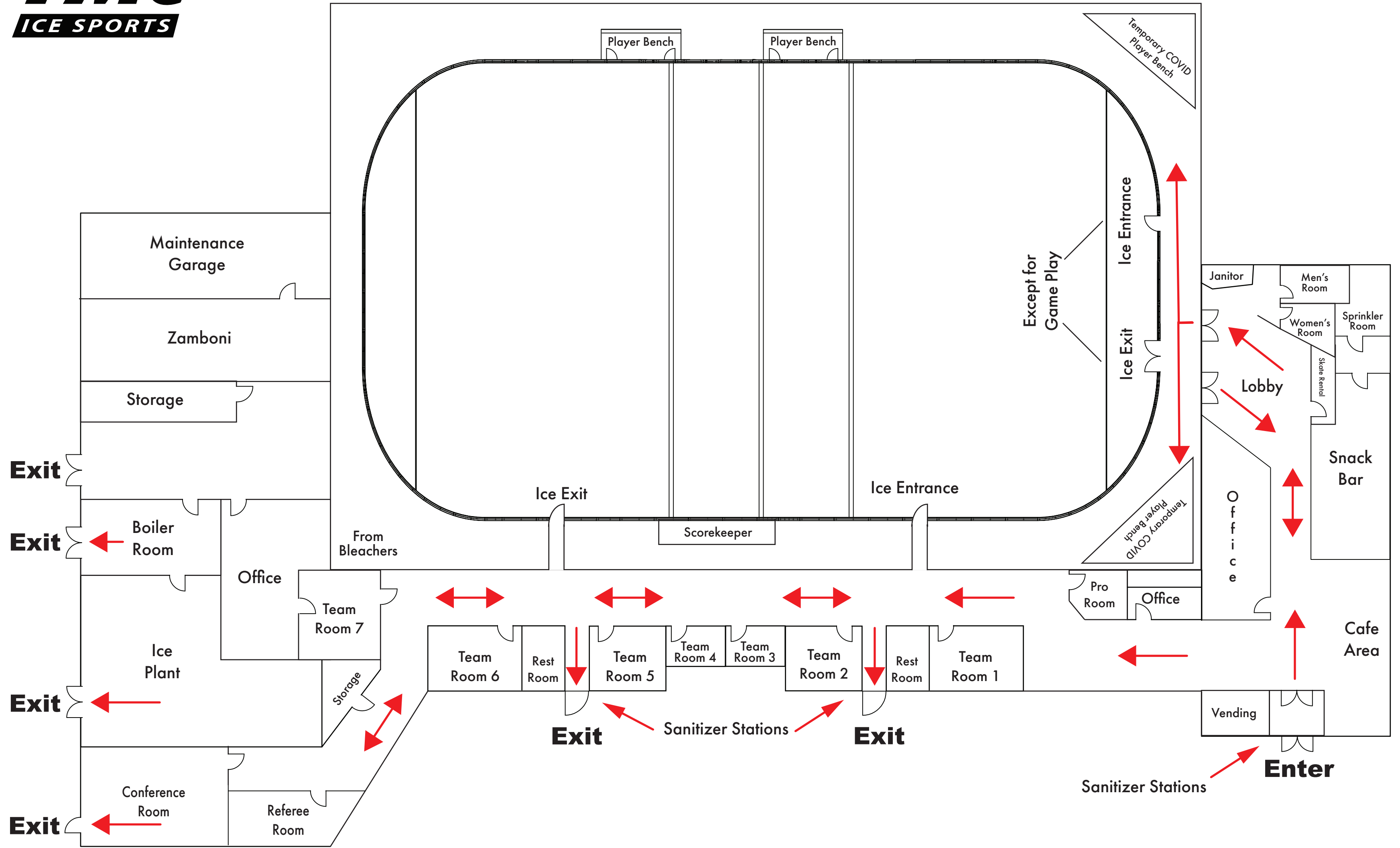
**FMC**

**Natick**

(William Chase Arena)



# WILLIAM L. CHASE ARENA COVID TRAFFIC FLOW



# Westborough

(Northstar Ice Sports)





NorthStar Ice Sports  
Protocols effective September 8, 2020

We are all in this together  
Important Information for all Coaches, Skaters, Spectators, Staff

1. NorthStar Ice Sports has **ONE ENTRANCE** and three separate EXIT DOORS.
  - Rink A Exit – Double Doors located in the main lobby of Rink A
  - Rink B Exit – Double Doors located near Rink B parking lot
  - Rink C Exit – Double Doors located near Rink C parking lot
2. Please do not let anyone in the EXIT doors or through any doors at the rink. Only Rink Staff Members may open and close doors.
3. ONLY One (1) Parent or Guardian per skater will be allowed into Rink A & C and must not enter until 5 minutes prior to scheduled session/game unless player needs help with their skates. Spectators WILL NOT be allowed in Rink B at this time. No spectators for 18+ aged skaters.
4. Masks must be worn by everyone while in the building and must practice 6' social distancing at all times. (\*Masks may be removed by participant while skating ONLY)
5. Skaters/Players must come to the rink dressed and ready to skate (minus skates) and will **ONLY** be allowed entry **20 minutes prior** to the start of their scheduled ice time/game. Doors close five minutes prior to the start of the scheduled session/game. Please arrive on time and follow the set protocols.
6. Designated “Arrival Area” and “Exit Area” will be provided for skaters/players to put on & off their skates prior to and at the end of their session/game.  
**(Arrival Area is limited to 20 minutes and Exit Area is limited to 10 minutes)**
7. “Arrival Area” - Locker Room usage (per state regulations) will be used at 50% capacity **prior** to the start of the scheduled ice time. Doors must remain open and players must practice social distancing while in the locker rooms. Each locker room will be cleaned prior to the next use. NO Showers.
8. “Exit Area” – Benches/chairs will be provided near the exit doors in each rink for skaters/players to remove their skates, gather their gear and exit the building.
9. All Skaters/Players must bring their own water bottles, NO sharing of water bottles.
10. Each Skater/Player/Group/Rink will have its own specific protocols that **MUST** be followed. Please make yourself aware of these prior to skating at NorthStar Ice Sports.
11. Any participant, player, coach or team official that tests positive for COVID must provide a negative COVID result prior to rejoining their team.
12. NorthStar Ice Sports Protocols are in addition to all Massachusetts State COVID Guidelines.
13. Waivers must be completed by each participant (Parent or Guardian for players under 18). Waiver is available on the rinks web site ([www.northstaricesports.com](http://www.northstaricesports.com)) and a QR code will also be available at the main entrance to the facility. Please take time to complete this prior to coming to the rink.



## RINK "C" PROTOCOLS:

1. Enter Rink C lobby main entrance and take a LEFT
2. "**Arrival Area**" will be clearly marked with Red Tape
  - Limited to 1 skater and 1 spectator.
  - "Arrival Area" is for players and coaches therefore is limited to 20 minutes prior to start of the ice session/game. Each team will have two locker rooms to use to get ready. Home teams will use Locker Rooms 1 & 2 and Visiting teams will use Locker Rooms 3 & 4.
  - Once skater/player has skates on and ready to skate, ALL hockey bags MUST be packed up with all their items (shoes, jackets, etc.) and moved to the designated "Exit Area". This allows the area to be cleaned and ready for the incoming teams to get ready for their start time.
  - All spectators **MUST** watch from upstairs bleachers and practice 6' social distancing. All spectators are required to enter the bleacher area at far end staircase (back of the rink).
  - All spectators are asked to remain seated during games.
  - Immediately following end of game spectators are required to exit bleachers from the near staircase (front of the rink) and exit the building or to the "Exit Area" to assist their skater exit the building. This **MUST** be done within 10 minutes of the end of the ice session/game.

### COACHES: All coaches are asked to:

- Meet their teams in the parking lot and enter the building as a group 20 minutes prior to start time.
- All hockey bags MUST be moved to either the "Exit Area". This allows incoming teams space in which to get ready for their start time.
- Help to coordinate the moving of hockey bags to either to "Exit Area" for their teams.
- Assist in directing parents or guardian to the exit doors after assisting their player.

### **Time is of the Essence**

In order to ensure that all games start on time, strict protocols must be adhered to.  
Everyone's cooperation is greatly appreciated

# **Tewksbury**

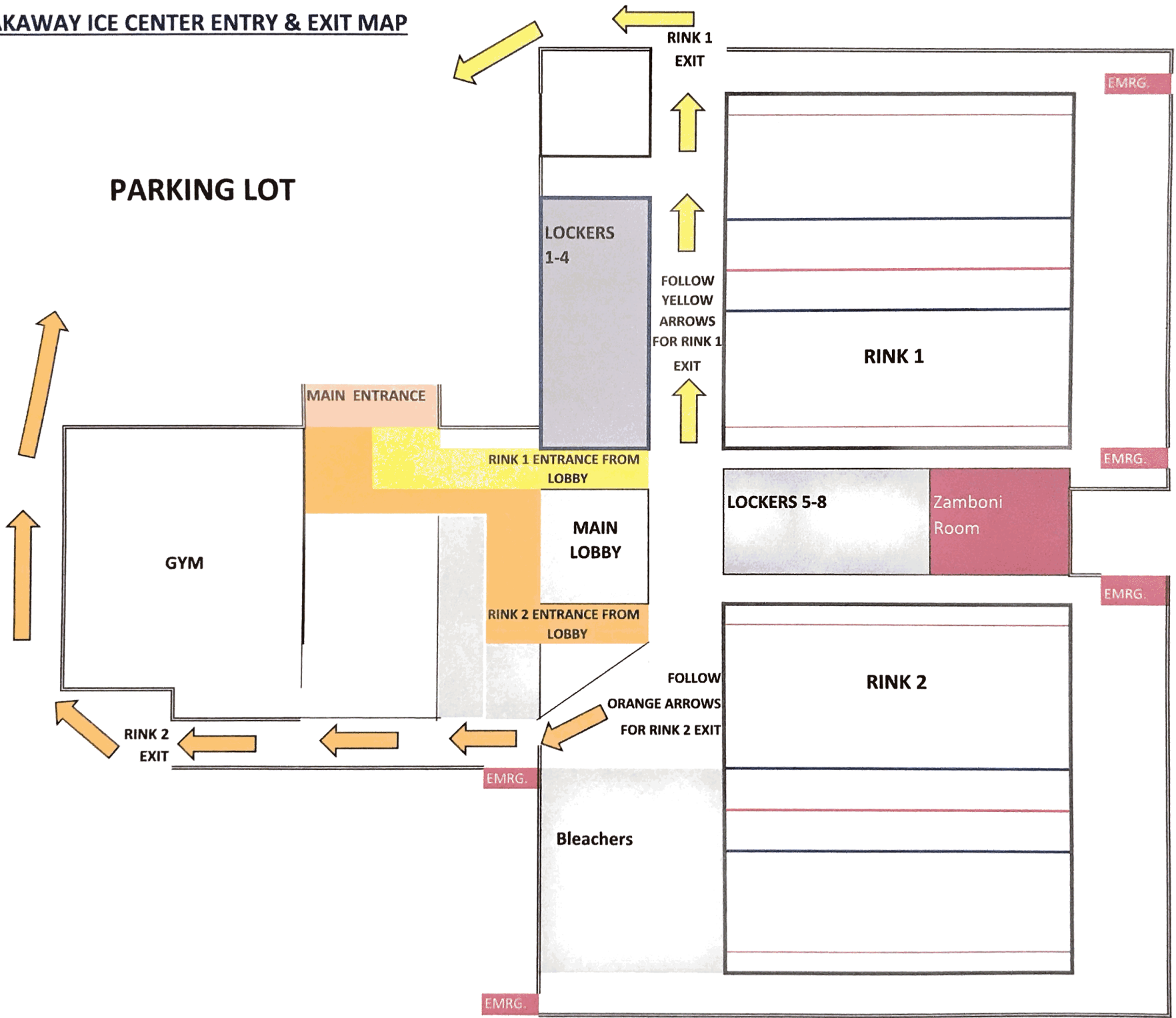
(Breakaway Ice Center)



### **RETURN TO PLAY MANDATORY POLICIES- Breakaway Ice Center**

- I. **Facemasks must be on and covering your nose and mouth to enter the facility. They must always remain on inside the building, no exceptions!** This includes players and coaches on the ice. Players may lower their masks unless they are a Center taking a face-off. Facemasks are to be worn by everyone on the benches at all times and only lowered prior to going onto the ice for a shift.
- II. Only 1 spectator per player inside the facility.
- III. At Breakaway Ice Center, each team will be assigned two locker rooms for players to get dressed. When they are dressed, they must pack their clothes, personal items, etc. into their hockey bag and bring their bags to the bench. Players will get undressed in designated areas at the conclusion of games and practices. This will allow BIC staff to sanitize the locker rooms between each usage.
  - When attending rinks other than BIC, our teams will have to adhere to the rink's individual policies. This may mean having staggered times for players on a team to get dressed, players getting dressed before entering the rink, etc.
- IV. You must exit the facility through the designated exit for each rink (follow maps and arrows). BIC has implemented a strict enter only policy through the main lobby doors and access to the parking lot will **NOT** be permitted through this entrance.
- V. If you are sick, stay home (parents included). We ask families to check their skater's temperature before coming to a team event. If they have a temperature, they should not come to the rink.
- VI. As mandated by Massachusetts Hockey, team benches will need to utilize "extended benches" to provide proper social distancing between players and coaches. We have marked off proper spacing on the player benches and will be utilizing the area to the side of each bench as extended space. Each extended bench area has been equipped with rubber matting and seating for players utilizing this space.
- VII. Players must bring their own water bottles. Coaches are not allowed to provide bottles for general team use at this time. Use of the water fountain, filling station and vending machines are permitted.

**BREAKAWAY ICE CENTER ENTRY & EXIT MAP**



# Walpole

(Rodman Arena)

# Rodman Arena

## CORONA-VIRUS (COVID-19) SAFETY GUIDELINES

The health and safety of our players and coaches is of utmost importance, and we will be adhering to the guidelines set forth by the Commonwealth of Massachusetts, as well as MassHockey. These include:

### **FACILITY**

- Masks to be worn at all times by staff and patron
- Social distance markings throughout arena
- Arena marked off with one-way traffic signs and designated entrance and exit ways
- Waiver and health attestation required for all participants and spectators
- Fourteen-day quarantine or negative Covid test result within 72 hours for any person entering building travelling from high-risk states
- Facility to maintain name and phone number/email in building for tracing purposes
- Entrance for players allowed 20 minutes prior to start of game – players encouraged to arrive dressed
- Entrance for spectators allowed 5 minutes prior to start of game
- **One spectator allowed per player** - no exceptions, this includes siblings
- **Spectators MUST have their own waiver and sign in upon arrival**
- No spectators allowed for games played by individuals 21 or over
- Building not to exceed 40% capacity to include staff, players, coaches, officials and spectators
- Spectators to leave building immediately at the end of the game - no loitering in stands or lobby
- No loitering or gatherings in parking lot
- Entrance and exit ways along with one-way signage must be adhered to at all times
- Locker rooms are at 50% capacity and marked with social distancing. Players must adhere to assigned locker room or benches outside of locker rooms using social distancing markings
- No loitering in locker rooms – signage posted on time limit
- Showers are not allowed, bathrooms inside locker rooms are not to be used and are currently locked
- Facility bathrooms are limited to two people at a time -signage posted
- No more than 25 players to a surface
- Water fountains used as refill stations only
- Game benches marked with six feet social distancing; additional seating marked with six-feet social distancing extended on the sides of game benches

### **PLAYERS/COACHES**

- Encourage players not feeling well to stay home and seek proper treatment
- Player's arriving to game with symptoms of Covid are instructed to return home
- Regular health checks for players throughout season
- **Masks to be worn by players and coaches at all times while on the bench** and throughout facility

- **6 ft distance between players on the bench** - please use additional seating outside of your bench and have your shift changes prepared
- Limit the amount of coaches on the bench
- No checking style game play, include no scrum play in front of goalie or along boards
- **Centers required to wear masks for face-offs**; if able to may be removed once game in play
- Face shields are not considered an alternative to face masks at this time
- **Only one player allowed in the penalty box at a time**, if a team has a second penalty player is to take it on the bench
- **No sharing of water bottles**; each player should have their own – fountains used as refill stations only
- No sharing of equipment
- No handshake, fist pumps, elbow pumps or any sportsmanship display at the end of the game
- At the end of the game players should be undressed and out of the building within 15 minutes
- Notify facility if any player or spectator that attended the facility tests positive with Covid while maintaining discretion

**PLEASE CLICK ON THE LINK BELOW FOR FACILITY WAIVER FORM:**

<https://www.rodmanarena.com/covid>



# **Waltham**

(Veterans Memorial Skating Rink)

# Waltham Rink

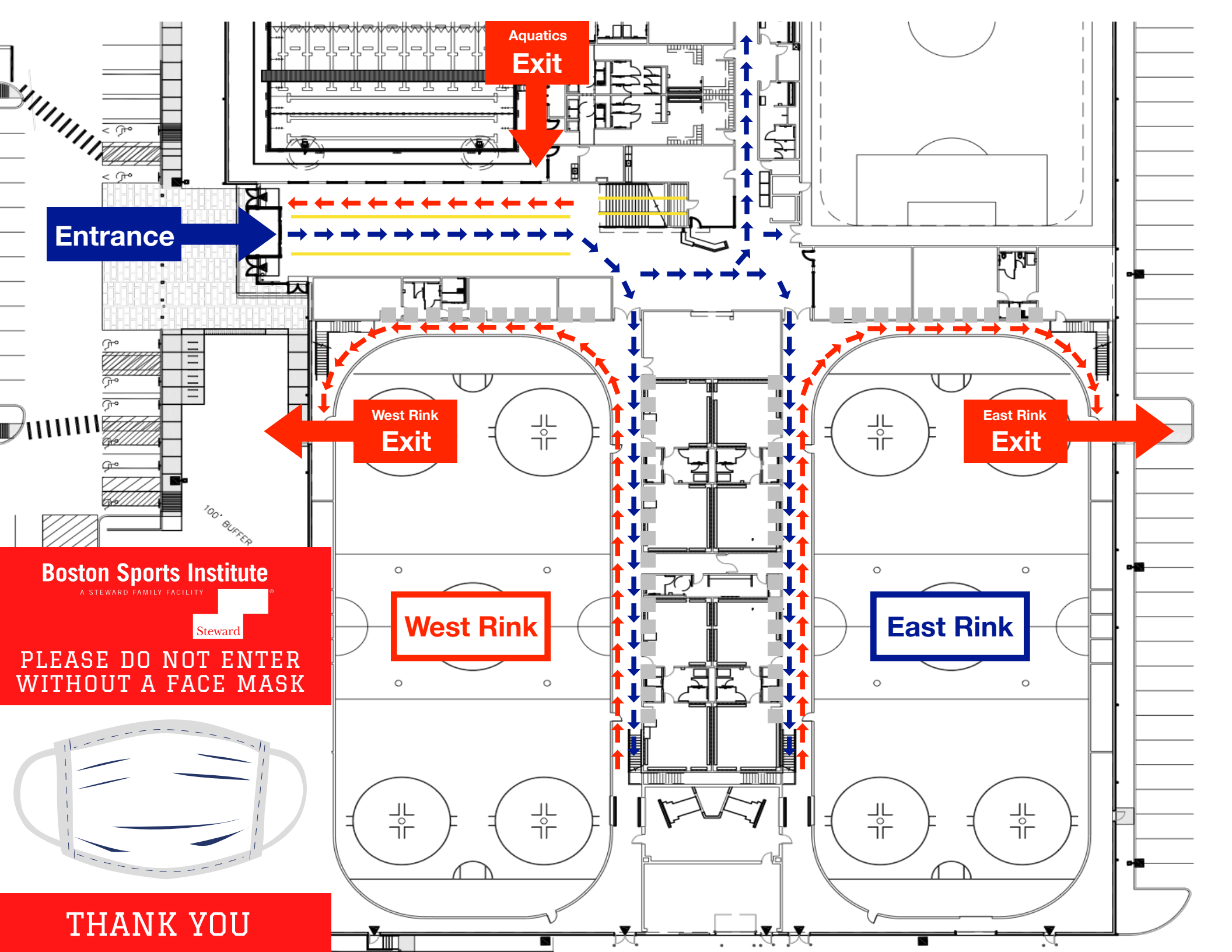
## Facility Protocols

- Players must arrive at the rink dressed.
  - Earliest time to arrive is 15 min prior to start time
  - One parent / guardian per child is will be allowed attend
  - No siblings allowed in the building.
  - **Contact tracing is required for all entering the rink. A list must be created with player names, their chaperone's name and a contact phone number. List will be collected by a rink representative before team enters building.**
  - At five minutes prior to start door will be opened. Once list is given to rink representative the team will be allowed to enter the rink. They will be escorted to either a locker room or seats in the rink.
  - Note—Team enters as a group.
  - Once team comes in, door will be locked with no further admittance.
  - Please note Goalies and their chaperones will be let in 10 minutes before their start time.
  - Once in the rink you cannot leave and return.
  - Face coverings for everyone within the building, except for participants on the ice who are not taking a faceoff.
  - No gathering inside or outside of rink and keep social distance (6 feet) while in rink or on property.
- 
- If you are in a high-risk category stay home.
  - Front door of the rink will be the only rink entrance.
  - Doors in hallway of locker rooms will be the only exits.
  - Once game ends, there will be no team handshake.

- Once teams leave ice, they will have 5 min to get stuff off and exit.

# Westborough

(Northstar Ice Sports)



**Entrance**

**Aquatics  
Exit**

**West Rink  
Exit**

**East Rink  
Exit**

**West Rink**

**East Rink**

100' BUFFER

**Boston Sports Institute**

A STEWARD FAMILY FACILITY

Steward

**PLEASE DO NOT ENTER  
WITHOUT A FACE MASK**



**THANK YOU**



EDGE SPORTS GROUP

**Phase III Protocol for all our customers, user groups and partners  
Full CDC, Massachusetts, and Facility documents available upon request for  
Organizers and Operators**

**Protocol for Organizers**

- Supervised group size is limited to the total number of participants allowed by the commonwealth of Massachusetts at the time of the event.
- To accommodate our capacity limitations, everyone will be required to check-in at the information desk or digitally through ESG’s digital contact tracing link provided to the program.
- We “Highly” encourage no spectators, however if required, one spectator (parent or guardian) will be allowed per under 18 skater. NO SPECTATORS FOR PARTICIPANTS 21 OR OLDER - Bleachers will be closed to all. (no exceptions)
- Utilize dedicated Entry and Exit lanes – please follow all signs.
- Registration and payments will be online only.
- All hockey players and skaters must come to the rink fully dressed in appropriate skating attire.
- All hockey players and skaters show up to the rink no more than 20 minutes prior to their ice time.
- All hockey players and skaters must leave the facility no later than 20 minutes after their ice time.
- Arrival times will be staggered.
- All showers are closed.
- Water fountains are closed.
- Please respect and practice social distancing. This will be required both on and off the ice.
- Hand Sanitizer stations are available.
- Protective masks will be required by all coaches, spectators and players (when not participating in drills).
- No handshaking, hugs or high fives.
- All coaches are responsible to check on the health of their players and to enforce social distancing.
- If any player, coach or family member show any signs of illness, they will be required to leave the facility immediately.
- All skaters will be required to use their own water bottle – no sharing. (fill them up at home)
- All user groups must pre submit names and contact info of users for contact tracing
- All skaters will receive ESG’s digital contact tracing waiver from program director
- All skaters are required to fill out ESG’s digital contact tracing waiver

**Protocol for all our employees:**

- The facility will be cleaned and disinfected in accordance with the CDC guidelines. -All high touch areas, bathrooms will be disinfected on a regular basis.
- All common areas in the rinks/turf will be disinfected after each use.
- We will continuously fill hand sanitizing stations and hand soap.
- All our employees will be required to wear masks and gloves.
- We will respect and practice social distancing.

**\*All subject to change**

I acknowledge the Phase III Protocols above and I agree that members of \_\_\_\_\_ program practice these protocols, safe social distancing, and clean hygiene during our participation at an ESG managed facility.

X \_\_\_\_\_ Date Signed: \_\_\_\_\_  
DIRECTOR/COACHES SIGNATURE

Email: \_\_\_\_\_



ESG Associates Inc ... a leader in private recreational design, development & operations.  
Contact [info@EdgeSportsGroup.com](mailto:info@EdgeSportsGroup.com) for more info!



# Woburn

(O'Brien Rink)



# O'Brien Rink COVID-19 Protocols

## PLAYERS/COACHES

- **Masks to be worn at all times while on the bench**
- **Centers/anyone taking face-offs are required to wear masks** during face-offs; if able, may remove during play
- Face shields are not considered an alternative to face masks at this time
- **6 ft distance between players on the bench** - please use additional seating next to your bench and have your shift changes prepared
- Limit the amount of coaches on the bench
- Only one player allowed in the penalty box at a time, if a team has a 2nd penalty player is to serve it on the bench
- **No sharing of water bottles;** each player should have their own
- No sharing of equipment
- No handshake at the end of the game
- At the end of the game players should remove their skates and undress at their cars or at home
- **One** spectator per player allowed in the rink

## FACILITY

- Sanitizing stations are placed throughout the facility
- Facility cleaned frequently throughout the day
- Entrance for players allowed 20 minutes prior to start of game
- Entrance for spectators allowed 5 minutes prior to start of game
- **Only one spectator per player** - no exceptions, this includes siblings.
- Sitting in the areas marked with yellow is prohibited
- Spectators to leave building immediately at the end of the game - no loitering in stands or lobby
- No loitering or gatherings in parking lot
- Entrance and Exit ways along with one-way signage must be adhered to at all times
- **Masks required for all spectators and social distancing required** - please do not sit in groups
- Masks required for all players and coaches while in the locker rooms
- No food in locker rooms
- Locker rooms are at 50% capacity and must adhere to assigned locker room or benches outside of locker rooms using social distancing markings
- Showers are not allowed, bathrooms inside locker rooms are not to be used and are currently locked
- Facility bathrooms are limited to two people at a time
- **Waiver is required for all participants and spectators (must be completed)**
- **Contact tracing is required for all entering the rink.** Signs with QR code are placed throughout the rink and will take to people to a page to complete contact information.

## RINK ENTERING/EXITING FLOW

