

## **West Deptford Street Hockey League**

### **Return to Play Guidelines Effective June 22, 2020**

Dates:      June 22, 2020      Organized, non-contact training  
               July 6, 2020         Competition

In order to allow all players to return to practice and eventually, to competition, we have implemented the following guidelines consistent with the CDC Guidelines, New Jersey Department of Health Guidelines, and USA Hockey Guidelines. However, it is important to note that these Guidelines are not to be construed as any type of medical advice, diagnosis, treatment, or recommendations. Any questions or concerns related to a diagnosis of Covid-19 or treatment of same should be addressed to an individual's medical professional. Please note these guidelines are subject to change as new information is released by governing agencies.

It is also important to note that return to play at this time, or at any time, is completely voluntary. If a parent is not comfortable with their child returning to play at this time, there will be no penalty for any missed practice or games. Such decisions are to be communicated privately to the coach of the team and the coach is to keep the information noted and confidential.

In order to allow small group training sessions to begin, all parties must follow their responsibilities as outlined below. This will allow for successful return to play with the safety of all players being at the forefront.

While we realize this is new to all of us, we must impress upon our players the importance of following these guidelines each time they come to the rinks. We are hopeful and optimistic that in the weeks and months to come these guidelines may lessen and we can resume a more familiar routine on the rinks.

As always, if anyone has any questions please reach out to us!

## **GENERAL GUIDELINES FOR RETURNING TO PLAY:**

Prior to returning to play, all players and parents will be required to sign a waiver acknowledging they have read the guidelines, the responsibilities, are aware of the risks associated with return to play.

In accordance with the current CDC guidelines, please do not come to the rinks if you, or a member of your immediate household, has had any signs or symptoms of Covid-19 or exposure to someone who has had Covid-19 in the past 14 days.

## **PLAYER GUIDELINES:**

You cannot come to the rinks or participate in any team activity if you have a temperature above 100.3 degrees Fahrenheit. As part of our return to play protocol, all players must have their temperature taken prior to coming to the rinks. This will be an ongoing requirement and will not be something that any coaching staff member or other parent/guardian can do. Coaches may ask a player's temperature upon arrival so we ask that you please note it on a piece of paper to bring with you. If a child has a temperature of 100.4 or higher, please do not bring that player to the facility.

If, upon reaching the rinks, or at any time during practice, a player feels ill, they are to advise the coach immediately. The player will be sent to their parent if they are at the facility still or will be sent to a separate location to await their parent's arrival to take them home.

Each player must bring their own equipment, their own water with a sufficient amount of water for the event, their own hand sanitizer, and their own bag for their belongings. There will be no extra equipment provided by coaches and players cannot share equipment with other players.

Upon arriving at the designated facility, players should get fully dressed in equipment at their vehicle and then walk to their designated rink. Do not bring any extra equipment onto the rinks,

including hockey bags. If arriving at the same time as other players, please maintain a physical distance of six feet from each other. Do not congregate in the parking lot nor at the entrance to the rinks.

Upon entering the rink, players will walk to their respective bench and set down their water, then wait on the rink for coach's instruction. Players are not to start warmups until a coach has instructed them to do so. Players are expected to continue to maintain physical distance while on the rink.

At no time can any players share water, equipment, or other items. Players cannot shake hands, slap hands, fist bump, elbow bump, or contact each other in any manner. We realize this is difficult but must maintain physical distance at this time.

### **PARENT GUIDELINES:**

Prior to the start of any return to play, please make sure your child's coach has your up-to-date contact information in the event an emergency arises. If you will not be available while your child is at practice, please provide the appropriate contact information to the coach prior to arriving at practice via email, text, or the coach's preferred method of communication. Please do not walk up to the coach at practice to provide this information. Physical distance must be maintained at all times.

Please take your child's temperature before leaving your home. If your child's temperature is above 100.3, they cannot participate and should remain home. Please contact the coach to advise of same. We recommend you seek medical advice as to how to proceed regarding the temperature.

Upon arrival to the rinks, please assist your child to get prepared/dressed. Please ensure they follow these guidelines, including wearing their helmet at all times and leaving all extra gear in your vehicle. We ask that the players walk to their rinks on their own.

Please do not approach coaches for any questions or concerns. All communication at this time must be by telephone or email.

If you are going to remain at the rinks for the duration of the event, please either stay in your car or maintain physical distance in the parking lot. Please do not come onto the rinks. Please do not congregate with other parents in the parking lot or near the rinks.

We recommend your child wear a face covering from arrival until they put on their helmet. Please make sure your child has their own water, own hand sanitizer and all necessary equipment. Any player who arrives at rink without these will be returned to their car. Coaches will not have any extra equipment or water.

Please do not assist coaches with set up or clean up of equipment. While we certainly appreciate those parents who are always willing to help, during this time we cannot allow additional people to come in contact with the players or equipment.

Please sanitize your child's equipment after each use and wash all clothing that was worn. We suggest having some type of Lysol spray, Lysol wipes, Clorox wipes, or alcohol-based cleaner (at least 60% isopropyl alcohol) in your car to spray or wipe down equipment before placing it back into your car. If your child utilizes a mouth guard, please make sure the protective case is with the child at all times so they can safely remove it from their mouth after use.

### **COACH GUIDELINES:**

Because of the inability to physically distance while on the bench, coaches will be required to wear face coverings for the duration of practices & games. Only coaches are permitted to set out and move any training equipment. If possible, please set up the rink prior to the start of practice.

Players are instructed to get fully dressed at the car and expected to wear their helmet the entire time they are on the rinks. Players are

expected to leave any extra gear in their vehicles. Players are expected to have their own equipment, water, and sanitizer and sharing of these items is not permitted. As their coach, we expect you to enforce these rules and monitor all players to ensure compliance.

Please remind players to maintain a physical distance whenever possible and to not have physical contact through handshakes, high fives, fist bumps, elbow bumps, or other contact. Please remind players to use hand sanitizer whenever remove their hockey gloves, prior to drinking water during a break, and at the end of practice prior to collecting their belongings to walk to the cars. Please dismiss players at an appropriate pace to allow physical distance so that they do not congregate while walking to their cars.

If a player advises during practice they are not feeling well, please have them remove their personal belongings and return to their vehicle immediately. If their parent is not at the rink, please have the player remove him or herself to a separate area from both the training rinks and the area for belongings. Please contact their parent or emergency contact and have them come to the rink immediately to take their child home.

Please be mindful that these guidelines are new for everyone. We recognize the players may forget at times but we must attempt to keep the players aware of their physical distance and hand sanitizing often in order to keep everyone on the rinks.

Together we will return to play safely!

If you have any questions, please reach out to Scott Bratton, President WDSHL at 609-617-1447.