

Cabin John Ice Rink



Return To Play

Modified Ice Hockey Plan

Established October 14, 2020

Revised November 17, 2020

Cabin John Ice Rink Return to Play Modified Hockey

Waiver Requirements:

For each organization/team, every player, coach, team, or staff that enters into the facility will need to fill out a waiver. (See below for waiver or visit our website www.CabinJohnIce.org). Waivers can be submitted via email to CJIcewaivers@montgomeryparks.org (preferred) or in person. Once submitted, waivers will be valid through December 31, 2020.

In addition, a roster must be submitted for each team. The roster should include the names of any skaters, coaches and/or team managers. Waivers and a roster must be submitted at least 1 hour prior to your ice time by emailing them to CJIcewaivers@montgomeryparks.org. This will be the only way that we can effectively and efficiently check-in skaters each time they enter the facility.

Ice Hockey Play Modifications:

- Full body-checking will not be allowed, by rule.
- All non-player participants (coaches, clock operators/scorers, and referees) are required to wear facemasks at all times while in the facility, including while on the bench and in the scorekeepers' box.
- Effective Friday, November 20, 2020 at 5:00pm any person that enters into the Cabin John Ice Rink will be required to wear a face covering at all times. Face coverings must remain in place, including while on the ice, and cover both the nose and mouth to be considered effective.
- Only one player will be permitted in the penalty box at a time. Where there are multiple players on one team concurrently penalized, one player may be in the penalty box, but any subsequent player must be sent to another area in the arena to serve the penalty on a socially distanced basis. Please see the diagram below.
- No whistles will be blown, by any referee or coach. Electronic whistles will be used instead.
- No "chalk talks" or other team discussions that compromise social distancing will be allowed.
- No post-goal hugs or other celebratory physical contact will be allowed.
- The customary post-game handshake (where the players say "good game" to each other in the spirit of sportsmanship) will be replaced by lining up on the blue lines, in a socially- distanced fashion, and tapping sticks to each other.
- No player water bottles will be shared. Water bottles must be clearly marked with the skater's name.

Pre/Post-Game Modifications:

- Pre-game health screening is conducted, as per CDC guidelines. Individual organizations will be responsible for ensuring that a health screening is done before gameplay. Team Manager must complete a Cabin John Ice Rink Pre Game Check Form and submit the completed form to the front office upon prior to your team entering the facility. The Pre Game Check forms are available on our website at www.cabinjohnice.org. Pre Game Check Forms must be submitted at least 1 hour prior to your ice time by emailing them to CJIcewaivers@montgomeryparks.org

- Locker rooms/Referee rooms will not be open.
- Skaters/Referees must enter the facility fully dressed. After checking in at the front office, skaters must report directly to their assigned rink. We highly encourage skaters to put their skates on in the parking lot. If this is not possible, we do have limited seating inside the facility for skaters to put on their skates. Please ask the front office to direct you to your designated area.
- No hockey bags are permitted inside the facility.
- Congregating in the lobby or any other common area of the facility is strictly prohibited.
- Goalies will be permitted to dress in a designated area inside of the facility.
- Skaters/coaches/referees may enter the facility no more than 10 minutes prior to their ice time.
- No more than 5 players and 2 coaches are permitted on the team bench at any given time. Players that are on the bench must remain socially distanced.
- Overflow of players will wait behind the team benches for their next shift in a socially distanced fashion. (See diagram for overflow).
- Effective Friday, November 20, 2020 at 5:00pm a zero-spectator limit on all sporting events and sessions (hockey, figure skating, synchronized skating, speed skating) will be enforced in an effort to keep our patrons and staff safe.
- Equipment will not be shared and should be cleaned after every practice and game (stick specifically).
- Once players have completed their games, they will exit the ice in a manner that reduces the chances that they will need to pass any other players who are not members of their immediate teams. (See diagram for Home/Away team exit/entrances.).
- Once the players and coaches have exited the ice surface, all skaters, coaches, managers or anyone that is with your team/organization will need to exit the facility as soon as possible (within 5 minutes of your game ending).

H = Home Team
On Ice Players

A = Away Team
On Ice Players

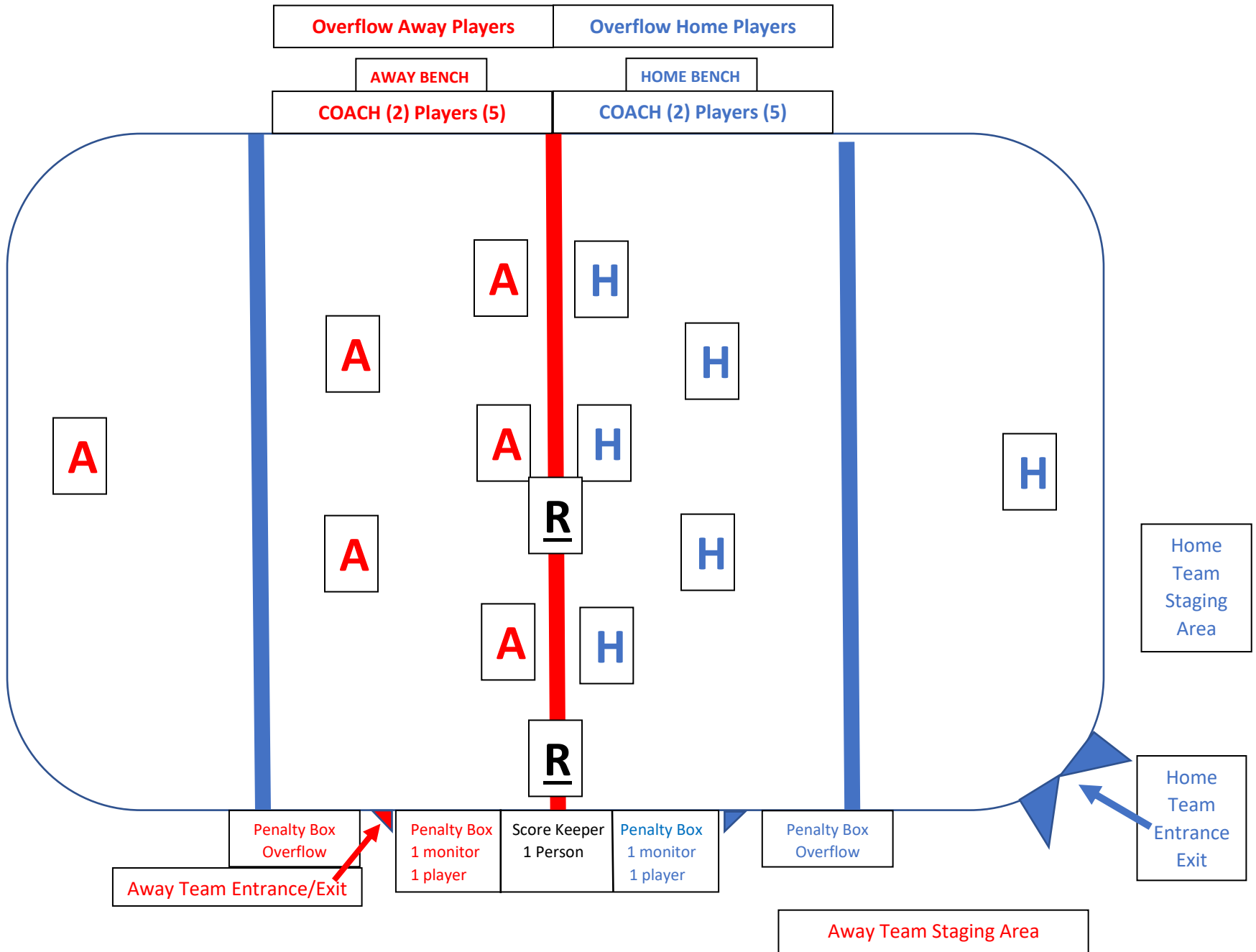
R = Referee

Home Team
Staging Area

This area is
designated for
the home team
skaters to put
on/take off
skates and wait
for the game to
start.

Away Team
Staging Area

This area is
designated for
the away team
skaters to put on
/take off skates
and wait for the
game to start.





CABIN JOHN ICE RINK

PRE – GAME HEALTH SCREENING CONFIRMATION

Team Name: _____

Team Manager/Representative: _____

Date of Game: _____

Time of Game: _____

Per Addendum A (Modified Ice Hockey) to the Maryland Return to Play guidelines, I _____
Team Manager/Representative

do hereby confirm that all players, coaches, managers and volunteers associated with my organization

received a pre-game health screening prior to entering the Cabin John Ice Rink on _____

Date

in accordance with CDC guidelines

Signature

Date

Maryland-National Capital Park and Planning Commission Montgomery
County Department of Parks
Waiver & Consent Form for Cabin John and/or Wheaton Ice Arena

Participant/Visitor _____ Organization/Team Name (if applicable) _____

Session Type _____

Date of Practice/Session _____ Time of Practice/Session _____

I, _____, understand that the novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization (WHO) and the Centers for Disease Control and Prevention (CDC). COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, the Maryland-National Capital Park and Planning Commission's ("Commission") Montgomery County Department of Parks, has put in place preventative measures, including physical distancing where possible, to reduce the spread of COVID-19; however, the Commission cannot guarantee you, your family, or other participants will not become infected with COVID-19 while visiting its facilities or participation in its programs.

While the Commission strives to achieve the CDC's guidance on keeping a 6-foot physical distancing and follows State and local protocols in both the wearing of face masks and adherence to overall maximum numbers, participation in private leased ice, activities and/or programs at Commission facilities including, on-ice training, drills, and skills-building may not always allow for proper physical distancing measures and practices at all moments or times. I acknowledge that participation in any activities offered in a Commission facility or by the Commission is purely voluntary, and neither I, nor my child, should participate in any activity or program beyond my, or their, physical or medical condition which makes them uncomfortable or which I, or they, consider unsafe.

I hereby represent that:

- (1) If the participant is a minor, I am his/her parent/legal guardian and am legally authorized to provide the releases, authorizations, and permissions stated herein and all the information provided is accurate and complete.
- (2) Neither I, nor my child have exhibited any of the symptoms of COVID-19 within the last 14 days which include, but not be limited to: fever, chills, muscle aches, cough, fatigue, sore throat, difficulty breathing, a loss of taste or smell, or any other flu-like symptoms.
- (3) Neither I nor my child have not been in close, prolonged contact with anyone who has exhibited these symptoms within the last 14 days.
- (4) Neither I, my child nor anyone else in our household has tested positive for the coronavirus.

I further understand that should I, my child, or anyone else in our household develop any of the above symptoms during the course of the season and/or program, or learn of our exposure to someone else with these symptoms, my and/or my child's participation at the facility will be terminated immediately and will remain terminated for at least 14 days.

By my signature below, I understand and agree that my and/or my child's participation in any Commission program and visit to its facilities carries inherent risks including the risk of serious injury or death. I acknowledge that any activity involving, but not limited to, water, height, motion, and rotation in a unique environment may be extremely hazardous.

I, individually, and on behalf of my child and any and all heirs and personal representatives, do hereby release and forever discharge, indemnify, defend, and hold harmless the Maryland-National Capital Park and Planning Commission, its Montgomery County Department of Parks, servants, agents, commissioners, directors, officers, principals, attorneys, and successors from and against any and all costs, losses, expenses, damages, claims, lawsuits, judgments, and liabilities, including attorneys' fees, incurred or arising from, either directly or indirectly, all claims for bodily/personal injury, death, loss of use, monetary loss, or any other injury from or related to the use of Commission facilities, whether caused by the negligence of any of the individuals or entities above. I acknowledge and understand that this release is expressly intended to apply to all claims, obligations, debts, demands, actions, causes of action, suits, accounts, covenants, contracts, agreements, and damages whatsoever of every name and nature, both in law and equity, which I now have or in the future may have relating to, occurring during, or arising out of, any injury or illness sustained by me or my child as a result of my and/or his/her use of Commission facilities or participation in the program stated above.

Media Waiver: I grant the Commission and its agents and assign the right to photograph myself/my child and use the photo and/or digital reproduction of him/her or other reproductions of his/her likeness for publication purposes, without compensation, whether in print or digital format, or publishing via the internet.

THIS RELEASE OF LIABILITY CONTAINS A RELEASE OF KNOWN AND UNKNOWN CLAIMS BY YOU AND YOUR CHILD. THIS WAIVER AND CONSENT FORM COVERS THE DATES OF SEASONAL CONTRACT PLAY THROUGH DECEMBER 31, 2020, PROGRAMS AND LEASES. BY SIGNING BELOW, YOU ACKNOWLEDGE THAT YOU HAVE READ AND UNDERSTOOD THIS RELEASE OF LIABILITY, AND KNOWINGLY AND VOLUNTARILY SIGN BELOW.

Printed Name of Participant/Visitor _____

Signature of Participant/Visitor or Parent/Guardian (if Participant is under 18) _____

Date _____