

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.