



## Capital Thunder Hockey: COVID-19 Social Distance and Return to Hockey Plan

Due to the significant potential health risks of COVID-19 to players, spectators and rink staff, the Capital Thunder Board of Directors has developed this plan for returning to practices, and eventually to play. The rules outlined have been developed in conjunction with Skatetown and are designed to work within their policies, however, they may not be exhaustive of the procedures and policies players and families should follow to maintain their own health and safety.

We are fortunate to have one of the finest facilities in all of California to call our "home rink". We are all part of the solution and it will take effort from every member of Capital Thunder to restore hockey to Sacramento.

### Before you come to the rink:

- 1) Check your temperature at home. **Stay home if you have an elevated temperature or are feeling ill with any symptoms of COVID-19.**
- 2) Wipe down your helmet, face mask, stick and skates with a disinfectant wipe to control potential spread of germs to the rink.
- 3) Wash your jersey, socks, shells, etc., after each practice or event. Only cleaned and sanitized gear should be brought to the rink.
- 4) Fill your CLEARLY MARKED water bottle at home. Water fountains will NOT be operational at the rink.

### At the rink:

- 1) Please practice social distancing throughout the entire facility. You will be asked to leave by staff if you are found to not be complying with social distancing guidelines. There are no refunds if you fail to comply with these guidelines.
- 2) No hockey bags are allowed in the building.
- 3) Please arrive no more than 15 minutes prior to your practice / training time.
- 4) Players, you must be fully dressed in your hockey gear to enter the rink facility. You may dress in your car or in the parking lot. No locker rooms will be open, and you will not be able to dress in the rink.
- 5) Players and coaches can wear shoes into the rink and put on skates inside the building, however, they will need to place their shoes in a locker while they are on the ice. Players and coaches may also wear skate guards on their skates while outside as an alternative to using lockers.
- 6) Clear acrylic face masks are preferred, but are not required.
- 7) Parents may watch practices/events in the stands, keeping social distancing at 6' or more. There is a limit of 100 people total in each building (rink 1 and lobby, rink 2). Spectators may be limited due to this. Please be understanding with the rink and with coaches or Capital Thunder staff that may be assigned to monitor and ensure compliance.
- 8) Soft masks are preferred but not required while in the building.
- 9) Please leave within 15 minutes of the end of your practice / training, in order to allow the next group of skaters and personnel to utilize the facility in the safest manner possible.
- 10) Wash your hands prior to leaving, and please use hand sanitizer located throughout the facility whenever you feel necessary.



### On the ice:

- 1) A maximum of 20 players (skaters and goalies) and 2 coaches are allowed on the ice.
- 2) The bench areas have been marked for social distancing and include chairs to the side if needed to maintain spacing.
- 3) Maintain at least one (1) "stick length" from players and coaches while on the ice. Dasher boards have been marked to give you example distances while in line waiting on drills, etc.
- 4) No body contact is allowed. There are no exceptions during this COVID-19 time.
- 5) Poke checking is allowed and encouraged in drills.
- 6) Each player should have their own CLEARLY MARKED water bottle that they filled at home. Do not share water bottles at any time.
- 7) Do not spit or blow your nose on the ice or in the bench areas. There are paper towel dispensers that have been installed on each bench for your use. This will be strictly enforced due to the highly contagious nature of these actions.
- 8) Coaches should perform instruction from a stick length distance and use USA Hockey's guidelines for modeling drills and techniques. No physical contact should occur between coaches and players, including during instruction.
- 9) Drills will be designed to develop player's speed, edgework, passing, shooting, and movement with and without the puck. All drills will occur with proper social distancing and with COVID-19 in mind at all times.
- 10) Players and coaches will utilize available trash cans and sanitizing equipment on the benches in order to leave the facility as clean, or cleaner, than when they arrived.

Once additional guidelines comes out from USA Hockey, the California Amateur Hockey Association (CAHA) or other governing bodies we will develop further "game day" plans.