



General AKSSC COVID policies (specific to O'Malley Sports Center ST practices)

- AKSSC programs are subject to any updated policies of the facility.
- All skaters and coaches on ice are required to wear a mask or appropriate face covering (no vented masks) at ALL TIMES on the ice.
- Dressing rooms will only be used for participants in limited circumstances (injury, equipment repair, washrooms)
- All participants are encouraged to dress completely except for skates/helmets/gloves prior to coming to the rink.
- Normal access on and off ice will be via player boxes. Skaters can put on skates on bleachers at the West end of the ice rink.
- On ice, participants will maintain recommended social distancing during rest periods, and all waterbottles will be along the boards in the downstream corner of the rink.
- Warmup is encouraged, but participants must wear a mask and respect social distancing while using the track above the rinks. If the track is closed, warmup is to be done outdoors. Participants can also warm up at home, prior to coming to the rink (recommended 20 minutes of warmup time at home, immediately prior to travel to rink.)
- All persons helping put pads on the ice are required to wear masks, and ice grippers on shoes are encouraged.
- Spectators are discouraged – Parents of AKSSC skaters may remain at the rink, but are required to wear masks.
- All participants must fill out an O'Malley Sports Center Covid-19 reporting form PRIOR to going on ice for the first time.
- Any athlete, coach or volunteer who is experiencing Covid – 19 symptoms will not be permitted to enter the facility.
- Following practice, participants will be expected to remove skates, etc. in the players boxes or west bleachers before exiting the facility. Masks must be worn while doing so!

These policies are subject to change based on increased information from the scientific community, and guidance from governmental agencies, insurers, and National Governing Bodies.