

INLINE MORRISTOWN'S "RETURN TO PLAY" PHASE III GUIDELINES



- Participants and employees should stay at home if they are feeling sick or experiencing COVID-19 symptoms (see below for details)
- We will clean and disinfect heavily trafficked areas inside the facility each morning using CDC approved cleaning supplies.
- Masks are REQUIRED except when on the rink or bench during your session.
- Each participant will have their temperature checked when arriving for EVERY session. Participants with a temperature in excess of 100.4 F will not be permitted to enter.
- No sharing of equipment, water bottles, towels.
- Have sanitizing options available, including, but not limited to hand sanitizer and disinfectant wipes.
- To lessen the exposure to others, arrive as dressed and ready to train as possible. Try to limit what you bring with you to the essential equipment. Place all equipment/personal items back in your bag during sessions.
- Cover your mouth and nose with elbow or tissue when coughing or sneezing.
- Maintain 6 feet distance between persons when possible.
- During the Phase III of reopening we are limiting the number of people inside the building to a maximum of 75 for all sessions.
- We have staggered start times to limit contact between groups as much as possible and created a separate entrance and exit for all participants in all events to prevent bottleneaking. All participants may arrive no earlier than 15 minutes before their session and must exit the building within 15 minutes after their session and use the designated separate entrance & exit.
- Spitting ANYWHERE in the facility will be met with swift expulsion and a possible ban from future events. NO refunds will be given if you are expelled for spitting in the facility.
- ONE spectator per on-rink participant will be allowed in the facility during Phase III and they MUST wear a mask, stand in the designated areas, and maintain social distancing of 6ft at all times.

Below are the guidelines provided by the CDC

The following CDC recommendations should be followed by all participants:

- Stay at home if you are feeling sick or experiencing the following COVID-19 symptoms: People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:
 - Cough
 - Shortness of breath or difficulty breathing
 - Fever of 100.4 degrees F
 - Chills
 - Muscle pain
 - Sore throat
 - New loss of taste or smell
- *This list is not all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.*
- Clean and disinfect frequently touched surfaces and equipment (including pucks, mouthguards, sticks, water bottles, helmets, eyewear, pads, uniform).
 - No sharing of equipment, water bottles, towels.
 - Have sanitizing options available, including, but not limited to hand sanitizer and disinfectant wipes.
 - We recommend you arrive as dressed as possible and ready to train.
 - Minimize use of changing rooms, bathrooms, communal areas.
 - Eat off-site. Bring own water bottle.
 - Any tasks that can be done at home, should be done at home (recovery sessions, socializing before/after session).
 - Cover your mouth and nose with elbow or tissue when coughing or sneezing.
 - Wear your mask whenever you are not on the bench or rink during your session.