

Guidelines for Players and Coaches

1. Modified Game Rules:
 - a. No Body Checking allowed
 - b. Masks **MUST** be worn on the bench at ALL times and players need to remain six (6) feet apart on the bench.
 - c. Masks **MUST** be worn during ALL face-offs by Centers and Wingers.
 - d. Referees and Coaches **MUST** wear masks at ALL times.
2. Contact Tracing - ALL rental groups are required to provide an accurate roster with contact information of all participants. The Valley Hockey League will utilize our online rostering system to fulfill this requirement.
3. Players must walk into the facility dressed and show up to the rink no more than 15 minutes prior to their ice time. We will provide adequate space for skaters to put their skates on, but we recommend bringing walkable skates guards as well.
4. Players **MUST** leave within 15 minutes of the end of their ice time.
5. For the safety of all customers, participants and employees we strongly recommend drop-off only for skaters. If that is not an option, only one (1) spectator per skater is allowed inside the facility. Spectators will be required to wear a face mask and practice social distancing.
6. **Protective masks are required** at all times in the building.
7. Players will be required to use their own water bottles and fill them at home.
8. If a player or coach has any sort of illness, coughing, or sneezing please stay home.
9. No contact or battle drills are allowed.
10. Groups must be broken up into groups of 25 or less. Multiple groups are allowed on the ice. Ice can be split into different areas with groups of 25 if they are separated by 14 ft.
11. Coaches must be responsible for social distancing among players and coaching staff.
12. Must achieve proper hygiene at beginning and end of all activities thru handwashing and sanitizing.
13. Please make sure to cover your mouth and/or nose when sneezing or coughing.
14. **NO SPITTING** inside facility.
15. Valley Rinks will provide hand sanitizing stations throughout the facility.
16. Shower areas will be closed until further notice.