

— BACK TO THE ICE —

Centene Community Ice Center's Reopening Plan In Response to COVID-19



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The purpose of the "Back To The Ice" reopening plan is to educate our valued customers, user groups, tenants, and staff the plan to reopen the Centene Community Ice Center. We will be covering policies and procedures that follow the proposed phased recommendations of the "Resocialization of Youth Sports in the St. Louis Region," and the St. Louis County Public Health guidelines for youth and adult sports.

Coronavirus (COVID-19) has altered the way we go about our lives. Through research of many governmental, medical, national governing bodies, and facilities, including those, who reopened prior to the Centene Community Ice Center, we have gathered operating strategies that follow, CDC, local, state, and federal guidelines.

Our goal is to provide the trust and comfort to our patrons and staff that allows for a safe and healthy return to hockey and ice skating. Everyone, from the athlete, coach, referee, parents/guardians, spectators, and staff have been taken into consideration while developing this plan. Many of these policies and procedures are consistent with those recommended and or implemented in other states across the country with guidance by medical authorities, youth and adult sports associations, local/state government, and health departments, including St. Louis County.

The policies and procedures are intended for a phased and gradual return to full activity for the ice sports we love. This approach provides the opportunity for those involved to fully understand and follow our new health and safety requirements as we strive to return to full activity.

During these phases, we will continue to monitor and follow the recommendations and orders of the CDC, local, state, and federal government health officials. Adjustments to the policies and procedures and schedule **may** be altered at any time.

The timeline was adapted from the "Resocialization of Youth Sports in the St. Louis Region," and targets the following dates in their phased approach, but also informs us that these target dates may be amended at any time:

- Phase 1- June 15th- June 28th
- Phase 2- June 29th- July 12th
- Phase 3- July 13th- July 26th
- Phase 4- July 27th- August 9th

We look forward to seeing everyone back at the Centene Community Ice Center!

**PLEASE NOTE THAT THIS DOCUMENT WILL BE UPDATED AS
NEW INFORMATION/GUIDELINES ARE RELEASED!**

Published June 9th, 2020

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Section 1 – Patron Pre-Recognition/Self-Screening

- Section 1.1- Pre-Arrival

- We ask that anyone coming to the CCIC take reasonable precaution before arriving at the facility. This includes making the decision not to come to the facility if you have the following symptoms in the past 24 hours:
 - Fever (Greater than 100.4).
 - New or worsening cough.
 - Shortness of breath or trouble breathing.
 - Sore throat, different from seasonal allergies.
 - New loss of smell and/or taste.
 - Diarrhea or vomiting.
 - Close contact with someone who has been diagnosed with COVID-19 in the last 2 weeks.
- Any guests/participants with the following special considerations are recommended to seek a healthcare provider prior to participating/becoming a spectator:
 - Diabetes
 - Chronic Lung Disease including Asthma
 - Severe obesity (Body Mass Index > 40_
 - Heart Conditions
 - Immunocompromised (e.g. any transplant recipient, needing immunosuppressant medications (e.g. steroids, biologics, etc.), patients receiving chemotherapy, etc.)
 - Age Greater than 65 years
- All participants should wash/disinfect their equipment prior to each session.

Section 2- Entering the Centene Community Ice Center

- Section 2.1- Entrance

- The CCIC will have a designated entrance and entrance times into the facility.
 - The Assistant General Manager will communicate with club/user group prior to arrival.
- All clubs/user groups must provide a list of participants to the Assistant General Manager no less than 12 hours prior to the scheduled ice slot.
- We ask that all parents/guardians wait in the parking lot until a participant passes the screenings.
- All participants must arrive in full hockey equipment less skates, goalie pads, helmets, and gloves.
 - It is encouraged for participants to wear skate guards inside the facility.
*****PLEASE NOTE THAT THE RECOMMENDATION OF SKATE GUARDS IS TEMPORARY UNTIL FURTHER NOTICE*****
- All guests will go through a screening process that includes:
 - Thermal temperature checks.
 - Anyone with a temperature above 100.4 degrees will not be granted access inside the CCIC.

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- If parents/guardians are not present, a club/team official will be notified to accompany the child. The child will need to wear a mask/facial covering to the designated holding area (Barn locker room 4.A) until the child is picked up.
 - Health screening questions
 - Those listed above in 1.1. Pre-Arrival
 - Screening for user groups will begin 30 minutes prior to an ice session until 10 minutes prior to an ice session.
 - Participants will remain in the Hall of Honor until 10 minutes prior to the ice session and then allowed inside the rink following pre-determined groupings.
 - Coaches are responsible for ensuring groups are seated in proper areas.
 - If a guest fails the screening process and later tests positive for COVID-19:
 - The club/user group is responsible for informing the General Manager/Assistant General Manager if there was a positive COVID-19 case of a member/immediate family.
 - The facility shall notify the local public health authority upon the club/user groups update. The club/user group should create and provide a line list of all close contacts and their contact information to the health department. This will ensure timely and efficient contact tracing which is necessary to mitigate the spread of disease.
 - Any person who refuses the screening process will be denied access and will be reported to the club/user group.
 - **WE ASK THAT ALL GUESTS WEAR MASKS/FACE COVERINGS WHILE INSIDE THE FACILITY IN THE PUBLIC AREAS!**
- **Section 2.2– Participant/Spectators Entrance**
 - Participants will only be allowed to enter the facility during designated times.
 - Participants who are late to their ice session will not be allowed into the facility.
 - Participants will be allowed 1 adult (18+) guest, parent or guardian inside the facility.
 - Guests will need to arrive with the participant. Once they leave the facility, they will not be permitted back inside.
 - No siblings will be allowed inside the facility.
 - Guests of the participant will not be allowed inside the ice rink. Guests will only be allowed inside the Hall of Honor.
 - Guests must avoid congregating and socially distance while inside.

Section 3- Public Areas Inside the Centene Community Ice Center

- **Section 3.1- Traffic Flow**
 - Each club/user group will be provided with information on how to access each rink depending on what group they are assigned from their club/user group from the Assistant General Manager.
 - All participants/guests shall follow their designated path and remain in their designated locations during the ice sessions.

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- Doors will be propped open to avoid touch points.
 - Signage will direct the flow to these locations.
 - Guests are prohibited from crossing over to other locations while inside the facility.
- **Section 3.2- Public Areas**
- Social Distancing of 6' must be practiced while inside the facility.
 - Masks/Face Coverings are recommended while inside the facility.
 - Hand Sanitizer locations will be available throughout the facility.
 - Regular disinfecting of public areas will take place during operating hours.
 - Each rink will have a designated restroom location.
 - Avoid gatherings at all times.
 - Be mindful and considerate of all guests.
- **Section 3.3- Public Restrooms**
- Until further notice, the restrooms located inside the Hall of Honor are designated to participants and guests.
 - Restrooms have been adjusted to meet the recommendations.
 - Regular disinfecting of restrooms will take place during operating hours.
 - Each rink will have a designated restroom location.
- **Section 3.4- Parking lots**
- Please follow Social Distancing of 6' whenever possible.
 - Alcohol consumption and grilling is prohibited on the parking lots.



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Section 4- Guidelines for Ice Sessions

- Section 4.1- Pre-Communication

- Ice Requests may be made by using the following link:
<https://centenecommunityice.maxgalaxy.net/BrowseFacilities.aspx>
- All payments for ice must be made electronically.
- Clubs/User Groups must provide a list of participant names no less than 12 hours prior to the ice session.
 - These groups must be broken out into groups of no more than 10.
- Prior communication regarding ice time through Assistant General Manager.

- Section 4.2- Locker Rooms pre/post-session/Rink Access

- Until further notice, locker rooms and showers will remain locked and off limits.
- A designated location inside the scheduled rink will be provided with 10 seats for each group.
 - Participants will be allowed to leave their hockey bag in this location while on the ice.
- Access to the seated section will be available 10 minutes to an ice session.
- Coaches are responsible for ensuring groups are seated in their pre-determined group and avoiding cross-over
- Use of the area pre-session is allotted for 10 minutes.
- Use of the area post session is allotted for 10 minutes.
- Parent/guardian will be permitted to tie skates inside the rink and will need to vacate the rink when group takes the ice using the designated exit plan.
 - Coaches are responsible to ensure parents/guardians follow the guideline.
- Parent/guardian will be permitted to re-enter to assist removal of skates.
 - Parent/guardian will need to wait with participants group to vacate facility.

- Section 4.3- On-Ice Hockey Guidelines

- **ALL USER GROUPS MUST FOLLOW THE CURRENT ST. LOUIS COUNTY DEPARTMENT OF HEALTH GUIDELINES CORRESPONDING TO THEIR RESPECTIVE ADULT OR YOUTH SPORTS ACTIVITIES.**
- An adult (aged 18+) must be on the ice for all ice sessions.
- A designated entrance/exit location will be provided in prior communication.
 - A coach must be the 1st participant to enter inside the ice rink to monitor social distancing
- **Athletes do not need to wear masks/face coverings during play.**
 - USA Hockey has provided recommendations at
<https://www.usahockey.com/playersafety>
- Coaches, officials, referees, and umpires must wear face masks when possible.
 - It is recommended that coaches do not use blowing whistles.
 - Electronic Whistles are recommended.
- Coaches/Clubs/User groups are responsible for all ice equipment.

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- Equipment should be disinfected prior to arrival.
 - No facility equipment will be loaned.
 - No equipment should be shared unless disinfected by the coach prior to the next user.
 - Only coaches may move nets/barriers.
 - Ice Sessions must practice social distancing of 6'.
 - Physical contact is prohibited until further notice.
 - Team/group huddles are prohibited until further notice.
 - No sharing of water bottles!
 - Participants should have their own, clearly labeled water bottle.
 - Benches and Penalty Box use is prohibited until further notice.
 - Water bottles may be stored on top of the dasher during ice sessions.
 - Spitting is prohibited!
 - A maximum of 34 people are allowed on the ice until further notice.
 - At no time shall 10 or more people, including the coach, be assigned to a group.
 - Groups must be clearly designated and separated on the ice.
 - Barriers/markings are recommended to identify such group.
 - Until further notice, there shall be no cross over between groups
 - Social distancing of 6' must be practiced.
 - Clubs/User groups are responsible for participant guests inside the Hall of Honor
 - At the conclusion of an ice session, participants should socially distance themselves upon exiting the ice.
- **Section 4.4- On-Ice Figure Skating Guidelines**
- **ALL USER GROUPS MUST FOLLOW THE CURRENT ST. LOUIS COUNTY DEPARTMENT OF HEALTH GUIDELINES CORRESPONDING TO THEIR RESPECTIVE ADULT OR YOUTH SPORTS ACTIVITIES.**
 - An adult coach (aged 18+) must be on the ice for all ice sessions.
 - A designated entrance/exit location will be provided in prior communication.
 - **Athletes do not need to wear masks/face coverings during participation.**
 - Coaches, officials, referees, and umpires must wear face masks when possible.
 - It is recommended that coaches do not use blowing whistles.
 - Electronic Whistles are recommended.
 - Coaches/Clubs/User groups are responsible for all ice equipment.
 - Equipment should be disinfected prior to arrival.
 - No facility equipment will be loaned.
 - No equipment should be shared unless disinfected by the coach prior to the next user.
 - Only coaches may connect to play music.
 - If music is needed, it must be communicated to the Assistant General Manager no less than 12 hours prior to an ice session.
 - A headphone jack is provided. If using an apple phone, an adapter will be needed to connect.
 - No persons will be allowed inside the scoreboard.

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- Ice Sessions must practice social distancing of 6'.
 - Coaches must social distance when communicating to a skater
 - No sharing of water bottles!
 - Participants should have their own, clearly labeled water bottle.
 - Benches and Penalty Box use is prohibited until further notice.
 - Water bottles may be stored on top of the dasher during ice sessions.
 - Spitting is prohibited!
 - A maximum of 34 people are allowed on the ice until further notice.
 - At no time shall 10 or more people, including the coach, be assigned to a group.
 - Groups must be clearly designated and separated on the ice.
 - Barriers/markings are recommended to identify such group.
 - Until further notice, there shall be no cross over between groups.
 - Clubs/User groups are responsible for participant guests inside the Hall of Honor.
 - At the conclusion of an ice session, participants should socially distance themselves upon exiting the ice.
- **Section 4.5- Injuries**
- Unfortunately, injuries are a part of the game of hockey and ice skating. The immediate safety of the player must remain the top priority, however, COVID-19 precautions should be practiced when addressing an injury situation. Care should be taken when addressing small injuries, (i.e. handing out band-aids). When possible, a parent/guardian should assist in any care necessary.
- **Section 4.6- Post Ice Sessions**
- Immediately following ice sessions, teams will return to their changing locations. Participants should only remove skates, goalie pads, helmets, and gloves.
 - Clubs/Teams/User Groups will have 10 minutes to vacate the space using the designated path following the 1st in last out procedure.

Section 5- Cleaning Procedures/Patron Hygiene

- **Section 5.1- Cleaning procedures**
- In addition to our regularly scheduled cleaning/disinfection of the facility, during operating hours, the CCIC will continue to have a designated cleaning/disinfecting schedule focusing on touch points.
 - After a club/user group vacates the facility, the staging area will be disinfected prior to the next club/user group.
- **Section 5.2- Patron hygiene**
- It is recommended to wear a mask in all areas of the CCIC.
 - Frequent hand washing is recommended! Hands should be washed thoroughly for at least 20 seconds, using lukewarm water and soap, particularly after being in public areas, before meals, after coughing or sneezing, after using the toilet, and whenever the hands are dirty.

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- Hand sanitizer stations have been placed in public areas.
- If you need to sneeze or cough, it is recommended to sneeze into a tissue or napkin and then immediately wash your hands using the steps above. If you are unable to use a tissue or napkin, it is recommended to sneeze or cough into your elbow.
- If you need to blow your nose, it is recommended to wash your hands using the steps above.
- Be the ultimate teammate:
 - Be respectful and mindful of others. Practice good hygiene and help keep each other healthy and safe.

Section 6- Food and Beverage

- **Section 6.1- Food and Beverage Operation**
 - Queue lines must adhere to social distancing guidelines of 6'.
 - Self-Service coffee service has been discontinued until further notice.
 - All payment transactions will be cashless until further notice
- **Section 6.2- Participant water/water bottles**
 - Participants should have a clearly labeled water bottle for ice sessions.
 - Water is available for sale at the Schnucks Grab and Go.
 - All water fountains inside the CCIC have been turned off.

Section 7- Staff Guidelines

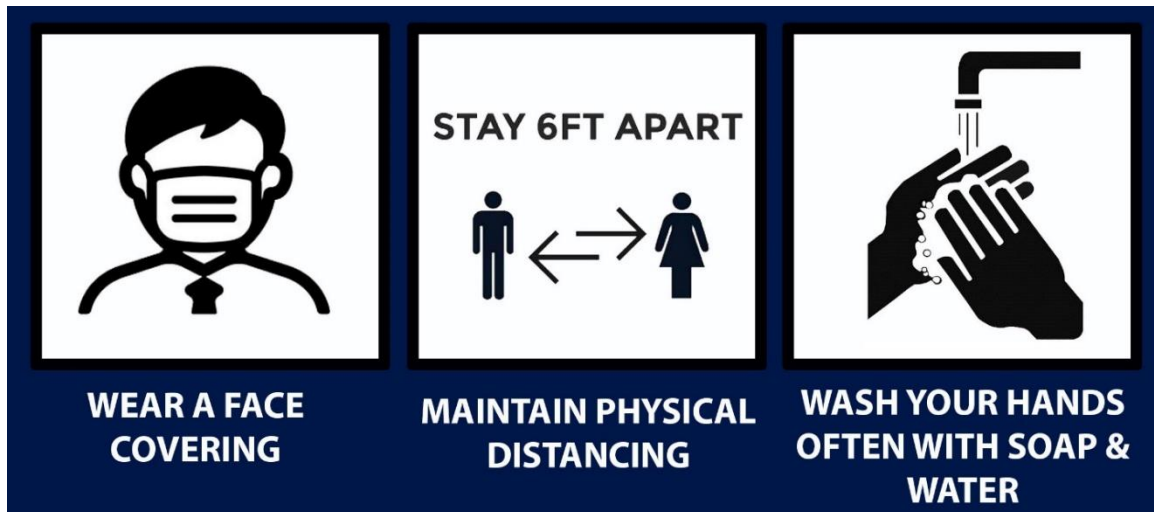
- **Section 7.1- Education**
 - Prior to returning to work, employees will go through a training session regarding the recommended precautions to take for COVID-19.
- **Section 7.2- Safety**
 - Safety of our staff is a priority, Masks/Facial coverings are always to be worn by all staff in public areas. An exception will be given for any medical condition/reason why a facial covering/mask cannot be worn.
 - Employees will practice personal hygiene safe practices including frequent hand washing and the use of hand sanitizer.
 - Barriers have been placed to provide an added level of protection to our workers.
 - Employees will be responsible for disinfecting their workspaces.

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Section 8- Tenants

- Section 8.1- Tenants

- The CCIC has communicated our plan with all our tenants.
- Tenants with private entrances, have been requested to go through the screening process if they are going to enter any location in the facility aside from their private space.
- Tenants must communicate with management their schedule of operation, classes, etc.
- The CCIC will immediately notify the tenant if there is a person that did not pass the screening process.
- If the tenant is made aware of any positive COVID-19 case, they must inform the facility the date and time the person inside the facility.



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REFERENCES / RESOURCES

1. "CDC Considerations for Youth Sports" published and posted by the CDC on <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>
2. "Returning to the Rinks", published May 5, 2020 by the US Ice Rink Association, USA Hockey, US Figure Skating and Learn to Skate USA
3. "USA Hockey Coronavirus Information", <https://www.usahockey.com/playersafety>
4. "Resocialization of Youth Sports in the St. Louis Region", published May 15, 2020 by a collaboration among sports medicine and pediatric infectious disease professionals in the St. Louis Metropolitan area
5. "St. Louis County's Public Health Youth and Adult Sports Guidelines," published May 28th, 2020 <http://mura.stlouisco.com/sites/default/assets/pdfs/dph-orders/st-louis-county-youth-adult-sports-guidlines-05282020-0.pdf>
6. "St. Louis County's Public Health Youth Sports Guidelines" published June 1, 2020. <http://mura.stlouisco.com/sites/default/assets/pdfs/dph-orders/st-louis-county-youth-sports-guidlines-06022020-0.pdf>
7. "St. Louis County's Public Health Adult Sports Guidelines" published June 1, 2020. <http://mura.stlouisco.com/dr-pages-messages/covid-19-safe-operating-protocols/adult-sports-guidelines/>
8. "St. Louis County's Information Center for Coronavirus (COVID-19)" <http://stlcorona.com/>
9. "Guidance for Social Distancing in Youth Sports", published by the Minnesota Department of Health, May 21, 2020
10. "Guidance for Opening Up High School Athletics and Activities", published by the National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC), May 19, 2020
11. "Jacksonville Ice & Sportsplex Health & Safety Protocols", published May 4, 2020 (Jacksonville, FL)
12. "Return to the Ice Stages", published by Flyers Skate Zone.
13. "Oil Kings Adult Tournament" discussion on operation.

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