

# — BACK TO THE ICE —

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





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## **BACK TO THE ICE: Centene Community Ice Center's Reopening Plan**

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 15<sup>th</sup>- June 28<sup>th</sup>
- Phase 2- June 29<sup>th</sup>- July 12<sup>th</sup>
- Phase 3- July 13<sup>th</sup>- July 26<sup>th</sup>
- Phase 4- July 27<sup>th</sup>- August 9<sup>th</sup>

Beginning on June 29<sup>th</sup>, sports will enter the 2<sup>nd</sup> phase which includes, team workouts and practices are allowed to begin on campus or in the organization's facility. Team contact drills can begin and inter-squad scrimmaging can occur. Social distancing should still be practiced when possible during practice.

**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!**

**Updated June 27<sup>th</sup>, 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

- **FACE MASKS/COVERINGS ARE MANDATORY AND MUST BE WORN INSIDE THE FACILITY, EXCEPT DURING ATHLETIC PARTICIPATION OR WHILE CONSUMING FOOD OR BEVERAGE AND SOCIAL DISTANCING OF 6' CAN BE ACHIEVED, BEGINNING ON JUNE 29<sup>th</sup>, 2020.**
- 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.
- 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
  - 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.
- **Section 2.2– Spectators**
- Beginning on June 29, 2020, spectators will be allowed inside the ice rink.
  - Due to participant staging areas, spectators will be allowed in the bleachers only.
  - Spectators must social distance of 6' while inside the rink.
  - User groups/coaches are responsible for ensuring spectators follow social distancing.
  - Face masks/coverings must be worn with the exception of consuming food or beverage and social distancing of 6' can be achieved.

### 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.
  - Signage will direct the flow to these locations.
- **Section 3.2- Public Areas**
- Masks/Face Coverings are mandatory while inside the facility.
    - While consuming food or beverage, masks may be removed but will need to social distance from non-family members.
  - Social Distancing of 6' must be practiced while inside the facility.
  - Hand Sanitizer locations will be available throughout the facility.
  - Regular disinfecting of public areas will take place during operating hours.
  - Avoid gatherings at all times.
  - Be mindful and considerate of all guests.

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- **Section 3.3- Public Restrooms**
  - o Restrooms have been adjusted to meet the recommendations.
  - o Regular disinfecting of restrooms will take place during operating hours.
  - o Each rink will have a designated restroom location.
- **Section 3.4- Parking lots**
  - o Please follow Social Distancing of 6' whenever possible.
  - o Alcohol consumption and grilling is prohibited on the parking lots.



### Section 4- Guidelines for Ice Sessions

- **Section 4.1- Pre-Communication**
  - o Ice Requests may be made by using the following link:  
<https://centenecommunityice.maxgalaxy.net/BrowseFacilities.aspx>
  - o All payments for ice must be made electronically.
  - o Clubs/User Groups must provide a list of participant names no less than 12 hours prior to the ice session.
  - o Prior communication regarding ice time through Assistant General Manager.
- **Section 4.2- Locker Rooms pre/post-session/Rink Access**
  - o Until further notice, locker rooms and showers will remain locked and off limits.
  - o A designated location inside the scheduled rink will be provided for user groups.
    - Participants will be allowed to leave their hockey bag in this location while on the ice.
    - Face masks/coverings must be worn at all times until taking the ice.
  - o Access to the seated section will be available 10 minutes prior to an ice session.

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- 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 head to bleachers/ Hall of Honor after.
- User groups are responsible to ensure parents/guardians follow the guidelines.
- Parent/guardian will be permitted to assist removal of skates.
  - Parent/guardian will need to wait with participants group to vacate facility.
- **Section 4.3- On-Ice Hockey Guidelines**
  - Beginning on June 29, 2020, ice hockey has entered the 2<sup>nd</sup> phase :
    - Physical contact practices are allowed.
    - Team scrimmages are allowed.
  - User groups are responsible for their participants on the ice and shall stay current to the guidelines from St. Louis County and the Sports Medicine Task Force.
  - Warm up/Stretching in the common areas of the facility is prohibited.
  - 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 move nets/barriers.
  - Spitting is prohibited!
  - At the conclusion of an ice session, participants should socially distance themselves upon exiting the ice.
- **Section 4.4- On-Ice Figure Skating Guidelines**
  - User groups are responsible for their participants on the ice and shall stay current to the guidelines from St. Louis County and the Sports Medicine Task Force.
  - Warm up/Stretching in the common areas of the facility is prohibited.
  - 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.
  - 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

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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/users will return to their changing locations. Participants should only remove skates, goalie pads, helmets, and gloves.
  - Face masks/coverings must be worn.
  - Clubs/Teams/User Groups will have 10 minutes to vacate the space using the designated path following the 1<sup>st</sup> in last out procedure.
  
- **Section 4.7- Adult User Groups**
  - At this time, sports with high contact frequency are permitted, if played by reducing the contact frequency with other participants as much as possible and with the understanding that the athletes are accepting the inherent risks in participating in high contact frequency sports where social distancing is not possible and there is physical contact with other athletes.
  - With these high-frequency contact sports activities, it is recommended that participants practice socially distancing related to these sports is by: Reducing the number of individuals to the minimum required to play the sport.
  - Bench usage is permissible given that social distancing is achieved.
  - No more than 5 participants can be on the bench as benches are 24' in length. This allows for participants to sit at 0', 6', 12', 18', 24'.
  
- **Section 4.8- Hockey Camps**
  - The CCIC will work with all hockey camps and honor their requests/requirements while at the facility.

### **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.
  - Hand sanitizer stations have been placed in public areas.



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- 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 machines have 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/Front Desk
  - All water fountains inside the CCIC have been turned off.

### **Section 7- Staff Guidelines**

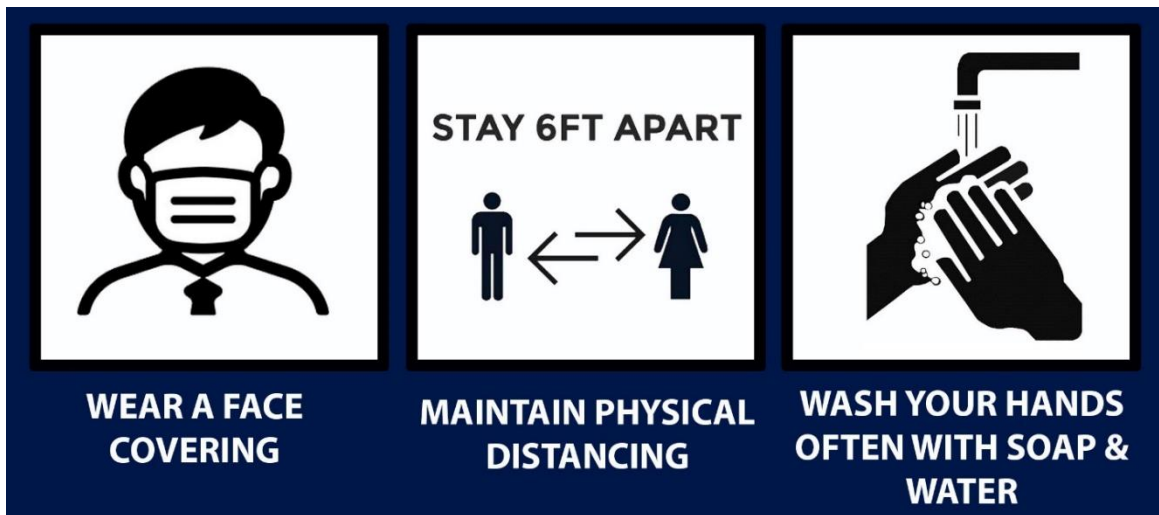
- **Section 7.1- Education**
  - Prior to returning to work, employees will go through a training session regarding the recommended precautions to take for COVID-19.
- **Section 7.2- Safety**
  - Safety of our staff is a priority, Masks/Facial coverings are always to be worn by all staff in public areas.
  - 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

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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 28<sup>th</sup>, 2020 <http://mura.stlouisco.com/sites/default/assets/pdfs/dph-orders/st-louis-county-youth-adult-sports-guidelines-05282020-0.pdf>
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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. "Sports Medicine Task Force" <https://www.mercy.net/service/sports-medicine/>
10. "Guidance for Social Distancing in Youth Sports", published by the Minnesota Department of Health, May 21, 2020
11. "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
12. "Jacksonville Ice & Sportsplex Health & Safety Protocols", published May 4, 2020 (Jacksonville, FL)
13. "Return to the Ice Stages", published by Flyers Skate Zone.
14. "Oil Kings Adult Tournament" discussion on operation.