



Guidelines for return to hockey 2020

Entry to Rink

- If you or anyone you live with have any respiratory symptoms – STAY AT HOME – send a message to the team manager and coach
- Arrive at the rink 15-20 mins before your session starts, just enough time to dress and get on the ice, do not allow extra time for socialising
- Sanitise hands on arrival – players and non-players

Changing

- Try to distance as far as possible, there will be limits to the number of people per changing room, doors to remain open. Stick to any markings provided at the rink
- No team meetings in the changing rooms
- Team managers to clean and sanitise change rooms areas according to rink guidelines

On the ice

- Do not share gear
- Once your gear is on, keep it on, do not repeatedly remove gloves, helmets etc
- Do not share water bottles
- Do not spit
- Do not collect players into a “huddle”

Home and Visiting teams – Game day

- Try to distance as far as possible, there will be limits to the number of people per changing room. Changing room doors to remain open.
- No team meetings in the changing rooms
- Do not spit
- No handshakes after games



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- Only the coach (or match official) is to pick up any pucks - they should wash hands after the session / match
- Finger whistles or glove whistles preferred to lanyard whistles to avoid handling

Leaving the Rink

- Take off your gear and leave the rink promptly – do not socialise
- Wash your hands well for 20 seconds after training or sanitise those hands and wash them when you get home

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