



RETURN TO HOCKEY 2020-2021

Guidelines for Participation - Standard Games

We're committed to keeping our players on the ice in a safe and responsible manner. Your cooperation is essential to keeping yourself and others protected, while ensuring our ability to continue to offer games in these times. The following guidelines are based on government requirements and recommendations. We thank you for your continued support.

Requirements At the Rink

- **Face coverings are required at ALL TIMES. It must keep itself in place, not fall down, and cover both the NOSE AND MOUTH.** This includes on and off the ice, inside and outside of the rink.
- **6' of distance must be kept from others whenever possible** while in the building, including while changing and on benches. During play, distance must be kept from others as much as possible.
- **Players must leave the rink after the game ends.** Congregating inside or outside is not permitted.
- **Arguing of calls cannot be tolerated.** Furthermore, players must refrain from talking on the ice and benches, unless absolutely necessary.
- **Spitting** should never be a thing and definitely cannot happen in these times.
- **Sharing of water bottles and postgame handshakes** are not permitted at this time.
- **Locker room and shower capacity is limited.** Decency must be maintained if/when changing in public areas.

What Qualifies as a Mask/Face Covering?

- A face covering must be **made of a solid material.**
- It must **cover the NOSE AND MOUTH at all times.**
- It must be **flush against the face.**
- It must **stay in place on its own.** The guidelines do not allow for masks to fall down.
- It must **NOT have any valves.**
- At Phillips Academy only, gaiters are not allowed.



Contact Tracing Enablement

- If you or someone close to you tests positive for COVID-19 within 10 days after your game, you must notify StinkySocks Hockey immediately.

Modification of Play

- **Goalie proximity rule** - Skaters must at no point be stationary within 6' of a goalie. Players must also immediately move away from the net in the case a goalie has the puck tied up. Referees will be asked to speed their whistle in these scenarios.
- **Additional physical contact rules** - Players cannot make deliberate physical contact with another player in any way (e.g. leaning against another player along the boards). Players must minimize incidental contact whenever possible.
- **Congregation rule** - The play will be called dead in the case that a puck is in play but tied up for more than 5 seconds.
- **Face covering rule** - Play must be stopped if any player is not wearing a face covering that covers both their nose and mouth. A player in violation of this rule must leave the ice in order to fix an issue with a face covering.

Additional Rules

- Players must immediately distance themselves from others following a whistle.
- Minimize talking unless absolutely necessary. Arguing of calls is not permitted.

Requirements for Participation

- **You must wear a StinkySocks Hockey jersey that is registered to you.**
- **By participating, you agree to adhere to the Guidelines for Participation on the previous page.** Our data has been clear that the likelihood of transmission in and around hockey is extremely low provided all mandated guidance is adhered to.

Attendance and Standby

- Attendance is contactless, based on the unique 4-digit StinkySocks Hockey jersey number. **You must be wearing the jersey registered to you in order for to participate.**
- Standby players may participate if a spot is available and if they agree to be charged automatically for the cost of the game.

BY THE NUMBERS...

As of 4/7/2021, StinkySocks Hockey has operated over 900 games during COVID times. In those, we have had 13 players who we learned were in their infectious period at the time of participation. In each of those cases, we worked with the state's Contact Tracing Collaborative (CTC) to follow players 14 days after exposure to gather data on the results of their COVID test results and, in the absence of a test, whether they had developed any symptoms during their quarantine period. Of those followed, 2 have reported to have become symptomatic or have tested positive, with those statistically more likely to have been general community transmissions unrelated to hockey. **900+ games, 13 exposures, 2 possible transmissions, ZERO clusters. These numbers are in contrast to what is being seen elsewhere in hockey, and is a testament to our players following all requirements, especially mask compliance.** We thank you doing your part!

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has emergency warning signs of COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.

