

Phase 4, Tier 1

At-Home:

- If a participant player does not feel well, stay home and e-mail kayla.fauria@pdop.org with the symptoms.
- Participants are to take their temperature prior to leaving for practice each day. If they have a temperature of 100.4 or above they should not come to practice.
- Participants are to do a self-assessment *prior to* sending a participant to the rink in order to be confident the answer to the wellness screening questions will be no.
- Participants are to use the bathroom at home and wash hands for at least 20 seconds with soap and warm water before leaving for practice each day. Locker rooms will open for limited use (7 participants per locker room). They will be disinfected between practice pods/groups.
- Do not bring any unnecessary items to the RCRC. All participants are asked to leave their gear/skate bags in their vehicle if possible. A lost and found will not be kept and any personal belongings found lying around will be thrown out at the end of every night. The Park District of Oak Park staff will not be responsible for items left at the RCRC.
- Drinking fountains will be off limits, be sure to bring a full water bottle to each practice containing cold refreshing ice water.
- Showers will not be available in Phase 4 as groups will only have 10-15 minutes before and after they rental to enter and exit.
- **All hockey players, skaters, and coaches must come to the rink fully dressed including skates and helmets if they have their own. If they do not have their own, please see check in process below.**
- Participants should bring at least 1 extra face covering each day incase theirs breaks or gets wet.
- Every group will have an assigned zone in addition to their entrance and exit door to keep their bags at.
- If participants are riding bikes to and from practice please use a u-lock and not a cable to prevent their bike from being stolen. The Park District of Oak Park will not be responsible for lost or stolen bikes.

Check In Process

- **Cloth face coverings are required when within 30 feet of the front door and during the entire time participants and guardians are inside the building whether or not they are able to maintain 6 feet of distance. Face shields cannot be accepted as face coverings.**
- Participants must wait for an assigned staff member at the designated drop off area they are assigned outside the facility with their face coverings already on and socially distancing from others.
- Participants should arrive 5-10 minutes early so their group can enter RCRC together and be get onto the ice on time. If participants are late this will hold up the group getting on the ice on time.
- **Parents/guardians waiting with the participant to enter the facility must also be wearing a face covering. During phase 4, tier 1, spectators will not be allowed into the facility.**
 - **Figure Skaters:** Youth participants who do not own their own skates will be allotted (1) parent/guardian to enter the facility with them to tie their skates, the parent/guardian must then exit the facility immediately. Youth participants who do own their own skates, must put their skates on prior to entering the facility.
 - **Hockey Players:** Youth participants who do not own their own skater will be allotted (1) parent/guardian to enter the facility with them to tie their skates, the parent/guardian must then exit the facility immediately. Youth players who do have their own skates must put ALL of their gear on outside of the facility, including their helmet if they need assistance latching it.
 - **Any participants who feel they are eligible for reasonable accommodation must contact the Aquatic & Rink Manager, Kayla Fauria at kayla.fauria@pdop.org, at least 48 hours before their child's class.**

- For public skate and rentals, no spectators will be allowed in the rink at this time unless previously cleared with the Aquatic & Rink Manager.
- Before any participant enters RCRC they must answer a series of wellness questions. If a participant is under 12 years old a parent/guardian must be present to answer the questions for them.
- Participants must be able to answer with absolute certainty “NO” to a defined set of wellness assessment questions that will be asked by staff and documented before the start of every practice.
- If any question is answered with a yes or a temperature reading is at or above 100.4, participants should not come to practice, if they do they will be sent home. Before being allowed to return to practice they must be symptom free for at least 72 hours WITHOUT the aid of fever reducers (ie Tylenol, Ibuprofen, etc.).

Questions that will be asked:

- Have you experienced any of the following symptoms over the past 24 hours?
 - Cough
 - Shortness of breath (without a history/diagnosis of asthma or other known respiratory processes)
 - Fever/Chills (temperature at or above 100.4 F)
 - Muscle or Body Aches
 - Unexplained Headache
 - Sore Throat
 - Congested/runny nose (not due to allergies)
 - Diarrhea
 - Unexplained Fatigue
 - Nausea/vomiting
 - New loss of taste/smell

If a skater/hockey player is under the age 12 of a parent/Guardian should be present during screening questions.

- If any participant claims to have or presents any of the above symptoms while at practice, they will be isolated from the group outside until a parents or guardian picks them up. As stated, before being allowed to return to practice they must be symptom free for at least 72 hours WITHOUT the aid of fever reducers (ie Tylenol, Ibuprofen, etc.).
- Participants will enter the building with a staff member 5 - 10 minutes prior to the start of their class after completing the wellness screening.
- Participants will be directed to wash hands once they enter the rink through their designated entrance.
- Freestyle skaters should enter the rink through their designated entrance and wash their hands in the single use restroom in the rink. Upon washing hands skaters will select a socially distanced spot marked for their bags and enter the ice from the designate door marked on the rink floor.
- All participants should enter the rink though their designated entrance and wash their hands in the designated bathrooms with their face coverings still on. Upon completing handwashing all skaters will report to the designate spot marked on the rink floor for their bags and enter the ice from the designated door marked on the rink floor.

At the Rink

- Participants will be required to wear a face covering at all times while at RCRC including on and off the ice.
- Participants are to wash their hands immediately before and after touching face, coughing or sneezing, blowing their nose, or using the bathroom.

- Participants will only have access to the locker room hallway and single use bathroom in the rink unless their group has pre-reserved a locker room. The lobby, lounge, trophy hallway and bleachers will be off limits for all rentals and public skate.
- Coaches/facilitators are to wear masks at all times when on the ice regardless of if they are able to maintain social distancing.
- Participants are required to stay 6ft. physically distant from their teammates and not share personal belongings or items in each other's bags when they are not on the ice.
- Groups of participants will be limited to 50 participants, which includes coaches and rink staff.
- Public skate will be limited based on current guidance, there will not be any spectators allowed in at this time, all individuals must register for public skate.
- Under the current IDPH guidance all participants for skating and hockey lessons, teams, public skates or rentals must wear a face covering at all times unless they are under the age of 2.
- **Under the current IDPH guidance hockey scrimmages of any sort are not allowed.**
- The total number of skaters/players/coaches/instructors on the ice/near the ice surface will be limited as circumstances require.

Pick Up

- Parents/guardians, please be on time for pick-up at the end of sessions. Parents/guardians of younger children are asked to meet their child at the door which they entered wearing a face covering.
- Skaters will be brought outside as soon as their class is over.
- The next group/pod will not be able to enter the rink until everyone from the prior group is out and sanitizing has been completed on high touch surfaces and bathroom between groups.
- Pick-up will also be done outside of Ridgeland at the proper staging areas.
- **Participants must leave the facility wearing all of the gear they entered the facility wearing.**

Steps PDOP/RCRC is taking

- RCRC staff will also be self-assessing their wellness before coming to the rink and completing the PDOP
- Wellness form and washing their hands before they begin working.
- Staff will be hand washing at minimum every two hours and between pods/groups.
- If any coach starts to complain or present with any of the assessed wellness symptoms while at work, they will be sent home immediately and HR will be notified and follow the written employee policy as it relates to COVID-19. Before being allowed to return to work, they must be symptom free for at least 72 hours WITHOUT the aid of fever reducers (ie Tylenol, Ibuprofen, etc.).
- RCRC staff will use EPA-approved disinfectants against COVID-19 leaving them on surfaces as directed for kill time effectiveness. Surfaces and equipment will determine how areas are disinfected.
- RCRC staff will be wearing face coverings.
- RCRC staff will prioritize disinfecting frequently touched surfaces.
- The bathrooms and high touch surfaces will be disinfected at minimum every two hours and always between groups/pods use
- RCRC has HEPA filters in the HVAC system and will be increasing the amount of fresh air the system brings into the building.
- 6 touchless hand sanitizing stations have been installed at RCRC (inside Building Entrance, outside of Skate Change Area, outside of Team Room 3, between Team Rooms 4 & 5, in the Medium Activity Room, and in the Large Activity Room).
- Disinfectant wipes will also be available for participants inside the rink. Participants are encouraged to use them while at the rink.

