



ALL FMC LOCATIONS

Phase IV, Step 1 | Operating Standards & Guidelines

Version 4.1 – Updated March 22, 2021

Based on the 3/22/2021 EEA Standards for Youth & Adult Amateur Sports Activities

During Phase IV, Step 1, Youth & Adult Amateur Sports Activities, the arena will adopt and implement the following measures to ensure the safety of our patrons, staff and community. These measures may be updated as further federal/state/local guidance becomes available. Future amendments and clarifications may include changes and updates to these standards and as such a new guideline will be created and implemented to comply.

These measures will be posted both at the arena and on the FMC arena website page to ensure maximum awareness and transparency. Staff will be trained on all aspects of these measures as well as the requirement for full compliance. Participants and spectators will also be provided with the information pertaining to their responsibilities and limitations of use required for the safe enjoyment of the ice arena.

General Guidelines:

1. Both youth and adult participants are allowed in Phase IV, Step 1.
2. Health screening will be required (questionnaire for participants and employees as well as temperature check for employees).
3. Face coverings MUST be worn by everyone at all times on the premises even when participating on the ice. This includes, participants, coaches, officials, spectators and employees. Coaches / organizers are encouraged to plan your practices and rotate your game shifts to allow for frequent rest periods for players and bring extra face coverings with you to the arena.
4. Social distancing (6' separation) must be maintained at all times possible by staff, participants and spectators, even on the ice and in the parking lot.
5. Youth and Adult ice hockey scrimmages and games may be played under standard sport rules so long as the face covering and requirements herein are followed. Checking and contact are allowed for hockey but should be mitigated to the greatest extent possible through training/coaching and officiating.
6. Teams are limited to one game per day in FMC rinks. No tournaments or multi game days are allowed in FMC arenas at this time.
7. Out of state participants and spectators must follow the Massachusetts Travel Advisory. Participants who have been fully vaccinated for Covid-19 or will be visiting the state for less than 24 hours are exempt from this requirement.
8. Spectators are allowed if they are household members of participants that are under 21 years of age and up to 50% of the arena occupancy. All spectators must do so from the assigned bleachers

section for your team, physically distanced (6') from all other spectators. Household units (parents / guardians / siblings) may spectate in a grouping at least 6' from all other spectators at all times. When possible / practical we ask that spectators are minimized to lower any risk of transmission. If the limited spectator space is filled you will be asked to wait outside the facility. Program organizers may not allow spectators for their activities and that is up to their discretion.

9. Do not sit or otherwise congregate in the entry vestibule, lobby or other common areas or walking aisles, spectate in the upper level of the bleachers or designated rink area only, always socially distanced and with face covering at all times. AT NO TIME SHOULD ANYONE COME TO THE RINK IF THEY EXHIBIT ANY COVID-19 SYMPTOMS (see Exhibit B) OR HAVE BEEN IN CLOSE CONTACT DURING THE LAST 14 DAYS WITH ANYONE TESTING POSITIVE FOR COVID-19.
10. At no time shall the total of spectators, participants, coaches, officials, volunteers and rink staff exceed 50% of the rated building capacity (see Exhibit C). This includes any persons from the previous or following sessions who remain inside the facility.
11. NO SPECTATORS ARE ALLOWED FOR ACTIVITIES INVOLVING ADULTS 21 YEARS AND OLDER.
12. Individuals (participants, coaches, instructors, spectators, staff) who are in high-risk categories (as defined by CDC) should NOT come to the rink.
13. Avoid direct contact (as defined as closer than 6') with other participants, spectators or employees at all times except during hockey play.
14. Team changing rooms are available for use up to 50% of capacity (posted at the door). Doors must remain open to promote air flow during changing but may be locked during the session for security. Social distancing and face coverings are required while in the rooms. In smaller rooms this will require teams to rotate through the room for dressing and undressing to ensure the occupancy limit is not exceeded. We strongly encourage players to continue coming partially or fully dressed to minimize time in the dressing rooms as much as possible. Do not enter the rink earlier than 20 minutes prior to the start of your session (30 minutes for goaltenders) and proceed immediately to the designated changing room or skate lacing area for your cohort. At the end of your session, change / remove skates in the designated room or skate lacing area and leave the rink IMMEDIATELY through the designated de exit to minimize any crossover with the group before or after you.
15. Showers will be available for use at limited capacity. Some shower units will be disabled to ensure social distancing at all times. Face coverings should only be removed as you enter the shower and must be worn again immediately upon exiting the shower.
16. Officials changing rooms are available up to two persons maximum. Officials must socially distance and wear face covering at all time except during showering.
17. Participants practicing on the ice must be in cohorts (groups) of NO MORE THAN 25 and socially distanced within the cohort as much as possible. Two cohorts may use the same sheet of ice, but each cohort must be separated by at least 14' in all directions and the total cannot exceed 25 in a cohort including coaches (50 maximum on the ice at any time). No mixing between cohorts is allowed. Coaches / Instructors must be kept to a minimum and are considered part of the cohort. Face coverings for coaches / instructors / participants are required at all times even on the ice. Participants and/or coaches on the bench are NOT considered part of the 25-maximum cohort / 50 maximum on the ice. For two teams sharing ice in separate cohorts the total on the ice cannot exceed 50 but they may rotate players on the bench into the practice so long as players remain in their same cohort at all times.
18. No public water fountain will be provided, participants and spectators should bring their own water bottles or purchase in the rink vending machines.

19. No sharing of water bottles or equipment, bring and use your own.
20. The snack bar will be closed at this time but the skate shop may be open and the vending machines will be available. Do NOT share beverages or snacks from the machines, sharing of food or drink poses a significant risk of transmission. Snack and/or skate shops that open must follow the industry specific guidance and ensure social distancing by patrons.
21. Designated entrance and exit will be created with signage and directional markings as well as floor markings to ensure safely distanced walkways will be created.
22. Restrooms will be available for participants, spectators and staff only with limited occupancy posted at the entrance to the rooms (every other sink and urinal will be closed off) to ensure distancing. The restrooms will not be open to the general public nor will the general public be allowed to enter the rink to spectate unless they are a household member of a participant or an organizer.
23. Sanitation protocols will be implemented in all common areas with even greater attention to touch points (handles, knobs, fixtures, benches, vending machines) and high use areas (benches, lobby, restrooms). Electrostatic fogger sanitizers will be used with spray sanitizer and wipes used as a backup. All sanitizers shall be certified to kill Covid-19 virus and be used per the product instructions.
24. Offices and all private areas will be off-limits to all but staff including meeting/ activity rooms.
25. Player benches may be used for games only with 6' social distancing. If space is not adequate players must sit or stand outside the benches in a designated socially distanced area until it is. Face coverings ARE required at all times for players and coaches on the bench. Players may raise the covering briefly to drink water and immediately lower the covering after.
26. Penalty boxes are limited to one player at a time, additional players must serve out their penalty on the team bench. Face coverings are required to be worn for players serving a penalty.
27. The local health department has the authority to enforce these rules and impose more stringent requirements. Enforcement may include fines or suspension of activity for participants / teams / programs / rinks. Rinks that knowingly allow a program to use the facility that has a notice of non-compliance or is violating a directive from the Board of Health will be subject to a \$300 per incident / per day fine and may be subject to closure.

Facility Operations Specific Guidelines:

1. Complete MA Business Compliance AND Sport Compliance attestations as well as Sport Facility Operator checklist and post with MA required employer / employee posters in the rink office.
2. ALL staff shall complete a health checklist and record their temperature prior to arriving at the facility. They must also take and record their temperature again upon entering the facility. The staff person shall immediately contact the rink manager if there is any deviation from the normal and healthy range. The manager shall immediately relieve the staff person until medical attention has been provided and the staff person cleared to return.
3. In the event of a Covid 19 positive case with anyone who has visited the facility in the previous 14 days (staff, participant, official, spectator, etc.) we will immediately notify the local Board of Health and provide contact tracing information for everyone associated with the activity. We will assist the BoH as needed to perform the contact tracing. Any person who has had close contact with the person testing positive must quarantine for at least 10 days with no symptoms or 7 days with a negative test before returning to the facility. If a positive case is reported related to a hockey team activity, all players and coaches on the team will be required to quarantine for 14 days before returning to the rink. In the event that a person develops symptoms while at the facility, we will immediately notify all occupants and close the facility to perform an in-depth sanitation regimen

of ALL areas prior to re-opening. Note that in-depth cleaning / sanitation is performed at the end of each day so if a positive case or symptoms are reported after the day they occur, the facility will have already been deep cleaned and sanitized.

4. All staff must follow FMC employee guidelines for frequent hand washing, face covering, hand covering, enhanced cleaning / sanitation and other pertinent guidance or policy.
5. Establish one-way traffic patterns to maximize distancing with directional wall signage and tape markers on the floor. This includes separate enter and exit ways as noted in general guidance.
6. Using tape, mark off 6' distancing guides for lobby benches, and spectator areas around the dashers, being sure to maintain distance at all dasher gates.
7. Set up folding chairs or designate the bottom row of bleachers with a minimum of 6' separation in the rink area to accommodate participants putting on their skates. No more than 25 chairs / seats should be designated in a grouping with all other groupings located at least 14' apart. These groupings will be cleaned and sanitized in between each use.
8. Close / secure concession stand during Phase IV, Step 1 to avoid congregating and close proximity socializing in the lobby area.
9. Locate and maintain hand sanitizer (at least 62% alcohol) at the facility entrance and exit as well as at the spectator and ice rink gate.
10. Ensure hand washing soap is available and stocked in all open restrooms.
11. Skate aids are allowed during Phase IV, Step 1 provided they are thoroughly sanitized between every session and never shared during a session. Rental skates will not be allowed in order to reduce potential for queuing / grouping.
12. Clean and sanitize restrooms, seating, vending machines, player benches, ice gates and all high touch areas after each session following FMC guidelines. Record the date/time/scope of the cleaning and sanitation into the FMC log. Electrostatic sanitizing fogger units should be used.
13. Chalk open doors in public areas wherever possible or practical to reduce high touch points and encourage maximum air flow.
14. Post high visibility signage at the entrance and key locations of the facility to remind staff and visitors of hygiene and safety protocols.
15. Relocate rink first aid kit to the home player bench and sanitize after any use.

Participant / Spectator / Organizer Specific Guidelines:

1. RULE #1: Safety is EVERYONE'S responsibility: these standards and guidelines are meant not only to protect you, but just as importantly the people you come in contact with, your friends, your family at home and our community at large. Please remember that and keep in mind that your actions could inadvertently put them at risk. Your good faith adherence to these measures will go a long way to ensuring the rink is a safe place for all of us. Any concern with the level of cleanliness / sanitation or adherence to these guidelines should be immediately brought to the attention of FMC at (888) 747-5283 or customercare@fmcicesports.com. You are our eyes and ears and our partner in creating a safe environment for everyone to enjoy being on the ice again!
2. Program organizers are responsible to educate, supervise / manage participants, spectators and all others involved with the program to ensure compliance with these and the general guidelines above. They are also responsible to record and submit to FMC the name of each participant, coach and official as well as their contact information to assist with contact tracing if necessary. Team rosters for all hockey and registration rosters for all skaters are required to be provided to FMC for the sole purpose of contact tracing. These rosters must contain the name, current town of residence (may not be your permanent residence if you are staying at school or otherwise

temporarily located in MA for an extended period of time – not visiting), phone and email of each participant broken out by team or group. All contacts must be included regardless of whether they participate regularly or not. These contacts will ONLY be shared with public health officials for contact tracing if a positive case is reported on a team or group. They will NOT be shared with any other entity or used for marketing or other purposes. The contact data will be destroyed at the end of the season.

3. All participants (including coaches and instructors) will be required to complete a questionnaire / certification (see Exhibit A) prior to your first visit to the rink. This questionnaire is intended to prevent anyone with symptoms or potential exposure from coming to the rink and must be answered fully and honestly. Any changes to answers given during the course of participation will require an immediate notification to the program director and/or rink manager, leave the rink immediately and you must refrain from returning until such time as you are officially cleared.
4. When possible, leave an open parking space on both sides of you when parking at the rink to create safe distancing and space for hockey players to complete dressing.
5. Don't come early and don't stay after: please enter no earlier than 20 minutes prior (30 minutes for goaltenders) to your scheduled session. Wait in your vehicle if arriving early and then enter the arena through the marked "entrance". Go directly to the team room or skate lacing area. Once skates and/or hockey equipment are on, wait in your assigned rink area until called to enter the ice. Maintain social distance (6') at all times during this pre-session including queuing up to enter the ice. You may leave equipment bags in the team room or if arriving dressed keep shoes with you on the bench or have a parent / guardian hold for you. When the session ends, immediately exit the ice, change in the designated team room or skate lacing area and return to your vehicle through the designated exit. This protocol is intended to limit any crossover between groups and encourage an arrive / play / leave routine.
6. Participants (including coaches and instructors) must properly sanitize hands prior to and immediately after each session. The program organizer is responsible to provide sanitizer (62%+ alcohol based) for this purpose.
7. Hockey scrimmages and games are only allowed when all other guidelines herein are complied with.
8. Wear your face covering: all participants must wear a face covering at all times on the rink property, even on the ice during all activities. Remember a face covering is not meant to protect you, it is meant to protect everyone around you from potential exposure. Respect and care for them by wearing your face covering.
9. Parents/guardians/chaperones are encouraged to assist your participants to follow the guidelines and help them to maintain distance. Refrain from assisting non-family members to avoid any potential for transmission. Again, wear face coverings at all times.
10. Participants, coaches & instructors must stay in their cohort (group) at all times during practices or lessons and may not cross over into the other cohort during the training session.
11. Distancing on the ice IS REQUIRED (with the exception of hockey play): within each cohort there must be at least 6' of distance between each participant. There must also be at least 14' of distance between each cohort. These requirements are to protect YOU and prevent the transmission / spread of the Covid-19 virus. Coaches/Instructors/Program Managers are responsible to ensure the distancing requirements are adhered to. We understand there may be incidental violation of this requirement but it is your responsibility to organize and manage programs / cohorts to ensure compliance to the greatest extent possible.
12. Participants must refrain from "handshakes", "high fives", "fist bumps" or any other type of customary or celebratory contact in order to minimize potential for transmission.

13. Personal equipment cannot be shared and must be dedicated to an individual player throughout the season. Personal equipment includes all gear that is worn by players (e.g., gloves, helmets, masks, skates, footwear, pads, etc.).
14. Shared drink or food is not allowed and the rink water bubbler / water bottle fill will be closed off to avoid potential for transmission.
15. Transportation should be limited to immediate family members. If carpooling or otherwise traveling with a non-family member, all passengers must wear face coverings and increase ventilation by opening windows as much as possible.
16. "Quarantine" means to cease playing the sport / skating and isolate from others. It DOES NOT mean cease playing for a team but it is okay to play for another team or skate at another rink.

HELP FREEZE THE SPREAD OF COVID

Prevent:

- ✓ Face covering at all times – even during play or skating
- ✓ Physical / social distance (6') from non-household members at all times – even on the benches/bleachers
- ✓ Don't share food, drink or equipment
- ✓ Practice personal hygiene – wash / disinfect your hands frequently
- ✓ Do not congregate or socialize in groups inside or outside the facility
- ✓ Do not carpool outside the household unit – if necessary, then wear face covering and ventilate
- ✓ Do not hang out at the rink – arrive / play / leave

Test:

- ✓ Immediately test whenever symptoms appear
- ✓ Notify your coach / program director / rink immediately of a positive test result
- ✓ Cooperate fully and be completely honest with contact tracing specialists – they exist to help stop the spread of Covid-19 to your friends and family and are not your enemy

Quarantine:

- ✓ Cease all ice sports and other activities – not just the team or program for 14 days from testing positive
- ✓ Those who have had close contact to a Covid-19 positive person must also quarantine for 14 days
- ✓ Symptoms do not always appear immediately or at all even though a person may be shedding the virus

FREEZE THE SPREAD OF COVID



BE SMART | BE RESPONSIBLE | BE SAFE

Exhibit A.

Participant Certification and Release of Liability

Each participant or legal guardian is required to sign this document prior to program participation or facility use.

This shall certify that I, as participant or parent/guardian with legal responsibilities for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, I or my child/ward understands and accepts these risks and responsibilities for myself and child/ward. I hereby certify the following:

- a. I am compliant with the travel advisory for the Commonwealth of Massachusetts, and
- b. I have not to the best of my knowledge had ANY close contact nor cared for someone who has been diagnosed with Covid-19 within the last 14 days, and
- c. I have not experienced ANY cold or flu symptoms within the last 14 days – regardless of severity, these symptoms include but are not limited to: fever, chills, shaking with chills, muscle pain (unrelated to physical exertion), headache, loss of taste or smell, cough, sore throat, respiratory illness, shortness of breath or difficulty breathing, and
- d. I certify that if any of the conditions attested to in a. through c. above changes during the term of this participation, I will immediately cease participating and bring such change(s) to the attention of the arena manager or program director. I understand that I may not be allowed to resume participation for at least a period of 14 days or until providing documentary evidence of testing negative for Covid-19, in this instance I agree to cooperate fully with public health and other officials in developing contact tracing, and
- e. I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. I further agree to comply fully with applicable federal, state and local guidelines with regard to Covid-19. If, however, I observe any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official or management immediately, and
- f. I accept that participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and Covid-19. While rules and personal hygiene / discipline may reduce this risk, the risk of serious illness and/or death does exist; and,
- g. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, even if arising from the negligence of the releasees or others and assume full responsibility for my participation, and
- h. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and hold harmless FMC Ice Sports, their officers, officials, agents and / or employees, other participants, sponsors, and owners of premises used to conduct the activity or event, with respect to any and all illness, disability, death or damage to person or property, whether arising from the negligence of releasees or otherwise, to the fullest extent permitted by law.

Name of Participant: _____ Participant signature: _____

Date signed: _____

Address: _____ City: _____ State: _____ Zip: _____

Name of Legal Parent/guardian (if participant is a minor): _____

Parent / guardian signature: _____

Date signed: _____

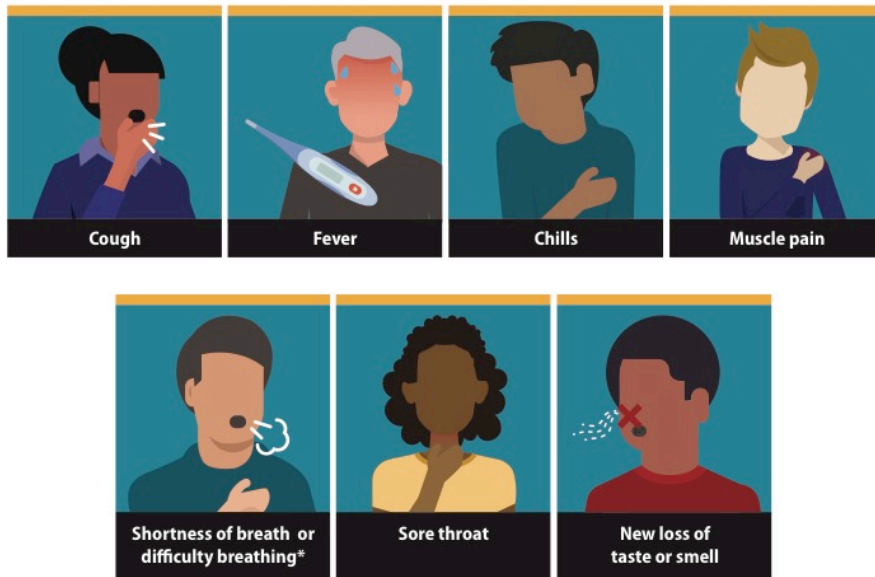
Address: _____ City: _____ State: _____ Zip: _____

Exhibit B.

Typical Covid-19 Symptoms

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 medical provider for any other symptoms that are severe or concerning to you.



cdc.gov/coronavirus

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Exhibit C.**Total Building Capacity Limit by Location**

FMC Arena Location	Occupancy Limit	Phase IV, Step 1 Allowed
FRANKLIN	900	450
BROCKTON	900	450
PLYMOUTH	1,300	650
NEW BEDFORD	1,200	600
FALL RIVER	1,511	756
TAUNTON	900	450
AUBURN	956	478
GARDNER	956	478
WORCESTER	900	450
MARLBORO	900	450
SPRINGFIELD	1,650	825
HOLYOKE	1,550	775
GREENFIELD	1,200	600
REVERE	1,200	600
LYNN	750	375
CAMBRIDGE	750	375
EAST BOSTON	750	375
WEST ROXBURY	1,000	500
RAYNHAM	500	250
HOPEDALE	332	166
NATICK	750	375
FITCHBURG	1,800	900
BURLINGTON	500	250

NOTES:

Phase IV, Step 1 50% limit includes all employees, coaches, participants / spectators

Household members of participants under 21 years old are allowed to spectate

Team and officials rooms open at 50% capacity, posted next to door

Showers open limited to social distancing

Restrooms restricted to social distancing limit (every other fixture max)

Team boxes restricted to social distancing limit

Bleachers restricted to social distancing limit

Face coverings required throughout building at all times

No congregating allowed in common areas or parking lot