

IHACT guidelines for return to play in a COVID safe environment:

- The following guidelines will apply:
 - there must be an area of 4 square metres per person available including rink staff and the number of people in the venue does not exceed this capacity
 - participants adhere to 1.5 metres social distancing where possible (i.e. team meetings of the groups, benches, changerooms)
 - there is no crowding to get on or off the ice (staggered start and finish times if necessary)
 - there should be no sharing of training or match equipment between sessions or games (i.e. new pucks).
 - IHACT will not provide supplement equipment until it is deemed safe to do so by the relevant authorities.
 - there should be no unnecessary contact (i.e. hand shaking or contact with a referee)
 - there should also be no gathering as a group before or after activities - participants should arrive ready to play or train and depart quickly.
 - there should also be minimal to no use of shared change room facilities – and always within the 4 square metre per person capacity
- Any person returning from interstate travel is required to miss the subsequent 14 days of participation.
- It will be the responsibility of every individual to check in to the rink using the Access Canberra tool.
- Under age athletes are only permitted one parent to attend and they must wait outside the arena by 5mins at the beginning of practice until 5mins before practice ceases
- All athletes are required to bring their own water bottle/s, filled from home.
- All athletes are recommended to shower pre and post participation, all showers to occur at home. In order to ensure all participants are able to stay safe during sporting activities, we ask that everyone involved are vigilant with personal and social hygiene and adhere to the following recommendations:
- Be prepared for training/competition prior to arrival at the ice rink to minimise use of communal facilities.

- Change rooms will be limited to their respective numbers aloud by the 1 person per 4 square metre rule.
- Use of the stands is encouraged for changing with one stick length between all participants.
- Hand hygiene is critical. Clean your hands with soap and hot water for 20 seconds, or an alcohol-based hand sanitiser. Wash your hands frequently
- Cover your nose and mouth when coughing and sneezing with tissue or a flexed elbow. Always practice cough etiquette (keep away from other people, cover coughs and sneezes with disposable tissues or clothing, and clean your hands).
- Avoid touching your eyes, nose and mouth.
- STAY AT HOME IF YOU ARE FEELING UNWELL.
- Where possible maintain distance of at least 1.5m during activities, including the bench and team meetings.
- Wherever possible, the puck should only be moved by stick and should be disinfected often, including between uses, when it leaves the ice etc. Any participant touching a puck by hand (IE coach or official) should ensure they are taking precautions re: regular hand washing and no touching of eyes, face, mouth.
- NO spitting or clearing of the nose on the ice.
- NO sharing drink bottles, towels, mouthguards, gloves or any other equipment (including whistles for coaches/officials). Items such as training bibs or jerseys for players that are reused must have laundry processes in place between uses.
- NO hand shaking before or at the end of games. Keep your gloves on and line up at opposite blue lines with a stick tap and raise to celebrate the others teams contribution to play.
- Pucks are to be picked up and dropped by non whistle hand during game play.
- Have 2 sets of pucks, 1st set for warm up only to be handled by teams only and then disinfect while game is on for next game. 2nd set for officials only maybe left in Officials change room, officials to bring out approx. 10 pucks for each game to be

handled by officials only, if pucks go over boards they are to be collected after game and placed in a bucket for disinfecting for next game.

- Hand sanitiser to be provided and kept with officials pucks and can be used at any stoppage during the game as required.
- Goal nets are to be placed by referees before or between periods and after the game ends. If nets are moved during play, officials will reset the nets into their moorings.
- Officials arriving for next game should get changed early and vacate room to allow space for other officials to use.
- No more than 4 officials per room.
- No Shaking of hands at end of game teams could stand on opposing blue-lines and raise sticks to each other and then leave ice surface.
- No spitting in rink, a 10 min misconduct penalty for first offence under rule 116 iii, a game misconduct under rule 116 iv for second offence.
- A player or team official who, outside of normal gameplay, encroaches on and remains in an official's personal social distancing space of 2 meters after being told to move away will be penalised under IIHF Rule 116 Abuse of Officials iii 10 min Misconduct.

Abuse of or failing to adhere to these guidelines will result in you being asked to leave the building/arena.

Should you continue to flout social distancing guidelines after being asked to leave your membership will be revoked until such time as you are able to adequately defend your actions to the IHACT board.