

**Mt. Lebanon Ice Center
Figure Skating Sessions and
Hockey Pro Practice Sessions
Return to Play Plan
COVID-19 Health and Safety Guidelines**

**Updated 01-20-2021
Effective 01-20-2021**

The Mt. Lebanon Ice Center has reopened figure skating and hockey pro practice sessions under strict guidelines to protect the health and safety of our patrons and staff.

Advanced registration is required. Advanced registration is required for all figure skating and hockey practice sessions. Registration is available online at https://mtlrec.activityreg.com/ClientPage_t2.wcs.

Fees- Fall/Winter rates of \$16 per 60-minute session and \$8.00 per 30-minute session.

There will be no cancellations. Because of demand, cancellations will not be accepted, and no refunds will be provided unless circumstances require the facility to close.

Younger children- A parent may accompany a child age 10 or younger into the facility to assist with tying his or her skates. Parents must wait outside of the facility until their session is over, or watch from the stands. Stands are clearly marked with a blue cross for distancing.

Arrival instructions- Skaters will arrive no earlier than 15 minutes prior to their session time and should be dressed prior to their arrival and ready to skate. A mask or face covering is required prior to entering the building. Skaters must leave the ice immediately at the end of their session and exit the lobby within 15 minutes. Front doors will remain locked until 15 minutes prior to the next session. Sessions will be spaced to allow for cleaning and disinfecting of the lobby, restrooms and common areas.

Mask Requirements- Everyone, including employees, coaches, athletes, officials and spectators must wear face coverings, when in and around the ice center building at all times. This includes while on the ice actively engaged in workouts, competition, and on the sidelines, etc.

Practice physical distancing- Physical distancing among patrons and employees will be enforced at all times. Please stay 6 feet apart from others at all times. This includes the ice as much as possible. No handshakes and no high fives. There will be a maximum of 8 coaches and 8 students on the ice per session. Each coach will teach from an assigned zone. Skaters may skate the entire ice surface, but must receive instruction within their coach's zone.

Restrictions- Only coaches and skaters will be permitted beyond the lobby. Participants must have passed U.S.F.S. Basic #3 or equivalent to participate in the Skating Program. There will be no hockey instruction allowed on figure skating sessions. Hockey instruction will be allowed during hockey pro practice sessions (HPP). Skaters must be in a lesson to attend.

No shared equipment- Do not share equipment. Skate Rental and sharpening are not available.

No large groups- Do not linger at the facility. Please leave as soon as your session has ended.

Elimination of touch points- The doors to the lobby and restrooms will remain open and should not be touched by anyone except for staff when opening and closing the facility. Lobby benches will be spaced and disinfected between rentals. Permanent fixtures, tables and vending machines are closed and marked with caution tape.

Maintain cleanliness- We will clean and disinfect high touch areas routinely in accordance with guidelines issued by the Centers for Disease Control and Prevention (CDC).

Signage- Appropriate signage will be in place to direct patrons and inform them of the proper procedures, as well as to remind them of distancing, masking and other requirements.

Protection for employees- Employees will be provided access to regular handwashing with soap, hand sanitizer and disinfectant wipes. Masks and gloves will also be provided to employees. The ice center already has a transaction window to protect the staff, if a customer requires assistance or direction. **The rest of the recreation center building is off limits to customers.**

Restrooms- Lobby restrooms will be provided for emergency use and will be sanitized regularly. All other restrooms and locker rooms will remain closed. Restroom stalls will be spaced and marked accordingly.

Sanitization- In addition to cleaning and sanitizing the facilities, a hand sanitizing station and sanitizing wipes will be provided.

Non-essential visitors are prohibited- To help prevent crowding, all non-essential visitors to the ice center are prohibited.

Bring a refillable water bottle. Vending machines and drinking fountains are closed.

Concession stand- The concession area will remain closed until further notice.

Departure instructions- Please leave the ice as soon as your session time has ended and exit the lobby within 15 minutes of leaving the ice.

COVID-19 symptoms and monitoring- Please note any fever (temperature of 100.4 or higher), cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea. Stay home if you have these symptoms. Notify your instructor immediately if you experience these symptoms during your lesson. Parents will be notified immediately if a child is sick. **Parents must monitor for these symptoms and take their child's temperature each day prior to arrival. Do not send your child to their session with any of these symptoms.**

Coaches will also check their own temperatures before each session starts and monitor skaters for symptoms during lessons.

Coaches will be required to self-report any symptoms should they begin to experience symptoms during the clinic.

Hand sanitizing- Everyone is required to use hand sanitizer, containing at least 60% alcohol, during any breaks and after using the restrooms.

In general, protect yourself and others. Don't come to the ice rink if you feel sick or are otherwise at risk. Bring hand sanitizer with you and use it often. Practice good hygiene by covering coughs or sneezes with a sleeve or elbow. Avoid any other activities that increases the risk of exposure to saliva, such as chewing gum, spitting, licking your fingers, etc.

Mt. Lebanon Recreation Department Plan of Action for COVID-19 Related Illness

- Should a program participant, employee, instructor, visitor or volunteer display COVID-19 symptoms during a recreation department program, he/she should be immediately removed from the group, masked if not already, and isolated. If the person who is ill is a minor, the parent or guardian will be notified immediately, and they will need to pick up their child as soon as possible. Testing for COVID-19 will be recommended for the person who is ill.
- The COVID-19 point person for the Recreation Department will contact the Allegheny County Health Department, get their determination about isolation or quarantine needs, and comply with those recommendations.

- The ill person who demonstrates COVID-19 symptoms will be required to have a release from their health provider and the Allegheny County Health Department before they can return to activities.
- Employees or instructors who are uncomfortable or unable to return will be directed to the Human Resources Manager.
- A Municipal communication to the community will occur should a recreation department program participant, employee, instructor, visitor or volunteer be confirmed with COVID-19, and any subsequent adjustments to the Health and Safety Plan would be included in that communication.
- Areas used by a sick person will be closed and not used until they have been cleaned and disinfected (for outdoor areas, this includes surfaces or shared objects in the area, if applicable). We will wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, we will wait as long as possible.
- Those who have had close contact with a person diagnosed with COVID-19 will be advised to stay home and self-monitor for symptoms, and to follow CDC guidance if symptoms develop.

Questions? - If you have any questions, you may call the ice center at (412) 561-4363.

COVID Point of Contact- Tim Ishman is the recreation staff person responsible for responding to COVID-19 concerns. You may contact him at: 412-343-4533 or tishman@mtlebanon.org. If you or someone in your organization has been exposed to a probable or confirmed case of COVID-19, please contact him immediately.

All rules and policies are subject to change. Failure to follow these instructions will be grounds for revoking skating privileges.