

## **Purpose**

In response to the COVID-19 pandemic, nations, states, cities, companies, facility managers, and individuals have all been called upon to make every effort to minimize to the greatest extent possible the risks associated with the transmission and contraction of the novel coronavirus.

This document provides guidance to mitigate the transmission of the coronavirus and provide a safe and healthy recreation environment in the facilities at the O'Malley Ice Arena and the O'Malley Sports Center owned and managed by O'Malley Ice and Sports Center, LLC.

All persons utilizing or entering the O'Malley Ice Center and the O'Malley Sports Center shall comply with the terms of this plan until notified otherwise.

## **Roles and Responsibilities**

The Management Team is committed to ensuring the health, and safety of personnel working at and Participants using the Facilities and to the community at large. Our Management Team shall continue to monitor the COVID-19 Pandemic situation and changing dynamics including lawful State and Municipal rules and guidelines. The Management Team shall remain in contact with applicable state and local leaders and shall ensure that any new directives given by governing bodies are appropriately implemented by Building Managers and their Facility Technicians.

**Building Management:** Building Managers, shall ensure that this Plan and applicable COVID-19 directives from Senior Management are immediately implemented and that all activities are conducted in accordance with the ALARA principle to ensure that coronavirus transmission risks are As Low As Reasonably Achievable (ALARA). Building Managers are responsible for ensuring that site specific management plans are in place for each location, and that site specific COVID-19 training has been conducted for all field personnel prior to mobilization.

**Facility Technicians:** Facility Technicians, our employees, are responsible for ensuring that the procedures contained in this document are available to and are followed by all persons in the facilities, including coaches, participants, spectators (when & where allowed), vendors, service contractors, and visitors.

**Coaches and Team Captains:** Team Captains for adult participant groups and coaches for youth participants are expected to implement the rules for participant play in the facilities to ensure that activities are conducted as designed to reduce the risks as low as reasonably achievable.

*Our Building Managers, their facility technicians, and the Coaches and Team Captains are on the front line to ensure the implementation of this plan.*

## **COVID-19 General Information**

The most recent information regarding the Corona Virus Pandemic provided by the CDC states:

The CDC is responding to a pandemic of respiratory disease spreading from person-to-person caused by a novel (new) coronavirus. The disease has been named "coronavirus disease 2019" (abbreviated "COVID-19"). This situation poses a serious public health risk. The federal government is working closely with state, local, tribal, and territorial partners, as well as public health partners, to respond to this situation. COVID-19 can cause mild to severe illness; most severe illness occurs in older adults and can result in death.

**Symptoms of COVID-19:** Symptoms may appear 2-14 days after exposure and have been described by the CDC as: Fever, Shortness of breath, Dry cough.

**Emergency Medical Conditions:** Severe symptoms described by the CDC as requiring immediate medical attention include: Trouble breathing, Persistent pain or pressure in the chest, New confusion or inability to arouse, Bluish lips or face, Severe muscle or body aches.

**How the Virus Is Transmitted:** The virus is thought to be spread primarily from person-to-person transmission inclusive of the following:

- People who are in proximity, generally less than 6 feet, with other people who are infected;
- Respiratory droplets produced when an infected person coughs or sneezes which can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs;
- Touching a surface or object that has COVID-19 on it and then touching one's own mouth, nose, or possibly the eyes.

People are most contagious when they are symptomatic, for example, experiencing fever, cough, and/or shortness of breath.

- Asymptomatic and mildly symptomatic individuals can and do spread COVID-19;
- A person may NOT have a fever and yet still be a carrier of the virus;
- Lack of an elevated temperature does not mean he/she has a clean bill of Health.

There have been numerous reports of inaccurate temperature readings from the forehead scan type thermometer. Temperature testing does NOT ensure there is no communicable disease in the workplace and does not prevent the spread of disease. Many cases are referred to as asymptomatic, which means that some individuals report no symptoms at all but can still be carriers of the virus and can infect others.

### **Prior Screening of Participants and Facility Technicians (Employees)**

Participants who have traveled outside the state of Alaska or participants who have a family member or other household member who have traveled outside the State of Alaska shall not be allowed to participate or enter the facilities until after they complete a 14-day quarantine period in accordance with DHSS guidelines, or have had a negative test within 72 hours of arriving in Alaska.

Participants who have exhibited any symptoms of the COVID disease or Participants who have a family member or other household member that has exhibited symptoms of the COVID disease shall not be allowed to participate or enter the facilities until after they complete a 14-day quarantine period in accordance with DHSS guidelines.

All participants (and/or their guardians in the case of minor participants) shall sign the Statement of Personal History and Wellness Screening form, attached here as "Exhibit A," as a condition of participation. Team Coaches or Captains will collect the executed Personal History and Wellness Statements from all participants and submit to the Building Managers before participation.

If there are any changes in the conditions of a Participant with respect to his or her condition, or those of a family or household member, he or she shall report that change to their Team Captain or Coach and refrain from entering the Facilities for 14 days or until receiving a negative COVID-19 test result.

## **Ice Arena Building Usage and Occupancy Limitations.**

All coaches, participants, and spectators will enter the building on the Red Rink side (south side or right-hand side of the entryway as you face the building) and exit the building on the Blue Rink side (the right-hand side when exiting the building). Doors will be marked as entry or exit doors. All persons entering the building SHALL sanitize hands with provided hand sanitizer at the entry.

A log of all persons entering the building shall be kept next to the entry sanitizer station, in which all persons entering the building will provide their name date and time of entry and phone number.

**Youth participants (18 and under) and coaches are not currently permitted to use locker room facilities, including private/member locker rooms.** Youth participants will home dress and arrive in their gear ready for play. Skates will be donned using the chairs placed in front of either rink and around the lobby. Participants shall maintain the six-foot separation between the chairs.

Adult participants may use the locker rooms assigned to their group to dress for games. When using locker rooms participants shall maintain social distancing and remain at least six feet apart. They may also opt to home dress and use the chairs provided in the lobby to don skates.

Participants will enter the ice rink playing surface at the designated door by entering in a single file line maintaining six-foot separation.

Hockey bags and duffels are **NOT** to be left in the lobby or other common areas. Participants utilizing locker rooms who choose to remain in the building must move their gear to their vehicle immediately after changing.

Restrooms at the west end of the building and in the Blue Line Pub will be available.

## **Skating Surface Usage**

**Youth Hockey** coaches shall be responsible for designing and conducting their drills to emphasize movement and separation of participants. Participants shall maintain ten feet separation on the ice during drills and play. Stationary meetings and instruction may be conducted keeping six feet of separation. Total capacity on each rink will be set in accordance with current Minicipal and State mandates.

**Figure skaters** shall follow the same rules of prior dress, entry and exit from the facility and onto the skating surface. Total capacity on each rink will be set in accordance with current Minicipal and State mandates. Figure skaters shall adhere to the same screening protocols as hockey participants.

Coaches are strongly encouraged to wear masks at all times. A mask may be temporarily pulled down to provide instruction at which time the coach shall maintain at least ten feet of distance between all participants and the other coaches.

**Adult Recreational Play** All Adult participants shall adhere to the screening protocols prior to facility usage. Participants should focus on aerobic skating, passing, and shooting, with emphasis on maintaining spatial distancing AT ALL TIMES. AT NO TIME shall any player enter the goalies blue goal crease area, nor should anyone remain stationary in an effort to "screen" the goaltender.

Players shall maintain 6' of separation on the player benches. Players shall enter the ice surface during play using the player door closest to the center red line and enter the player bench using the door closest to the blue line. There shall be no handshake line. All players shall enter and exit the ice rink surface in a single file line maintaining six-foot separation.

## **Spectators**

Spectators may enter and remain in the building with participants. The total number of spectators permitted in the building will be determined by the building manager and will be in accordance with current mandates from the State and Municipality. Minor children may accompany an adult spectator but must stay within the immediate control of the parent or guardian. If children leave the immediate control of the parent, the parent will be asked to leave the facility. Spectators are strongly encouraged to wear masks while inside the facility. Social distancing protocol of a minimum of six feet of separation shall be maintained between spectators and any other person.

*Minor children MAY NOT be unattended as spectators.*

## **Building Cleaning and Sanitation**

Commons floors will be cleaned once every four hours. Bathrooms will be cleaned once every hour. Player Benches for adult play shall be swabbed down between each usage. All touch points at building entry & exits and bathrooms doors shall be cleaned hourly.

Locker rooms, restrooms, the Blue Line Pub, and other enclosed areas will be sanitized with a UV sanitizing light as frequently as is practicable on a schedule to be determined by the management team. Duration of UV sanitation will be performed in accordance with the latest CDC recommendations. A log will be displayed at the door to each locker room, restroom, and other enclosed area, recording the time and date of UV sanitation procedures.

## **Employees**

All Employees shall wear face masks while performing their duties.

All Employees are to be screened for symptoms prior to starting work.

Any employee experiencing symptoms or having reason to be concerned that they have been closely exposed to someone with COVID-19 will be excused from work and will be eligible for re-hire once they are medically cleared to do so.

If an active employee is identified as being COVID -19 positive by testing, CDC compliant cleaning and disinfecting must be performed as soon after the confirmation of positive test as is practical or the facility must be shut down for 72 hours and all common areas subject to a comprehensive cleaning.

## **Parking Lot**

At no time shall any gatherings occur in the parking area of the facilities unless in accordance with State and Local guidelines. There shall be no "tailgating" or alcohol consumption on the O'Malley Ice and Sports Center properties at any time outside of the Blue Line Pub. Parking areas shall be used for the purpose of vehicle parking only.

## **Running Track**

The running track will be closed to all persons except building staff performing their duties until further notice. The running track is not to be used as a spectator platform or a "shortcut" across the building or to the Blue Line Pub.

## **Blue Line Pub**

The Blue Line Pub will be open for business on a schedule determined by the pub manager and building manager. Patrons are strongly encouraged to wear face masks while in the pub but may remove them to eat or drink. Six feet of separation shall be maintained between patrons who are not from the same household or group. Sporting equipment and gear/duffel bags are not permitted in the Blue Line Pub. Management reserves the right to refuse service to anyone not acting in accordance with pub rules.

## **Sports Center Building Usage and Occupancy Limitations.**

All persons will enter the building on the court side (right-hand side of entryway) and exit the building on the opposite side doors. Entry and exit points will be clearly marked. All persons entering the building shall sanitize hands with sanitizer provided at the entry. This is a mandatory requirement.

Players and coaches will home dress and arrive in their gear ready for play. Athletic shoes may be donned using the benches placed in middle commons. Shoes removed shall be placed directly under the bench position used. Participants shall use the designated bench area and maintain the six-foot separation as marked on the benches. Participants will enter the courts at designated doors by walking in single file and maintaining six feet of separation.

Participants entering and exiting the building shall not congregate at any time and maintain six feet of separation. The locker rooms in the facilities will not be available to participants until further notice.

The designated public restrooms will be open for use. Players using the restrooms shall wash their hands with soap provided therein. Players SHALL NOT use the restrooms as changing areas.

## **Court Venue Usage**

Each of the four courts shall be divided from the other by the divider curtains which shall remain closed during all activity. Participants shall remain in their court of play and not congregate or visit with other participants on the adjacent court. Each court may be used by up to ten players with one Coach present. Coaches shall be responsible for designing and conducting their drills to emphasize movement and separation of participants. Stationary meetings and instruction may be conducted keeping six feet of separation. Coaches are strongly encouraged to wear masks at all times. A masked may be temporarily pulled down to provide instruction at which time the coach shall maintain at least six feet of separation between all participants and other coaches.

## **Adult Recreational Play**

All Adult participants shall adhere to screening protocols prior to facility usage. Participants should focus on aerobic movement, passing, and shooting, with emphasis on maintaining spatial distancing AT ALL TIMES and AT ANY TIME no player shall touch or otherwise contact another player in any activity conducted. Handshakes, "high fives," or other social contact is not allowed.

## **Building Cleaning and Sanitation**

Changing Benches in commons will be swabbed down and sanitized hourly.  
Commons floors will be cleaned once every four hours. Bathrooms will be cleaned once every hour.  
All touch points at building entry & exits and bathrooms doors will be cleaned hourly.

## **Spectators**

Spectators may enter and remain in the building with participants. The total number of spectators permitted in the building will be determined by the building manager and will be in accordance with current mandates from the State and Municipality. Minor children may accompany an adult spectator but must stay within the immediate control of the parent or guardian. If children leave the immediate control of the parent, the parent will be asked to leave the facility. Spectators are strongly encouraged to wear masks while inside the facility. Social distancing protocol of a minimum of six feet of separation shall be maintained between spectators and any other person.

*Minor children MAY NOT be unattended as spectators.*

## **Employees**

All Employees shall wear face masks and gloves while performing their duties.

All Employees are to be screened for symptoms prior to starting work.

Employees shall refrain from talking to participants and patrons except in case of emergency or enforcement of this document. Any employee experiencing symptoms or having reason to be concerned that they are exhibiting symptoms will be excused from work and will be eligible for re-hire once they are medically cleared to do so.

If an active employee is identified as being COVID -19 positive by testing, CDC cleaning and disinfecting must be performed as soon after the confirmation of positive test as is practical or the facility must be shut down for 72 hours and all common areas subject to a comprehensive cleaning.

## **Parking Lot**

At no time shall any gatherings occur in the parking area of the facilities unless in accordance with State and Local guidelines. There shall be no "tailgating" or alcohol consumption on the O'Malley Ice and Sports Center properties at any time outside of the Blue Line Pub in the Ice Center. Parking areas shall be used for the purpose of vehicle parking only.

## **DISCLAIMER**

*The COVID 19 virus is a dangerous and pernicious viral disease that is present in Anchorage Alaska. This Mitigation Management Plan seeks to minimize the risks associated with the COVID disease but there is no guarantees against contracting the disease as a result of participating at, or entering onto the Facilities owned and operated by O'Malley Ice and Sports. All persons participating at or entering the facilities waive any and all claims that may arise as a result of injury, sickness or death to themselves or any other person that are caused by or claimed to have been caused by exposure to the COVID VIRUS OR OTHER VIRUS contagion present at the Facilities.*

Exhibit A

Statement of Personal History and Wellness

I, Participant Name \_\_\_\_\_ wish to enter the Facilities  
(Print Name)

Owned by O'Malley Ice And Sports Center and engage in the following activities:

Activity: \_\_\_\_\_ with \_\_\_\_\_  
Youth Hockey      Adult Recreation Hockey      Coach, or  
or Figure Skate      Team Captain

Affiliated with

\_\_\_\_\_  
Name of Team, Program or Association

I affirm that I have on \_\_\_\_\_ had my temperature recorded by \_\_\_\_\_  
(Date) (Name)

The recorded temperature did not exceed: 99.5 degrees Fahrenheit.

And that I have not exhibited any of the symptoms commonly associated with COVID: Fever, dry cough, fatigue, muscle aches or diarrhea.

And, furthermore no member of my family or anyone in my household is exhibiting any of these symptoms.

I have not traveled outside the State of Alaska within the past 14 days and no member of my household has traveled outside the state of Alaska in the past 14 days. *I further acknowledge and Agree that if there area any changes in my condition or a member of my family or my household, I will notify my Coach or Team Captain and refrain from play until the change of condition is resolved.*

**DISCLAIMER AND WAIVER OF LIABILITY**

I acknowledge and Agree that the COVID-19 Virus is present in Anchorage Alaska and with such knowledge, voluntarily agree to enter the Facilities and engage in recreational activity under the express condition that I agree to abide by the terms of the Facility COVID19 Management Plan, *AND I willingly waive and surrender any and all claims against O'Malley Ice and Sports Center LLC, its owners, managers employees and other patrons for sickness, bodily injury, death. and all other damages that could or may arise as a result of exposure to the COVID-19 VIRUS OR OTHER VIRUS contagions present at the Facilities.*

**This Statement of Personal History and Wellness affirmed and Acceptance of Disclaimer and wavier of Liability is agreed to and submitted by the undersigned:**

\_\_\_\_\_  
Participant Name

\_\_\_\_\_  
Signature of Participant or  
Parent or Guardian of Participant

\_\_\_\_\_  
Date