

# RETURN TO PLAY PROTOCOL

## BRENTON SKATING PLAZA



### PURPOSE

This Return to Play Protocol was formed from various recommendations, from the Centers for Disease Control and Prevention (CDC), Iowa Department of Public Health, National Recreation and Parks Association and other public health organizations, as mitigation efforts to help ensure participant, spectator and staff safety.

### NOTICE

**If participant or attendees are not in compliance with these Protocols, registration is subject to immediate cancellation. In addition, attendees found in violation of the Protocols will be requested to leave the premises if violations continue after one verbal warning of violation. No refunds will be provided for any dates canceled or early termination of this registration for violations.**

The City of Des Moines cannot guarantee that the participant or any of the event attendees will not become infected with COVID-19. Participant and attendees use the City's facility at their own risk.

The Parks and Recreation Department reserves the right to change the Facility Use requirements at any time and will contact participant immediately with such changes.

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#### *OPTIONS FOR FULLY VACCINATED INDIVIDUALS*

*To slow the spread of COVID-19, the City strongly recommends all applicable individuals to get vaccinated.*

*Current CDC guidance allows fully vaccinated individuals the option to resume some normal activities. To reduce the risk of being infected with the Delta variant and possibly spreading it to others, fully vaccinated individuals are required to wear a mask inside City facilities during substantial or high transmission.*

*Vaccinated individuals who have been exposed to someone with a positive case of COVID-19, do not need to quarantine if asymptomatic but should:*

- Wear a mask indoors in public for 14 days after exposure or until a negative test result.*
- Get tested 3-5 days after close contact with someone with suspected or confirmed COVID-19.*
- Get tested and isolate immediately if experiencing COVID-19 symptoms.*

*\*Reminder: Per CDC recommendations, people who have a condition or are taking medications that weaken the immune system may not be fully protected even if they are fully vaccinated. They should continue to take all precautions recommended for unvaccinated individuals including wearing a well-fitted mask.*

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### PREVENT

#### GET VACCINATED

The CDC and the American Academy of Pediatrics recommends getting a COVID-19 vaccination to help protect you against COVID-19. Vaccination is a critical tool to help stop the pandemic. To learn who is eligible or find more information on vaccination please visit the [CDC online](https://www.cdc.gov). Find a vaccine online at [vaccines.gov](https://www.vaccines.gov).

## PREVENT (continued)

### AVOID CROWDS

- Being in crowds put you at higher risk for COVID-19.
- The virus that causes COVID-19 most commonly spreads from person-to-person respiratory droplets during close physical contact (within 6 feet).
  - Individuals should consider if they can stay at least 6 feet apart from people they don't live with before visiting our facilities.

### SCREEN

- Any person, who is experiencing symptoms of coronavirus (***including both fully vaccinated and unvaccinated individuals***), or who has been in close contact (within 6 feet or less for a cumulative total of at least 15 minutes over a 24 hour period) with anyone with a confirmed COVID-19 diagnosis in the last 14 days, or who is awaiting COVID-19 test results or has been asked to quarantine are prohibited from participating, until the [CDC's quarantine or isolation period](#) is complete.
  - Per CDC guidance, if you have been exposed, even if you test negative for COVID-19 or feel healthy, you should stay home (quarantine) since symptoms may appear up to 14 days after exposure to the virus.

### TESTING

CDC recommends that anyone with any signs or [symptoms of COVID-19](#) get tested, regardless of vaccination status or prior infection. If you get tested because you have symptoms or were potentially exposed to the virus, you should stay away from others pending test results and follow the advice of your health care provider or a public health professional.

Every person is eligible for free mail-in/drop-off testing kits from Test Iowa. To order your kits or find the nearest location to pick one up, visit [testiowa.com](https://testiowa.com).

Des Moines Public Schools offers free drive-thru testing at Hoover High School and Kurtz Opportunity Center. Testing appointments can be made online at: [testing.nomihealth.com/signup/dmschools](https://testing.nomihealth.com/signup/dmschools).

### MASKS

- Indoors: Per CDC guidance, masks are required inside City of Des Moines facilities during times of substantial or high transmission, ***regardless of vaccination status***.
  - Masks are required in our restrooms.
  - Extra masks will be available at each facility.
- Outdoors: Per CDC guidance, masks are strongly recommended in crowded outdoor settings in areas of high transmission, for unvaccinated individuals and fully vaccinated individuals with weakened immune systems, and for activities with [close contact](#) (within 6 feet for 15 minutes or more over a 24-hour period) with others who are not fully vaccinated.
  - Masks should NOT be worn by children under the age of two or anyone who has trouble breathing, is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
  - Masks do not substitute for social distancing.

### SOCIAL DISTANCING

- We strongly recommend trying to maintain at least six feet of distance, from people you don't live with at all times.
- Any lines for check-in, restrooms, or other are also discouraged.

## PREPARE

### INSTRUCTORS

- Masks: [Please read above.](#)
- In the event of a participant injury, a masked instructor will assess the injury.
- Instructors should encourage participants to keep apart. Please no high fives, hugs, etc.
- Maintain attendance for each program/class to assist with contact tracing if needed.
- Have skaters enter the ice at staggered times to minimize congestion.
- Participants are asked to exit the facility immediately following a program/class.

### SPECTATORS

- Masks: [Please read above.](#)
- Spectators are discouraged at this time due to substantial to high transmission rates.
- Spectators will be limited to two per/participant.
- All spectators must follow all CDC and public health guidance for social distancing, at least six feet of physical distance between each group or individual in attendance.

### STAFF

- Staff will follow all COVID-19 protocols to screen for symptoms prior to arriving on site.
- Indoors: Per CDC guidance, masks are required by all City staff inside City of Des Moines facilities during times of substantial or high transmission, ***regardless of vaccination status.***
- Staff will check on sanitation supplies throughout their shift.
- Staff will clean/disinfect high touch equipment and high traffic areas frequently such as entrances/exits, restrooms, rental counter.

## PLAN

### HYGEINE

- Rental equipment will be disinfected after each use.
- Please disinfect hands frequently or wash hands often with soap and water for at least 20 seconds, especially after going to the bathroom.
- Participants are required to bring their own hand sanitizer and wipes for disinfecting hands and equipment regularly.

### RESTROOMS

- Masks are required inside City of Des Moines facilities ([see above](#)), including restrooms.
- Any lines for restrooms are discouraged.
  - If there must be a line, six-foot spacing requirements shall always be in effect.

### SEATING

- Seating is not disinfected.

### TICKETS

- To minimize check-in times on-site and gatherings, participants will complete their registration online prior to arrival.
- Skate Rental Counter will be clearly marked for distancing using stanchions to manage lines and traffic flow.

### WATER

- Participants must bring their own water bottles or water containers and must have their names clearly labeled on all items. No team water coolers or other shared items will be allowed.
- Please distance yourself at least six feet or more away from people you do not live with before removing your mask to eat or drink.
- Drinking fountains are not disinfected. Use at your own risk.

## PROUD

We are so proud of our community and how they've come together to show they care during the pandemic. Thank you for working with us to find ways we can all be together safely, protect our first responders, essential workers, businesses, vulnerable populations, and each other.

## PHOTOS

- Please remember to show the community just how much you care about them when taking photos with mixed groups of vaccinated and unvaccinated individuals.
  - Wear your mask if you are near others. Masks do not substitute for social distancing.
  - Maintain social distance of six feet or more between each group or individual attending.

## PROTECT

**If a participant or instructor tests positive for COVID-19 at any time during the season, the entire class will follow the [CDC's quarantine protocols](#) and the individual will isolate until they meet all [CDC criteria for ending isolation](#).**

If you are participating in our program and test positive for COVID-19, please contact Parks and Recreation Supervisor, Tim Smith at (515)865-6564 or email [tasmith@dmgov.org](mailto:tasmith@dmgov.org). To prevent the spread of COVID-19, we must be able to post notice of dates of public exposure (if applicable) for contact tracing purposes. No personal information will be shared.

Failure to report that you have been at our facility and/or participating in our activities/programs while you were positive, will result in one or more of the following (without refund):

- Individual Suspension
- Team Suspension
- Cancellation of League/Season

## RESOURCES/LINKS

CDC Coronavirus

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

CDC How to Protect Yourself & Others

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

CDC Interim Guidance for Fully Vaccinated Individuals

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

City of Des Moines COVID Response Site

<https://www.dsm.city/covid19>

Des Moines Public Schools and Nomi Health Free Testing and Vaccination

[testing.nomihealth.com/signup/dmschools](https://testing.nomihealth.com/signup/dmschools)

Polk County Public Health Department

<https://www.polkcountyiowa.gov/health-department/2019-novel-coronavirus-covid-19/>

Returning to the Rinks-US Figure Skating, Learn to Skate USA, US Ice Rink Association & USA Hockey

<https://www.usfigureskating.org/news/article/returning-rinks>

US Ice Rink Association: COVID-19 Resources

<https://www.usicerinks.com/resources/COVID-19>