



## NBHOA

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# New Brunswick Hockey Officials Association

## 2020-21 COVID-19 Reminder Sheet

- Follow the NB Health guidelines for self assessment. Do not go to the rink if you have any symptoms listed on the NB Health guidelines....Stay Home. Contact your RIC.
- Familiarize yourself and follow the most current guidelines at your facility, every facility has their own operating plan. They may differ within a city, town, village or regional area.
- Practice good hand hygiene, clean and sanitize before entering the facility, officials' room or staging area, between periods, after a scrum or altercation, after you come off the ice, and when you leave the facility. Carry a bottle of hand sanitizer as part of your official's equipment.
- Practice physical distancing in the official's room or staging area. Limit contact, no handshakes, etc. Wear a mask in, around and out of the facility if 6ft physical distance can't be maintained.
- Carry your own water bottle, do not drink from players or goalie water bottles. Refrain from spitting or spraying water on the ice. Practice proper coughing and sneezing etiquette, into your elbow away from people. Have the facility provide a clean water bottle for ice repair.
- Do your best to limit close contact with players and team officials. No hand shakes before the game, simple introductions at the bench before the game with physical distancing.
- Be conscious of not blowing your whistle directly at a player, team official or other on ice officials. Be aware of players when blowing your whistle to start your face off procedure.
- Wash and/or sanitize your equipment after every ice time. Keep it as clean as possible.
- If at any time you, or another official are uncomfortable with the facility, operational plan or a situation, please report it immediately to your Referee in Chief or your Zone Director. The NBHOA wants to ensure all officials are safe and comfortable while officiating, and must feel comfortable reporting a concern. Your safety is our first priority.