

ACC Update

Jan 12, 2021

ACC's,

A few topics have been coming up in e-mails, phone calls etc. so I thought I would send you all information around those topics. Thanks again for all you do!

Twig

1: Vaccines

We've been getting questions from ACC's from people in their association that have been vaccinated, or will be starting the process soon. Here is information from the Minnesota Department of Health on people that have received the vaccine:

IMMUNITY:

After the second dose, it takes about two weeks for your body to build up protection, so it's about 6 weeks total from the first vaccine dose to when you should be fully protected. It is important to continue to wear a mask, stay 6 feet from others, wash your hands, and follow other public health recommendations.

Even after those 6 weeks, we know these vaccines are good at preventing people from getting sick, but we don't have enough data yet to say whether someone who has vaccinated may still spread the disease to others if they get infected with COVID-19. This is another reason why we can't stop wearing masks or social distancing yet. After 6 weeks you should continue to follow workplace or school guidance, including guidance related to wearing personal protection equipment (PPE), like masks and/or face shields, getting tested for COVID-19, and quarantine and isolation requirements."

2: Playing Out of State and Masks:

Check with your District Director on if your team will be required to wear a mask if you are playing in Iowa, North Dakota, or South Dakota. Many District Directors will be requiring their teams to follow our state's mask mandate, even if playing in a state that does not require it.

3: Spectator Guidance/Attendance

Per the MDH's latest Sports Guidance around games, it's required to have an attendance system for your team's games should there be a need for contact tracing. There isn't one specific system that you have to employ...but have something in place for your team to accurately track who is attending each of your games. It could be electronic or it could be pen and paper, whatever works the best for your association and teams. So each team's manager or coach should be tracking who is at each game for their own team (home and away).

4: A Few Rules Adjustments

- **Extra Goalie Prep Time:** Goalies will now be allowed to enter the rink 15 minutes before their ice time. All other players will still need to abide by the 10 minutes before and after rule. The 5

minutes is available for those goalies that need a little extra prep time to get ready. If a parent needs to help his/her child get ready, they are allowed to enter at this time too.

- **Player/Coach Bags:** Players will now be allowed a small bag to help carry incidentals. This can be a small drawstring bag, or a small backpack (not the player bags that have straps, but a school-sized backpack.) Players are still expected to arrive fully dressed, and to leave fully dressed immediately after their ice time. Coaches may also have a small backpack to help them with carrying things such as a first aid kit, spare masks, emergency info etc.
- **Locker Rooms:** Locker rooms are still not recommended to be open for use in arenas. However, if an arena feels it is in the best interest of safety and the ability to safely space out players that they have some locker rooms open, they may do so. It is up to each individual arena to decide with their city what is the best plan for them. The hope is that most locker rooms across the state remain closed, but this adjustment allows for some flexibility for venues that don't have the lobby or common area space to adequately space out players, coaches, and spectators. Check with your local arena on what their plan is and make sure your association is working with them to make things as safe and efficient as possible.

5: Updated Association Covid Guidelines Document

We've updated the Association Covid Guidelines document. Based on some feedback we received, we streamlined that page and are directing people right to the MDH information for their guidance. That updated document will be re-posted when the updated Phase 5 guidelines are as well.