

Summit Youth Hockey
Standard Operating Procedures
Return to Play Hockey Version 1.0 2020

Approved: 9-9-20

1. Safety

a. PPE Requirements

- i. Players and Coaches will wear masks (over nose and mouth) throughout practices
 - a. Players will be given one(1) warning about not wearing a mask properly. If a second(2) warning is given, players/coaches will be asked to leave the ice and the facility
- ii. Staff should wash their hands before putting on a mask and before and after removing the mask (as per CDC guidelines), and before and after touching any items used by players.

b. Physical Distancing Requirements

- i. Coaches & Staff will maintain at 6ft distance at all times between themselves and between their athletes. In instances of a familial relationship between coaches, staff or players this distance requirement is not applicable.
- ii. When at the ice rink - but not directly interacting in and amongst their cohort group - athletes need to try to maintain a 6ft distance between themselves and anyone not in their cohort.
- iii. Athletes will need to follow markers (wayfinding, etc.) at the ice rink for ingress and egress.

c. Facility Procedures

- i. The rink will have a one-way entrance and a one-way exit. This is already in place and will be outlined and specifics will be communicated to athletes and families during our Zoom information sessions. All athletes will need to follow directional markers in building.
- ii. Restrooms will be available. Locker rooms will be closed. All other areas will be taped off and will not be accessible to SYH members.
- iii. SYH athletes are limited to 25 players, not including coaches on ice per session.
- iv. There will be no communal water fountains available to anyone in the building. Please ensure your player brings their water bottle, already filled, to their designated practice time.
- iv. There will be a built-in window of time between all designated practice sessions.

All athletes from the previous practice must have exited the arena before any incoming athletes being allowed to enter. Outgoing and incoming groups must remain at minimum 6ft from each other at all times. Ingress and egress from the practice area will be controlled to avoid any contact or interaction between training groups.

- v. SYH will support TOB in disinfecting per their protocols all touched objects and surfaces.

d. Athlete & Family Protocols

- i. All SYH members/families will need to read, approve and sign the USA Hockey assumption of risk limited liability waiver.

e. Drop Off & Pick Up Procedures

- i. SYH will use the TOB's symptom tracker APP upon entering the building each day.
- ii. Players will be allowed in the building 15 minutes before practice and must exit the building 10 minutes after practice ends
- iii. Players will enter the building dressed in half of their hockey gear (Breezers, Shin Guards, Hockey Socks, Jock)
- iv. Players will then move to the bleachers after check in and social distance to put on the remainder of their gear
- v. Parents will be allowed to enter the building while properly wearing a mask to tie skates but must leave immediately after the skates are tied (this only applies for Mite/Squirt/U-10 parents and players.)
- vi. Locker rooms will not be used for practices until restrictions are loosened
- vii. Athletes must bring their water bottle (already filled as you will not have access to any refill stations at the facility) and any other training equipment required by their coach. There will be no sharing of equipment allowed nor will there be any communal equipment available for use.
- viii. For all SYH participants and their families to stay healthy and be able to keep skating, we ask our athletes to please practice responsible physical distancing when they are away from the arena as well.

The following criteria must be met by the athlete and anyone residing in their household to be eligible to attend practice:

1. Athletes cannot have contact with anyone who has tested positive for COVID-19 in the last 14 days.
2. Staff members, parents/guardians and athletes must not attend the practice session if they are sick, even if symptoms resemble a mild cold. Symptoms to look for include: fever, cough, shortness of breath, sore throat, runny nose, nasal congestion, headache, and a general feeling of being unwell. This complete list of symptoms is updated on an as-needed basis by SCPH and CDC.
3. Athletes cannot have traveled internationally in the last 14 days before attending the practice session.
4. All athletes will be required to complete the Town of Breckenridge's symptom tracker APP upon entering the facility and temperature check.
5. All attendees including athletes, coaches, any required volunteers as well as parents/guardians who enter the rink area will be required to fill out the club's contact tracing log (provided by SYH). If the facility requirements for entry are such that they are away from the line of sight of parents you may bring your athlete to the facility entry but will then have to register with on our contact tracing document.

f. Training Procedures

- i. Roster groups will be divided into specific training groups or cohorts. Inside our listed cohorts groups, players will be assigned to specific practice days and times. These will remain consistent throughout each training block phase. There will be no make-up sessions with another group available if a player is unable to attend one of their listed training sessions. Athletes must be on time before the start of their designated training time.
- ii. Social distanced drills will be encouraged but small area games will be used for 20 minutes of practice
- iii. Cohorts cannot mix with other cohorts or be within the same room/space at the same time, including pickups and drop-offs. You may form a carpool if it is within your cohort group. The recommendation at this time is that athletes should not participate in more than one sporting cohort group.
- vi. SYH will keep daily records of anyone entering or attending the training session of anyone who stays for 15 minutes or longer (e.g. coaches working each day, players, staff, etc.). Records will be kept up-to-date and available to facilitate contact tracing in the event of an outbreak. Records will be kept for two weeks by SYH's Director.
- vii. All visitors or special guests will also be documented.

2. Illness

a. General

- i. Any athlete or staff member that is required to leave a training session as a consequence of experiencing signs or symptoms consistent with COVID-19 is required to contact their physician to consider the appropriateness of further investigations. Further investigations may include a test for COVID-19, which then may lead to the notification of appropriate public health officials regarding a positive test result. Public health officials will determine any requirements related to facility and/or group operations, as well as any requirements around contact tracing as it relates to managing the spread of the virus. The athlete or staff member may not return until receiving clearance from the physician, and if a test for COVID-19 was completed, a negative test result will be required before further training is permitted. If home isolation is required, guidelines will default to the current Summit County Public Health order.
- ii. Staff or athletes at risk for severe illness from COVID-19 are recommended to review their specific health concerns with their primary care provider before attending training sessions.
- iii. Common underlying health conditions that may place an individual at higher risk would include hypertension, heart disease, diabetes, obesity, chronic respiratory diseases such as asthma and those who are otherwise immunocompromised.

b. Symptoms Display During Training

- i. If a player develops symptoms while at the program, the athlete will be isolated away from other athletes and the parent or guardian will be notified to come and pick up the athlete immediately.
- ii. If the athlete requires close contact and care, the staff can continue to care for the athlete until the parent or guardian can pick them up. Staff should wear a mask during all inter actions with the athlete and should avoid contact with the athlete's respiratory secretions.
- iii. Staff should wash their hands before donning a mask and before and after removing the mask (as per mask guidance), and before and after touching any items used by the athlete.
- iv. If a staff person develops illness while at work, they should immediately remove themselves from any contact with others, notify their supervisor, and go home.
- v. Families will be contacted advising as to the reason their player was asked to leave. Additionally, all members of that training group will be contacted advising as to the occurrence during training and be asked to monitor their athlete for any signs or symptoms of COVID-19.

3. Positive Test Procedure

- a. Should someone test positive for COVID-19 within the club membership, the following measure will take place:
 - i. The individual should let the staff and Hockey Director know immediately who will then notify the BOD's COVID committee for proper response.
 - ii. The club will notify the TOB so they can enact their appropriate COVID-19 response protocols.
 - iii. All athletes inside that individual's cohort will be notified of a positive test result and asked to monitor their player for any COVID-19 related symptoms.
 - iv. SYH will follow the recommendations from SCPH and current guidelines for quarantine and isolation if applicable.

APPENDIX: PLAYER CHECKLIST

(continued)

Use this checklist to help your player prepare for practice.

Before Leaving Home

- Complete the Screening Checklist (Appendix: Screening Checklist)
- Eat before you come – no food on-premises.
 - Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
 - Thoroughly wash water bottles with soap and warm water.
- Bring a filled water bottle(s) with name on it.
- Bring thoroughly washed equipment.
 - Use the washroom at home.
 - Remember to bring a mask and personal hand sanitizer.

Arrival at Rink

- Meet at the designated location.
- Respect physical distancing guidelines.
- Register your attendance for contact tracing and confirm Daily Health Monitoring.
- Wash hands at provided handwashing stations.
- DO NOT share water bottles.
- Follow traffic flow signs at your location.

After Activity is Complete

- No Loitering
- Exit through established exits.
- Wash at provided hand-washing stations.
- Follow traffic flow signs out of your location.
- Respect physical distancing guidelines.
 - Thoroughly wash water bottles with soap and warm water.
- Thoroughly wash clothing and sanitize equipment.

APPENDIX: COACH/ VOLUNTEER CHECKLIST

(continued)

Use this checklist to help your coaches and volunteers prepare for practice.

Before Leaving Home

- Complete the Screening Checklist (Appendix: Screening Checklist)
- Eat before you arrive.
- Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
- Thoroughly wash water bottles with soap and warm water.
- Bring thoroughly washed/sanitized equipment (pylons, markings, etc.)
- Use the washroom at home.
- Consider Activating Contact Tracing App on phone.
 - Remember to pack a mask and personal hand sanitizer.

Arrival at Rink

- Set-up established entrances & exits with traffic flow considerations.
- Set-up traffic flow signs to your location.
- Set-up physical distancing 'grids' for participants.
- Respect physical distancing guidelines.
- Wash at provided hand-washing stations.
 - Take attendance for all coaches and players, including confirmation of daily health monitoring.
- DO NOT share water bottles.
- DO NOT share personal coaching items. (e.g. whistle)
- Sanitize all shared equipment between sessions. (pylons, cones, etc.)?
 - Consider wearing PPE (masks, gloves) at all times.
- Must wear PPE if dealing with an injured participant.

After Activity is Complete

- Sanitize all shared equipment (balls, cones, etc.) between group arrivals if applicable and at end of the day.
 - Takedown established traffic flow signs, entrances & exits.
- Wash at provided hand-washing stations, between-group arrivals if applicable, and at end of day.
- Respect physical distancing guidelines.
 - Thoroughly wash water bottles with soap and warm water.
- Thoroughly wash equipment (clothing) each day.

APPENDIX: PARENT/GUARDIAN CHECKLIST

(continued)

Use this checklist to help prepare your player for practice.

Before Leaving Home

- Complete the Screening Checklist (Appendix: Screening Checklist)
- Check the expected weather conditions.
- Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
- Thoroughly wash water bottles with soap and warm water.
- Use the washroom at home.
- Remember to pack a mask and personal hand sanitizer.
- Consider Activating Contact Tracing App on phone.

Arrival at Rink

- Drop participants at a designated location.
- Respect physical distancing guidelines.
 - Consider wearing PPE (masks, gloves) at all times.

After Activity is Complete

- No Loitering.
- Respect physical distancing guidelines.
- Pick up participants at a designated location.
- Leave the location immediately.
- Thoroughly wash water bottles with soap and warm water.
- Thoroughly wash clothing and sanitize equipment. (e.g. sticks, gloves, etc.)

Related Source Documents and Links

- [USA Hockey Coronavirus \(COVID-19\) Information](#)
- [USA Hockey Player Safety](#)
- [Return to Organized Youth Sports](#)
- [CDC Playing sports](#)
- [CDC Consideration for Youth Sports](#)
- [COVID-19 Symptom Screening](#)
- [CDPHE COVID-19 Employee Health Screening Form](#)
- [Colorado Dept of Health Mask Guidance](#)
- [Colorado Dept of Health Indoor Sports Guidance](#)
- [Summit County Public Health COVID Protocols](#)
- [Summit County Public Business Physical Distancing Protcols](#)
- [Colorado Dept of Health Cleaning Guidance](#)