



COVID-19 PREPAREDNESS & SAFETY PLAN

Policy Updated: ~~02/08/2021~~ 02/16/2021

Tupper Lake Youth Hockey Association (TLYHA) has developed guidelines to help reduce the risk of spread of COVID-19. These guidelines were developed with our players, families, and community in mind to help reduce the risk to our association and community. This was developed to help provide guidance to our association through this on-going and changing pandemic.

The guidelines were based on documentation provided by USA Hockey, New York State Amateur Hockey Association, Franklin County Public Health (FCPH), New York State Department of Health (NYSDOH), and Centers for Disease Control (CDC). These guidelines were created to the best of our knowledge with information currently available by these resources and do not assume any responsibility for the guidelines and information provided in this plan.

This plan was developed to help reduce the risk of the spread of COVID-19 within our association. Players and families that choose to participate, knowingly understand, and take responsibility for the potential risks involved with participation.

Brigette Shaheen, President of Tupper Lake Youth Hockey Association, has been appointed as the COVID Lead by the Board of Directors. Brigette will be the point person that will help answer any questions or concerns. She will also be the liaison for the board on decisions or updates that need to be made. Her email address is: bshaheen72@gmail.com.

GAME PLAY:

Franklin County Public Health (FCPH) has provided guidance for the resumption of competitive games and scrimmages. TLYHA will allow games and scrimmages to occur per the guidelines set forth. All guidelines need to be satisfied to resume games and scrimmages. If at any time the FCPH, NYSDOH, NYSAHA, USA Hockey, or TLCSD guidelines change, TLYHA reserves the right to change this policy.

TRAVEL:

TLYHA teams may travel within the North Country region for game play as well as the following contiguous regions Capital Region, Central New York, and Mohawk Valley. Teams must acquire a copy of the association or rink guidance around COVID protocols.

TLYHA recommends that games be scheduled so that overnight accommodations are not required but understand this might be unavoidable due to the location and distance.



OUT OF STATE PLAY:

Interstate travel to non-contiguous states is strongly discouraged and must strictly comply with the New York State Executive Order 202.5 and New York State COVID-19 Travel Advisory, <https://coronavirus.health.ny.gov/covid-19-travel-advisory>.

ARENA/RINK USE:

All players and visitors must adhere to the TLCSD - Tupper Lake Civic Center (TLCC) COVID-19 guidelines and policies. This includes temperature and check-in procedures, social distancing, and face coverings worn at all times.

TLYHA General Policies:

All participants must sign a COVID-19 waiver prior to participation in any TLYHA activity.

Prior to participating in any TLYHA related event (i.e., practice, game, etc.) participants are required to self-assess their health conditions.

Is the participant currently experiencing?

- Fever (>100.4)/ Chills
- Nausea/ Vomiting/ Diarrhea
- Cough/ Sore Throat
- Shortness of Breath
- Muscle Aches/ Headache
- Loss of Smell/ Taste
- Had a Positive COVID-19 Test within the last 10 Days?
- Contact with confirmed/ suspected COVID-19 case in the last 10 days?

*If the answer is no to all the above questions, then a person is considered asymptomatic and can enter the facility. If the answer is "yes" to ANY of the above-listed symptoms, the participant is considered symptomatic and is **NOT** allowed to be at TLYHA event.*

TLCC Rink Staff, along with TLYHA Coaches, and Board Members will have full authority to remove skaters or spectators from the ice or facility if the COVID-19 guidelines or policies are not being followed or show any of the above symptoms.



ARRIVAL:

- All players and coaches are required to wear a mask into and out of the facility.
- Players and coaches are only allowed into the TLCC 15 minutes before their scheduled ice time. Should not arrive at the rink no more than 15 minutes before each session/game starts. Parent/guardians who need to assist younger players may do so as long as masks are worn, and social distancing requirements are followed.
- Players should come to the rink fully dressed, except for skates, helmets, and gloves. Exceptions are made for goalies, who must wear at least their hockey pants and can get the rest of their goalie equipment on at the TLCC.

LOCKER ROOMS:

Locker room availability will be at the discretion of the rink where team is playing. TLCC will not be allowing use of Locker rooms at any time.

When locker room use is allowed at another rink:

- Players and coaches are required to wear masks and maintain 6 feet social distancing while in the locker room. Depending on the number of players on a team and size of locker rooms, there could be several locker rooms that are required to maintain proper social distancing needs. Players, coaches, and team managers are responsible to make sure that these locker room guidelines are being met.

ON ICE GUIDELINES:

At TLCC, coaches ~~and players~~ are required to wear masks at all times until further notice. Coaches are encouraged, when possible, to limit the amount of time that they or players are in close contact with each other. This includes:

- Limiting bench use during practices.
- Maximizing ice space by using stations and drills that prevent skaters from standing in lines.
- Discouraging unnecessary physical contact such as high fives, handshakes, fist bumps or hugs.
- Avoiding group discussions or instruction at close proximity.
- Optimizing practice plans to prevent close contact (within 6 feet of a person infected with COVID-19 for 15 continuous minutes) between skaters.
- No sharing of water bottles. Players must bring their own water bottle from home labeled with their name\number. The water fountains at the rink are currently shut off.



-
- No sharing of equipment. It is recommended that skaters disinfect their equipment after each use.
 - Absolutely no spitting by any player, coach or volunteer is allowed at the rink or on the ice.
 - Indoor dryland activities are not allowed at this time.
 - There will be no pre- or post-game huddles, or post-goal gatherings on the ice.
 - Pre-Game and Post- Game handshakes are not allowed.
 - The host rink will determine spectator numbers. All spectators must wear a mask and maintain social distance from other spectators/families.

AFTER PRACTICE/GAME:

Afterwards, players should remove their skates, helmet, gloves and exit the facility immediately after their time has ended through the correct exit door.

- Each parent/spectator must exit the facility immediately after practice/game.
- Players should not be hanging around the facility waiting for a ride.
- Each player's gear should be cleaned after each use.

MASKS:

In the interest of safety and health for all members, mask must be worn at all times when entering and exiting the arena and anytime the player is not on the ice.

ALLOWED FACE COVERINGS:

Approved face covering must cover both the nose and mouth, which can include disposable masks, neck gaiters, cloth mask, bandana, or a scarf. Additional types of face coverings/guard/mask etc, that attach directly to player helmet are accepted as long as they contain a face shield and splash guard.

EXPOSURE:

All skaters, coaches and volunteers who have either tested positive for COVID-19 or who are symptomatic but have not been tested for COVID-19 infection must exclude themselves from all TLYHA events until all of the following criteria are met:

- 10 days after symptoms start AND
- 3 days since their fever has resolved (without fever reducing medication) AND
- All other symptoms have improved

Additionally, all skaters, coaches and volunteers who have recently had a close contact with a person infected with COVID-19 should exclude themselves from TLYHA activities and monitor their health for a period of 10 days.



Should a situation arise where testing is necessary; Testing is available by appointment through Adirondack Health at The Adirondack Medical Center, from 12 to 4pm Monday-Friday, please call 518-897-2462 to schedule.

For guidance on what is a close contact and when to stay home, please see these resources:

<https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

If TLYHA is notified of a skater, coach or coordinator testing positive for COVID-19, the association will immediately share that notification with FCPH, all skaters/families within that age level, but without identifying information of the individual who tested positive. The age level team(s) will be allowed to continue TLYHA activities subject to any recommendations from the contact tracing analysis of the COVID lead, or required quarantine by FCPH or local county public health in other counties, or a formal vote by the TLYHA Board of Directors.

Skater, coach, or spectator may not return to any activity until FCPH releases them to do so. Process subject to change per guidance from FCPH, NYS DOH, or CDC recommendations or guidelines.

REFUNDS:

- TLYHA fees are based on the Association's overhead expenses and ice time for the respective skaters. If any practice time, tournaments and/or any portion of the season is cancelled by order of any state or local authority, refunds will be provided at the discretion of the TLYHA Board of Directors and will be determined at the end of the season.
- No refunds will be provided for any time lost due to a skater testing positive for COVID-19, having to quarantine based upon the recommendation of their local County health department, or a choice to not follow any of the implemented COVID-19 guidelines or procedures, which can change as guidance and information around the pandemic change.
- USA Hockey will NOT refund any registration fee if the season is disrupted or canceled.

Finally, please understand that this policy will be continuously subject to change as conditions surrounding the COVID-19 pandemic are fluid. This policy is not intended to replace local and state government orders, or any policies or procedures put in place by any of the arenas that our association teams may visit.



COVID-19 PREPAREDNESS & SAFETY PLAN

Acknowledgement

I acknowledge that I have been given and read the Tupper Lake Youth Hockey Association guidelines. I/we fully understand and agree to follow all guidelines set forth by the TLYHA. Failure to follow these guidelines may result in a suspension from all hockey activities.

Player Signature

Date

Parent/Guardian Signature

Date



