

COVID-19 Preparedness Plan for Rochester Youth Hockey Association (RYHA)

COVID-19 Decision Tree for People in Schools, Youth, and Child Care Programs - <https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf>

Attached you will find a variety of documents for you to review in regard to changes in COVID-19 policies for Rochester Arenas. These will take effect IMMEDIATELY. Decisions for the changes are followed by the USA Hockey and MN Hockey guidelines.

RYHA Return to Play Guidelines as of 1-14-2021

- Players must RSVP using the SportsEngine app for all practices and games, including away games. Coaches and players' temperature(s) are taken at home before leaving for the rink. Players MUST RSVP for each and every Team Activity (games, scrimmages, practices). A RSVP of "YES" indicates player/parent have read the COVID Screening Questions and can answer 'no' to all illness/symptom related questions. An RSVP of "NO" indicates the players cannot attend the team activity due to a schedule conflict (another activity, out of town, etc) or the player is sick.
- It is not mandatory for coaches to RSVP for team activities, however it is highly encouraged. Teams COVID parent or manager should be monitoring RSVP's.
- No entry to the building until 10 minutes before your scheduled time at the Rec Center and the Graham Arena. **Goalies may enter 15 minutes before.**
- Arrive and enter fully dressed. Hockey bags are not allowed in Phase 5, **goalies and coaches may bring in bags.** Players are advised to dress at home and arrive in as much gear as possible including goalies. Players and coaches must exit the rink within 10 minutes. Coaches and team managers/ locker room monitors will be responsible to ensure all players and team members are out of the locker room and building within the 10 minute time frame.
- **All spectators from each team must check in using the posted QR Code, each spectator must complete all the fields. Spectators for games can enter the rink 5 minutes before game time. Spectators must exit immediately at the end of the game. Spectators must follow all enter and exit signs into the rink their player is playing on only.**
- **Locker rooms may be used with limited capacity. Players should put skates on in locker rooms or designated areas of the arena that provide for social distancing.**
- **Teams are not to use the locker rooms for gathering as a full team. They are to be used only for getting skates, helmets and gloves on.**
- Coaches and players must wear masks at all times.
- Leave the building within 10 minutes of your ice time concluding.
- Per MDH mandate, face masks are required for everyone entering, exiting, and inside the facility or working in the facility. The mask cannot be taken off for on-ice activities. Masks must be worn by players and coaches at all times both ON & OFF the ice, this includes practice and games. Masks must be worn on the face, not outside of the helmet.
- District Directors will now be coordinating with on-ice officials, arena staff and association leadership to enforce progressive penalties for coaches not wearing a mask or face covering during all games and practices. Coaches will receive a verbal warning for the first offense. For the second violation, coaches will receive a three-game suspension, including all on-ice activities leading up to those three games. For a third violation, coaches will be suspended for 30 days from all team activities. In addition, associations may be subject to sanctions by their respective District Director for multiple violations of the mask rules.

Updated as of 1/14/2021

Newest updates are in **RED**

- Bench Rules for Games: The Minnesota Hockey Board of Directors also passed two rules designed to limit the number of people on benches for games. There will be a maximum of **three** coaches allowed on the bench for games and only players actively participating (no injured players) are allowed on the bench. These rules shall apply to all Minnesota Hockey sanctioned events (tournaments, games, scrimmages, etc.) and all teams playing in sanctioned events, regardless of if they are Minnesota Hockey registered teams or not.
- Team practices will have a maximum of four (4) coaches on the ice at a time, shared practices with other teams will have no more than eight (8) total coaches combined between teams. Termites and SuperMite teams are allowed a maximum of 4 coaches per team, and a total maximum of 8 coaches combined between 2 teams. No mixing between teams.
- Spectators during practices: 8 & under (ages Termites, Mites and GCL) can have 1 parent in the building to assist with equipment and they can stay to spectate the practice with proper social distancing. All other ages players (10 & under, Squirt, Peewee and Bantam) age players may not have any parents in the building. They must be dropped off and picked up. **Spectators at practices at the mite level and 8U must use the QR code to complete the spectator tracking form.**

Games: Games may resume January 14th.

- ****Siblings are HIGHLY DISCOURAGED to attend practices or games. If they must, the child is required to stay with the parent at all times.****
- Skaters practicing or playing games on Graham 2 and 4 are to be dropped off at the East Doors of the Graham and picked up there, skaters practicing or playing games on Graham 1 and 3 are to be dropped off and picked up at the West Doors of the Graham Arena. At the Rec Center Door#1 the sliding doors is where skaters should enter. Pick up at the Rec Center, skaters from south rink will exit the building using the southeast stairwell at the end of the hockey hallway. Skaters from the north rink will exit out of the North entrance (Door #7).
- A maximum of 2 spectators per player are allowed for games at this time.
- Penalty box and scorekeeping box attendants will be a maximum of 3 persons, the suggested arrangement will be 1 person in penalty box and doing the game log, 1 person in a penalty box announcing and doing music, and 1 person running the score board and clock. All persons will have masks and practice social distancing. Please note that if you're a coach on the bench during a game, or you are a family member you are not counted as 1 of 2 spectators for your player.
- Drinking fountains are not accessible at this time so please bring your own water bottle to the rink.
- No dryland training is allowed in either the Rec Center or Graham Arena.
- We are asking that players come as dressed as possible for their practice to limit time in the locker rooms.
- The concession stand will remain closed at this time at both arena's.
- There are specific ENTRY and EXIT doors for each rink
- The EXIT doors will remain locked throughout the day.

MDH Guidance for Sports – <https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>

MDH Planning Guide for Schools <https://www.health.state.mn.us/diseases/coronavirus/schools/k12planguide.pdf>

CDC Considerations for Youth Sports –

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

CDC Youth Sport Program FAQs - <https://www.cdc.gov/coronavirus/2019-ncov/community/schoolschildcare/youth-sports-faq.html>

Players, coaches, and parents are encouraged to self-monitor for signs and symptoms of COVID-19.

The following policies and procedures are being implemented to assess a player's health status prior to going on the ice and for families to report when they are sick or experiencing symptoms.

- **If a player comes to practice or a game and shows signs or symptoms of COVID-19, the coach will promptly remove the player and parents will be called to pick the child up.** RYHA is committed to providing a safe and healthy atmosphere for all our players, parents, and coaches. To ensure we have a safe and healthy environment, RYHA has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Our goal is to mitigate the potential for transmission of COVID-19 in our community and that requires full cooperation among all of our association member families. Only through this cooperative effort can we establish and maintain the safety and health of all persons in our community. The COVID-19 Preparedness Plan is administered by **Kara Kleinschmidt and Shawn Hookey** who maintain the overall authority and responsibility for the plan. However, board members are equally re-sponsible for supporting, implementing, complying with, and providing recommendations to further improve all aspects of this COVID-19 Preparedness Plan. Our association member families are our most important asset. RYHA is serious about safety, health and protecting our members. Member involvement is essential in developing and implementing a successful COVID-19 Preparedness Plan. We will be working directly with and following the guidelines of the Graham Arena and Rec Center as we move toward utilization of their ice facility. RYHA's COVID-19 Preparedness Plan follows the guidance developed by the state of Minnesota, available at the Stay Safe Minnesota website (<https://staysafe.mn.gov>), which is based upon Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines for COVID 19, Minnesota Occupational Safety and Health Administration (MNOSHA) statutes, rules and standards, Minnesota Hockey guidelines and Minnesota's relevant and current executive orders. This plan has also been reviewed by Olmsted County Public Health as our local public health (LPH) entity. These guidelines are not intended or implied to be a substitute for medical advice, diagnosis, or treatment. It addresses:
 - Ensuring sick parents or players stay home and prompt identification and isolation of sick persons.
 - Social distancing – members must be at least six-feet apart.
 - Member hygiene and source controls, including face coverings and hand washing.
 - Player drop-off and pick-up practices and protocol and communications and training practices and protocol. **Ensuring sick players, coaches, and parents stay home and prompt identification and isolation of sick persons.**

These policies and procedures are provided by Minnesota Hockey:

For Coaches and Families Prior to Attending any RYHA Activities:

- Coaches and players' temperature(s) are taken at home before leaving for the rink. Players **MUST** RSVP for each and every Team Activity (games, scrimmages, practices). An RSVP of "YES" indicates player/parent have read the COVID Screening Questions and can answer 'no' to all illness/ symptom related questions. An RSVP of "NO" indicates the players cannot attend the team activity due to a schedule conflict (another activity, out of town, etc) or the player is sick.
- The coach/player has a temperature of 100.4 or higher and/or is experiencing any of the following symptoms, contact your coach and do not report to the area: cough, shortness of breath,

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chills, headache, muscle pain, sore throat, fatigue, congestion, or loss of taste or smell. Other less common symptoms include gastrointestinal symptoms like nausea, vomiting, or diarrhea.

- Players must RSVP using the SportsEngine app for all practices and games, including away games. Coaches and players' temperature(s) are taken at home before leaving for the rink. Players **MUST** RSVP for each and every Team Activity (games, scrimmages, practices). A RSVP of "YES" indicates player/parent have read the COVID Screening Questions and can answer 'no' to all illness/symptom related questions. An RSVP of "NO" indicates the players cannot attend the team activity due to a schedule conflict (another activity, out of town, etc) or the player is sick.
- **All spectators from each team must check in using the posted QR Code, each spectator must complete all the fields. Spectators for games can enter the rink 5 minutes before game time. Spectators must exit immediately at the end of the game. Spectators must follow all enter and exit signs into the rink their player is playing on only.**
- **The safest option is to stay away from others for 14 days, this is the current guidance from Olmsted County Public Health. RYHA has choose to align with what the school system has in place.**
- **You cannot end your quarantine before seven days for any reason.**
- **10 day quarantine with no test, return to play would be the 11th day.**
- **7 day quarantine with a negative test 5-7 days after the close contact. Return to play would be the 8th day. Negative test results must be on file and sent to RYHACOVID email prior to returning.**
- **There are some circumstances this would not be approved. This will be determined case by case.**
- **Players or coaches who test positive must stay home for a minimum of 10 days.**
- **Close contacts, including siblings and household members of an infected player or coach, should stay home for 10 days and follow the MDH Decision Tree on when to return. Per new CDC and MDH quarantine guidelines, if an exposed person gets tested at least five full days after their close contact, receives a negative test and has no symptoms, they can be done with their quarantine after 7 days. Quarantining for 14 days is still the safest option and associations may require 10 or 14-day quarantines.**
- **If a member of a player or coach's household tests positive, that player must follow the close contact guidelines in #3 if they are able to isolate from that family member. If a player cannot isolate from that family member, their quarantine doesn't begin until the infected family member is no longer contagious as outlined in #2. Then, the player or coach needs to follow #3. If another member of the household tests positive, the quarantine process resets at the most recent positive test result.**
- **If a parent is positive, then the entire house would be a High Risk/Close Contact. The skater would be on quarantine, for 14 days. The information needs to be sent to the Covid email. With the skater's name, team level, date of positive test. **Notify the coach.****
- **If someone has had COVID there is a 90-day exemption period, this person would not need to quarantine or isolate if there was a positive team member.**
- **For players, coaches, or volunteers that test positive for COVID-19** Inform your team coach, and email Kara Kleinschmidt, and Shawn Hookey at ryhacovidinfo@gmail.com
- Stay home and follow directions from your healthcare provider and local public health.
- Inform public health contact tracers of your involvement with RYHA and the last time you participated.
- You may return after a minimum of 10 days since symptoms first appears AND you are fever free for at least 24 hours AND you have an improvement of other symptoms (this is based on current recommendation as of 9/15/2020, this is subject to change based on MDH and LPH recommendations)

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- **For players, coaches, or volunteers that are a close contact of someone with COVID-19:**
- Follow directions given to you by LPH and your healthcare provider
- Inform your team coach, and email Kara Kleinschmidt, and Shawn Hookey at ryhacovidinfo@gmail.com if you test positive yourself.
- Assuming you do not test positive yourself, you can return after 10 days (return to play on day 11) from your last exposure to the positive individual.
- Quarantine Enforcement: Players who are instructed per Minnesota Department of Health policies to quarantine, whether related to a positive test, close contact, etc., will be considered ineligible for participation until the quarantine period issued by the Department of Health expires. If it is found that a player who is under quarantine plays in a game, Minnesota Hockey rules subject to playing an ineligible player shall be enforced. Under these rules, the team would be ineligible for District, Region and State Tournaments, and the head coach would be suspended for the rest of the season.

For Teams:

Designate a coach, manager or volunteer position who will be responsible for responding to COVID-19 concerns and will help coordinate with local health authorities regarding positive COVID-19 cases. All team coaches, players and parents should know who this person is and how to contact them. Kara Kleinschmidt and Shawn Hookey ryhacovidinfo@gmail.com
Coordinate with association COVID contact to notify all team members if a positive test is confirmed, while maintaining that person's confidentiality. Email Kara Kleinschmidt and Shawn Hookey ryhacovidinfo@gmail.com

- If a positive test is confirmed from a player on your team, work with local public health, Minnesota Department of Health, and RYHA to notify any opponents or teams as directed.
- When informed of a positive case on your team, pause team activities until you can consult with local health officials and/or the Minnesota Department of Health on additional testing or requirements before returning to play.
- Teams should not be penalized for forfeiting games due to COVID-19 concerns.
- Tournament Banquets: There will not be any banquets permitted for the 2021 Minnesota Hockey Region and State Tournaments.
- Designated COVID contacts are Kara Kleinschmidt and Shawn Hookey and they can be reached at ryhacovidinfo@gmail.com
- Communication of this plan and any updates will be sent to all members
- Graham Arena and Rec Center rules will be followed for people who become symptomatic while at the arena.
- Upon learning of an association member testing positive for COVID-19, RYHA will notify MDH of confirmed COVID-19 cases among players, coaches, and family members (as required by Minnesota Rules, Chapter 4605.7050). An MDH inbox has been established for sport organization COVID-19 case reporting: health.sports.covid19@state.mn.us . Minnesota Department of Health can also be reached at 651-201-5000.
- Will consult with MDH and local health officials and be prepared to communicate to any players, coaches, officials, and volunteers who had close contact with that player notifying them of a positive test. Maintain the confidentiality of anyone with a positive test in accordance with the Americans with Disabilities Act (ADA).
- Notify the arena of the positive test and close off areas used by the sick person within the last 24 hours and do not use these areas until after cleaning and disinfecting them. Any positive cases should be logged and tracked and communicated to MDH and LPH.

Social distancing – Parents/Players/Coaches

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- All parents, players, and coaches must maintain social distancing of at least six feet, and mandatory masking will be implemented and maintained, per Rec Center and Graham Arena rules, for anyone within the building through the following controls:
- Masks are to be worn while in the building and can be taken off only while on the ice actively participating.
- *Note: These rules are expected to change. Parents/Players/Coaches will always need to be aware of Arena rules when entering the building and be expected to abide by them.

Player/Parent/Coach hygiene and source controls

- Basic infection prevention measures are being implemented within the arena at all times.
- Players/Parents and Coaches are instructed to wash their hands for at least 20 seconds with soap and water, especially at the beginning and end of their ice time, whenever possible, and after using the restroom.
- All Player/Parents and Coaches are required to wash or sanitize their hands prior to or immediately upon entering the facility.
- Hand-sanitizer dispensers (that use sanitizers of greater than 60% alcohol) will be at entrances and locations in the arena so they can be used for hand hygiene in place of soap and water, as long as hands are not visibly soiled.
- All Players/Parents and Coaches are being asked to cover their mouth and nose with their sleeve or a tissue when coughing or sneezing, and to avoid touching their face, particularly their mouth, nose, and eyes, with their hands.
- Players/Parents and Coaches are expected to dispose of tissues in provided trash receptacles and wash or sanitize their hands immediately afterward.
- As previously mentioned, masks will be required throughout the building and can only be removed once actively participating on the ice.
- Goalie Equipment at the Supermite and Squirt levels will be shared, disinfecting wipes will be placed in each goalie bag, and parents will be responsible to wipe all equipment down before it is handed to the next player. Coaches will be instructed to educate all parents on this.

Arena cleaning and disinfection protocol:

- Regular practices of cleaning and disinfecting have been implemented by Rec Center and Graham Arena including a schedule for routine cleaning and disinfecting of surfaces, equipment, railings, team benches, doors, etc. **Please see Graham Arena and Rec Center guidelines listed out for each arena. Drop-off, pick-up and delivery practices, and protocol. Please see Graham Arena and Rec Center guidelines listed out for each arena. Communications and training practices and protocol.**

This COVID-19 Preparedness Plan was originally communicated via email and through RYHA's website to all members on 09/14/2020. Additional communication will be ongoing and updated as procedures and protocols change. The knowledge and circumstances around COVID-19 are changing constantly and, as such, Minnesota Hockey and MAHA encourages to stay up-to-date on state and local government guidelines and recommendations from the CDC. RYHA will also continue to provide updates and adjust these guidelines as more information develops. We need to be willing and able to adapt as needed. All members are to take an active role and collaborate in carrying out the various aspects of this plan, and update the protections, protocols, work-practices, and training, as necessary. This COVID-19 Preparedness Plan has been certified by RYHA Board and the plan was posted on the website and made readily available to members 09/14/2020. It will be updated as necessary by RYHA's COVID Task Force.