



# Minnesota Hockey Rec League COVID-19 Preparedness Plan

*The Minnesota Hockey Recreation League (“Rec League”) has compiled this document to provide all participants with information on how the league will conduct its operation during the COVID-19 pandemic. This document was developed based on guidance produced by Center for Disease Control and Prevention (CDC), the Minnesota Department of Health (MDH), Minnesota Hockey and frequently used arenas.*

*The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. The knowledge and circumstances around COVID-19 are changing constantly and, as such, the Rec League makes no representation and assumes no responsibility for the accuracy or completeness of this information.*

*Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way of completely eliminating the risk of infection. Our goal is to provide a hockey experience that is as safe and enjoyable as possible. Remember that we can contribute to helping eliminate COVID-19 by doing these five things:*

1. *Staying Home When Sick Or Experiencing Any Symptoms*
2. *Maintain Physical Distance*
3. *Wear a Face Covering*
4. *Wash Hands and Practice Safe Hygiene Habits*
5. *Clean Surfaces & Equipment Between Uses*



*The Rec League is developing a Rec League Arena Policy Guide which highlights policies at all of the arenas used by the Rec League. Since these policies are ever-changing, we will be releasing that document at a later date.*

## Arriving at the Rink

1. Any players, coaches or spectators exhibiting symptoms or signs of an illness should reference the [MDH COVID-19 Decision Tree](#) and follow its guidance prior to entering any facility or participating in on-ice activity.
2. Coaches will be required to track player attendance for practices and games for the purpose of contact tracing.
3. Players should arrive at the rink no more than 15 minutes before the start of on-ice activities. Anyone arriving earlier than 15 minutes before their start time should wait outside of the facility and be socially distanced from others. Consult the Rec League Arena Policy Guide prior to attending a new arena as some rinks may have more strict policies.
4. **Masks are required at all times inside arenas. The only exception is for players participating in on-ice activities.**



5. For practices, players are allowed one parent/guardian to be in the arena. Those parents/guardians should be socially distanced from others. Masks are required for any spectators. In some cases, arenas may allow a parent or guardian to bring in young siblings. This will be allowed, but should be limited as much as possible. Consult the Rec League Arena Policy Guide.
6. Coaches/team managers must have accurate contact information for all players' parents/guardians in the event of an emergency while the player is at the arena.
7. It is recommended that players and officials arrive to the arena fully dressed, and at a minimum, half-dressed, with the exception of skates (coming into the arena with skate guards on is ideal) and helmets to limit the amount of time spent in locker rooms. Exceptions may be made for goalies, who may need to put on additional equipment at the rink.
8. Players should bring their own rehydration liquids to the rink in clearly marked or labeled containers with the player's identity. The container should be re-sealable. Players should NOT plan on refilling their containers at the rink.
9. If your player tests positive, someone in your household tests positive or your player has been exposed to someone confirmed to have COVID-19, you must inform the Rec League COVID-19 contact via email at [mnrechockey@gmail.com](mailto:mnrechockey@gmail.com) and follow the MDH requirement for quarantine. If your team has an event within 24 hours, please notify your coach as well.
10. The Rec League will work with the MDH and the team's coach(es) on necessary contact tracing and related communications.
11. In an effort to maintain accurate rosters of teams or pods, no substitute skaters will be allowed this season.
12. SafeSport policies will continue to be in effect. There should always be a minimum of two adults at every on-ice event, and there should be no unsupervised one-on-one interaction between a player and a coach.

### During Team Practices

1. The MDH recommends creating consistent pods of the same staff, volunteers and participants with a maximum number of **25 people in each pod and ice rinks are allowed to have two (2) pods of 25 people or less at a time with no mixing between the groups. Teams are encouraged to conduct their practices on separate halves of the ice to the greatest extent possible.**
2. Each coach counts toward the number of people allowed on the ice.
3. Players need to maintain as much separation as possible during practices. Whenever possible, coaches should be promoting social distancing on the ice, while recognizing that there may be times of close contact by players.
4. Avoid using player benches during practices.
5. Coaches should avoid talking face-to-face with players in close proximity, as well as avoiding contact with players whenever possible.
6. Only coaches should pick up pucks or other equipment from the ice at the end of practice. Gloves should be on while picking up equipment and hand sanitizer should be used afterwards.



7. There should be no spitting by any player or coach at any time inside the arena, including on the ice surface.
8. **Coaches must be wearing masks at all times before, during and after practice.** Players are not required to wear masks while on the ice for team activities.
9. Electronic whistles are an encouraged alternative for coaches to use during practices.

### **During Games**

1. A maximum of two spectators per player are allowed for games. If arena or MDH guidelines are stricter, teams must adhere to the arena/MDH policy. Spectators should be physically distanced at all times. Cloth face coverings are required at all times inside the facility. Consult the Rec League Arena Policy Guide.
2. The scorer's/announcer's/penalty box should be staffed by no more than two persons, preferably from the same household, and should be staffed by the home team. If off-ice officials are not from the same household, they should maintain social distancing at all times. Masks should be worn by off ice officials at all times.
3. There shall be no more than two coaches allowed in the bench area during games. Coaches on benches must be wearing masks.
4. Coaches should figure out a system that maximizes physical distance between players on the bench during game play, stoppages, intermissions, etc. Space outside the bench area (next to bench) should be utilized whenever possible.
5. During a stoppage of play caused by a save, the goalie should drop the puck on the ice for the official to retrieve.
6. There should be no pregame or postgame handshakes. Teams should honor each other after the game with a stick salute.
7. There should be no pregame or postgame huddles or post goal gatherings on the ice.
8. A two-official system shall be used for games at all levels

### **After On-Ice Activities are Completed:**

1. No on or off ice interaction (socializing, team meetings, dryland activities) should occur following the conclusion of practices or games. Players should remove skates and helmets and leave the premises within 15 minutes of the end of practice.
2. Players should vacate the arena as quickly as possible to allow the next user group to enter.
3. Parents/Guardians must be made aware of the time when the players will be done. The parents or person assigned to pick up players at the arena must be punctual. Players should not have to wait for a ride.
4. While at home, players should clean and disinfect gear after each use.

### **Additional Policies:**

1. Rec League teams who rotate goalie equipment among players must require players to return the equipment to the coach prior to transferring to another player. The coach will be responsible for disinfecting and air drying the equipment prior to use by another player.
2. USA Hockey has a no refund policy. Therefore, any player who joins USA Hockey and the Rec League, participates in association activities and later chooses to withdraw from the season would not be eligible for a USA Hockey refund.