



CAROLINA AMATEUR HOCKEY ASSOCIATION, INC.

USA Hockey North & South Carolina Affiliate Association



Updated COVID-19 Policy – FAQ 11 February 2021

On November 23, 2020, Governor Roy Cooper issued Executive Order No. 180 expanding the face mask requirements in North Carolina. In addition to extending Phase 3 capacity limits and safety requirements, the Order tightens the existing statewide mask requirement – making it clear that everyone needs to wear a mask whenever they are with someone who is not from the same household. The Order also adds the mask requirement to several additional settings including any public indoor space even when maintaining 6 feet of distance; gyms even when exercising; all schools public and private; and all public or private transportation when travelling with people outside of the household. Use the link below to view North Carolina Executive Order No. 180 in its entirety.

<https://files.nc.gov/governor/documents/files/EO180-Face-Coverings-Requirements.pdf>
<https://files.nc.gov/governor/documents/files/EO-180-FAQ.pdf>

All members of CAHA shall abide by and act in accordance with the CAHA COVID-19 Policy. If Federal, State or Local Orders are more restrictive than the CAHA COVID-19 Policy, such orders and decisions shall take precedence over and supersede all similar governing documents and/or decisions of CAHA.

Please check both state and local government COVID-19 requirements as local orders and/or mandates regarding COVID-19 may be more robust and restrictive than those in effect by the state.

All members of CAHA – associations, leagues, teams, coaches, players, managers, and parents are required to follow the CAHA COVID-19 Policy. This includes while traveling to states outside the CAHA jurisdiction that may have less restrictive mandates in effect.

Question: Who needs to wear face mask and when?

1. All players, coaches, and parents are required to properly wear a face mask covering the mouth and nose during all USA Hockey team events.
 - a. A full shield will not be an acceptable replacement for a face mask.

- b. ****USA Hockey event is defined*** as any team on-ice or off-ice event at the rink or away from the rink (including within all locker rooms), including training, warmups, team activities, etc. This also includes ALL team events that may happen during travel/away games and off-ice training that may take place away from the rink.
2. Exception: At this time, players are not required to wear face masks on the ice or bench during games or practices. **NOTE: While in effect, North Carolina Executive Order No. 180 takes precedence over all events, including but not limited to practices, games, tournaments, etc., conducted in North Carolina.**
3. CAHA requires that coaches properly wear their face mask during all USA Hockey events including all on-ice and off-ice activities. In addition, coaches are always required to properly wear face masks during games on the bench.
4. Face masks to be worn while attending team events within a public space which also includes hotel lobbies, conference rooms, etc.
5. This rule applies to all visiting teams while in the CAHA Affiliate. The host CAHA team is required to inform the visiting team of the CAHA COVID-19 Policies.
6. While CAHA is not at this time requiring face masks be worn on the ice for players, the CDC, state, and local health departments recommend that a face mask be properly worn at all times when social distancing cannot be maintained. As of today, we are leaving the decision to wear face mask on the ice for players to the individual Member Associations and teams. **NOTE: While in effect, North Carolina Executive Order No. 180 takes precedence over all events, including but not limited to practices, games, tournaments, etc., conducted in North Carolina.**
7. Face Mask Policy Enforcement
 - a. Member Associations are responsible for enforcing this policy within their own association.
 - b. Member Associations are responsible for implementing the mandatory penalties established by CAHA.
 - First Offense – Verbal Warning.
 - Second Offense – One (1) Week Suspension from all Team Activities.
 - Third Offense – Thirty (30) day Summary Suspension from all Team Activities.
 - c. Who is Penalized?
 - Parent Violations – Parent is Penalized
 - Coach/Player Violations – Head Coach is Penalized

8. Officials will not be responsible for enforcing face mask use by coaches during the games but may monitor the number of maximum coaches allowed on the bench.
9. **NOTE:** During this Pandemic, CAHA recommends that any individual with a medical condition which makes wearing a face mask difficult during off-ice activities, refrain from that particular activity and only participate in off-ice activities when the player is comfortable and feels medically safe while wearing a face mask.
10. Any request for a medical exception should to be directed to the CAHA BOD at the following email address: CAHACOVID@GMAIL.COM. All requests must include your full name and contact information, a document from your physician (M.D. or D.O.) that details the specific medical condition that causes the necessity of this medical exception.

Question: When do team activities need to stop with positive COVID-19 Test?

1. All team activities shall be stopped, and no players shall be permitted to participate in any USA Hockey activities during a 10-day period. All team members shall be advised to quarantine in accordance with CDC, state, and local health regulations.
2. The Member Association is required to report all team positive testing, leading to CDC/State required quarantine, to CAHA within 24 hours. Please send an email to CAHACOVID@GMAIL.COM with the association name, team name, number of players/coaches that have tested positive and/or show symptoms of COVID-19, the start date and expected end date of the cease in team activities. Any updates or changes must to be sent to the email noted for tracking. Please do not send individual names in the report to protect the privacy of players and coaches.
3. The Member Association is required to notify any team(s) that their team had contact with when the game/practice took place within 48 hours of the positive testing players symptoms (from their team).
4. Players/teams may not 'test' out of the 10-day period when team activities are not allowed following the positive testing.
5. If the team is within their 2-week cease of team activity period, they cannot practice or play and must inform scheduled opponents and/or the association of the COVID-19 positive testing cease of activities. The team cannot reduce or accept any deviation of the 2-week period. Please note for privacy purposes you should never identify who has tested positive other than the team name. i.e., 10U Red.
6. Once the team has completed their 10-day cease of team activities, they DO NOT need to share any information with other teams about their positive testing.

CDC Updated Guidance Effective February 11, 2021

Who needs to quarantine?

People who have been in close contact with someone who has COVID-19 – excluding people who have had COVID-19 within the past three months.

- People who have tested positive for COVID-19 within the past 3 months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms.
- People who have been in close contact with someone who has COVID-19 are not required to quarantine if they have been fully vaccinated against the disease within the last three months and show no symptoms.

Question: How Long is the Hockey Suspension Period?

1. Scenario 1: A player on my team tested positive for COVID-19. The player was present during a practice/game 48 hours prior to first symptoms. The entire team is removed from team activities for 10 days from the date of the practice/game when exposure occurred.
2. Scenario 2: A player on a team that we played against tested positive for COVID-19 and began showing symptoms 48 hours after. Your team is not removed from activities but is asked to monitor team members for symptoms.
3. Scenario 3: A player on a team that we share ice with during practice tested positive for COVID-19. If the shared ice is set up to keep the teams separate (divider), your team is not removed from activities. Everyone is asked to monitor for symptoms. If the shared ice practice combines the players/teams, your team is removed from team activities for the 10-day period.
4. Scenario 4: A player on my team has a family member, that she/he lives with, that tested positive for COVID-19. We had practice/game with that player 48 hours prior to the family member showing symptoms. The player has not tested positive for COVID-19, therefore, the team does not have to cease team activities but the player is removed from all USA Hockey activities for 10 days.

Question: What is the Maximum Number of Coaches and Off-ice Officials During Games?

1. Maximum three (3) coaches on the bench per team.
2. Maximum one (1) penalty box attendant per team.
3. Maximum one (1) person at time clock.
4. Maximum one (1) person at scorer's table.
5. Note: All above must properly wear face masks.

Question: What is the Mandatory Notification Policy?

1. Failure to notify the Member Association of positive testing and/or failure to cease all USA Hockey team activities for the 10-day period.
 - a. Head Coach 30-day Summary Suspension.
2. Failure of the Member Association to report team positive testing to CAHA:
 - a. Member Association referred to the CAHA Discipline Committee.
3. CAHA reserves the right to review Member Association compliance and has the authority to take disciplinary action against any Member Association that fails to enforce this mandatory policy.

Question: What is the Travel Policy Outside of the CAHA Affiliate?

1. As of today, CAHA is not limiting travel for CAHA registered teams. However, any CAHA registered team that travels out of their home state MUST follow all state and local government COVID-19 related requirements of the state where they are traveling. Teams that fail to follow the local and state COVID-19 requirements and/or the CAHA COVID-19 Policy will be subject to disciplinary action by their Member Association and/or by the CAHA Discipline Committee.
2. It is the responsibility of both the Member Association and the team to be aware local, state, and federal health guidelines and regulations in force at the time and location of any activities that take place outside of the CAHA Affiliate.

Question: Are there any Miscellaneous COVID-19 Recommendations?

1. Whistle recommendations for coaches – electronic whistles may be used. Cost for electronic whistles range from \$10 - \$30.
2. 8U Jamborees – coaches are still limited to a maximum of three (3) on a bench per the above mandates.
3. CAHA recommends that when carpooling with non-family players, face masks always be worn while in the car.
4. CAHA recommends minimal or no use of lockers rooms per USA Hockey Guidelines.
5. If locker rooms are used, CAHA recommends that players, coaches, and team managers always maintain 6 feet social distancing within the locker rooms.

With common sense and a commitment to do our part by following safety guidelines implemented to keep us as safe as possible, we can contribute to helping eliminate COVID-19 by doing these five things:

1. Physical Distance
2. Wash Hands and Practice Safe Hygiene Habits
3. Clean Surfaces and Equipment Between Uses
4. Staying Home When Sick or Experiencing Any Symptoms
5. Properly Wearing a Face Mask.

Face Masks

There are many types, styles and materials used for face coverings/masks:

- Do not wear filtering facepiece respirators (N95, FFP1, FFP2) during exercise. These masks are reserved for frontline healthcare workers.
- Do not wear masks with valves. The CDC does not recommend using masks with exhalation valves or vents because this type of mask may not prevent you from spreading COVID-19 to others. The hole in the material may allow your respiratory droplets to escape and reach others.
- Face shields, spit or splash guards are not an acceptable replacement for a face mask.
- Choose a face covering/mask that fits comfortably and allows you to breathe during exercise. You may have to experiment with different options, but the material type can affect viral control. Two layers of material are considered sufficient.
- Have multiple face coverings/masks available so you can change them when they become saturated. A wet face covering/mask can impair breathing and possibly increase viral transmission.
- Wash your hands before putting on and taking off your face covering/mask.
- Avoid touching the front of your face covering/mask or your face beneath the face covering/mask.
- Wash your face coverings/masks after each use.