



USA Hockey is excited for the 2021-22 season. Sports participation promotes a healthy lifestyle through physical, social, emotional, and mental well-being. We want all our players, coaches, officials, parents and administrators to enjoy the game we all love while staying safe through the COVID-19 pandemic.

USA Hockey recommends the following risk mitigation strategies for all stakeholders to promote health and safety.

These recommendations are not intended to replace local and state government orders or safety policies and procedures put in place at your ice rink facility.

GENERAL RISK MITIGATION STRATEGIES

- USA Hockey's medical advisors recommend vaccination against COVID-19, but understand this is a personal choice. Visit the following link for more information on vaccines:

usahockey.com/playersafety

- **STAY HOME** if you are sick or have been exposed to an infected individual
- Wash hands frequently, for at least 20 seconds with soap and water or use hand sanitizer with at least 60% alcohol
- Do not touch your face
- Cough or sneeze into a tissue or the bend of your elbow, dispose of the tissue and wash/sanitize hands immediately
- Do not share water bottles, towels or other equipment. Mark them clearly so you know which one is yours
- Clean/disinfect equipment after each use

The CDC recommends the following regarding wearing a mask:

- If you are not fully vaccinated and aged 2 or older, you should wear a mask in indoor public places.
- If you are fully vaccinated, to maximize protection from the Delta variant and prevent possibly spreading it to others, wear a mask indoors in public if you are in an area of **substantial or high transmission**.
- Visit the following link for more information on preventing the spread of COVID-19:

cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html

HOCKEY ASSOCIATIONS

- Designate a person or group, to serve as a liaison with your ice rink facility, as the point of contact and a resource for COVID-19 state and local guidelines
- Develop a plan for reporting a positive COVID case and for exposure to an infected individual. Click the link below to find your local health department for guidance:
<https://www.cdc.gov/publichealthgateway/healthdirectories/index.html>
- Know your facility's safety measures and encourage all members to follow them.

HAVE FUN AND STAY HEALTHY!