

De Pere Youth Hockey Association COVID-19 Precautions for the 2020-21 Season

The De Pere Youth Hockey Association (DPYH) is committed to providing a safe and healthy atmosphere for all our players, parents, coaches, and volunteers that participate in DPYH events. To ensure we have as safe and healthy atmosphere as possible, we have developed the following COVID-19 Policy for the 2020-21 Season. Players, parents, coaches, and volunteers are all responsible for implementing these policies. Our goal is to mitigate the potential for transmission of COVID-19 within DPYH events and our community, and that requires full cooperation from all involved. Only through this cooperative effort can we establish and maintain the safety and health of all involved.

COVID-19 Policy – Updated December 14, 2020

All information is subject to change and more information may be added as we continue to learn more about how we will operate this hockey season.

This Policy outlines the health and safety protocols adopted by DPYH for the 2020-21 season in response to the COVID-19 pandemic. The Policy shall apply to all participants in DPYH Mite (8U), Squirt (10U), PeeWee (12U) and Bantam (14U) programs/teams and their families and all associated coaches, volunteers, and other attendees.

I. Obligations of Players, Parents, Coaches and Volunteers

- 1) **GOLDEN RULE – STAY HOME IF SICK OR IF DIRECTLY EXPOSED TO COVID-19.** Do NOT come to a practice or game (a) if you have any symptoms of COVID-19 or ANY other illness, (b) if you have had close contact (within 6 feet for more than 15 minutes) with anyone confirmed with COVID-19 in the last 2 weeks, or (c) if you have a fever of 100.4° or higher, even if you are not sick.
 - Monitor for symptoms of illness and take the temperature of you and your child prior to coming to the rink (home or away).
 - You will be asked to leave if you come to the rink when you are sick.
- 2) Respect for Your Team. Be aware that your actions effect your entire team and take reasonable precautions to protect your own health and that of your teammates and coaches.
 - Practice social distancing and masking outside of hockey and be sensible about higher-risk activities.
 - Practice good hygiene – wash and/or sanitize your hands frequently, including upon entering the rink, carry your own hand sanitizer and cleaning wipes, wash your jerseys regularly and air out/clean your hockey gear after every use.
- 3) Respect for the Rules. Respect and strictly adhere to (a) all rink restrictions for all games, home and away, (b) all rules of hosting programs, including DPYH, and (c) all additional on-ice and locker room health and safety precautions requested by your Head Coach.
- 4) Reporting of Illness. Promptly report to your Head Coach and Team Manager by email if you or a household member are sick. **Do not come to the rink while waiting for the results of a COVID-19 test.**
 - You will not be penalized for missing hockey for these reasons and your commitment will not be questioned so long as you communicate promptly, openly, and honestly.
- 5) Medical Diagnosis. Promptly seek a medical diagnosis if you are sick and promptly report to your Head Coach and Team Manager whether you have been diagnosed with COVID-19 (yes or no).

- 6) Quarantines. Promptly report to your Head Coach and Team Manager if you are subject to a quarantine for any reason, even if you are not sick. You may not participate in DPYH activities until such quarantine expires or an exception applies.
 - Quarantines may be required due to travel or exposure at school, another sports team or work or due to a household member.
- 7) Quarantine Exceptions. Per the De Pere Health Department, if you have had a positive PCR test (also called a molecular test) for COVID-19 within the past 90 days and are not experiencing symptoms, you do not have to quarantine if exposed (“close contact”) to COVID-19. You must provide a copy of the test report to your Head Coach and Team Manager before a quarantine exception may be granted.
- 8) Personal Travel. Use reasonable judgment in avoiding discretionary travel to a “hot spot” or “restricted state.” State quarantine requirements due to travel must be strictly followed.
- 9) Other Risks of Exposure. Use reasonable judgment regarding whether to refrain from hockey activities and/or quarantine and/or take a COVID-19 test if you have close, sustained contact with someone from a “hot spot” or “restricted state” or if you are otherwise at high risk of having been exposed to COVID-19 (i.e., a houseguest who becomes ill with symptoms of COVID-19, etc.).
- 10) Team Socializing. Use reasonable judgment if engaging in activities with your team outside of the rink. Team dinners and team get-togethers are discouraged.
 - State restrictions and best practices for health and safety should be followed at all times for any team socializing, including social distancing, masking, cleaning, no sharing of food, staying outdoors if possible, etc.
- 11) No Sharing of Equipment and Food. Do not share water bottles, food/snacks (unless individually wrapped) or any protective hockey equipment with any other player.

II. Health and Safety Protocols for Hockey Activities

- 1) Face coverings, completely covering the mouth and nose, must be used at all times, practices and games included, by players, coaches, officials, volunteers and spectators.
 - Players with a medical condition preventing them from wearing a face covering shall have a letter from their physician on their physician’s letter head stating the medical condition preventing the use of a face covering. This letter shall be in the possession of the Head Coach and Team Manager.
- 2) Everyone in attendance at an activity should remain socially distanced off the ice unless related.
- 3) Social distancing between players will be employed on the ice at practices as much as possible and may include limiting numbers on the ice and/or rotating players on the bench or off the ice.
 - **Certain on-ice drills will involve close contact but will be limited to players on the same team. Games will involve close contact among teammates and players from the other team.**
- 4) Players (other than goalies) should come as dressed as possible in their hockey gear. Social distancing and masks are required in locker rooms at all rinks, if open. Time in the locker room should be minimized and in no event exceed 15 minutes. Players may choose not to use the locker rooms.

- 5) Locker rooms, if open, will be assigned by team or another cohort. No one should travel between locker rooms.
- 6) Resurfacing will be done between practice sessions for spacing and cleaning purposes, with limited exceptions as set forth in the ice schedule.
- 7) Spectators at practices and games (home and away) will be limited in number as required by State orders and rink policies. Health screening questionnaires may be required. Rink policies will be communicated by email, on the website or by signs at the rink.
- 8) Shared equipment, such as pucks, nets, cones, benches, and time clock, will be handled by as few people as possible and, where feasible, wiped down periodically.
- 9) No huddles unless safely spaced and no fist bump or hand-shake lines.

III. **Program Protocols**

- 1) **Compliance with Orders and Guidance.** All applicable and mandatory government orders and all rules of the governing hockey authorities and hosting facilities shall be followed. All non-mandatory guidance shall be followed to the extent applicable and practical in the context of DPYH activities.
- 2) **Changes to Program.** If it is not practical for DPYH to follow an order or guidance, either from a logistical or cost perspective, DPYH may modify, limit, reduce, cancel, or discontinue all or part of its programs. DPYH may also adopt additional measures to ensure the health and safety of the community, including cancellation of practices, games, and programs.
- 3) **Confidentiality and Sharing of Information with Health Department.** Information provided to DPYH regarding the health status of a player, coach or family member will be treated confidentially. To expedite contact tracing in our program, however, we will report a positive case of COVID-19 of any player or coach to the local health department as explained below. We may also notify our program, without identifying the individual or the impacted team(s), that a player or coach has tested positive for COVID-19.
- 4) **Player Cohorts.** Generally, players will be in a fixed cohort consisting of all the teams in their age division. Cohorts (age divisions) will not be mixed on the ice, with limited exceptions. Each team will be a sub-cohort and will share the ice with one or two other teams at practices. However, mixing of teams on the ice at practices will be minimized and avoided for any drills involving contact. Teams may mix only for drills where players can remain socially distanced (such as skating drills).
- 5) **Attendance Tracking; Alternates.** For contact tracing purposes, Head Coaches must track attendance of players and assistant coaches at all practices and games. Game sheets must accurately reflect attendance of all players on both teams. Team Managers should track attendance at other team activities. Using alternates from another DPYH team is strongly discouraged even when allowed per WAHA rules, except for goalies when needed for a game. Coaches and teams should be prepared to play games with short benches.
- 6) **Game Restrictions.** No games may be played in or against a team from a “restricted state” or an area subject to a travel advisory. If a state or local order prohibits hockey or youth sports games in a particular geographic area (town, city, county), games may not be played in such area.
- 7) **Tournaments.** DPYH has budgeted for one tournament per team (Squirt – Bantam); additional tournaments are at the discretion of, and will be the responsibility of, the team. Teams may not participate in any tournament in which a team from a “restricted state” is participating.

- 8) Violations. Anyone who demonstrates a disregard for any DPYH, state or local COVID-19 rules may be suspended from hockey activities temporarily or for the season or subject to review by DPYH for other disciplinary action. Refunds will not be given.

Quarantining of Teams and Individuals If a Player or Coach Tests Positive for Covid-19

DPYH will work closely with the local health department (**LHD**) of any player or coach who tests positive for COVID-19 in order to expedite contact tracing in our program. Laboratories report positive cases to the State and LHD, which performs contact tracing for all individuals who reside in their district. The following illustration outlines when a DPYH team or participants will or may be required by the LHD to quarantine due to a positive case. Anyone subject to a quarantine will be prohibited from participating in DPYH activities until cleared per the LHD protocols. Quarantines may result in game cancellations and may render an individual or a team ineligible for WAHA state tournaments.

DPYH COVID-19 EXPOSURE PROTOCOLS

COVID-19 Symptoms with No Known Exposure	Known or Possible Exposure to COVID-19 Positive Individual		COVID-19 Postive Test or Diagnosis
Cough, shortness of breath or difficulty breathing, new loss of taste or smell, congestion or runny nose, fever or chills, nausea or vomiting, diarrhea, headache, fatigue, muscle or body aches, sore throat	NON-CLOSE CONTACT: I was more than 6 feet away OR I was closer than 6 feet but for less than 15 minutes total during the day	CLOSE CONTACT: I was exposed (see definition below), to a positive individual within 48 hours of their symptoms onset	Notify your head coach and team manager of absence and fill out the COVID-19 Reporting form found on the DPYH Website
Notify your head coach and team manager of symptoms	Follow CDC guidelines: continue physical distancing, continue frequent hand-washing, continue to wear a face covering	Notify your head coach and team manager AND complete the COVID-19 Reporting Form found on the DPYH Website	Begin 10-day quarantine from the time of your test or the onset of symptoms, whichever is earlier
Follow CDC guidelines: Stay at home, separate yourself from others, contact your healthcare provider for further guidance	RETURN TO HOCKEY Continue to monitor your symptoms	Begin quarantine from the last known contact with known positive individual. Quarantine can end after: - Day 10 without testing, if no symptoms have been reported during daily monitoring, or - Day 7 if the result of a diagnostic COVID-19 test is negative and if no symptoms have been reported during daily monitoring. A pending test result on day 7 is not sufficient to end quarantine early	Siblings and household members must stay home for 10 days AFTER the confirmed positive case has recovered, if they are unable to isolate from the positive case
You can return to hockey when: - You have written medical clearance, or - You have a negative diagnostic test for COVID-19, or - You have quarantined for 10 days after onset of symptoms and - You are symptom-free for at least 24 hours without medications	If symptoms develop, stay at home, separate yourself from others, contact your healthcare provider for further guidance	If symptoms develop, begin 10-day isolation from the day your symptoms began, follow CDC guidelines and contact your healthcare provider	*If any member of your household is being tested for COVID-19 for any reason, ALL household members must stay home until results have been received
YOU CAN RETURN TO HOCKEY WHEN quarantine time is complete and have been symptom-free for at least 24 hours without medications			

Definition of Close Contact

A person is considered a CLOSE CONTACT if ANY of the following are true:

- Were within 6 feet of a COVID-19 positive person for more than 15 minutes total (not continuous) in a day
- Had physical contact with the positive person
- Had direct contact with the respiratory secretions of the person (e.g., coughing, sneezing, contact with a dirty tissue, shared drinking glass, food etc.)
- Lives with or stayed at the home for at least one night in a household with the positive person

These CLOSE CONTACT criteria apply **regardless** of face covering use, face shields or other physical barriers such as Plexiglass or plastic barriers

Notification Procedures

DPYH will ensure that all who are directly affected are appropriately notified in accordance with health department guidelines and privacy laws.

Close Contacts: Players, coaches and staff who have been exposed will be notified via phone and required to begin quarantine.

Rink Staff: The rink manager will be made aware of a positive case at the rink and will be responsible for notification of rink staff.

Families: All families will be notified of a positive case at the rink, regardless of exposure level.

Quarantine Exception

Per the De Pere Health Department, if you have had a positive PCR test (also called a molecular test) for COVID-19 within the past 90 days and are not experiencing symptoms, you do not have to quarantine if exposed ("close contact") to COVID-19. You must provide a copy of the test report to your Head Coach and Team Manager before a quarantine exception may be granted.