



**Brainerd Amateur Hockey Association  
COVID-19 Preparedness Plan**

**MN Hockey Return to Play is updated as new information and guidance is made available.**

Brainerd Amateur Hockey Association ("BAHA") has implemented guidelines to help reduce the spread of COVID-19. These guidelines are taken from strategies set forth by the Minnesota Department of Health ("MDH") and its [Guidance for Social Distancing](#) in youth sports, the Center for Disease Control ("CDC"), USA Hockey, Minnesota Hockey, and other local governing bodies. BAHA, in concert with the Essentia Health Sports Center ("EHSC") will continue to update its COVID-19 Preparedness Plan as new guidelines and/or mandates are announced. BAHA requires each of its members and guests to follow these guidelines.

The information in this Preparedness Plan is not intended to be a substitute for any diagnosis, treatment or other professional medical advice. The information surrounding COVID-19 is constantly changing and BAHA makes no representation and assumes no responsibility for the accuracy and completeness of the information contained in this Preparedness Plan. However, BAHA will continue to do its best to update this Preparedness Plan and its members as to any changes mandated by the MDH, CDC, Minnesota Hockey, and other governing bodies. Questions or concerns regarding this plan should be directed to Jim Brau ([jim.brau@brainerdhockey.com](mailto:jim.brau@brainerdhockey.com)).

BAHA continues to work closely with the Essentia Health Sports Center ("EHSC"). Both BAHA and the facility are committed to providing a safe and clean environment for those who enter and use the rinks. EHSC has instituted similar rules which need to be followed by all BAHA members as well as other tenants when using their facilities. The rules and guidelines set forth in this BAHA Preparedness Plan align with the new COVID related guidelines enacted by the EHSC and other organizations and governing bodies.

Minnesota Hockey and District 15 have both indicated that the season will progress as scheduled unless the state mandates youth sports, or specifically youth hockey, be canceled.

Minnesota Hockey releases their Return to play plan, and it follows Minnesota's Stay Safe Plans and MDH guidelines. Included within these guidelines are the following (for a full list of Minnesota Hockey's return to play guidelines, visit [www.minnesotahockey.org/covid19](http://www.minnesotahockey.org/covid19))

- Players or coaches with any household member who has a pending covid test must not participate.
- Players or coaches with any risk factors or symptoms should not participate.
- All participants must be registered with USA Hockey for the 2020-2021 season.
- Players should follow all posted rink guidelines and the BAHA COVID-19 preparedness plan.
- BAHA will follow MDH Guidelines for Managing Confirmed COVID-19 Cases.
- BAHA will have a designated COVID manager volunteer position who will be responsible for responding to COVID-19 concerns and will help coordinate with BAHA/EHSC and local health authorities regarding positive cases.
- Out of state travel by the BAHA and teams coming into the state to play the BAHA requires District 15 approval.

### **AT-HOME PREPARATION BEFORE YOU ARRIVE AT THE RINK:**

- Coaches and players with any risk factors or illnesses should not participate in any on-ice or off-ice activity. Any player, coach, parent, or spectator exhibiting any symptoms or signs of an illness should NOT be in the rink or any activity at any time.
- Players and coaches must not participate in any BAHA activities if anyone in the household has a pending covid test until the results are confirmed.
- A self-check should be performed by each member prior to participating in any BAHA activities. A sample monitoring document can be found here:  
<https://www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf>
- If any of the following conditions exist, do not attend your BAHA activity:
  - Recent contact with a known infected person(s) Experiencing typical symptoms of the COVID-19 illness
  - If temperature is elevated, and a fever is suspected, do not come to the BAHA event.
  - Pending Covid test in the household.
- All coaches and players must be registered with USA Hockey for the 2020-21 season and complete the USA Hockey waiver before participating in any BAHA sanctioned activity.
- It is expected that families will provide the coaches and BAHA COVID managers with accurate contact information with a responsible parent/guardian who is able to be reached at all times during a BAHA event in case of an emergency.
  - is available to immediately return to the rink if required.
  - is to be used for any contact tracing, in case of an emergency.

**\*\*Anyone in the household with a pending Covid test is required to stay home from hockey activities until the test is confirmed. Contact Covid committee via the webpage for instructions on positive results and negative results before returning to BAHA activities.\*\***

## **RINK REQUIREMENTS and EXPECTATIONS:**

- Complete your health self-check before arriving at your assigned rink.  
<https://www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf>
- If you have a fever >100.4, a cough or other COVID symptoms, do not attend your scheduled ice time or team activity.
- If anyone in the household has a pending Covid test, do not attend the activity.
- For practices, we encourage drop off and pickup of participants to reduce the number of bodies in the building rather than remaining in the building as a spectator.
- Appropriate social distancing is required at all times for any players, coaches and spectators.
- Essentia Health Sports Center is continually updating their rink specific COVID-19 plans to align with MIAMA, MDH and Minnesota Hockey recommendations and requirements. Links to updated plans can be found at [essentiahealthsportscenter.com](https://www.essentiahealthsportscenter.com).
- BAHA expects these minimum expectations are followed by all players, coaches and spectators to ensure we remain as safe as possible:

### **1. ARRIVAL:**

1. Players at all levels will NOT be allowed in the building before 10 minutes prior to the scheduled ice time.
2. All players, coaches and spectators must wear a mask while in the facility at all times.
3. At EHSC, all participants must enter through the Civic Center doors if not directed to a different entrance. Utilize the marked directional entrance and exit doors.
4. It is required that players arrive dressed with the exception of skates, gloves and helmets.
  - i. Exceptions are made for goalies who will require additional equipment to be put on at the rink.
5. Hockey bags are not allowed in the arena until further notice. Small backpacks, drawstring cinch bags or reusable grocery bag types of bags will be allowed to help carry in helmets and gloves & skates.

### **2. MASKS:**

1. ALL players and coaches must wear a mask when entering the facility, while in the facility including on the ice, while in the locker room (if open), and while exiting the facility.
2. ALL spectators must wear a mask at all times when entering, exiting or inside of the facility.
3. On the bench, a mask is required to be worn by coaches, door attendants and scorekeepers/clock operators and players.
4. On the ice, it is mandatory for players, coaches and on-ice officials (referees) to wear a mask.
  - a) Face Covering Specifications:
    - i) Types of face coverings can include a paper or disposable mask, a cloth mask, a neck gaiter, a bandana, or a religious face covering.
    - ii) A face covering must cover the nose and mouth completely.
    - iii) The covering should not be tight or restrictive and should feel comfortable to wear.
    - iv) HECC Approved masks can also be used as an alternative. This information can be found [HERE>](#)

### **3. WATER BOTTLES, RESTROOMS and LOCKER ROOMS.**

- a) Players need to provide their own water bottles filled at home and clearly labeled with the player's name. Water fountains are not available at EHSC.
- b) There is to be no spitting or water bottle squirting anywhere within a rink facility.
- c) Please have all players use the restroom at home before practice and games to limit the use of restrooms at the rinks.
- d) Locker Rooms will only be open if social distancing cannot be accomplished using the common areas of the arena. At this time they are currently not in use.

### **4. OFF-ICE DRYLAND and PRE-GAME WARMUPS in the arena are not allowed until further notice**

### **5. ON-ICE ACTIVITIES:**

1. Activity on the ice is limited to 2 groups of 25 which includes players and coaches.
  - a) USA Hockey has advised that ADM station-based practices accomplish social distancing requirements.
2. Players should not leave the ice during practice unless absolutely necessary.

### **6. EXITING AFTER ICE TIME:**

1. All players must be out of the building in under 10 minutes after their ice time has ended, they are not allowed to change back into street clothes.
2. Players should not be hanging around the facility waiting for a ride when at all possible.

### **7. GAMES AND SCRIMMAGES:**

- a) Masks must be worn in the score/announcer box.
- b) Coaches and players must wear a mask.
- c) Pre-game and post-game handshakes are not allowed. Minnesota Hockey suggests teams honor each other after the game with a "stick salute".

### **8. SPECTATORS:**

1. **While spectators are allowed at the levels indicated below, it is advised to stay out of the arena when possible.**
  - a) Spectator guidelines will be determined MN Hockey, MIAMA, MDH, & BAHA and are subject to change. It will be up to the players, coaches and parents to understand and follow the guidelines in place.
  - b) For practices, one spectator per player is allowed at the Mite/8U/6U/Mini-Mite levels. All other levels, spectators are not allowed (families with siblings of the player are recommended to make alternative arrangements if at all possible).
  - c) For games, a maximum of two spectators per player are allowed for games not including siblings that are unable to be left home alone.

- d) In order to maintain appropriate social distance, minimize over-crowding, siblings should plan to not attend practices, scrimmages or games if at all possible and at minimum should remain by the side of the parent.

## **9. EMERGENCY PLAN FOR POTENTIAL SICK PLAYERS:**

- A. All BAHA Rostered players and coaches will follow the direction of the COVID committee. The role of the COVID committee will include the following activities:
  - a. Maintain up-to-date contact information for all players, parents and coaches. Be the point of contact relating to all Covid reporting questions.
  - b. Upon a positive test to a player or coach on a team, work with BAHA to help notify any opponents or teams that practiced or played with the infected player as instructed by MDH.
  - c. Coaches and team managers will work closely with BAHA Covid committee at all times.
- B. In the event a player arrives at a facility and has an elevated temperature of 100.0 degrees or higher, or in the event a player falls ill during an on-ice activity, the player will be removed from the ice and placed in a designated room with a supervising adult. The player's parent/guardian in the emergency contact listing will be contacted immediately to pick up the player.
- C. If a player/coach/parent or any household member is symptomatic and has taken a test, it is required that the player removes themselves from all team activity until a result is obtained.
- D. If a player tests positive for COVID, the family must report the positive result immediately to BAHA by emailing [covidbaha@gmail.com](mailto:covidbaha@gmail.com), [jim.brau@brainerdhockey.com](mailto:jim.brau@brainerdhockey.com) and calling 218-851-2244 and the BAHA will report the case to MDH and local health officials as required.
- E. If a positive case is revealed on the team of an opponent, MDH will direct us in this situation.

## **10. COMMUNICATION and PROTOCOL**

1. BAHA will continue to update its members as to any changes to the COVID-19 Preparedness Plan. As information and guidelines from MDH, the CDC, and Minnesota Hockey continue to change, BAHA will do its best to update its Preparedness Plan and notify its members accordingly as soon as possible.
2. This plan supplements existing BAHA policies, rules, procedures and regulations. All current policies, rules, procedures and regulations remain in full effect, except for instances where this plan directly contradicts another current policy, rule, procedure or regulation. Therefore, users are encouraged to review all other such policies, rules, procedures and regulations in conjunction with this plan. In the event a member has any questions related to the Preparedness Plan, please contact Jim Brau at: [jim.brau@brainerdhockey.com](mailto:jim.brau@brainerdhockey.com)