



# UTAH HOCKEY COVID-19 GUIDELINES FOR PLAY

As we navigate through the COVID-19 pandemic while returning players to the ice, Utah Hockey will continue to provide updates to our associations and members as they are warranted. These considerations focus on several phases of returning our members to the rinks throughout the state of Utah.



***Each association should have its own plan in place for returning to the rink. Local rinks and associations need to follow the guidelines set forth by the Center for Disease Control and Prevention (CDC) (<https://www.cdc.gov/coronavirus/2019-ncov/index.html>), the Utah Department of Health and its guidelines (<https://coronavirus.utah.gov/>), and the local Health Department having jurisdiction where on or off ice activities take place, in determining when, and how, it is appropriate to return to the rinks, including requirements or guidelines for physical distancing, size of gatherings or number of people permitted in a facility, or wearing masks, etc.***

***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, Utah Hockey makes no representation and assumes no responsibility for the accuracy or completeness of this information.***

*As you plan for a return to the ice, below are some ideas to consider to assist with developing a return to hockey programming in context of COVID-19. Please know these are not requirements but are recommendations and ideas to consider when evaluating your programming. As conditions and requirements may vary throughout the state, our best advice is to follow state and local government guidelines and [recommendations from the CDC](#). 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. Utah Hockey also recommends that you use good judgement to protect your own health and that of your family by removing yourself and those you care about from situations you are not comfortable with or that do not seem safe from your own personal perspective.*

*We are thankful to all of those essential workers and first responders who are guiding us and keeping us safe and healthy during this pandemic. Remember that we can contribute to helping eliminate COVID-19 by doing these four things:*

- 1. Physical Distance*
- 2. Wash Hands and Practice Safe Hygiene Habits*
- 3. Clean Surfaces & Equipment between uses*
- 4. Staying Home When Sick Or Experiencing Any Symptoms*

*Utah Hockey will open programming in phases, which are subject to change at all times. They are also subject to restrictions placed by state or local governments.*

***\* Utah Hockey will not sanction on-ice activities if restricted by State or Local regulations***

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***\*\* These guidelines are subject to regulations imposed by the state and local government, as well as recommendations from the UDH and CDC.***

# Practices, Clinics, Tryouts Only

## Arriving at the Rink

1. Players or coaches with any risk factors or illnesses should not participate in any on-ice activity. Any players, coaches or spectators exhibiting symptoms or signs of an illness should not be in the facility at any point.
2. Participants should utilize the following screening questions prior to any on-ice activity. These screens should be monitored by each association. Anyone answering YES to any of the questions should be excluded from the activity.
  - Have you or anyone in your household had any of the following symptoms in the last 21 days: sore throat, cough, chills, body aches for unknown reasons, shortness of breath for unknown reasons, loss of smell, loss of taste, fever at or greater than 100 degrees Fahrenheit?
  - Have you or anyone in your household been tested for COVID-19?
  - Have you or anyone in your household visited or received treatment in a hospital, nursing home, long-term care, or other health care facility in the past 30 days?
  - Have you or anyone in your household traveled in the U.S. in the past 21 days?
  - Have you or anyone in your household traveled on a cruise ship in the last 21 days?
  - Are you or anyone in your household a health care provider or emergency responder?
  - Have you or anyone in your household cared for an individual who is in quarantine or is a presumptive positive or has tested positive for COVID-19?
  - Do you have any reason to believe you or anyone in your household has been exposed to or acquired COVID-19?
  - To the best of your knowledge have you been in close proximity to any individual who tested positive for COVID-19?
3. All participants must be USA Hockey registered for the 2020-21 season to participate in any Utah Hockey sanctioned on or off ice activity.
4. 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.
5. If there is an activity occurring at the rink before the team's scheduled start, the incoming team should wait until all players from the prior event have vacated the building. There should not be interaction between the two groups.
6. Players aged 11 and older should be dropped off at the rink, and picked up afterward. Their parents/guardians should not be in the arena. Players aged 10 and under are allowed one parent/guardian in the rink to help with any equipment needs. Those parents/guardians may also be at the rink, socially distanced from others, to provide assistance to the player if needed throughout practice time. Masks are advised, and may be required by the facility for parents/guardians. Facility rules may be more strict than these guidelines.

7. Families should provide coach/team manager with accurate contact information in the event of emergency while the player is at the arena. This information MUST be accurate, and the responsible party MUST be able to reach the designated person if the need arises.
8. Whenever possible, players should use the restroom at home prior to leaving for the rink in an effort to limit bathroom use at the facility.
9. Players should arrive to the arena fully dressed with the exception of skates (coming in to the arena with skate guards on is ideal) and helmets. Exceptions may be made for goalies, who may need to put on additional equipment at the rink.
  - Hand hygiene should be emphasized including:
    - All players should use hand sanitizer upon entering the rink/locker room and immediately after games/practices before removing equipment and entering locker room.
    - Wash hands for 20 seconds with warm water and soap when appropriate
  - If required by the rink or local/state regulations, masks should be worn until upon entering the rink until the helmet is put on.
10. Players and coaches should be bringing 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 and coaches should NOT plan on refilling their containers at the rink.
11. Prior to the first on-ice session, coaches and/or association leaders should host an e- meeting to explain procedures to parents, and to answer any questions.
12. Coaches should be as prepared as possible to ensure complete utilization of the allowed ice time. This also helps ensure that players are not distracted and know they need to be on time and ready to go, not engaged in other areas of the building.
13. Coaches should wear mask upon entering the rink.
14. Each association and team should have an emergency plan for any positive outbreak within the team, association or community. Refer to UAHA Guidelines for Confirmed Cases within teams and associations.
15. Each association and team should have an alert plan to notify association members and anyone else who may have been exposed following any positive outbreak within team, association or community.
16. Associations should work with rink partners and be aware that some communities may not open rinks despite the Stay at Home order being lifted.
17. Dryland activities inside the arena are not advised.
18. Safesport policies will continue to be in effect in all phases. 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.

### **On-Ice Activities for Practices, Clinics and Tryouts:**

1. Organizations should follow local health department guidelines related to the maximum number of participants. Within the program, create consistent pods of the same staff, volunteers and participants with no mixing between the groups. Pods should not be larger than 10 total persons.
2. Players need to maintain as much separation as possible. Whenever possible, coaches

should be promoting social distancing on the ice, while recognizing that there may be times of close contact by players.

3. Avoid using player benches.
4. Coaches should keep players active and engaged at all times. Players should not leave the ice during a practice unless absolutely necessary.
5. The number of coaches on the ice should be kept to a minimum, and it should be noted that each coach will count toward the number of people allowed on the ice as stipulated by the Department of Health and the facility.
6. Extra “helpers” or players who are not full-time members of the team should not be on the ice.
7. Drills should be age appropriate (station-based).
  - *Contact should be limited to what is necessary to keep athletes safe in games where checking is age appropriate.*
8. Coaches should avoid talking face-to-face with players, as well as avoid contact with players whenever possible. Physical contact may be necessary when assisting a young player or a player with a disability (helping up or adjusting equipment), but whenever possible, coaches should provide assistance without physical contact, or ask the player’s parent/guardian to assist.
9. Prior to the completion of the ice time, players should be excused from the rink one by one and through different exit points of the rink. Do not ask players to participate in picking up pucks or other equipment from the ice.
10. Coaches must wear masks at all times before, during and after practice. Players are not required to wear masks while on the ice for team activities, *unless required by the rink or County where the play is occurring.*
11. Utilize USA Hockey’s Early Return On-Ice Activity Samples ([https://cdn2.sportngin.com/attachments/document/5da9-2178463/Early\\_Return\\_On-Ice\\_Activity\\_Samples.pdf#\\_ga=2.231234650.499485802.1593439312-1962897136.1580161086](https://cdn2.sportngin.com/attachments/document/5da9-2178463/Early_Return_On-Ice_Activity_Samples.pdf#_ga=2.231234650.499485802.1593439312-1962897136.1580161086)).

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

1. No on or off ice interaction (socializing, team meetings, dryland activities) should occur following the conclusion of practice. Players should remove skates and helmets and leave the premises within 15 minutes of the end of practice.
2. 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.
3. Players should vacate the arena immediately to allow for the next user group to enter.
4. Coaches or other responsible adults should remain until all players are safe and removed from the premises.
5. While at home, players should clean and disinfect gear after each use.

## **Local Games and Scrimmages**

1. Spectator participation must follow the requirements of the local rink and jurisdiction. Spectators should be physically distanced at all times. Cloth face

- coverings are required at all times inside the facility.
2. At the scorer's/announcer's box, best practice would be that one assigned adult will be responsible for clock and scorebook with nobody else allowed in the area. Masks must be worn by off ice officials at all times.
  3. Whenever possible, resurfacing of the ice sheet should only take place before or after a game. During any intermissions, players and coaches should go to an area where social distancing can be maintained.
  4. There should be no more than two coaches allowed in the bench area during games. Coaches on benches must be wearing masks. One coach should monitor players on the bench and keeping them physically distanced.
  5. 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.
  6. During a stoppage of play caused by a save, the goalie should drop the puck on the ice for the official to retrieve.
  7. There should be no pregame or postgame handshakes. Teams should honor each other after the game with a stick salute.
  8. There should be no pregame or postgame huddles or post goal gatherings on the ice.
  9. The number of officials should be limited to the minimum required by the organization to insure fair and safe play. A minimum of a two official system shall be used for games at all levels except mite cross ice games.

## Tournament Play and Travel Games

1. Masks are required to be worn at all times inside arenas, with the exception being players on the ice.
2. Out of state travel by Utah teams to other states must be approved by the UAHA President after submitting a Travel Permit Request. When traveling anywhere, special attention should be given to areas of high community spread according to Utah Department of Health statistics. Travel to those areas is discouraged.
3. Travel into Utah by out of state teams must also be approved by their home Affiliate if so required.
4. Associations that host tournaments should have a refund policy available to all participating teams and should be prepared to offer refunds to teams unable to play due to COVID-19 situations.
5. Teams participating in any tournament should be aware of the tournament organizer's refund policy and should not participate if they are uncomfortable with that policy.
6. Associations who rent equipment are encouraged to do a full season rental for the upcoming season. If equipment will be available for daily rentals, it must be thoroughly disinfected between each use.
7. USA Hockey has a no refund policy. Therefore, any player who joins USA Hockey and Utah Hockey association, participates in association activities and later chooses to withdraw from the season would not be eligible for a refund.

## Additional Resources

As stated previously, this document is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. Associations must adhere to guidelines set by the CDC and UDH. The knowledge and circumstances around COVID-19 are changing constantly and, as such, Utah Hockey encourages all programs engaging in activities to stay up to date on future developments. Below are some additional resources for programs to reference.

Utah's Stay Safe Plan - <https://coronavirus.utah.gov/stay-at-home/#:~:text=Stay%20Safe.&text=This%20is%20not%20a%20shelter,in%20our%20state%20and%20communities>.

CDC Considerations for Youth Sports - <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

USA Hockey Coronavirus Information - <https://www.usahockey.com/playersafety>