**COVID-19 preparedness plan for Park Rapids Amateur Hockey Association**

Park Rapids Amateur Hockey Association (PRAHA) is committed to providing a safe environment for its players, staff, and spectators. Our goal is to mitigate the potential for COVID-19 transmission within our community. It is our obligation to follow the guidelines and rules placed by our governing bodies to allow our youth the opportunity to play the sport they love during this pandemic. This plan was developed following the guidance of Minnesota Hockey, the Minnesota Department of Health (MDH), and the Centers for Disease Control (CDC).

All individuals entering the arena will be asked to self-screen for symptoms of COVID-19 prior to entering the facility. Please do not enter if you answer yes to any of the question listed, if you feel unwell, or have had close contact with anyone diagnosed with COVID-19 or are suspected of having it:

* 1. Do you have a fever (temperature greater than 100.4\*F) without having taken any fever reducing medications?
  2. Do you have any of the following symptoms: cough, sore throat, shortness of breath, or sudden loss of taste and/or smell?
  3. Have you had close contact with anyone diagnosed with COVID-19 or have been in contact with anyone asked to quarantine because of possible exposure to COVID-19 in the last 2 weeks?
  4. Have you been asked to self-isolate or quarantine by a medical professional or a local public health official in the last 2 weeks?

Sanitizing stations are placed at the entrance and exit as well as throughout the arena. Please sanitize upon entering and exiting the facility. Masks are required to be worn at all times inside arena, with the exception being players on the ice. Everyone is asked to socially distance and to limit the amount of time spent at the arena. Social distancing, also called “physical distancing” is defined as keeping a safe space between yourself and other people who are not from your household. To practice social distancing, stay at least 6 feet away from other people not from your household. That’s about one hockey stick apart. If you start to feel unwell at any time, you are encouraged to immediately leave the building.

Entering the rink

1. Players and coaches should self-screen prior to entering the rink every day. The following self-screening questions will be used.
   1. Do you have a fever (temperature greater than 100.4\*F) without having taken any fever reducing medications?
   2. Do you have any of the following symptoms: cough, sore throat, shortness of breath, or sudden loss of taste and/or smell?
   3. Have you had close contact with anyone diagnosed with COVID-19 or have been in contact with anyone asked to quarantine because of possible exposure to COVID-19 in the last 2 weeks?
   4. Have you been asked to self-isolate or quarantine by a medical professional or a local public health official in the last 2 weeks?

**If yes is answered to any of the questions, person should not enter the rink and report to coach. Coaches will report to Tyler Lane, PRAHA President, for further guidance on how to proceed.**

1. 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.
2. Scheduling of activities should allow for adequate time between activities to allow for social distancing. There should limited interaction between two groups with the goal of no interaction between two groups. Social distancing is expected when moving through the arena.
3. For practices, it is encouraged to drop off and pick up the player at the rink. Parents and guardians should limit time spent in the rink. Parents entering the rink are asked to self-screen prior to entering the rink, wear a mask when not eating or drinking, and socially distance.
4. Players and officials are encouraged to arrive to the arena fully dressed with the exception of skates and helmets. Exceptions can be made for goalies, who may need to put on additional equipment at the rink. Fifteen minutes will be allowed in the locker room prior to and after practice.
5. Players should bring their own rehydration liquids in a clearly marked container to avoid accidental sharing. Players should not plan to refill their containers at the rink.
6. Players and coaches will wear masks when entering the facility and when in the locker room. Players may remove masks once on the ice. Coaches must always wear masks before, during, and after practice.
7. Equipment rentals will be per season only. There will be no daily rental/use of equipment.
8. Dryland activities are not advised during phase 3 of Minnesota Hockey’s return to play guidelines.

On-ice Activities

1. Ice rinks are allowed have (2) pods of 25 people or less at a time with no mixing between the groups. Each coach and on-ice helper count towards the number of people allowed in the pod.
2. Players will have as separation as possible during practices. Coaches will promote social distancing on the ice while recognizing that there may be times of close contact by players.
3. Bench time will be avoided during practices to help maintain social distancing.
4. The amount of people picking up pucks or other training equipment at the end of practice should be limited to rink staff and coaches. Proper hand hygiene should be used prior to and after touching items.
5. There should be no spitting by any player or coach at any time inside the facility or on the ice.

After on-ice activities

1. Players should remove skates and helmets and leave the premise within 15 minutes of the end of practice to allow for the next group to enter.
2. Parents need to be punctual for pick up as players should not wait for a ride.
3. Coaches or other responsible adults should remain until all players are safe and removed from the premises.
4. When arriving home, encourage hand hygiene and disinfect gear.
5. Minnesota Hockey phase 3 guidelines do not allow for dryland activities.

Games and Scrimmages

1. A maximum of 2 spectators per player are allowed for games. Spectators should be physically distanced at all times. Cloth face coverings are required at all times inside the facility.
2. Scorer and announcer’s box will be limited to 2 people while wearing cloth face coverings.
3. When possible, ice resurfacing should occur before or after a game.
4. There will be no more than 2 coaches on a bench.
5. Coaches will 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 stoppage of play caused by a save, the goalie should drop the puck on the ice for the official to retrieve.
7. There will be no pregame or postgame handshakes. Teams should honor each other after the game with a stick salute.
8. A two official system will be used for games at all levels.

Association Responsibilities

1. PRAHA and each team will have an emergency plan for any positive cases within the team or association. Any COVID-19 cases will be reported properly to the Minnesota Department of Health and local public health officials.
2. PRAHA and each team will have a designated contact person who is responsible for concerns and communications related to COVID-19. All PRAHA members and teams should know who this person is and how to contact them.
3. PRAHA will maintain accurate team rosters and be prepared to support local public health tracing efforts.
4. PRAHA will continue to enforce SafeSport policies during all phases of this pandemic. There should always be a minimum of 2 adults at every on-ice event, and there should never be no unsupervised one-on-one interaction between a player and a coach.
5. When traveling anywhere, special attention will be paid to the given areas community spread rate according to Minnesota Department of Health statistics. Travel to those areas should be discouraged.
6. PRAHA will develop a policy to refund tournaments cancelled due to COVID-19. Out of state tournaments must be approved by the District Director.

Arena Staff guidelines

Workers have been informed of and are encouraged to self-monitor for signs and symptoms of COVID-19. The following procedures should be implemented to assess a worker’s health status prior to entering the workplace and for workers to report when they are sick or experiencing symptoms:

1. Each employee, prior to the start of each shift, will be required to complete a health screening checklist provided by PRAHA. These should be kept on file.
2. Workers are expected to wear masks at all times during their shift. Masks will be provided by PRAHA.
3. Workers experiencing COVID-19 symptoms will be sent home immediately. If they cannot be sent home immediately, they will be isolated in a closed room until they can be sent home. Workers that have been in close contact with a household member with COVID-19 should not come to work until their quarantine period is finished.
4. If a worker has been knowingly exposed to COVID-19 in the workplace, that worker shall inform Parry Eidsmoe, Facilities Director, who will then inform Tyler Lane, President.
5. Parry Eidsmoe, Facilities Director, will be the designated person to communicate with workers who may be ill and will ensure privacy in communications with the PRAHA Board of Directors.
6. If a worker is sick, or suspects that they have the symptoms of COVID-19, the worker must contact Parry Eidsmoe prior to reporting to work.
7. In order to return to work, the worker must adhere to MDH guidance on returning to work.
8. A detailed worker schedule and worker attendance shall be maintained by PRAHA to serve as potential tracking mechanism in the event of worker exposure to COVID-19.
9. Schedules should be developed to stagger workers as able. Only the number of workers needed for the shift will be scheduled.
10. When discussing job duties, workers will maintain at least a 6 foot distance. When possible, workers must maintain at least a 6-foot distance between them and the public.
11. Infection prevention is important and implemented into workers daily practice. Workers are instructed to wash their hands for at least 20 seconds with soap and water frequently throughout the day, especially at the beginning of their shift, prior to any breaktimes, and after using the restroom.

Facilities

1. Occupant capacity is reduced to a maximum of 50%, which is necessary to allow for the required social distancing.
2. The entrances to the arena will be clearly marked and labeled as “entrance only” and “exit only” with a physical divider constructed to direct traffic. The divider can be rope but needs to clearly indicate a divide in direction. Note: In the event of an emergency, such as fire, this shall not be enforced.
3. All entering the facility are encouraged to wash or sanitize their hands prior to or immediately upon entering the facility.
4. Signage will be placed throughout the building reminding all of the social distancing requirements.
5. Restrooms will have a limit of one person per restroom at all times. Verbal inquiries shall suffice to determine occupancy. A sign shall be posted indicating this guideline. Signs will be placed in the restrooms requiring that the user must use a paper towel to open and close the door. Trash receptacles will be placed to accommodate disposal of these items.
6. Foods should not be shared communally.
7. Community drinking stations and water fountains should not be available or used.
8. Regular practices of cleaning and disinfecting have been implemented, including a schedule for routine cleaning and disinfecting of work surfaces, equipment, tools, machinery, restrooms, meeting rooms, locker rooms, changing areas, and drop-off and pick-up locations. Frequent cleaning and disinfecting is being conducted of high-touch areas, including door handles, railings, light switches, phones, controls, and keyboards.
9. Should a worker or association member that has entered the facility become ill with COVID-19, the entire facility should be cleaned and disinfected per the CDC’s Cleaning and Disinfecting your facility Guidance. The arena will be closed to the public during the cleaning process. Length of shutdown will vary based on situation and time available/needed for cleaning. Example: If cleaning can be done in the overnight hours, this may decrease the length of time of shutdown and will be dependent on staff availability.
10. Deliveries to the building should be made via a contactless method whenever possible.

This plan is subject to change with the direction of guidance from Minnesota Hockey, the Minnesota Department of Health, and the Centers for Disease Control. We appreciate your assistance in keeping everyone safe and healthy.

**Addendum added on 10.29.20: Open hockey and Open skate**

Open Hockey and Open skate will open to PRAHA members and the Park Rapids Figure Skating Club on 11.2.20. Rules apply as set for practice. Please self-screen prior to entering the rink. Use hand sanitizer when entering. Wear a mask while in the rink except for when on the ice. Practice social distancing while in the facility, including the locker rooms and on the ice. Participants of this activity are asked to arrive to the rink no more than 15 minutes prior to getting on the ice and to exit no more than 15 minutes after leaving the ice. The PRAHA board of Directors will monitor this activity for safety regarding COVID and is subject to change with little notice.

**Addendum added on 11.8.20: COVID and player/coach quarantine; Intro to Skate Program**

COVID and player/coach quarantine: If a player or coach is confirmed as COVID positive, they will be asked to refrain from contact at the rink (no participation in any event, practice, or game or entering the rink during this time period) and self-quarantine for 14 days or per public health direction if longer. MDH will be notified by a PRAHA representative from the Board of Directors for guidance and assisting with notification to others that have been defined as being in close contact. If a player or coach has a household member with a confirmed case of COVID-19, they are asked to refrain from contact at the rink for 14 days as defined above per the guidance of MN Hockey and MN hockey Officials Association. Please stay home if you are feeling ill or having any question about contact. Notify the coach if you have any confirmed COVID cases in your household for further direction.

Intro to Skate program: Intro to Skate program will be offered to the community. Contact information will be obtained from all participants. Participants will follow all COVID-19 rules and guidelines as outlined above to include masking except for on-ice activity and social distancing. Equipment use will be available to participants on a first come first serve basis. Equipment used will be stored in a labeled storage container for one-week time frame. This will be stored in the equipment room (locked room). Participants will be encouraged to notify the rink with any need to know of a COVID positive status.

**Addendum added on 1.1.21: New Phase 4- Minnesota Hockey’s Return from Six- week pause**

Per Minnesota Hockey Phase 4 Guidelines Handout “Phase 4 will open on Monday January 4 and follows Minnesota’s Stay Safe Phase III plan and MDH guidelines. Phase 5 guidelines which will go into effect when games resume on January 14 will be announced after the State of Minnesota releases its guidelines for game play.”

New rules effective January 4th:

1. Cloth face coverings must be worn by everyone inside the facility at all times. This includes on-ice practices and game play. See Minnesota Hockey website for details and guidance on approved face coverings.
2. No locker rooms are to be used for youth hockey. Please use the benches and bleachers inside the rink area to put on remaining gear. Please follow social distancing guidelines.
3. No equipment bags are allowed in the facility with the exception of goalies.
4. All players are to arrive to the rink fully dressed with the exception of skates, helmet, and gloves. Goalies are allowed to arrive half dressed.
5. Players must not enter the rink prior to 10 minutes before the start of practice. They must exit the rink no later than 10 minutes after the end of their ice time.
6. No spectators will be allowed in the facility for Phase 4 with the exception of Mite/8u/6u players and Disabled Hockey players. Only one parent/adult will be allowed. Masking and social distancing is required.
7. No dryland activities.