

ERHS Girls Hockey COVID-19 Preparedness Plan

Prepared by Head Coach Kim McClintick

District 833 Statement

- All District 833 Activities and Athletics that are allowed to return to play will follow Minnesota Department of Health, Minnesota Department of Education and Center for Disease Control guidelines for COVID-19. The protocol will be followed by all levels of the program. Advisors, Coaches and Directors are responsible for developing the plan and it is approved by each Activity Office corresponding to the guidelines. Compliance by participants, parent(s)/guardian(s) and spectators (when allowed) is required.
- A copy of this plan will be available on the front page of the team website [Girls Hockey \(erhsactivities.com\)](http://erhsactivities.com)

Drop off and Pick-Up Procedures

- Participants will be dropped off and picked up outside the main entrance of HealthEast Sports Center (HSC) for practices and games. They will arrive fully dressed no more than 10 minutes prior to the start of every practice and game and will leave within 10 minutes of every practice and game.
- Participants will enter HSC via the main entrance and exit via the emergency door to the right of main entrance.
- No bags allowed inside HSC.
- JV and Varsity practice and game times will be staggered to reduce the number of people in a given area. (Ex: JV arrives at 5:00pm, Varsity arrives at 5:20pm).
- Participants will practice social distancing before and after practices and/or games. All participants will remain at least 6 feet from each other.

Required Health Screening Procedures and Exclusionary Guidance

- Participants who become ill during programming, will be separated from activity and be expected to be picked up as soon as possible.
- All participants will be encouraged to report illness and/or exposure to ensure the safety of all participants.
- Participants cannot participate if they or anyone in their family is ill, has a temperature over 100 degrees, has been in contact with someone who is ill, or has had an exposure to a positive COVID-19 case in the previous 24 hours. Self-quarantine will be required following current MDH guidelines.
- A daily self-report will be conducted prior to each day's session. Each participant will self-report current health with the following:
 - temperature check (affirm they do not have a fever, of any temperature)
 - respiratory check (affirm they do not have a new cough and no shortness of breath/difficulty breathing)
 - exposure check (affirm they have not been in contact with a potential or diagnosed COVID-19 case)
 - other symptom check (affirm they don't have any other undiagnosed COVID-19 symptoms [MDH Decision Tree for People with COVID-19 Symptoms in Youth, Student, and Child Care Programs](#))
- Coaches have a backup plan in case of instructor illness to allow for the program to continue through completion. Coaches who become ill during the program will be sent home and be expected to quarantine following current MDH guidelines.
 - If Varsity Coach become ill, Asst. Varsity coach will coach varsity games and practices. If JV Coach becomes ill, Varsity Coach and/or Asst. Varsity Coach will coach JV games and practices.

Tracking of Participants, Staff, Volunteers, and Opponents

- Attendance for all participants, staff, volunteers, and opponents will be taken prior to each practice and game by the ERHS Coaching Staff.
- A record sheet for daily attendance will include date, facility, activity/pods, players that are absent, coaches/managers that are present, volunteers (for home games), opponent (if applicable), comments to track

participants who do not ride the bus or leave an activity due to illness. These records will be maintained until further notice and available for review upon request.

- Coach of first practice or game will bring clipboard with attendance sheet to the bench and gather attendance of all participants prior to every practice/game. The clipboard will be left for coach of the second practice or game to gather attendance of all participants prior to every practice/game.
- Head Varsity Coach will maintain the records should they be needed.
- There will be one seating chart on the bus for both JV and Varsity teams to be used for every away game a bus is utilized.

Social Distancing and Group Size

- Teams (JV and Varsity) will be limited to 16 players, 1-2 team managers, and up to 4 coaches. Bench personnel during games is limited to 3 people and will practice social distancing of 6 feet.
- Locker rooms will not be used.
- Teams will take separate buses to and from away games with no more than 26 people per bus. All participants will wear masks full time and practice social distancing as much as possible when riding the bus.
- Players will arrive at HSC dressed in their gear before getting on the bus no more than 5 minutes prior to departure for away games.
- A coach or manager will load and unload the trailer for away games.
- Players will remain in their team/pod on separate ends of the ice at least 12 feet apart if both teams are on the ice at the same time. Players from different teams/pods will not intermix.
- Players and coaches will practice social distancing when getting on and off the ice and when transitioning between drills/getting water.
- Only coaches and managers will enter the coach's room to get equipment needed for practices and games.
- Only one participant will be in the restroom at a time.
- The scoring area will be limited to essential personnel which includes home team scorer, timekeeper/announcer, and penalty box workers. They will wear masks and implement social distancing.
- Spectators determination will be allowed on a program basis determined by SEC ADs and/or 833 ADs.
 - Information regarding spectators will be provided to families prior to the events.
 - Participant families will be notified via email from the Head Coach.
- Team benches will be isolated from spectators and other non-essential personnel.
- Any meeting with the officials and coaches will include only one official and the head coach from each team. Social distancing will be implemented of 6 feet or greater.
- Only one captain will attend the pregame on-ice meeting with the official(s). They will maintain a social distance of 6 feet or greater at the center circle.
- All participants will remain socially distanced of 6 ft. or greater during starting lineup introductions and during the National Anthem.
- Team huddles will be avoided during pregame and throughout competition.
- JV/Varsity players will not stay for the other team's game. They will leave within 10 minutes of their game.
- All film sessions and dryland sessions will be held virtually.
- Carpooling of players is discouraged. If it is necessary for players to carpool, masks are encouraged.

Health Etiquette

- All participants, coaches, and volunteers will wear face coverings/masks at all times when they enter the rink. The following are considered appropriate mask/face coverings by the MSHSL:
 - Paper or disposable masks, cloth masks, or neck gaiters
 - A mask/face covering must cover the nose and mouth completely.
- Masks are required while on district transportation.

- Participants will use hand sanitizer prior to games and practices. Hand sanitizer will be provided on the bench for players and coaches and in the scoring area for required game personnel.
- Players will not be allowed to use the shower in the ERHS locker room.
- Players will bring their own filled water bottles with their name on the bottle. They will not share water bottles. Drinking fountains may not be utilized.
- Coaches will pick up pucks and equipment after practices and games.
- Players must take their gear home daily.
- Players will be given a practice jersey to wear for every practice. Players will take the jersey home to wash throughout the season.
- Players will be given one home jersey and one away game jersey. Players will be responsible for taking care of them and washing them throughout the season.
- Players will each be given rolls of stick and sock tape intermittently throughout the season to keep in their bag and use for themselves. They will not share rolls of tape.
- No handshakes, fist bumps, or hugs will occur between participants and officials.
- Post-game handshakes or fist bumps or hugs are not allowed.

Athletic Training Room

- Masks must be worn while using the Athletic Training Room and working with the Athletic Trainer.
- Only 3 people are allowed in the Athletic Training Room at a time, which includes athletes and trainers.
- Social distancing will be in place inside the Athletic Training Room.
- Students will not be able to “hang out” in the Athletic Training Room.
- Baseline concussion testing will be conducted at individuals’ homes. An email will be sent to families with information and a code for this purpose.

Cleaning and Disinfecting

- All surfaces and team equipment will be sanitized at the end of each activity by a coach.
- The team managers will wipe down all camera equipment prior to use.
- The score table area will be sprayed or wiped down by coaching staff or game volunteer prior to each game and in between periods.
- Team benches will be cleaned following games so they are free of all trash and belongings.

Maintaining Healthy Environments

- Shared/communal food and/or drink will not be permitted. Eating on the bus or in the locker room is only permissible if medically necessary.
- Mouthguards will be kept in a player’s mouth or in a separate case. They will not be placed on any other surfaces.

Compliance

- All staff must be in compliance and follow the guidelines set forth by the Minnesota Department of Health and Minnesota Department of Education.
- Participants in the ERHS Girls Hockey program must follow this plan. Coaches will reinforce COVID protocol at all levels during the season.
- In the event a participant is non-compliant, they will be told to take time off and return when and if they are able to follow the guidelines for the health and safety of all.

By signing this form, you agree to follow all protocols outlined above for COVID-19 compliance. As an advisor/coach/director working for a school district all applicable MDH, MDE, and CDC guidance recommendations for providing programming must be followed and enforced. Advisors/coach/director must make their plan available to participants prior to the start of the season and have copies available for participants and/or families. In the event of non-compliance, the program will not be able to participate and compensation for the remainder of the program will be reviewed.

Name: Kim McClintick

Position: Girls Hockey Varsity Head Coach

Signature: 

Date: 1/1/21