



(7/27/2020)

2020 COVID-19 Preparedness Plan

Under Governor Tim Walz's Executive Orders, identified businesses that are in operation during the peacetime emergency are required to establish a COVID-19 Preparedness Plan.

A business's COVID-19 Preparedness Plan shall establish and explain the policies, practices and conditions necessary to meet the Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines for COVID-19, federal Occupational Safety and Health Administration (OSHA) standards and Executive Order 20-48 related to worker and customer – if the business has customer-facing operations – exposure to COVID-19. The plan should have the strong commitment of management and be developed and implemented with the participation of **Coaches, Parents of Athletes, and Athletes**. The Minnesota Department of Labor and Industry (DLI), in consultation with MDH, has the authority to determine whether a plan is adequate.

This COVID-19 Preparedness Plan has included and describes how My business will implement, at a minimum, the following, in compliance with the guidelines and standards above:

1. infection prevention measures;
2. prompt identification and isolation of sick persons;
3. engineering and administrative controls for social distancing;
4. cleaning, disinfecting, decontamination and ventilation;
5. communications and training for **Coaches, Parents of Athletes, and Athletes** necessary to implement the plan; and
6. provision of **Coaches & Myself (Jeremy Fisher)** necessary to ensure effective ongoing implementation of the plan.

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COVID-19 Preparedness Plan for Fisher 3 on 3 Hockey

Fisher 3 on 3 Hockey is committed to providing a safe and healthy workplace for all our **Coaches & Athletes**. To ensure we have as safe and healthy workplace, we have developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. **Coaches & I (Jeremy Fisher)** are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our workplaces and communities, and that requires full cooperation among our **Coaches, Parents of Athletes, and Athletes**. Only through this cooperative effort can we establish and maintain the safety and health of our workers and workplaces.

Coaches & I (Jeremy Fisher) are responsible for implementing and complying with all aspects of this COVID-19 Preparedness Plan. **Fisher 3 on 3 Coaches & I (Jeremy Fisher)** have our full support in enforcing the provisions of this policy.

Our **Coaches & Athletes** are our most important assets. We are serious about safety and health and keeping our **Coaches & Athletes** at **Fisher 3 on 3 Hockey**. Worker involvement is essential in developing and implementing a successful COVID-19 Preparedness Plan. We have involved our **Coaches** in this process by [Our coaches have been involved in Email & phone calls to prepare for a Plan. Coaches have Provided Feedback and Suggestions. Feed Back and Suggestions have been implemented in cooperation with Fogerty Arena's Preparedness Plan and the Guidance from the CDC. Our COVID-19 Preparedness Plan follows Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines, federal OSHA standards related to COVID-19 and Executive Order 20-48, and addresses:

- hygiene and respiratory etiquette;
- engineering and administrative controls for social distancing;
- cleaning, disinfecting, decontamination and ventilation;
- prompt identification and isolation of sick persons;
- communications and training that will be provided to managers and workers; and
- management and supervision necessary to ensure effective implementation of the plan.

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Screening and policies for Coaches & Athletes exhibiting signs and symptoms of COVID-19

Coaches & Athletes have been informed of and encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess **Coaches & Athletes** health status prior to entering Fogerty Arena and for **Coaches & Athletes** to report when they are sick or experiencing symptoms. **Player's Parents have Been Asked to take Body temperatures of Athletes, 1 hour prior to Schedule Ice Session. At Any Point should a Player show Any Signs of Sickness, they are Asked to NOT come to Fogerty Arena for 48+ hours, after all signs of sickness**

Fisher 3 on 3 Hockey has implemented leave policies that promote **Coaches & Athletes** staying at home when they are sick, when household members are sick, or when required by a health care provider to isolate or quarantine themselves or a member of their household.

Fisher 3 on 3 Hockey has also implemented a policy for informing **Coaches & I (Jeremy Fisher)** if they have been exposed to a person with COVID-19 at their Home and requiring them to quarantine for the required amount of time. **Should ANY Coach or Player be officially Diagnosed with COVID-19, the Player's Parents need to inform their Coaches & I (Jeremy Fisher). From there we (Coach & \or Jeremy Fisher) will inform Fogerty Arena staff of the last date\Time the Covid-19 Diagnosed person was at Fogerty Arena.**

In addition, a policy has been implemented to protect the privacy of Coaches & Athletes health status and health information. The Identity of Anyone being officially diagnosed with COVID-19 will be kept private under the Penalty of HIPAA Laws.

Mask Mandate

On July 25th, 2020, the Governor of MN, made is Mandatory for Masks inside of Facilities. **EVERYONE** entering Fogerty Arena are required to Wear a Mask. **EVERYONE** in a Locker room are required to wear a mask. Once on Ice, a Mask is Not Required. Coaches on Benches are required to wear Masks.

Handwashing

Basic infection prevention measures are being implemented at Fogerty Arena. **Coaches & Athletes** are instructed to wash their hands for at least 20 seconds with soap and water frequently throughout the day, but especially at the beginning and end of their Ice Session, prior to any mealtimes and after using the toilet. All **Coaches & Athletes** to Fogerty Arena will be required to wash or sanitize their hands prior to or immediately upon entering the facility. Hand-sanitizer dispensers (that use sanitizers of greater than 60% alcohol) are at entrances and locations in the Arena, so they can be used for hand hygiene in place of soap and water, if hands are not visibly soiled.

Fogerty Arena has purchased and placed clearly marked hand sanitizer stations throughout Their facility at or near strategic locations such as doorways and common areas. These stations will include clear instructions for use. These stations will augment Their exiting bathrooms within the facility which will now include clear instructions on hand washing for COVID-19.

Respiratory etiquette: Cover your cough or sneeze

Coaches & Athletes are being instructed to cover their mouth and nose with their sleeve or a tissue when coughing or sneezing and to avoid touching their face, their mouth, nose and eyes, with their hands. They should dispose of tissues in provided trash receptacles and wash or sanitize their hands immediately afterward. Respiratory etiquette will be demonstrated on posters around Fogerty Arena.

Social distancing

Groups and teams will be limited to 20 people or less on the ice. Start times for all activities will be staggered to prevent overlap in arrival and departure. **Coaches & Athletes** are prohibited from gathering in groups and confined areas, including elevators. In Phase 2 there will be 2 pods of 25 maximum on Each End of the Ice. Under Phase 3 there is no Scrimmage and Game situations allowed.

Cleaning & disinfection

Per Fogerty Arena's Covid-19 Preparedness: Regular housekeeping practices are being implemented, including routine cleaning and disinfecting of work surfaces, equipment, tools and machinery, and areas in the work environment, including restrooms, break rooms, lunch rooms and meeting rooms. Frequent cleaning and disinfecting will be conducted in high-touch areas, such as phones, keyboards, touch screens, controls, door handles, elevator panels, railings, copy machines, etc. Full and part time staff will conduct hourly cleaning of all high touch areas. Locker rooms will be disinfected after each use.

Communications and training

This COVID-19 Preparedness Plan was communicated VIA Email to all **Player's Parents & Coaches** on 6/15/2020, posted on my Website (www.Fisher3on3.com) and necessary training was provided. Additional communication and training will be ongoing and provided to all **Coaches, Parents of Athletes, and Athletes** who did not receive the initial training. Instructions will be communicated to **Athletes Parents & Older Athletes who can Drive themselves** about: how drop-off & pick-up Athletes, to ensure social distancing between the **Coaches & Athletes**; **Coaches & I (Jeremy Fisher)** are to monitor how effective the program has been implemented by weekly check-ins. **Coaches** are to work through this new program together and update the training as necessary. This COVID-19 Preparedness Plan has been certified by **Fisher 3 on 3 Hockey** management and was posted on My Website and Emailed to ALL Athletes **6/15/2020**. It will be updated as necessary.

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Agreement with Fogerty Arena

1. Athletes are asked to sign Fogerty Arena's [Release of Liability](#) Parents will sign on behalf of their children.
2. Under Phase 2 – Practice style sessions - Skill development ONLY – no games or Scrimmages
3. Groups are limited to two "pods" of 10 coaches and athletes on an ice sheet at a time (20)
4. Athletes should arrive at the rink fully dressed, no sooner than 10 minutes before Ice Time
5. Athletes are asked to remove Skates, Gloves, and Helmet and leave the premises 10 minutes after ice time is complete.
6. Parents of minor athletes 10 years of age and younger are allowed one adult chaperone during their event.
7. Coaches & Athletes are asked to follow social distancing practices during the event.
8. Fogerty Arena will need a copy of this preparedness plan to have on file.

Certified by:

Jeremy Fisher

Owner of Fisher 3 on 3 Hockey

Jfisher9151@gmail.com (763) 229-9096

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Appendix A – Guidance for developing a COVID-19 Preparedness Plan

General

Centers for Disease Control and Prevention (CDC): Coronavirus (COVID-19) – www.cdc.gov/coronavirus/2019-nCoV

Minnesota Department of Health (MDH): Coronavirus – www.health.state.mn.us/diseases/coronavirus

State of Minnesota: COVID-19 response – <https://mn.gov/covid19>

Businesses

CDC: Resources for businesses and employers – www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html

CDC: General business frequently asked questions – www.cdc.gov/coronavirus/2019-ncov/community/generalbusiness-faq.html

CDC: Building/business ventilation – www.cdc.gov/coronavirus/2019-ncov/community/guidance-businessresponse.html

MDH: Businesses and employers: COVID-19 – www.health.state.mn.us/diseases/coronavirus/businesses.html

MDH: Health screening checklist – www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf

MDH: Materials for businesses and employers – www.health.state.mn.us/diseases/coronavirus/materials

Minnesota Department of Employment and Economic Development (DEED): COVID-19 information and resources – <https://mn.gov/deed/newscenter/covid/>

Minnesota Department of Labor and Industry (DLI): Updates related to COVID-19 – www.dli.mn.gov/updates

Federal OSHA – www.osha.gov

Handwashing

MDH: Handwashing video translated into multiple languages – www.youtube.com/watch?v=LdQuPGVcceg

Respiratory etiquette: Cover your cough or sneeze

CDC: www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html

CDC: www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html

MDH: www.health.state.mn.us/diseases/coronavirus/prevention.html

Social distancing

CDC: www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html

MDH: www.health.state.mn.us/diseases/coronavirus/businesses.html

Housekeeping

CDC: www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html

CDC: www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html

CDC: www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html

Environmental Protection Agency (EPA): www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2

Coaches & Athletes exhibiting signs and symptoms of COVID-19

CDC: www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html

MDH: www.health.state.mn.us/diseases/coronavirus/basics.html

MDH: www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf

MDH: www.health.state.mn.us/diseases/coronavirus/returntowork.pdf

State of Minnesota – <https://mn.gov/covid19/for-minnesotans/if-sick/get-tested/index.jsp>

Training

CDC: www.cdc.gov/coronavirus/2019-ncov/community/guidance-small-business.html

Federal OSHA: www.osha.gov/Publications/OSHA3990.pdf

MDH: www.health.state.mn.us/diseases/coronavirus/about.pdf

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CONDUCT HEALTH SCREENING EACH TIME EMPLOYEES OR VISITORS ENTER THE FACILITY.

You may also opt to conduct temperature screening if it can be done with proper social distancing, protection, and hygiene protocols. However, temperature screening is not required.

If a worker or visitor answers "Yes" to any of the screening questions or has a measured temperature above 100.4°F, they should be advised to go home, stay away from other people, and contact their health care provider.



Visitor and Employee Health Screening Checklist

Have you had any of the following symptoms since your last day at work or the last time you were here that you cannot attribute to another health condition?

Please answer "Yes" or "No" to each question. Do you have:

- Fever (100.4 F or higher), or feeling feverish?**
- Chills?**
- A new cough?**
- Shortness of breath?**
- A new sore throat?**
- New muscle aches?**
- New headache?**
- New loss of smell or taste?**

