



COVID-19 PREPAREDNESS PLAN FOR Breakaway Hockey - 1.6.2021

OVERVIEW

Breakaway Hockey is committed to providing a safe and healthy environment for all our players, coaches and the community. To ensure that, we have developed the following Preparedness Plan in response to the current conditions. Coaches and staff are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our workplaces, and that requires full cooperation among coaches, rink staff, players and families. Only through this cooperative effort can we establish and maintain the safety and health of our students and staff. Breakaway Hockey coaches and staff have our full support enforcing the provisions of this policy. We are serious about the health and safety of all and keeping our staff working at Breakaway Hockey. Staff involvement is essential in developing and implementing a successful COVID-19 Preparedness Plan. We have involved our staff in this process by addressing any concerns and suggestions they have requested. Our Preparedness Plan follows Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines and MSHSL as well as any/all standards implemented by Chaska Community Center and Victoria Rec Center which addresses:

- General guidelines for players, coaches, and other personnel
- Hygiene best practice
- Housekeeping practices
- Communication and distribution

GENERAL GUIDELINES FOR ATHLETES, COACHES and OTHER PARTICIPANTS

The following guidelines will be encouraged for all participants, players and coaches.

- Breakaway Hockey encourages all players who show symptoms such as but not limited to fever, cough, sense of smell/taste, difficulty breathing refrain from social activities and/or stay home.
- Breakaway Hockey athletes will be given 6 feet of separation for personal space, this space will either be locker room or hallway space as noted by each arena/facility
- All persons will always be masked while in the arena/facility including while on the ice, bench, locker room, hallways, or common spaces
- Participants will be in pods no larger than 25 hockey players; coaches are not inclusive of this count when social distancing and masked. When possible, we will reduce our pod sizes to limit possible contact time. Participants will remain with the same pods throughout the activity/program.





- Breakaway Hockey will not encourage participation in any social congregations outside of practices and competitions, any interactions deemed necessary will be done virtually.
- Hockey players will arrive dressed for competition, bags and equipment will be kept in their personal space and belongings will be kept in their bags.
- Hockey players will provide their own water bottles, clearly labeled with their own name/numbers.
- Hockey players, coaches, and other team personnel will be asked to confirm they are symptom free based on the CDC's "Coronavirus Self-Checker" or current recommendations.
- Breakaway Hockey will keep a record of all players, coaches and other personnel for each practice and competition.
- Anyone who has contact or confirmed COVID cases will be communicated to Coach Willis and notifications will provide families based on current MDH guidelines.

The following are recommendations or considerations:

- Hockey players are discouraged to carpool, when carpooling or riding a bus hockey players will be masked.
- Hockey players and teams are encouraged to show good sportsmanship while maintaining proper social distancing; fist bump, handshakes, etc. are discouraged.

HAND WASHING

Basic infection prevention measures are being implemented at our workplaces at all times. Workers 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 shift, prior to any mealtimes and after using the toilet. All visitors to the facility will be required to wash their hands prior to or immediately upon entering the facility. Some workplaces may have hand-sanitizer dispensers (that use sanitizers of greater than 60% alcohol) that can be used for hand hygiene in place of soap and water, if hands are not visibly soiled. We will have sanitizers at the entrance of the facility as well as on the bench and locker room space (if lockers are available). The sanitizers will be automatic dispensers with no contact by staff, players or others. We will take health and safety measures to ensure the sanitizers remain filled throughout the day. Our staff will track electronically when (time and date) they sanitize their hands. Each student will be checked off upon arrival after sanitizing their hands.

RESPIRATORY ETIQUETTE: COVER YOUR COUGH OR SNEEZE

Workers and visitors 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, in particular their mouth, nose and eyes, with their hands. They should dispose of tissues in the trash and wash or sanitize their hands immediately afterward. Staff will have extra clothing to change into if they should need to sneeze or cough into their sleeve or other part of their equipment (glove, etc.). Respiratory etiquette will be





demonstrated on posters and supported by making tissues and trash receptacles available to all staff and visitors. There will be a sign upon entrance to the facility as well as in the areas utilized by the staff and students. The CCC and Victoria Rec Center will also have signs and posters to inform everyone on the procedures that should always be followed and implemented. Under no circumstances should anyone not abide by the etiquette laid out.

HOUSEKEEPING PRACTICES

Breakaway Hockey will work alongside the VRC employees to maintain proper and regular housekeeping practices. Regular housekeeping practices are being implemented, including routine cleaning and disinfecting of work surfaces, equipment, and areas in the work environment, including restrooms, locker rooms and common spaces. Frequent cleaning and disinfecting will be conducted in high-touch areas, such as phones, keyboards, touch screens, controls, door handles, railings, etc. We will be using FDC approved cleaning solutions to disinfect all touch points throughout the player and instructors training session. We will be following the CCC and Victoria Rec Center guidelines for all common areas as well as implementing our cleaning schedule and protocol.

COMMUNICATION AND DISTRIBUTION

This Preparedness Plan will be shared with all coaches, players, parents, and arena staff. The plan has been prepared and approved for distribution by Breakaway Hockey as of January 6, 2020.

Certified by: *Jessie Willis*

Owner of *Breakaway Hockey*

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