



COVID-19 PREPAREDNESS PLAN & MEMBER EXPECTATIONS

WYHA HEALTH COORDINATOR: CHRISTIAN PETERSON
healthcoordinator@wayzatahockey.org

HEALTH & SAFETY IS OUR NUMBER ONE PRIORITY

The Wayzata Youth Hockey Association (WYHA) is dedicated to maintaining the health and safety of all of our players, coaches, parents, volunteers, and fans. Our goal is to provide the safest environment possible while following the guidance set forth by the Minnesota Department of Health, Minnesota Hockey, Plymouth Ice Center, and all other facilities where our activities take place.

RESOURCES

- [Minnesota Hockey Return to Play Guidelines](#)
- [Minnesota Hockey COVID-19 Page](#)
- [State of Minnesota's Stay Safe Plan](#)
- [Minnesota Department of Health \(MDH\) Guidance for Youth Sports](#)
- [CDC Considerations for Youth Sports](#)

WYHA COVID-19 GUIDELINES

WYHA has emphasized the importance of the following factors related to preventing the spread of the COVID-19 virus:

- 1) Players should be held out of practices or games if they are sick or experiencing symptoms, or if they know that they have had exposure to any individuals who have tested positive for COVID-19.

-
- 2) Coaches, players, parents, and spectators should practice social distancing whenever possible.
 - 3) Coaches, players, parents, and spectators should practice safe hygiene habits, including washing and/or sanitizing hands, covering coughs or sneezes, utilizing face coverings, and cleaning and sanitizing personal items and equipment frequently.

Practice & Tryout Guidelines

The following rules are to be followed for all practices and tryouts:

- **Arrival Time**

- Players should arrive at the rink no sooner than **15 minutes** prior to the scheduled on-ice time.
 - Players in PeeWees/12U and older should be dropped off outside the rink. Parents/guardians are not allowed inside the facility.
 - Players in Mites/6U/8U and Squirts/10U may have **one** adult accompanying them to the locker room if assistance is required for putting on equipment or tying skates. Time inside the locker room should be limited to no more than several minutes while assisting with equipment. Coaches may determine that parents/guardians are not needed (if, for example, the coaches are willing to tie skates). Parents/guardians may remain in the arena during practice to provide assistance to their player as necessary, and must maintain appropriate physical distance and wear a face covering.
 - On some occasions younger sibling(s) may need to accompany their parent/guardian into the rink during practice. This will be allowed, but we ask that these occasions be limited.
- Please note that carpooling is a potentially high risk, prolonged exposure situation. WYHA recommends not using carpools if possible. If carpooling, please be vigilant in doing so safely, including using face coverings at all times while inside the vehicle and physical distancing where possible.

- **Equipment & Other**

- All skaters in Bantams/15U and younger should arrive at the rink fully dressed (excluding helmets, gloves, and skates).

-
- Goalies are not expected to be in full gear but must be able to get ready within the 15 minute time frame.
 - Junior Gold players who drive themselves to practice do not need to put equipment on at home, but will still be limited to 15 minutes to get ready for practices and games.
 - All players, coaches, and parents/guardians must wear a mask upon entering the facility, including in locker rooms and common areas.
 - When possible, players should use the restroom prior to entering the facility.
 - Players should have their own water bottles and fill them at home. Sharing of water bottles is strictly prohibited.
 - No food or drink, other than water bottles, will be allowed in the facility or locker rooms.
 - No showering will be allowed after practices or games.
 - **Check-in Procedures**
 - After arriving at the rink, players must report to their Team Health Advisor prior to entering the locker room.
 - The Team Health Advisor will check the temperature of each player and coach before allowing admittance to the locker room.
 - If a player records a temperature of higher than 100.4 degrees, they will be required to move to a physically-distanced location away from the other players/coaches until such time as their parent/guardian can get them and bring them home.
 - Parents/guardians will be notified by the Team Health Advisor if their player has a temperature of greater than 100.4 degrees.
 - In cases where the arena or facility already requires temperature checks, the rules in place at that facility supersede our WYHA procedures.
 - The Team Health Advisor will have hand sanitizer available for use by each player before entering the locker room.
 - The Team Health Advisor will enforce the mask policy and encourage physical distancing within the locker room.
 - The Team Health Advisor will take attendance at each event for later use in the event that contact tracing becomes necessary.

-
- A maximum of two coaches will be allowed inside the locker room.
 - **Masks & Face Coverings**
 - Players will be required to wear masks inside the arena and locker room at all times. Masks cannot be removed until the player is fully dressed and is ready to leave the locker room to go on the ice.
 - Players may wear masks or neck gaiter-style coverings.
 - Coaches are required to wear masks at all times, on and off the ice. If a coach is explaining a drill, he/she can briefly remove the mask as long as all players are appropriately distanced.
 - Parents/guardians/spectators should wear masks at all times when inside the facility.
 - **After Practice**
 - Players must leave the locker room within **10 minutes** after the end of practice and avoid socializing or other after-practice activities.
 - **Parents must be present punctually after practice to ensure their player has a ride home. Players should not have to wait for a ride.**

Game Guidelines

The same guidelines for Arrival Time, Equipment, Check-in Procedures, and Masks & Face Coverings apply on game days.

- **Game-Day Spectators**
 - A maximum of **two** spectators per player are allowed at each game. If arena guidelines are stricter, spectators must adhere to the guidelines in place at each facility.
 - Spectators should not attend if they have symptoms of COVID-19.
 - Masks must be worn at all times.
 - Spectators should arrive no more than **5 minutes** prior to game time.
 - Parents/spectators should leave the rink immediately after the game has finished and wait to pick up their player outside.
 - Pre and/or post-game social gatherings are prohibited. Yes, this means we are discouraging the "Safety Meeting."

-
- WYHA will once again be providing each family with one free account to access our live online streaming service of all games held at Plymouth Ice Center and Wayzata Central Middle School.
 - **Other Game Day Precautions**
 - At the scorer's/announcer's box, whenever possible, just **one** assigned adult should be responsible for managing the clock and scorebook with nobody else allowed in the area. It is understood that in some cases (especially at older levels) it may be difficult or impossible for one person to simultaneously perform the timekeeper, scorebook, and penalty box duties. In all cases, everyone within the scorer's area should wear a face covering at all times and keep appropriate physical distance from each other and from players.
 - A maximum of two coaches will be allowed behind the bench.
 - Pregame team huddles are discouraged and postgame handshakes are prohibited.

On the Ice

- **Number of Participants**
 - Minnesota Hockey limits us to "pods" of no more than 25 people in each pod (including coaches), with no more than two pods on the ice at one time.
 - WYHA teams will be allowed to share the ice with another team. In a shared-ice practice, the two teams will not interact with each other on or off the ice, and will be required to stay on their half of the ice throughout practice.
 - For mite practices that typically involve stations and multiple teams on the ice together, players will be divided into pods prior to practice. Those pods will rotate through stations but will not mix with each other.
- **Physical Distancing**
 - Whenever possible, coaches will promote physical distancing on the ice, while recognizing that there may be times of close contact by players.
 - Whenever possible, players will practice physical distancing in the locker room before and after practices and games.

- **Other Precautions - Practices**

- There will be no spitting by any player or coach at any time inside the arena, including on the ice surface.
- Player benches will not be used during practices.
- Players should not leave the ice during a practice unless absolutely necessary.
- Coaches will avoid talking face-to-face with players and 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 will provide assistance without physical contact, or ask the player's parent/guardian to assist.
- Players will not be asked to participate in picking up pucks or other equipment from the ice.
- Players should keep their gloves on at all times (as possible) and should not contact another player or player's equipment with an ungloved hand.
- Prior to the completion of the ice time, players are instructed to exit from the rink one by one and through different exit points of the rink if possible.
- Coaches must be wearing masks at all times before and after practice. Coaches are required to wear masks on the ice except when explaining a drill or concept while keeping appropriate physical distancing from all players. Players are not required to wear masks while on the ice for team activities.

- **Other Precautions - Games**

- No more than two coaches should be in the bench area during games, and they must be wearing masks. Coaches should determine a system that maximizes physical distance between players on the bench during all phases of the game, space outside of the bench should be used where possible. One coach should monitor players on the bench and make an effort to keep them physically distanced when possible.
- When play is stopped due to a save, goaltenders should drop the puck on the ice for the official to retrieve.
- There should be no pregame or post game handshakes, and no pregame or post game huddles or post goal gatherings on the ice.
- A two official system will be used for games at all levels.

Facility Guidelines

Our two main facilities are the Plymouth Ice Center (PIC) and the Wayzata Central Middle School Rink (WCMS). WYHA is working closely with PIC and WCMS to ensure compliance with the rules and regulations put in place by the MDH and Minnesota Hockey. We are confident that both facilities are following the safety protocols, and it's up to us to follow those protocols in order to keep all of our members safe and healthy. Below are some quick guidelines to ensure our players and fans maintain appropriate physical distancing while entering and exiting the arenas.

- Plymouth Ice Center
 - Players must always **enter** the facility through the upper entrance through the main lobby near Rink A.
 - Players may **exit** the facility through the lower entrance behind Rink B or through the main lobby. Please ensure you are following the posted signs.
 - Spectators are expected to practice appropriate physical distancing while watching games and should leave the facility promptly after games.
- Wayzata Central Middle School Rink
 - Players and spectators must always **enter** through the main lobby doors on their right-hand side of the lobby when entering the facility and stay to their right while walking towards the locker rooms.
 - Players and spectators must always **exit** through the main lobby doors on their right-hand side of the lobby when exiting the facility.
 - Spectators are expected to practice appropriate physical distancing while watching games and should leave the facility promptly after games.

Additional Information

- **Tournaments**
 - We have scheduled the usual number of games and tournaments for each travel team.
 - If you are not comfortable traveling or participating in tournaments you may decide to remove your player from competition during such events without any ramifications in terms of playing time or status with the team.

-
- Out of state travel by Minnesota teams to other states must be approved by the District 3 Director. When traveling anywhere, special attention should be given to areas of high community spread according to Minnesota Department of Health statistics. Travel to those areas is discouraged.
 - Travel into Minnesota by out of state teams must also be approved by the District Director in which the competition is taking place.

MANAGING CONFIRMED OR SUSPECTED COVID-19 CASES

IMPORTANT!!! It is entirely up to parents/guardians to determine when it is appropriate to remove their WYHA player from play. Our ability to successfully get through this hockey season is dependent on all WYHA members following the safety protocols. We cannot emphasize this enough - there are no circumstances where sending your player to a practice or game is more important than their health and the health of their teammates, coaches, and teammates' families. **If your player is showing symptoms, keep them out!**

You are responsible for continuously monitoring your player's health, and for being able to identify symptoms that may be related to COVID-19. As a reminder, below is a list of some of the most common symptoms:

COMMON SYMPTOMS

- Fever (100.4 F or higher) or feeling feverish
- A new onset and/or worsening cough
- New loss of smell or taste
- Shortness of breath or difficulty breathing

LESS COMMON SYMPTOMS

- A new sore throat
- Chills
- New muscle aches
- New onset of severe headache
- Excessive fatigue
- New onset of nasal congestion or runny nose
- Diarrhea
- Nausea and vomiting

Remove Your Player From Play if They Have Symptoms

If your player is experiencing **one common symptom or two or more less common symptoms** and/or has been in **close contact** with an individual who tested positive for COVID-19, it is critical that you:

- 1) **Remove your player from play** for 24-48 hours while evaluating their symptoms and/or gathering information about their potential exposure.
 - a) Note: Siblings should also be removed from play.
- 2) **Contact your Team Health Advisor immediately** to notify them of your player's absence and the severity of their symptoms/exposure.

Determine Next Steps

If you have determined that your player or a player's sibling has potential COVID-19 symptoms, you should consult the MDH's [COVID-19 Decision Tree for People in Schools, Youth, and Child Care Programs](#).

By following the MDH's Decision Tree and working with your Team Health Advisor, you will know when it is appropriate to get a COVID-19 test for your player, and subsequently when it is okay to return to play.

MDH is integrally involved in all instances where there is a positive test involving the player and/or anyone in close contact with the player. MDH is notified by the clinic/testing center of all positives and generally follows up with the patient directly within a day or two of the positive test. **It is MDH that determines the appropriate return-to-play date**, not WYHA.

Depending on the type and severity of symptoms and/or the extent of exposure, WYHA members need to be aware that **their player may be required to sit out of hockey activities for 10-14 days if they have symptoms, if a sibling or family member has symptoms, and/or if they have been in close contact with a person who has tested positive for COVID-19.**

Please follow the MDH COVID-19 Decision Tree for more details.

What is Close Contact?

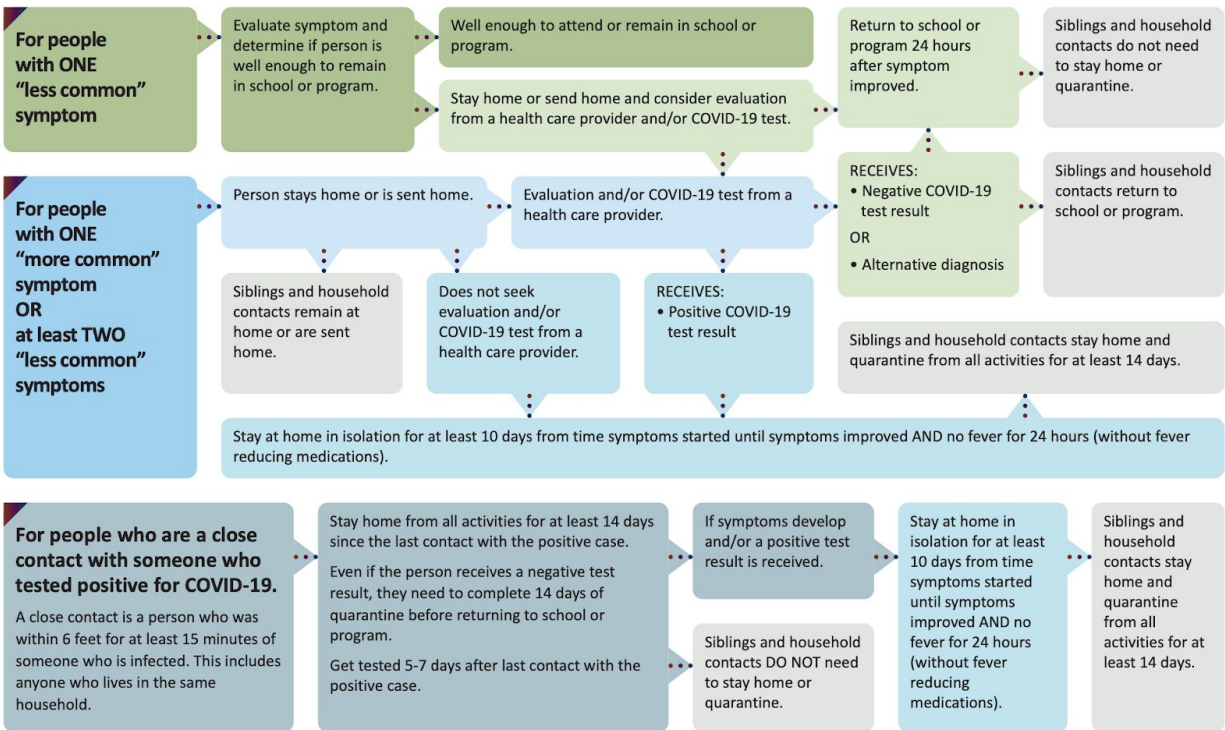
According to the MDH, close contact means being less than 6 feet from someone for a cumulative total of 15 minutes or more. The longer someone is close to the person who has COVID-19, and the closer they are, the greater the chance the virus can spread.

Quick Reference - MDH COVID-19 Decision Tree

COVID-19 Decision Tree for People in Schools, Youth, and Child Care Programs

Follow the appropriate path if a child, student, or staff person is experiencing the following symptoms consistent with COVID-19:

- **More common:** fever greater than or equal to 100.4° F, new onset and/or worsening cough, difficulty breathing, new loss of taste or smell.
- **Less common:** sore throat, nausea, vomiting, diarrhea, chills, muscle pain, excessive fatigue, new onset of severe headache, new onset of nasal congestion or runny nose.



Minnesota Department of Health | health.mn.gov | 651-201-5000
 625 Robert Street North PO Box 64975, St. Paul, MN 55164-0975
 communications@state.mn.us to request an alternate format. | 8/31/2020

Screenshot

FOR THE FULL DECISION TREE CHART AND ADDITIONAL DETAILS, CLICK THIS LINK:

<https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf>

If Your Player Tests Positive for COVID-19

In the event that your player tests positive for COVID-19 and/or a family member in the same household tests positive, you must **remove your player from all team activities and notify your Team Health Advisor immediately**. The Team Health Advisor is responsible for notifying the WYHA Health Coordinator, who in turn will notify the MDH (the process is likely underway with MDH because of the positive test, but Minnesota Hockey requires us to notify MDH as well). WYHA and the affected individuals will work directly with MDH to determine the appropriate next steps.

Rules Surrounding Family Members Testing Positive

If a player's family member in the same household has symptoms severe enough that they need to get a COVID test, **all players in the same household should stay away from all team activities** until the test result is returned.

- If the family member test result is **negative** the player can return to play.
- If the family member test result is **positive** (and player lives in the same household) it's assumed to be a close contact and the player will need to stay away from team activities for 14 days beginning from the date of exposure (which is probably the first sign of the family member's symptoms), and which will be determined and communicated to you by MDH.
- Even if the player is tested and receives a **negative** result, MDH still assumes they have had close contact with the COVID-positive family member and the player will be required to self isolate for 14 days.
 - Note: MDH Commissioner Jan Malcolm has repeatedly stated "you cannot test out," meaning even if your player tests negative after a family member has tested positive, they will still be required to self isolate and stay away from team hockey activities for the duration of the MDH-mandated time frame.
- If the player tests positive, MDH will likely set their return-to-play date based on the first symptoms and/or the date of first exposure (which is likely earlier, meaning the 14 days doesn't necessarily start from the player's positive result, but rather from any positive result of the player's family).

If a Team Has a Player or Coach Test Positive

In the scenario where a player, coach, or multiple players/coaches of a team test positive for COVID-19, **MDH is ultimately responsible for contact tracing and determining the appropriate course of action.** It does not necessarily mean that practices or games will be immediately cancelled or postponed.

Any confirmed positive COVID-19 test on your player's team (including a positive test by a family member in the same household) will be communicated to the entire team as soon as WYHA is made aware of the positive result, taking care to respect HIPAA privacy rights. MDH does not require the immediate cancellation of team events in this scenario, but families may choose to keep their player out of activities until such time as MDH is able to complete their procedures, including contact tracing, etc.

Team Health Advisors will also be responsible for contacting other teams that have been in contact with the team that had a positive COVID-19 test, including game opponents for the last 14 days and the upcoming 14 days, in addition to teams that have shared practice time for the last 14 days and the upcoming 14 days.

The below information helps illustrate what happens when a positive test occurs, and is taken directly from the Minnesota Department of Health's [COVID-19 Sports Guidance for Youth and Adults](#).

- MDH/LPH will interview the case or parent/guardian, determine the dates when the case was infectious, identify anyone that may have been exposed, and collect contact information for those individuals.
 - People identified as exposed (close contacts) are those who spent at least 15 minutes within 6 feet of the case while the case was infectious (the infectious period starts 2 days before symptom onset, or 2 days before the case was tested, if they had no symptoms).
 - Exposed persons (close contacts) will need to stay home for 14 days from the last contact with the COVID-19 case.
 - If necessary, MDH may contact your organization for information on close contacts.

-
- It is important to keep rosters of who was at practices and games each day so we can do contact tracing quickly. For more information on how we do contact tracing, see [Tracing COVID-19](#).
 - You can find more information on what contacts need to do at [What To Do if You Have Had Close Contact With a Person With COVID-19](#).
 - Individuals who are sick with COVID-19 will need to stay out for 10 days from symptom onset. You can find most up to date information on these recommendations at [If You Are Sick](#).
 - In general, you do not need to cancel practice or games once you hear of a case. If such steps are needed, MDH/LPH will reach out to you and your organization and work with you to determine next steps.