



Covid-19 Preparation and Response Plan 2020-2021 Season

Northfield Hockey Association is excited to embark on this historic season in the times of Covid-19. Our goal for the 2020-21 season is keep our participants, families, coaches, spectators, and volunteers safe while allowing the season to occur. NHA has formed a Covid Response Committee to develop our Covid Preparation and Emergency Plans and to address issues as they arrive. Our plans follow the guidelines developed by Minnesota Hockey, USA Hockey, and MN Department of Health and current executive orders. We need help from our NHA members to help implement the plan and follow it to keep our players safe and to allow the season to move on. Below you will find the details of our plans and procedures.

Participants and their parents/legal guardians should consider the risks before participating in any activities. It is a shared responsibility to protect everyone from COVID-19 and participants should follow MDH/CDC guidelines to reduce the risk of exposure. Even if the plan is followed effectively, there is no guarantee that participants will not be exposed to COVID-19.

Self-Screening

Prior to coming to Activities, members and guests will be asked to complete a Self-Check Health Screening Checklist created by the MN Department of Health available at <https://www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf>

If anyone participant/spectator having any of the following symptom, should stay home and not participate in activities:

<ul style="list-style-type: none">• Fever• Cough• Shortness of breath or difficulty breathing• Chills• Muscle pain	<ul style="list-style-type: none">• Headache• Sore throat• Fatigue• Congestion• New loss of taste of smell
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Members and guests will be sent home or asked not to come in at any sign of illness.

Safety / Social Distancing / Hygiene Control / Face Coverings

NHA community members agree to follow MDH guidelines to help protect fellow participants, including:

- Stay home when possible
- Socially distance yourself from others
- Avoid close contact with people who are sick
- Wear face coverings in public. Members are required to wear a mask at all times as required by state law or facility rules, unless they are participating in an on ice or dryland Activity or have medical conditions that prevent the use of a mask.
- Thoroughly wash your hands with soap and water regularly; especially after being in public or blowing your nose, coughing, or sneezing
- Use a tissue, cover your mouth and nose, or cough/sneeze into your elbow

Confirmed Cases, Reporting, and Exposure

It is critical that positive cases of Covid-19 are reported to the team manager and NHA immediately. Report to NHA should be made to Chris Kennelly at president@northfieldhockey.net. For purposes of contact tracing, all positive cases will be reported to the Minnesota Department of Health. NHA will follow MN Hockey Guidelines for Managing Confirmed Cases which can be found here: [MN Hockey Positive Test Guidelines](#)

Specifically, here are some key points of NHA policy for positive test cases:

- Parents/guardians are responsible for reporting any positive cases or close contact within the player's household.
- Coaches are required to self-report to NHA positive test cases.
- If a player/coach has symptoms and takes a test, he/she must refrain from all team functions until the test result is obtained.
- Players who test positive must stay home for a minimum of 10 days since symptoms first appeared and until there is no fever for at least 24 hours without medication AND improvement of other symptoms. Return to sport guidelines are evolving and different than school recommendations. Currently, athletes should not return to activities until at least 14 days after the resolution of symptoms. EKG's are recommended for athletes over 12 prior to returning to play. Talk with your health care provider to help ensure a safe return to the ice for all our players.
- If a positive case is revealed on the team of an opponent, the NHA team must closely monitor their players health for 14 days.
- Upon a player/coach testing positive, all team activities will be paused until local health officials and/or MDH is consulted.
 - NHA's COVID-19 Preparedness Committee (COVID-19 Committee) will notify all team members and parents/legal guardians if a teammate tests positive.

- NHA will protect the privacy of the infected persons' health status and health information. The name of the person testing positive will not be disclosed.
- The team manager is responsible for notifying any opponents or teams that practiced or played with the infected player in the previous 14 days.

Use of Northfield Arena and Arena Policies

NHA participants, families, and spectators will observe and follow the policies and guidelines for use developed by The City of Northfield for the use of their Arena. The Northfield Arena will closely follow Minnesota Hockey Phase 3 Return to Play Guidelines which are available here. Here are some specific policies for use of the Arena:

Arriving at the Rink:

- Anyone experiencing symptoms consistent with COVID-19 or signs of illness should not attend events or enter the arena.
- Parents are encouraged to drop their skater at the arena and not to attend practices. One parent will be allowed in the arena for practice to help with equipment if necessary. No siblings of participants will be allowed in the arena for a practice.
- For games, two spectators per participant will be allowed.
- Parents should drop their skater at the main entry to the building as this will be the main point of entrance.
- Masks will be required for all individuals entering the arena. This includes players, coaches, officials, and spectators. Masks will be required at all times except for players when they are on the ice.
- Players should arrive at the arena fully dressed except for skates, helmets, and gloves. Coaches should also arrive dressed for practice with the exception of skates, helmets, and gloves.
- Players will be allowed into the arena 15 minutes prior to the start of their event.
- Locker rooms will be available for use and players will be allowed to bring bags into the arena. Players will use masks in the locker rooms and facility right up until they go on the ice.
 - Goalies will be allowed to get fully dressed at the arena if they desire but will only be allowed into the arena 15 minutes early like the other participants.

During the Event:

- Coaches will be required to wear masks while on the ice or on the bench.
- Groups on the ice will be limited to two groups of not less than 25 each as per Minnesota Hockey guidelines.
- Coaches and players will work to maintain as much separation as possible and will not use the bench during practices.
- Spectators at events will wear masks and maintain social distancing guidelines.

- Only two referees will be allowed on the ice. Masks are optional for referees.
- Only one person, or family members, will be allowed to work the score table and clock in the penalty box.
- There will be no huddles, post-game celebrations, or handshakes.
- Players wishing to bring water bottles must fill the water bottles at home and bring to the event. Water bottles must not be shared with others.

After the Event:

- Spectators will exit the arena immediately following an event and will exit through west door of the arena not the main entry.
- Participants will leave the ice surface to their locker room and must exit the arena within 15 minutes. Participants will exit through the west doors of the arena and can be picked up by their parent outside of the west door and concrete ramp area.
- Coaches or team manager will remain at the arena until all participants from their team have exited the arena.

This plan is subject to change at anytime from NHA as policies and procedures around Covid-19 continue to evolve and NHA we address specific situations and changes as they come.

Thank You for your support of NHA hockey and adherence to guidelines in this plan to help make this season a success!