

COVID-19 Preparedness Plan for Eastview Hockey Association

Eastview Hockey Association (EVHA) is committed to providing a safe and healthy environment for all our players, families, employees, coaches and volunteers (Members). To ensure we have safe and healthy environment, EVHA has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Members of the association are responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 at our events, which will require full cooperation among our Members. Through this cooperative effort, we hope to promote an environment that establishes and maintains the safety and health of our community.

EVHA Members are responsible for supporting, implementing and complying with all aspects of this COVID-19 Preparedness Plan and have our full support in enforcing this plan.

Our Members are important to us and EVHA is serious about safety and health and protecting our Members. Our COVID-19 Preparedness Plan follows the industry guidance developed by USA Hockey and Minnesota Hockey, which is based upon the Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines for COVID-19, and Minnesota's relevant and current executive orders. It addresses:

- Screening and policies for members and guests exhibiting signs and symptoms of COVID-19;
- Social distancing;
- Hygiene and source controls (including handwashing, respiratory etiquette, and face coverings);
- Housekeeping;
- Communications and training.

THIS GUIDE WILL BE UPDATED FROM TIME-TO-TIME AS GUIDANCE IS ISSUED AND ALL MEMBERS AND GUESTS SHOULD MONITOR FREQUENTLY AND COMPLY WITH CHANGES. THE INFORMATION IN THIS PLAN IS NOT INTENDED OR IMPLIED TO BE A SUBSTITUTE FOR MEDICAL DIAGNOSIS, ADVICE OR TREATMENT.

Questions or concerns regarding this plan should be directed to Matt McCarthy (mmccarthy@eastviewhockey.net) of Eastview Hockey Association.

Screening and policies for Members exhibiting signs and symptoms of COVID-19

Members will be encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess the health status of Members and guests prior to arriving at EVHA events and/or team activities (Activities) and for them to report when they are sick or experiencing symptoms.

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>

Members and guests will be sent home or asked not to come in at any sign of illness.

Stay Home if Feeling Ill

Many times, with the best of intentions, Members may join Activities even though they feel ill, but they should not come if they feel ill. If a Member feels ill while at an Activity, Members must inform their coach or designated team COVID-19 contact, leave immediately, and do not return until permitted under MDH guidelines. Members who come to Activities ill will be asked to leave in accordance with these health guidelines. EVHA may request appropriate information related to illnesses from any member before they participate in any Activity.

Self-Monitoring

Members are expected to conduct a self-assessment each day before participating in any Activities to determine if any COVID-19 symptoms are present. Some symptoms of COVID-19 recognized by MDH include:

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Muscle pain
- Headache
- Sore throat
- Fatigue
- Congestion
- New loss of taste of smell

It is critical that Members do not participate in Activities while they are experiencing any of these symptoms or combinations of symptoms. Members who have exhibited symptoms of COVID-19 may return to Activities when they have qualified to return based upon MDH guidelines (see the MDH Decision Tree at <https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf>) or such longer period required by the facilities where the Activity is taking place. Currently, the MDH guidelines include:

- Member has had no fever for at least 36 hours without the use of fever reducing medicine; and
- Respiratory symptoms have improved; and

- At least 10 days have passed since symptoms first appeared.

Managing Confirmed COVID-19 Cases

Per CDC, MDH and MN Hockey guidelines, it is critical that Members who have a confirmed positive case for COVID-19 notify your team and/or EVHA COVID-19 contact. This includes the player testing positive, someone in their household testing positive, or someone that the player has come in contact with testing positive.

For additional details, please see the MN Guideline details linked [here](#).

EVHA or team COVID-19 Managers will inform Members if they are aware the Member has been exposed to a person with COVID-19 during any Activities. EVHA will protect the privacy of the infected persons' health status and health information. The name of the person testing positive will not be disclosed unless consent is provided by the person.

Members must follow MDH and CDC's recommendations if they have been exposed to COVID-19. Exposure is defined as "close contact within 6 feet of an individual for at least 15 minutes who is symptomatic or tests positive for COVID-19" without the use of personal protective equipment (PPE), a failure in wearing your PPE or there is a breakdown in your PPE. The timeframe for having contact with an individual includes the period of 48 hours before the individual became symptomatic. Currently, these recommendations suggest persons with potential exposure isolate at home for 14 days after last exposure, maintain social distance from others at all times, self-monitor for symptoms twice per day and avoid contact with people at higher risk for severe illness.

Social distancing

Social distancing of at least six feet is required. Facility-based social distancing requirements are based upon the makeup and layout of the facilities at which Activities are taking place. As a result, Members will be required to review and follow guidelines established at each facility they visit. Among steps taken by EVHA are as follows:

- Members will be notified of this plan and its requirements.
- Team managers and coaches will be encouraged to have team meetings electronically or over phone as possible.
- Members are required to follow social distancing rules at each facility where Activities are held, maintaining a distance of 6 feet whenever possible. If not possible, additional precautions should be used such as wearing a face mask. Follow arena guidelines for limiting attendees for Activities.
- Members are required to follow rink rules regarding entrance and exit locations and staggered ice times. These rules are aimed to allow Members to arrive and depart at separate times and only allow participants to enter the building at certain locations in order to limit unnecessary interactions.
- Members are required to follow rink rules setting a limited period of time for members and guests to enter before their ice time and exit after their allotted time.
- Persons not on the ice (with exception of some parents of younger players) are encouraged not to attend practices.
- Many locations limit the number of spectators during games and, in any case, spectators should attempt to maintain a distance of 6 feet wherever possible.

Hygiene and source controls

Handwashing

Basic infection prevention measures are required at all times. EVHA will remind its Members that it is important to wash their hands for at least 20 seconds with soap and hot water frequently throughout the day, but especially prior to participating in Activities, eating and after using the bathroom.

Additional information about hand washing can be found at:

www.cdc.gov/handwashing/when-how-handwashing.html

www.cdc.gov/handwashing

Respiratory etiquette: Cover your cough or sneeze

Members are being asked 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.

Additional information on respiratory etiquette can be found at:

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

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

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

Masks

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.

The CDC recommends people wear cloth masks as a public health measure in public settings and where social distancing (a space of six feet apart) is difficult to maintain. As of July 24, 2020, the State of Minnesota requires use of a mask unless an exception is met, which includes exercising when exertion makes it difficult to wear a face mask. This includes coaches when in the building at all times except on the ice.

Housekeeping

Each facility at which Activities take place will have professional cleaners or in-house staff. Teams are responsible for picking up any trash they have left in areas they have used. It is recommended players clean and sanitize equipment after use. Shared equipment is not recommended and shared water bottles are prohibited. Members should notify the facility if they feel any area is not being cleaned in a proper manner and should report repeated violations to EVHA.

Spectator Protocols at District 8 Rinks

Each facility at which Activities take within district guidelines may have slightly different protocols, and each are subject to change. As of September 5th, 2020, the protocols are as follows:

District 8 Facilities Snap Shot of Protocols for COVID-19				
Arena	Minutes In / Out of Facility	Bags	Locker Rms	Dressed/No Dressed
AV Sports Arena and Hayes Park Arena	10 minutes	Allowed	Allowed	
Burnsville Ice Center	10 minutes	Allowed	Allowed	Highly recommended to come dressed
Cottage Grove Ice Arena	15 minutes	Allowed	Allowed	Highly recommended to come dressed
Doug Woog Arena, S.St. Paul	15 minutes	Allowed	Allowed	
Eagan Civic Arena	15 minutes	Allowed	Allowed	Highly recommended to come dressed
Hastings Civic Arena	15 minutes	Allowed	Allowed	
HealthEast Sports Center, Woodbury	15 minutes	Allowed	Allowed	Highly recommended to come dressed
Lakeville Arenas - Ames and Hasse	15 minutes	Allowed	Allowed	Recommended to come dressed
Prairie Island Arena, Red Wing	?	?	?	
Ramsey County	10 Minutes	Allowed	Allowed	Recommended to come dressed
Rosemount Community Center	10 minutes	Allowed	Allowed	Highly recommended to come dressed
Schmitz-Mali Arena, Farmington	15 minutes	Allowed	Allowed	Come dressed
Veterans Memorial Community Center, IGH	15 minutes	Allowed	Allowed	Highly recommended to come dressed
West St Paul Ice Arena	15 minutes	Allowed	Allowed	
Arena	Spectators allowed for Practices	Spectators allowed for Games/Scrimmages		Concessions Open
AV Sports Arena and Hayes Park Arena	1 person for age 10 and under	2 per player		
Burnsville Ice Center	1 person for age 10 and under	2 per player, No siblings/Children		Late Oct/Early Nov
Cottage Grove Ice Arena	1 person for age 10 and under	2 per player		October
Doug Woog Arena, S.St. Paul	2 person for age 10 and under	2 per player		
Eagan Civic Arena	1 person for age 10 and under	Up to 25% capacity or 150 people		TBD
Hastings Civic Arena	discouraged	2 per player		
HealthEast Sports Center, Woodbury	1 person for age 10 and under	2 per player		October at the earliest with reduced hours
Lakeville Arenas - Ames and Hasse	1 person for age 10 and under	2 per player		
Prairie Island Arena, Red Wing	?	?		?
Ramsey County	1 person for age 10 and under	1-2 per player based on facility		TCO No, other contracted not known yet.
Rosemount Community Center	1 person for age 10 and under	2 per player, No siblings/Children		Association operates and haven't decided
Schmitz-Mali Arena, Farmington	No Spectators	Parents, Grandparents and siblings over 18		When association games start
Veterans Memorial Community Center, IGH	1 person for age 10 and under	No limit up to 25% capacity, or 250 people		Association operates and haven't decided
West St Paul Ice Arena	No Spectators	Unsure		
* When weather is rainy and/or cold outside - PLEASE do not drop skaters off before the entry time of facility.				
*Stay in your car in the parking lot and drop of skater when your skater can enter the rink you are attending that day.				

The spectator protocols for primary EVHA rinks (AV Sports Arena and Hayes Arena) are as follows:

- Practices: 1 person for age 10 and under
- Games/Scrimmages: 2 per player, all ages
- Bags: Allowed

Many of the rinks are working to get virtual cameras up and running, but obviously this is a big change from prior years. We are asking for the cooperation of all Members to abide by these policies.

Communications and training practices and protocol

This COVID-19 Preparedness Plan was communicated to all members by email on September 8, 2020 and is posted on the Eastview Hockey Association website at <https://www.eastviewhockey.net>. Managers and Coaches will, before or shortly after teams are formed, be notified of the requirements set forth in this plan and their respective obligations. All members of EVHA will monitor the effectiveness of this plan. Members and guests are required to follow this plan and request clarifications as necessary.

This plan supplements existing EVHA policies, rules, procedures, and regulations. All current policies, rules, procedures, and regulations remain in full effect, except for instances where this plan directly contradicts another current policy, rule, procedure or regulation in which case this plan supersedes existing policy, rule, procedure or regulation. Therefore, users are encouraged to review all other such policies, rules, procedures, and regulations in conjunction with this plan.

Please contact Matt McCarthy with any questions or concerns.

Certified by: Mike Kalin, EVHA President, September 8, 2020

Additional Policies and Requirements

EVHA, as an affiliate member of USA Hockey, Minnesota Hockey and District 8, is required to follow rules established by such entities. We are also committed to follow health and safety guidelines established by the United States Centers for Disease Control (CDC) and the Minnesota Department of Health (MDH) as well as all applicable law and regulations. In addition, since EVHA is a guest at all facilities where it conducts its activities, EVHA members and guests must also be aware of and comply with all requirements of ice rinks and other facilities where EVHA or team activities take place. Due to this point we are working to comply with all guidelines and help optimize contact tracing efforts when necessary. The following are rules adopted from the above sources:

Team Formation/Requirements

1. COVID-19 Manager. Each team must designate a coach, manager or volunteer who will be responsible for responding to COVID-19 concerns and help coordinate with the Association and local health authorities regarding training, changes in policies and positive COVID-19 cases (COVID-19 Manager). The Association, as well as all Members affiliated with the team should be informed on how to contact this person.
2. Contact Information. Members must provide accurate contact information to the team's COVID-19 Manager, in the event of an emergency at the arena and in order to support any communications (including, with state and local authorities) regarding exposure to COVID-19.

Before Arriving at the Rink

1. Registration. All players must be registered for USA Hockey prior to attending any Minnesota Hockey sanctioned on-ice activity.
2. Understanding Facility Procedures and Policies. Members must become familiar with COVID-19 policies and practices of each facility where an activity is taking place prior to attending, and must comply with all such policies and practices while at such facility, unless a more restrictive requirement is set forth herein.
3. Screening. Members should use the *Minnesota Symptom Screener Guide*, located at <https://mnsymptomscreener.minnesotasafetycouncil.org/user-guide.pdf> prior to attendance at any Activity.
4. Signs of Illness. Members with any risk factors or illness should not participate in a team Activity and should not enter any facility where the Activity is taking place.
5. Positive Test/Exposure. Members must inform the team COVID-19 Manager of a player testing positive, someone in their household testing positive or having been exposed to someone confirmed to have COVID-19. Exposure is defined by MDH as spending at least 15 minutes within 6 feet of a person with confirmed COVID-19. Members testing positive or having exposure to COVID-19, should: (i) self-quarantine, using the MDH guidelines (see MDH Decision Tree (located at <https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf>) for determining when to return,

and (ii) to the extent requested, assist the COVID-19 Manager, Association, and state and local authorities to determine extent of exposure.

6. Restrooms. Whenever possible, Members should use the restroom at home prior to leaving for the rink, in an effort to limit bathroom use at the facility.
7. Dressing. Players and officials should arrive at the arena fully dressed, with the exception of skates and helmets. Exceptions may be made for goalies who may need to put on additional equipment at the rink.
8. Water Bottles. Players should fill and bring their own rehydration liquids to the rink in clearly marked resealable containers. Players should not share liquid containers.

Arrival at Rink

1. Timing of Arrival. Members should arrive no more than 15 minutes before the start of activities. If arriving earlier, Members should wait outside the facility, socially distanced from others. **Note:** Members should follow the guidelines of the facilities if they differ from this guidance.
2. Entrance. If an activity is occurring at the rink before the team's scheduled start, the incoming team should wait until all players from the prior teams have vacated the building.
3. Pick-up/Drop Off. For practices and clinics:
 - a. For players 11 and older, the player should be dropped off at the rink. Parents/guardians should not remain in the arena.
 - b. For players 10 and under, one parent or guardian is allowed in the rink per player to assist with any equipment needs. These parents/guardians may remain during practice, provided that they wear masks as required or appropriate and respect socially distancing requirements.
4. Safesport. Safesport policies will continue to be in effect in all phases. There should always be a minimum of two adults at every on-ice event, and there should be no unsupervised one-on-one interaction between a player and a coach.

Practices, Clinics and Tryouts

1. Dryland. Dryland activities inside the arena are not advised during Phase 3. (Per 9/1/20 Phase 3 - Minnesota Hockey; "Arriving at the Rink" section; #18 refers to dryland activities)
2. Maximum Players on Ice. A maximum number of two (2) pods of 25 people or less at a time, with no mixing of the groups, are permitted on the ice. Each coach and on-ice helper will count toward the number of people on the ice. **Note:** Members should follow the guidelines of the facilities if they differ from this guidance.
3. Spacing on Ice. Players need to maintain as much separation as possible during practices. Whenever possible, coaches should be promoting social distancing on the ice, while recognizing that there may be times of close contact by players.
4. Benches. Teams should avoid using benches during practices.
5. Spitting. There should be no spitting by any player or coach at any time inside the ice arena, including on the ice surface.

6. Efficiency. Coaches should be as prepared as possible to ensure complete utilization of the allowed ice time. This also helps ensure that players are not distracted and know they need to be on time and ready to go, not engaged in other areas of the building. Players should not leave ice during practice unless absolutely necessary.

Games and Scrimmages

1. Out of Town Teams. When considering playing teams beyond EVHA affiliated teams, teams should consider the COVID-19 case activity level and risk in those communities when making travel decisions.
2. Spectators. Spectators are allowed per arena recommendations, should be physically distanced at all times and wear masks, as required. **Note:** Members should follow the guidelines of the facilities if they differ from this guidance.
3. Scorekeepers. In ideal cases, only one scorekeeper will be assigned to manage the clock and scorebook. When there is more than one off ice official, masks must be worn.
4. Resurfacing. To the extent possible, teams should avoid resurfacing of ice sheet except before or after a game.
5. Coaches on Bench. No more than two coaches should be in the bench area during games, and they should 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 keeping them physically distanced.
6. Stoppage of Play. When play is stopped due to a save, goaltenders should drop the puck on the ice for the official to retrieve.
7. Handshakes/Celebrations. There should be no pregame or post game handshakes, and no pregame or post game huddles or post goal gatherings on the ice.
8. Officials. A two official system will be used for games at all levels.

After On-Ice Activities are Complete

1. Leaving the Ice. Prior to completion of the ice time, players should be excused from the rink one-by-one and through different exit points of the rink to the extent possible. Players should not be asked to participate in picking up pucks or other equipment from the ice.
2. Leaving the Rink. No on or off ice interaction (socializing, team meetings, dryland activities) should occur following the conclusion of practice or a game. Players should remove skates and helmets and immediately vacate the premises, no more than 15 minutes of the end of game or practice. **Note:** Members should follow the guidelines of the facilities if they differ from this guidance.
3. Picking up Players. Parents/Guardians should be punctual and not allow players to wait. Team managers should ensure that parents are aware of starting and ending times of team events. Coaches or a designated responsible adult should remain with players until all are safe and removed from the premises.
4. Cleaning Gear. At home, players should clean and disinfect gear after each use.

