

Bismarck Hockey Boosters

COVID-19 Guidelines

*Effective December 14, 2020

Section A:

1. Skaters, parents/guardians, and coaches shall conduct daily symptom assessments prior to participating in any activities associated with Bismarck Hockey Boosters. If you can answer yes to any of the questions below, you should not enter the facility or participate in any BHB activity and must follow all guidelines outlined in **Section B** before resuming participation in any BHB activity.
 - In the last 48 hours have you experienced any of the following symptoms?
 - Fever of 100.4°F or above
 - Cough
 - Trouble breathing, shortness of breath severe wheezing
 - Chills or repeated shaking with chills
 - Muscle aches
 - Sore throat
 - Loss of smell or a change in taste
 - Nausea, vomiting or diarrhea
 - Headache
2. Coaches are required to wear masks while in the facility, while on the bench during games and on the ice when practical.
3. Players, coaches and locker room monitors are required to wear masks while in the facility including locker rooms.
4. Groups sizes will follow all facility guidelines.
5. Locker rooms will be open and available to skaters. Social distancing is to be adhered to in each locker room. However, as there is limited space in locker rooms, it is recommended that skaters come fully, or half dressed. No showering will be permitted in locker rooms.
6. It is highly encouraged that Mite and Termite players refrain from using locker rooms. BHB recommends that all Mite and Termite players come fully dressed. If locker rooms are used by Mite or Termite players only one (1) parent or guardian will be allowed in the locker room per player.
7. Players and Coaches are to arrive **NO EARLIER** than 30 minutes before games or practices and must be out of locker rooms 15 minutes after practice or game has concluded.
8. Skaters must enter and exit through the main door for the facility to help monitor public traffic in the facility. Skaters shall not roam around the facility or cross over into rinks they are not assigned to.
9. Individuals shall not congregate before or after any activities.
10. Public restrooms are open and can be used but these shall not be used for locker rooms.
11. Spectators will be limited to players' immediate family members only. Spectator shall not exceed capacity limits set by the facility.
12. Spectators are required to wear face coverings when in the arena.
13. Skaters, coaches and parents/guardians should practice social distancing and remain at least six (6) feet apart from others when in the facility, while getting dressed and while on the ice when practical.
14. Skaters shall bring their own water bottles for their own personal use only.
15. Skaters shall not share any equipment or engage in any handshakes, hugs, or other close contact.
16. We encourage skaters, parents/guardians, and coaches to practice good hand washing and use hand sanitizer upon entering and exiting the facilities.

17. Exchanging of documents or money for payments shall be kept to a minimum. All future registrations and/or payments shall be done online.
18. All Dibs workers and box workers are required to wear masks while working their shifts.
19. Skaters, parents/guardians, and coaches are participating in activities through Bismarck Hockey Boosters at their own risk. No player, parents/guardians, or coaches shall hold Bismarck Hockey Boosters accountable if they contract COVID-19 while attending an activity of Bismarck Hockey Boosters.

Section B:

1. If an individual who participates in a Bismarck Hockey Booster activity is confirmed positive for COVID-19, the individual must immediately remove themselves from participation in any BHB activity and inform Bismarck Hockey Boosters of the positive test and the following protocols must be followed:
 - a) Individual shall immediately isolate and follow any recommendations from the State Health Department or Bismarck/Burleigh Public Health.
 - b) Provide a list of dates and times that the individual participated in any activities through Bismarck Hockey Boosters to the Board President.
 - c) Provide a list of additional individuals that were present while the infected individual was present at any activity through BHB to the Board President.
 - d) After the recommended quarantine/isolation period has ended an individual who has tested positive may resume participation in BHB activities providing they have completed the minimum isolation period (10 days since the onset of symptoms), symptoms have improved and have remained fever free for at least 24 hours without the use of fever reducing medication prior to resuming BHB activities.
 - e) Individuals with an asymptomatic positive test may return to BHB activities after isolating for 10 days from the date of the first positive test as long as they have no symptoms.
2. Identified close contacts will not be required to remove themselves from BHB activities if **all parties were properly wearing a mask during the time of exposure**. Instead, individuals identified as close contacts will be directed to self-monitor and only quarantine/isolate if they become symptomatic or receive an asymptomatic positive test. If face coverings were not worn by all parties, then you must remove yourself from all BHB activities for 10 days from date of exposure. This quarantine period may be shortened to 7 days if a test comes back negative on or after day 6 of the isolation period (can return on day 8). **If the individual identified as a close contact lives in the same household as a positive case**, the close contact must complete the same required quarantine/isolation as a positive test plus an additional 10 days after the positive household member has recovered prior to returning to any BHB activity. The additional quarantine period may end after 7 days if the positive household member receives a negative test on or after day 6 of the isolation period (can return on day 8 of the additional isolation period).

These guidelines were written, reviewed and approved by the Bismarck Hockey Boosters Board of Directors



AJ Emter BHB President

December 14, 2020