

## FVHA Safety Guidelines 2020-21 (November 22, 2020 update)

*These safety protocols have been developed for FVHA with guidance from the following sources:*

1. CDC: Considerations for Schools, k-12 Schools readiness and planning tools
2. American Academy of Pediatrics: Covid-19 planning considerations: Guidance for reopening schools
3. MT Governor Bullock's Guide for the Reopening of Schools
4. MT Office of Public Instruction: Reopening of Montana's Schools Guidance
5. Whitefish and Kalispell School District Guidelines for Reopening Schools

\*The following guidelines have been developed in an attempt to increase the physical safety of our members in light of COVID-19. They are additional guidance for staff who are already trained in providing a safe physical and emotional environment.

### Screening

We ask all families of FVHA to commit to daily health screening at home. During Phase I and at the beginning of the season, we will screen children daily on campus. If we are in Phase II or III, families will be permitted to sign a waiver and we will rely on families to be committed to home screening on a daily basis.

- Is my temperature 100.0 o F or higher?
- Has my temperature been 100.0 o F or higher in the past 24 hours?
- Do I have any symptoms of illness?
- coughing, headache, sneezing, sore throat, runny nose, nausea, vomiting, diarrhea, dizziness, shortness of breath, chest or nasal congestion, earache, swollen glands, loss of taste or smell, night sweats, muscle or body aches.
- Have I, or has someone I live with, been asked in the last 14 days to remain in quarantine for COVID-19 testing, diagnosis, or treatment?
- If you answer **YES to any of the above, please stay home** and seek healthcare provider guidance if symptoms worsen or you need treatment.
- Do not return to play/practice until symptom free for 48 hours.**

**\*\*\*If you send your child to a practice or game with any of the above, your child will be sent home and suspended for 4 weeks for disregarding the safety of all our players, coaches, and volunteers.**

### Inside the building

To comply with the Flathead City-County Health Department's phase two "large gatherings" requirements, no more than 50 people are allowed in the building at one time, including on-ice participants, spectators, and staff

- If the number of participants and spectators reaches the 50-person limit, staff will not allow

additional people into the building. Participants are asked to immediately leave the building after their session.

- Locker room use will be limited to maintain 6' distances.
- Only coaches, managers and Safe Sport monitors will be allowed inside the building.
- Masks are required inside the building per the state mask mandate.
- Highly recommend players dress at home due to limited time and limited numbers allowed in locker room areas. Carports allow for additional changing areas.
- Players should not enter the facility (including the fenced areas of the rink) more than 15 minutes before a practice or game. Warmups may be held outside of the facility while adhering to social distancing protocols.

### Outside the building at the Rink

- € Patrons are required to wear a mask inside the fenced area.

### Other Environmental Considerations

- Ensure ventilation systems operate properly and increase circulation of outdoor air as much as possible.
- **Encourage staff and players to bring their own water to minimize use and touching of water fountains.**

### Mask Use

- Members will wear a cloth face mask while in the building in accordance with the phase of reopening and state mask mandates. Masks will be worn by members when they are required to be within 6 feet of a player or another staff member.
- Wearing of cloth face coverings will be required indoors and inside fenced area at the ice rink.
- Players and members are expected to properly wear (cover nose and mouth) a cloth face covering, to maintain hand hygiene when removing for physical activity, and to replace and maintain (washing regularly) a cloth face covering.
- Masks are not required for players on the bench or ice.
- Face shields are an acceptable alternative to a mask only if the player or staff member has trouble breathing or is a player with special needs who is unable to tolerate a face covering.

### Disinfecting

The staff at FVHA commits to sanitizing high-touch surfaces on a daily basis throughout the environment. Disinfecting will take place with a CDC approved sanitizing solution, diluted bleach or 70% Alcohol solution.

- Sanitize will occur when players are not in the environment with any of the above disinfectants.
- In general, elimination of high-touch surfaces is preferable to frequent cleaning.
- When elimination is not possible, surfaces that are used frequently, such as drinking fountains, door handles, sinks and faucet handles, etc, should be cleaned and disinfected at least daily and as often as possible.

- Bathrooms, in particular, should receive frequent cleaning and disinfection.
- Shared equipment should also be disinfected frequently. Hand washing/sanitizing should be promoted before and after touching shared equipment.
- Outdoor equipment with high-touch surfaces, such as railings, handles, etc, should be cleaned and disinfected regularly if used continuously.

## Rapid Response for player or coach with a fever

If a player or volunteer at FVHA is found to have a fever over 100 degrees or while in the building, they will remain outside and parent will be called if they are not present.

Staff member caring for a child with a fever will be provided personal protection equipment including:

- Face mask
- Goggles or face shield
- Gloves

Parent/guardian will be called and instructed to pick up their child within the hour and to call a healthcare provider for recommendations and evaluation.

Team determines a return to play plan for the child according to Flathead County health care officials.

## React to a case in FVHA Community

When a confirmed case has entered a association, regardless of community transmission:

Short-term closure procedures regardless of community spread if an infected person has been in the building. If this happens, CDC recommends the following procedures regardless of the level of community spread:

- Coordinate with local health officials. Once learning of a COVID-19 case in someone who has been in the association, immediately notify local health officials. These officials will help administrators determine a course of action for their child care programs or schools.
- Local health officials' recommendations for the scope and duration of practice adjustments will be made on a case-by-case basis using the most up-to-date information about COVID-19 and the specific cases in the community.

Communicate with staff, parents, and students. Coordinate with local health officials to communicate dismissal decisions and the possible COVID-19 exposure.

- Plan to include messages to counter potential stigma and discrimination.
- In such a circumstance, it is critical to maintain confidentiality of the student or staff member as required by the Americans with Disabilities Act and the Family Education Rights and Privacy Act.

## Clean and disinfect thoroughly.

- Close off areas used by the individuals with COVID-19 and wait as long as practical before beginning cleaning and disinfection to minimize potential for exposure to respiratory droplets. Open outside doors and windows to increase air circulation in the area. If possible, wait up to 24 hours before beginning cleaning and disinfection.
  - Cleaning staff should clean and disinfect all areas (e.g., offices, bathrooms, and common areas) used by the ill persons, focusing especially on frequently touched surfaces.
  - If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
  - For disinfection most common EPA-registered household disinfectants should be effective.
    - A list of products that are EPA-approved for use against the virus that causes COVID-19 is available.
    - Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).
    - Additionally, diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted. Prepare a bleach solution by mixing:
      - 5 tablespoons (1/3rd cup) bleach per gallon of water or
      - 4 teaspoons bleach per quart of water
- Additional information on cleaning and disinfection of community facilities such as schools can be found on CDC's website.