

East Grand Forks Parks & Recreation COVID-19 PREPAREDNESS PLAN for Ice Arenas, Figure Skating, and Hockey

HEALTH & SAFETY IS OUR NUMBER ONE PRIORITY

The East Grand Forks Parks & Recreation Department is dedicated to maintaining the health and safety of all of our participants, 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 (MDH), USA Hockey, US Figure Skating, Minnesota Hockey, East Grand Forks Parks & Recreation Department, and all other ice arenas where activities will take place.

RESOURCES

- [State of Minnesota's Stay Safe Plan webpage](#)
- [Minnesota Department of Health \(MDH\) Guidance for Youth Sports](#)
- [Minnesota Hockey Return to Play Guidelines – Phase 5](#)
- [Minnesota Hockey COVID-19 Page](#)

CONTACT INFORMATION

East Grand Forks Parks & Recreation

COVID Coordinator: Reid Huttunen

Phone: 218-773-8000

Email: RHuttunen@egf.mn

Anyone with a positive COVID case or who is instructed to quarantine by MDH/local public health, your medical provider, or school should contact Reid Huttunen as soon as you are able.

East Grand Forks Parks & Recreation COVID-19 GUIDELINES

The East Grand Forks Parks & Recreation Department emphasizes the importance of the following factors related to preventing the spread of the COVID-19 virus:

1. Participants must be held out of practices or competitions 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, participants, parents, and spectators should practice social distancing whenever possible.
3. Coaches, participants, 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.

Player Rink Arrival/Departure Guidelines

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

- **Health Screening, Arrival/Departure**
 - All on-ice participants; skaters, players, coaches, and volunteers must complete a Daily Attendance Check-In and COVID Health Screening before entering the arena. The daily form can be found at the following link for each sport:
 - Youth Hockey: <https://forms.gle/ocf6cSRWk73f9Xqm8>
 - Youth Figure Skating: <https://forms.gle/UF5prfFHpFDuqEvx8>
 - Participants and coaches should arrive at the rink no sooner than 10 minutes prior to the scheduled on-ice start time.
 - All users must vacate the building as quickly as possible after scheduled ice time (no longer than 10 minutes)
 - Spectators, if allowed, should vacate the arena immediately at the conclusion of the scheduled ice time
 - Participants age 9 and older (10U/Squirt Hockey) levels and above should be dropped off at the rink and picked up immediately after the schedule ice time. Parents/guardians are currently not allowed inside the facility.
 - Participants age 8 and Under (Mites/8U hockey) are allowed one parent/guardian in the rink to help with equipment needs. Those parents/guardians may remain at the arena through practice, socially distanced from others, and a face covering must be worn at all times.
 - 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. EGF Parks & Recreation 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.
- **Spectators**
 - Current State of MN mandate allows for 25% capacity, up to 150 total people indoors.
 - **For Practices, Lessons, Scheduled ice rentals**
 - Each skater is allowed up to ONE parent/guardian/spectator in the arena
 - **Games & Competitions:**
 - Each skater will be allowed up to two spectators
 - **Siblings:**
 - There may be circumstances a parent must bring young siblings to the arena. This is allowed, but should be limited as much as possible.
 - Spectators should enter the arena as close to the scheduled practice/game start time (10 minute entry rule), and are asked to leave the arena immediately following the event.

- Social distancing of 6 feet or more must be followed by all spectators of separate households
- Each team or building user group (home and away) is responsible for keeping a daily list of spectator attendance. Should contact tracing be needed for an event, the teams involved may be asked to
- **Equipment & Other**
 - All skaters should arrive at the rink fully dressed (walking in with skate guards is recommended).
 - Benches/Chairs will be provided to put on skates inside the arena.
 - Goalies are not expected to be in full gear, but must be at least half dressed and must be able to get ready within the 10 minute time frame.
 - 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. Sharing of water bottles is strictly prohibited. Touch free bottle filling stations are located in all EGF Arenas.
 - 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.
- **Player Check-in Procedures**
 - Prior to or upon arriving at the rink, all skaters must complete the daily attendance tracker/COVID Health screening, found here:
 - Youth Hockey: <https://forms.gle/ocf6cSRWk73f9Xqm8>
 - Youth Figure Skating: <https://forms.gle/UF5prfFHpFDuqEvx8>
 - Attendance must be taken daily on this tracker and will be used as needed in contact tracing any positive cases within a team/group.
 - Parents should take the temperature of their skater prior to bringing them to the arena. If a player records a temperature of higher than 100.4 degrees, they should not attend practice.
 - All EGF Ice Arenas have hand sanitizer stations readily available at each entrance and near restrooms.
 - Visiting teams or skaters are responsible for self-tracking a symptom questionnaire before entering the arena and must keep an attendance list for their team/group. In the event of contact tracing needing to take place, the visiting group must be able to produce a comprehensive list of players, coaches, and spectators attending the event.
- **Masks & Face Coverings**
 - Players will be required to wear face coverings/masks inside the arena, including while on the ice.
 - We recognize there may be concern with athletes who have asthma in wearing a mask while skating. Per MDH guidance on the rule, should you feel that a

skater/player has severe asthma and it would not be safe to wear a mask, you should consult with your family doctor. If the doctor deems it necessary for the player to have a mask exemption, they may do so. A signed letter from your family doctor must be provided to our office stating the reasons a mask exemption should be given. The Park & Recreation Dept needs to have a copy of the letter on file, and we will provide a letter to the team coach to verify exemption at competitions with opponents or officials.

- Masks/Face Coverings must be of a style approved for use by the MN Dept of Health or by Minnesota Hockey for use in the sport of hockey.
- 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 more than 6 feet away from the speaking coach.
- Parents/guardians/spectators must 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.

On the Ice

- **Physical Distancing**
 - Whenever possible, coaches should promote physical distancing on the ice, while recognizing that there may be times of close contact by players.
- **Other Precautions – Practices**
 - There should be no spitting by any player or coach at any time inside the arena, including on the ice surface.
 - Players should not leave the ice during a practice unless absolutely necessary.
 - Coaches should 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.
 - 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 should exit the ice one by one, remove skates, and exit the arena as quickly as 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.

MANAGING CONFIRMED OR SUSPECTED COVID-19 CASES

IMPORTANT!!! It is entirely up to parents/guardians to determine when it is appropriate to remove their player from play. Our ability to successfully get through this winter sports season

East Grand Forks Parks & Recreation

600 DeMers Ave. East Grand Forks, MN 56721

Phone: 218-773-8000 webpage: www.egfparkandrec.com

January 8, 2021

is dependent on all EGF Park & Recreation members following the safety protocols. We cannot emphasize this enough - there are no circumstances where sending your player to a practice or competition 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 skater'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 Skater/Player from Play if They Have Symptoms

If your skater/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 child 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 activity.
- 2) Contact EGF COVID Coordinator, Reid Huttunen, RHuttunen@egf.mn and your team coach 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 communicating with the COVID Coordinator, 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 and local public health is integrally involved in all instances where there is a positive test involving the player and/or anyone in close contact with the player. East Grand Forks Park & Rec is required to notify MDH of all positive cases within our program and MDH or local public

East Grand Forks Parks & Recreation

600 DeMers Ave. East Grand Forks, MN 56721

Phone: 218-773-8000 webpage: www.egfparkandrec.com

January 8, 2021

health generally follows up with the patient directly within a day or two of the positive test. It is MDH/local public health that determines the appropriate return-to-play date, not East Grand Forks Park & Rec.

Depending on the type and severity of symptoms and/or the extent of exposure, our members need to be aware that their skater/player may be required to sit out of 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

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 Skater/Player Tests Positive for COVID-19

In the event that your skater/player tests positive for COVID-19 and/or a family member in the same household tests positive, you must remove your player from all activities and notify your coach and COVID Coordinator immediately. The COVID Coordinator, in turn will notify the MDH (the contact tracing process is likely underway with MDH/local public health because of the positive test, but we are still required to notify MDH as well). East Grand Forks Park & Recreation and the affected individuals will work directly with MDH/local public health 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 until they have completed the required quarantine period.
- The CDC and MDH has updated the quarantine options to include three varying lengths of time, if conditions can be met. Those timelines and full list of conditions can be found [here](#).
 - Quarantining for 14 days is still the safest option and recommended by MDH.
 - Per new CDC and MDH quarantine guidelines, if an exposed person gets tested at least five full days after their close contact, receives a negative test and has no symptoms, they can be done with their quarantine after 7 days.

- If the close contact can isolate from others and knows exactly when contact with the positive COVID-19 case occurred, the quarantine can end after 10 days if no symptoms have developed.
- 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 skater/player, coach, or multiple team members test positive for COVID-19, MDH/local public health is ultimately responsible for contact tracing and determining the appropriate course of action.

Any confirmed positive COVID-19 test on your team will be communicated to the entire team as soon as EGF Parks & Recreation is made aware of the positive result, taking care to respect HIPAA privacy rights. MDH/local Public Health 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.

Depending upon the circumstances around the positive case(s) and timing of contact tracing taking place, East Grand Forks Parks & Recreation may choose to cancel/postpone practices and competitions while out of an abundance of caution, while waiting for contact tracing to take place. This does not necessarily mean that practices or games will be immediately cancelled or postponed.

EGF Park & Rec will also contact 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/Local public health will interview the case or parent/guardian, determine the dates when the case was infectious, and 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 be instructed to quarantine by MDH/Local Public Health following CDC/MDH quarantine timeframes.
 - If necessary, MDH may contact EGF Parks & Rec. and team coaches for information on close contacts.
 - It is important to keep rosters of who was at practices and games/competitions each day so we can do contact tracing quickly. For more information on how we do contact tracing, visit MDH Stay Safe MN webpage.

- 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, we should not need to cancel practice or games once you hear of a positive case. The Stay Safe COVID plan, limiting social gatherings in and around the arenas, staying physically distanced between drills on the ice, and wearing a mask all play a part in helping limit the potential for exposure. If such steps are needed, MDH/local public health will reach out to you, your coach, and your team and work with you to determine next steps.