

# COVID-19 Preparedness Plan for Minnesota River Youth Hockey

Minnesota River Youth Hockey is committed to a safe and healthy atmosphere for all our players, coaches and parents. To ensure we have this safe and healthy environment, Minnesota River Youth Hockey has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic.

Our association member families are our most important asset. Minnesota River Youth Hockey is serious about safety, health and protecting our members. Member involvement is essential in developing and implementing a successful COVID-19 Preparedness Plan. Only through this cooperative effort can we establish and maintain the safety and health of all persons in our community. Our Minnesota River Youth Hockey board, Hockey Operations Committee and staff of the Le Sueur Community Center have our full support in enforcing the provisions under this plan.

Minnesota River Youth Hockey's COVID-19 Preparedness Plan guidance follows the guidance developed by USA Hockey and Minnesota Hockey, which is based upon the Center for Disease Control (CDC) and the Minnesota Department of Health (MDH) guidelines for COVID- 19. These guidelines are not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. It addresses:

- Staying Home When Sick Or Experiencing Any Symptoms;
- Social Distancing - members must be at least 6 feet apart;
- Wash Hands and Practice Safe Hygiene Habits, including face coverings, covering your cough or sneeze;
- Cleaning and Disinfecting protocols; and
- Communications and Training practices and protocols.

Some conditions and circumstances included and addressed in the plan are specific to our relationship with the Le Sueur Community Center.

**\*\*The latest updates to this document from its original form are shown in red font.**

# Screening and Policies for Members Exhibiting Signs and Symptoms of COVID-19

Members have been informed of and are 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 players, parents and coaches prior to arriving at Minnesota River Youth Hockey events or team activities and for them to report when they are sick or experiencing symptoms.

## **Stay Home if Feeling Ill:**

Many times, with the best intentions, players/coaches may join activities even though they feel ill, but he/she should not report to the arena if feeling ill.

If experiencing symptoms (symptoms of COVID-19 can include fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, fatigue, congestion, or loss of taste or smell. Other less common symptoms include gastrointestinal symptoms like nausea, vomiting, or diarrhea):

- Do not report to the arena.
- Inform your coach and the association's COVID-19 contact, if someone in your household is awaiting a COVID test, a family member has tested positive or has been exposed to someone confirmed to have COVID-19, a player is experiencing symptoms or combination of symptoms, or a player testing positive.
  - Stay home and contact your healthcare provider for further instructions. Notify MN River Covid Manager of symptoms and possibility of/actual COVID testing.
- If you have close contact with someone who has been told by a doctor, clinic or hospital that they have COVID-19:
  - **Contact your healthcare provider for further advice.**
  - **Notify MN River Hockey Covid Manager via Covid Reporting Link on webpage**

If a player feels ill while at an activity, the member MUST inform their coach, leave immediately, and do not return until permitted by MDH guidelines

<https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf> and clearance by COVID Manager. The coach must also inform the association COVID Manager. Members who come to activities ill will be asked to leave in accordance with MDH guidelines.

It is critical that players and/or coaches do not participate in activities while they are experiencing any of these symptoms or combination of symptoms. Members who have exhibited symptoms of COVID-19 may return when cleared by association COVID Manager. Parents/guardians are asked to update the COVID manager so he/she can relay the message to the team coach that the member is officially cleared to return to hockey.

### **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 COVID-19 symptoms recognized by MDH include:

- Fever (100.4 F or higher)
- Cough
- Shortness of Breath or Difficulty Breathing
- Chills
- Muscle Pain
- Headache
- Sore Throat
- Fatigue
- New Loss of Taste or Smell

Please use the CDC Coronavirus Self-Checker if you need assistance in deciding whether or not to seek medical care. This can be found on the webpage:

<https://bulldoghockey.pucksystems2.com/page/show/5972185-covid-19-return-to-hockey>

## **Social Distancing**

Social distancing is required. Many facility based social distancing requirements are based upon the makeup and layout of the facility. As a result, players, coaches and spectators will be required to review and follow guidelines established at each facility they visit. Among steps taken by Minnesota River Youth Hockey are as follows:

- Members will be notified of this plan and its requirements and any changes after the season starts.
- Team managers and coaches will be encouraged to have team meetings electronically.
- Members are required to follow social distancing rules at each facility where activities are held, maintaining a distance of 6 feet whenever possible. Follow arena guidelines for limiting spectators 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 different times, and only allow players 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 activity starts and exit after their allotted time.
- Parents/guardians are not allowed to stay in the rink, with exception of the Mite level.
  - Girls 12u, PeeWees, Bantams – the player(s) will be dropped off at the rink. Parents/guardians should not remain at the arena and will need to wait outside the community center.
  - Girls 10u and Squirts – one (1) parent/guardian is allowed in the arena per player to assist with any equipment needs. Once the player's needs are met, the parent/guardian must leave the building out the new single exit and wait outside the community center.

- Mite levels – one (1) parent/guardian is allowed in the arena per player to assist with any equipment needs. That parent/guardian may also stay in the arena, seated in the bleachers and socially distanced from others, to provide assistance to the player if needed throughout practice time. Masks are mandatory at all times for anyone in the arena, including players and coaches while on the ice.
- 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.

## Handwashing and Practice Safe Hygiene Habits

### **Handwashing:**

Minnesota River Youth Hockey wants to remind 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 practice, clinics, games, and eating.

Additional information about hand washing can be found at:

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

<https://www.cdc.gov/handwashing/index.html>

### **Respiratory Etiquette: Cover your cough or sneeze:**

Members are being asked to cover their mouth and nose with their sleeve or a tissue with 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:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

<https://www.health.state.mn.us/diseases/coronavirus/prevention.html>

[https://www.cdc.gov/healthywater/hygiene/etiquette/coughing\\_sneezing.html](https://www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html)

## Masks:

Masks are required at all times while inside the community center per state law, facility rules, and MN Hockey rules. As there are different opinions on wearing a mask, we ask that you set that aside as this is what will allow us to play hockey this year. If we are not in compliance, the season has a very high potential to be shut down completely.

- Coaches and players are required to wear a mask **at all times while in** the community center. Masks are recommended outside if a distance of 6 feet or more cannot be maintained.
- Coaches will need to wear masks at all times (around the arena, locker room, benches etc.), including on the ice.
- Spectators are required to wear masks at all times in the building and in the arena.
- Parent volunteers working the score clock, scorebook and penalty boxes area are required to wear a mask at all times.
- Referees are required to wear masks at all times while in the community center as well as while on the ice.
- If a player has severe asthma (exercise or cold induced, or combo) they should consult with their physician or specialist. If it is deemed by those professionals that their case is severe enough to warrant a medical exemption, they need to write a professional letter stating this. A copy of the letter will be kept by the COVID Manager and also by the team's coach to show opponents and officials if necessary.

## Cleaning and Disinfecting Protocol

The Le Sueur Community Center is asking for our help with cleaning and disinfecting within the arena. The community center will supply all disinfecting supplies for us. We are being asked to wipe down all doors, handles, benches/bleachers, chairs/railing in the mezzanine, scorers table, score clock and penalty box doors and other high touch surfaces every practice and game/scrimmage.

Teams are responsible for picking up any trash they have left in the arena and/or locker rooms, when locker rooms are available. It is also recommended that players clean and sanitize equipment after use. Shared equipment and water bottles are not recommended.

## COVID-19 Manager

Designated single point of contact who is responsible for concerns and communications related to COVID-19. All team and association members should know who this person is and how to contact him/her. If a positive case of COVID-19 is reported and is part of our organization or team, this designated person will report the case to the Minnesota Department of Health as

required. MDH or local public health officials will work with this person to identify close contacts and how to follow up.

Our association's designated COVID-19 managers are Brielle Swenson and Nicole Burns. The Covid Manager contact is via email at [covidmanager@bulldoghockey.org](mailto:covidmanager@bulldoghockey.org).

## Refunds

If the season is cancelled due to COVID, the board will address refund possibilities otherwise all Bulldog fees and financial requirements are non-refundable. The definition of season cancelled is the entire association has been shut down or the City of Le Sueur has closed the Community Center Arena.

## Communications and Training Practices and Protocol

This COVID-19 Preparedness Plan was communicated to all members by email on **12/31/2020** and is posted on the Minnesota River Youth Hockey website at: <https://bulldoghockey.pucksystems2.com/page/show/7058-home>. Additional communication will be ongoing and updated as procedures and protocols change as this is a fluid document and is subject to change and cannot be set in stone. Coaches will be notified of these requirements set forth in this plan and their respective obligations, before or shortly after teams are formed. All Board and HOC members of Minnesota River Youth Hockey will monitor the effectiveness of this plan. Members and guests are required to follow this plan and request clarifications as necessary. Minnesota River Youth Hockey will also continue to provide updates and adjust these guidelines as more information develops. We need to be willing and able to adapt as needed.

All members are to take an active role and collaborate in carrying out the various aspects of this plan. This COVID-19 Preparedness Plan has been certified by Minnesota River Youth Hockey Board and HOC members.