



## COVID 19 PROTOCOL

To supplement our existing Bylaws and Constitution, the DVHL is hereby adopting the following additions to our game protocol to deal with the COVID 19 restrictions that are in place. These additions will be rescinded or changed when advised by the proper authorities.

### RINKS:

- In order to host any DVHL event or game, each rink must follow all Federal (Centers for Disease Control and Prevention), State (PA & DE Departments of Health), USA Hockey and Affiliate mandates and guidelines
- If multiple games are to be held at the same facility, adequate time shall be scheduled between games to allow for rinks to be cleaned and disinfected, and to minimize interaction between athletes
- Facilities with multiple ice surfaces may operate simultaneous games or practices within a complex only if social distancing guidelines can be maintained. Each individual game or practice at a complex must adhere to the current state or local government mandates gathering occupancy limits
- May determine that spectators cannot attend DVHL games based on following Federal (Centers for Disease Control and Prevention), State (PA & DE Departments of Health) and local governmental mandates and/or guidelines
- Will designate whether dressing rooms, showers, etc. may be used, and if permitted, the time limits for their use
- Will advise the teams and officials when their sanitation requirements are complete and the players may enter the ice to begin warm-ups, etc.
- May create protocols to limit entrance and exit traffic, designating specific entry to and exits from facilities. May also establish protocols to promote staggered pickup and drop off for practice and events to help athletes to not congregate while awaiting pickup and drop off
- DVHL participants should adhere to all such policies and procedures that rinks have in place

### DVHL:

- The league will designate a primary point of contact for all questions related to COVID-19, and all parents, athletes, officials, and coaches will be provided that individuals contact information.
- The league, will develop a plan of action in the event an athlete, coach, or official falls ill, make the plan publicly available, and explain it to the entire sport community.
- The league will communicate with each of the clubs designated COVID coordinator and club President relative to any concerns, questions, etc.
- The league will hold bi-weekly conference calls to discuss any issues, etc. with the clubs

## **CLUBS:**

- Each club must follow all Federal (Centers for Disease Control and Prevention), State (PA & DE Departments of Health), USA Hockey and Affiliate mandates and guidelines to host any DVHL sanctioned event or game.
- Designate a Coordinator (preferably the club President) for the club to be responsible for responding to COVID-19 concerns. All coaches, staff, officials, and families should know who this individual is and how to contact them.
- Put systems in place for:
  1. Consistency with applicable laws and privacy policies, having coaches, staff, and families of players (as feasible) self-report to the organization if they have [symptoms](#) of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days in accordance with [health information sharing regulations for COVID-19](#) and other applicable laws and regulations.
  2. Notifying staff, families, and the public of the club's home rink closures and restrictions in place to limit COVID-19 exposure
- If spectators are permitted, the club will require all spectators at DVHL games to wear face masks
- Ensure that all players and staff are screened with a temperature check and a health questionnaire prior to games. If an individual has symptoms, they cannot participate in activities.
- Ensure that the screening and questionnaire are kept as a record for the club.

## **TEAMS:**

- Each team must follow all Federal (Centers for Disease Control and Prevention), State (PA & DE Departments of Health), USA Hockey and Affiliate and DVHL mandates and guidelines to participate in any DVHL sanctioned event or game.
- Each team must have a person (Coordinator) designated to be responsible for responding to COVID-19 concerns. All coaches, staff, officials, and families should know who this individual is and how to contact them.
- Each designated team Coordinator must communicate with the clubs designated COVID-19 representative with any concerns or information given to them about any of their team players/family members, etc.
- The team must educate all players, staff and families about the symptoms of COVID-19 and when to stay home. Players also should be educated on proper hand washing and sanitizing.
- The team representative is to ensure that all players and staff must be screened through a temperature check and a health questionnaire prior to games. If an individual has symptoms, they cannot participate in activities.
- Ensure that the screening and questionnaire are kept as a record for the team

## **Managing Confirmed Positive Cases**

- Players/coaches MUST inform their team COVID-19 contact person immediately following a positive COVID-19 test result who in turn MUST contact their club COVID-19 contact
- Players/coaches with a positive test must stay home from team activities for 14 days since symptoms first appeared and until there is no fever for at least 3 full days without medication AND improvement of symptoms. Follow the most current CDC guidelines for when to return to team activities.
- Club COVID-19 contact person MUST notify all team members of any positive tests.
- Club COVID-19 contact person MUST notify DVHL COVID-19 contact person and/or DVHL President of any opponents/practice teams that have encountered the infected participant from the time such player first experienced symptoms.

- Any participant that had direct contact with the infected participant must self-isolate for 14 days from the most recent day of the direct contact. Follow the most current CDC guidelines, which currently define direct contact as being within less than six feet for 15 minutes or more.
- Team activities may need to be halted for 14 days if there are multiple participants that had direct contact and subsequently must self-isolate. Consult CDC guidelines on return to play.
- DVHL (not the team or club) will notify scheduled teams for games of positive cases and reschedule any games that maybe affected.

## **WHAT CAN I DO TO PREVENT COVID-19?**

When people need to leave their places of residence in connection with allowable individual activities, allowable essential travel, the Department of Health strongly encourages individuals to abide by the following social distancing requirements to:

- Maintain a distance of at least 6 feet from other individuals
- Wash hands with soap and water for at least 20 seconds as frequently as possible, or use hand sanitizer if soap and water are not available
- Cover coughs or sneezes with a sleeve or elbow, not hands
- Do not shake hands
- Regularly clean high-contact surface areas; and
- When sick, stay at home
- Wear a mask when around other people
- Avoid sharing any food, drink or other personal items like towels or water bottles
- Avoid touching my face
- Quarantine myself if I become sick and seek medical care and testing.

## **References:**

CDC Considerations for Youth Sports - <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

CDC Youth Sport Program FAQs - <https://www.cdc.gov/coronavirus/2019-ncov/community/schoolschildcare/youth-sports-faq.html>



## GAME DAY PROTOCOL

### PLAYERS:

- All players and staff must be screened through a temperature check and a health questionnaire prior to games. If an individual has symptoms, they cannot participate in activities.
- Players cannot enter the ice until given the OK by the rink staff that all sanitation has been completed.
- Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds.
- Avoid shaking hands, fist bumps, or high fives before, during or after games and practices. Limit unnecessary physical contact with teammates, other players, coaches, officials, and spectators.
- No handshakes are to be made between the coaches, players or officials.
- At the end of the game, teams will line up on blue lines and do a stick salute before exiting the ice. There will be no handshakes.
- Teams must use separate doors to enter or exit the ice.
- Teams must use their own pucks for warm-ups.
- Players must not share water bottles, towels or personal items. Team water coolers for sharing through disposable cups are not allowed. Fixed water fountains should not be used.
- Players should come to or leave the rink dressed as much as possible to avoid being in the locker room/rink longer than necessary prior to/after the game.
- Players must wear face masks to, during and from the locker room.
- When players leave the locker room to go to ice or vice versa, the player must wear their helmet and maintain social distancing.
- Teams will be given additional locker room space or allocated changing areas to spread out while dressing/undressing for each game. The spaces will include, but are not limited to, party rooms, extra bench spaces, additional locker rooms, etc.
- The locker room showers will not be available for use.
- If the rink allocates locker rooms, they will be open a maximum of 20 minutes before the scheduled game time. Players and coaches should not try to enter their locker room earlier than this time. All players and coaches must vacate the locker room 20 minutes after the completion of the game.

### COACHES:

- All players and staff must be screened through a temperature check and a health questionnaire prior to games. If an individual has symptoms, they cannot participate in activities.
- Coaches will confirm with team managers that all questionnaires and temp checks are completed and that the game can begin
- Will report to designated team Coordinator any concerns of players who may be displaying symptoms of COVID-19 or any information heard from the players of the possibility of any player/family contact with regard to COVID-19.
- Coaches will wear face masks during the entire time they are in the rink including while on the bench.

- Teams cannot enter the ice until given the OK by the rink staff that all sanitation has been completed.
- No handshakes are to be made between the coaches, players or officials.
- At the end of the game, teams will line up on blue lines and do a stick salute before exiting the ice. There will be no handshakes.
- Teams must use separate doors to enter or exit the ice.
- Teams must use their own pucks for warm-ups.
- Players must use their own water bottles. Team water coolers for sharing through disposable cups are not allowed. Fixed water fountains should not be used.
- Coaches and players must maintain appropriate social distancing at all times possible, including in the field of play, locker rooms, benches, and workout areas. During down time, players and coaches should not congregate.
- Coaches and staff must screen and monitor athletes for symptoms prior to and during games and practices. If individuals participating in activities show symptoms, have a temperature of 100.4 degrees or higher, or are sick, they must be sent home.
- Coaches must insure that benches are left clean at the end of each game. All trash and empty water bottles must be removed.
- Officials will encourage players to refrain from any interaction with opponent during a stoppage in play. Players and coaches must understand the seriousness of the potential for spread of the virus and conduct themselves with the utmost sportsmanship and class at all times.
- Team off-ice warmups are not permitted within a rink facility. We ask that you use outdoor areas for warmup purposes.
- Locker rooms will be open 20 minutes before the scheduled game time. Players and coaches should not try to enter their locker room earlier than this time. All players and coaches must vacate the locker room 20 minutes after the completion of the game.
- Players who are rotating must stay in the locker room with a parent supervising. The supervisor can be the assistant coach, team manager or designated parent. Once again, all parents or coaches supervising in the locker room, as well as all players in the locker room, must wear masks/face coverings.
- Players may NOT watch games in progress from outside their locker rooms.

## **SCOREKEEPERS:**

- Scorekeepers will wear face masks during the entire time they are in the rink including while in the scorekeeper's box.
- Scorekeepers will bring their own pens for usage.
- Scorekeepers will use hand sanitizers while in the box as well as providing for referees.

## **OFFICIALS:**

- Officials will abide by USA Hockey and AAHA regulations.
- Recommended electronic whistles to be used.
- Use hand sanitizers as provided by scorekeepers prior to game, after each period and at end of game.
- Do not shake hands with off ice officials, players or coaches.

## **Spectators/Parents When Permitted In The Facility:**

- There will be no fans or spectators allowed within the building(s) for any DVHL games at this time. If your player requires assistance with dressing/undressing you are allowed in the building but will need to exit once your assistance is no longer needed. This is subject to change as we are continually communicating with our rink partners and monitoring the ever-changing conditions.
- Parents/Spectators who are aware of any team players, family members, etc. who are sick or have had exposure to someone with the virus should inform the designated team COVID Coordinator, who will inform the designated club COVID Coordinator.
- Parents/Spectators will commit to checking their own, as well as the players temperature and assessing their own as well as the players symptoms on a daily basis. Parents, Children and athletes who are sick or showing symptoms must stay home.
- Parents/Spectators will wear a face mask entering the rink, attending the DVHL games and departing the rink (at all times while in the rink).
- Parents/Spectators will practice social distancing.
- Parents/Spectators will abide by all rules/protocols set by the rink and DVHL.
- Parents/Spectators understand that by not abiding by the rules/protocols set by the rink and DVHL will result in the parent/spectator having to leave the building.
- Parents/Spectators understand that by not abiding by the rules/protocols set by the rink and DVHL can result in the parent/spectator's player not being eligible to play in the game and could jeopardize their player's participation for the remainder of the season.
- It is highly recommended that all players' equipment be frequently cleaned and disinfected.
- Nonessential visitors, spectators, and volunteers should be limited when possible, including activities with external groups or organizations. Parents should refrain from attending practices, or volunteering to assist with coaching