

COVID-19 Preparedness Plan for Rochester Youth Hockey Association (RYHA)

COVID-19 Decision Tree for People in Schools, Youth, and Child Care Programs-
<https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf> this guidance if someone does not have COVID-19 but has a cough, cold or fever).

Attached you will find a variety of documents for you to review in regard to changes in COVID-19 policies for Rochester Arenas. These will take effect IMMEDIATELY. Decisions for the changes are followed by the USA Hockey and MN Hockey guidelines.

Below is the newest rules set by Minnesota Hockey from December 28th, 2020

Phase 4 – Minnesota Hockey's Return From

Six-Week Pause

Phase 4 will open on Monday January 4 and follows Minnesota's Stay Safe Phase III Plan and MDH guidelines. Phase 5 guidelines which will go into effect when games resume on January 14 will be announced after the State of Minnesota releases its guidelines for game play.

New Rules implemented by the State of Minnesota and/or Minnesota Hockey Board of Directors for the 2020-21 season only will be effective on January 4. Some may be adjusted as the season progresses and games are allowed. These new rules include:

1. Per the state mandate, cloth face coverings (masks) must be worn by everyone inside an arena at all times. This includes participants during on-ice practice and game play.
2. Locker rooms may not be used. Players should put skates on in designated areas of the arena that provide for social distancing.
3. No equipment bags will be allowed in facilities with the exception of goalies.
4. All players must arrive to the arena fully dressed, with the exception of skates, helmet and gloves. Goalies are allowed to arrive half dressed.
5. Players must not enter the arena prior to 10 minutes before the start of their scheduled ice time. They must exit the arena no later than 10 minutes following the conclusion of their ice time.
6. Spectators will not be allowed in arenas for Phase 4, with the exception of Mites/8U players and below and Disabled Hockey players who will be allowed one parent/guardian/support person per player. These spectators must be masked and socially distanced from others. More guidance on spectators will be provided when games are allowed to take place.
7. Dryland activities will not be allowed inside the arenas.

Rules already implemented for the 2020-21 season that remain in effect are:

1. A maximum of two coaches are allowed on the bench during game play. Please note that game play will not be in effect until Phase 5.
2. Only active players and the two coaches are allowed on the bench during game play. Players who are unable to participate may not be on the bench.
3. Coaches must wear a mask while on the ice or on the bench for all games and practices, unless they have a pre-existing medical condition which should be communicated to their association leadership in advance.
4. Players who are instructed to quarantine by public health will be considered ineligible for

participation for the duration of their quarantine period. If a player instructed to quarantine plays in a game, rules subject to playing an ineligible player shall be enforced.

Arriving at the Rink

1. Any players, coaches or spectators exhibiting symptoms or signs of an illness should reference the MDH COVID-19 Decision Tree and follow its guidance prior to entering any facility or participating in on-ice activity.
2. Participants should utilize the Minnesota Symptom Screener Guide prior to any on-ice activity. These screens should be monitored by each association. Associations and teams are also encouraged to use a "Quick Entry Check In" or "Check In and Tracking Protocol," which will be provided by Minnesota Hockey.
3. All participants must be USA Hockey registered for the 2020-21 season to participate in any Minnesota Hockey sanctioned on-ice activity.
4. Players cannot arrive at the rink prior to 10 minutes before the start of on-ice activities. Anyone arriving earlier than 10 minutes before their start time should wait outside of the facility and be socially distanced from others.
5. If there is an activity occurring at the rink before the team's scheduled start, the incoming team should wait until all players from the prior event have vacated the building. There should not be interaction between the two groups.
6. For practices or clinics, players at the Squirt/10U levels and above should be dropped off at the rink, and picked up afterward. Their parents/guardians should not be in the arena. Mite/8U players are allowed one parent/guardian in the rink to help with any equipment needs. Those parents/guardians may also be at the rink, socially distanced from others, to provide assistance to the player if needed throughout practice time. Masks are required for any spectators, per the MDH mandate.
7. While it is important to limit the number of people in the facility as much as possible, there may be circumstances in which a parent or guardian must also bring in young siblings. This will be allowed, but should be limited as much as possible.
8. Families should provide coach/team manager with accurate contact information in the event of emergency while the player is at the arena. This information MUST be accurate and the responsible party MUST be able to reach the designated person if the need arises.
9. Whenever possible, players should use the restroom at home prior to leaving for the rink in an effort to limit bathroom use at the facility.
10. Players must arrive to the arena fully dressed with the exception of skates (coming into the arena with skate guards on is ideal) and helmets. Exceptions may be made for goalies, who must arrive a minimum of half dressed.
11. Players should be bringing their own rehydration liquids to the rink in clearly marked or labeled containers with the player's identity. The container should be re-sealable. Players should NOT plan on refilling their containers at the rink.
12. Prior to the first on-ice session, coaches and/or association leaders should host an e-meeting to explain procedures to parents, and to answer any questions.
13. Coaches should be as prepared as possible to ensure complete utilization of the allowed ice time. This also helps ensure that players are not distracted and know they need to be on time and ready to go, not engaged in other areas of the building.
14. Each association and team must have an emergency plan for any positive cases within the team or association. If a case of COVID-19 is reported to you and is a part of your organization or team, report the case to the Minnesota Department of Health at health.sports.covid19@state.mn.us and local health officials. MDH or local public health will

work with you to identify close contacts and do follow-up with your team. Minnesota Hockey provides Guidelines for Confirmed Cases within teams and associations.

15. Each association and team must have a designated 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 them
16. Each association and team must maintain accurate rosters of teams or pods and be prepared to support local public health contact tracing efforts.
17. Associations should work with rink partners, and be aware that some communities may not open rinks despite the Stay at Home order being lifted.
18. Dryland activities inside the arena are not allowed during Phase 4.
19. SafeSport policies will continue to be in effect in all phases. There should always be a minimum of two adults at every on-ice event, and there must not be any unsupervised one-on-one interaction between a player and a coach.

Phase 4 On-Ice Activities for Practices, Clinics and Tryouts:

1. Within the program, create consistent pods of the same staff, volunteers and participants with a maximum number of 25 people in each pod. Ice rinks will be allowed to have two (2) pods of 25 people or less at a time with no mixing between the groups.
2. Players need to maintain as much separation as possible during practices. Whenever possible, coaches should be promoting social distancing on the ice, while recognizing that there may be times of close contact by players.
3. Avoid using player benches during practices.
4. Coaches should be keeping players active and engaged at all times. Players should not leave the ice during a practice unless absolutely necessary.
5. Each coach and on-ice helper counts toward the number of people allowed on the ice as stipulated by the MDH.
6. Reduce contact between players as much as possible.
7. Coaches should avoid talking face-to-face with players, as well as 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 should provide assistance without physical contact, or ask the player's parent/guardian to assist.
8. Prior to the completion of the ice time, players should be excused from the rink one by one and through different exit points of the rink. Do not ask players to participate in picking up pucks or other equipment from the ice.
9. There should be no spitting by any player or coach at any time inside the arena, including on the ice surface.
10. Coaches must be wearing masks at all times before, during and after practice. Players **are** required to wear masks while on the ice for team activities.

After On-Ice Activities are Completed:

1. No on or off ice interaction (socializing, team meetings, dryland activities) should occur following the conclusion of practice. Players must remove skates and helmets and leave the premises within 10 minutes of the end of practice.
2. Players must vacate the arena immediately to allow for the next user group to enter.
3. Parents/Guardians must be made aware of the time when the players will be done. The parents or person assigned to pick up players at the arena must be punctual. Players should not have to wait for a ride.
4. Coaches or other responsible adults should remain until all players are safe and removed from the premises.

5. While at home, players should clean and disinfect gear after each use.

Phase 4 – Local Games and Scrimmages

Games and scrimmages will not be allowed during Phase 4. Guidance for local games and scrimmages will be provided in Phase 5.

Phase 4 Regulations Across State

Phase 4 is the re-introduction of hockey following the state mandated six-week pause. There must be no games or scrimmages during Phase 4. All associations and members should be aware that changes or adjustments may be made based on the status of COVID-19 in Minnesota.

- No entry to the building until 10 minutes before your scheduled time at the Rec Center and the Graham Arena.
 - Arrive and enter fully dressed. Hockey bags are not allowed in Phase 4, with the exception of goalies. Players are advised to dress at home or arrive in as much gear as possible including goalies, players and coaches must still exit the rink within 10 minutes. Coaches and team managers/locker room monitors will be responsible to ensure all players and team members are out of the locker room and building within the 10 minute time frame. Coaches and players must wear masks at all times.
 - Leave the building within 10 minutes of your ice time concluding.
 - Per MDH mandate, face masks are required for everyone entering, exiting, and inside the facility or working in the facility. The mask cannot be taken off for on-ice activities. Masks must be worn by players and coaches at all time both ON & OFF the ice, this includes practice and games. Masks must be worn on the face, not outside of the helmet.
 - District Directors will now be coordinating with on-ice officials, arena staff and association leadership to enforce progressive penalties for coaches not wearing a mask or face covering during all games and practices. Coaches will receive a verbal warning for the first offense. For the second violation, coaches will receive a three-game suspension, including all on-ice activities leading up to those three games. For a third violation, coaches will be suspended for 30 days from all team activities. In addition, associations may be subject to sanctions by their respective District Director for multiple violations of the mask rules.
 - Bench Rules for Games: The Minnesota Hockey Board of Directors also passed two rules designed to limit the number of people on benches for games. There will be a maximum of two coaches allowed on the bench for games and only players actively participating (no injured players) are allowed on the bench. These rules shall apply to all Minnesota Hockey sanctioned events (tournaments, games, scrimmages, etc.) and all teams playing in sanctioned events, regardless of if they are Minnesota Hockey registered teams or not.
 - Team practices will have a maximum of four (4) coaches on the ice at a time, shared practices with other teams will have no more than eight (8) total coaches combined between teams. Termite and SuperMite teams are allowed a maximum of 4 coaches per team, and a total maximum of 8 coaches combined between 2 teams. No mixing between teams. ▬
 - Spectators during practices: 8 & under (ages Termites, Mites and GCL) can have 1 parent in the building to assist with equipment and they can stay to spectate the practice with proper social distancing. All other ages players (10 & under, Squirt, Peewee and Bantam) age players may not have any parents in the building. They must be dropped off and picked up.
 - **Games:** Games may resume January 14th with guidance to come from MDH, MN Hockey and the City of Rochester to be outlined prior to games being played. The following points are repre-

senting Phase 3 of the Minnesota Hockey's Return to Play. **At this time no scrimmages or games are to be played.**

- ****Siblings are HIGHLY DISCOURAGED to attend practices. If they must, the child is required to stay with the parent at all times.**
- Skaters practicing or playing games on Graham 2 and 4 are to be dropped off at the East Doors of the Graham and picked up there, skaters practicing or playing games on Graham 1 and 3 are to be dropped off and picked up at the West Doors of the Graham Arena. At the Rec Center Door#1 the sliding doors is where skaters should enter. Pick up at the Rec Center, skaters from south rink will exit the building using the southeast stairwell at the end of the hockey hallway. Skaters from the north rink will exit out of the North entrance (Door #7)
- A maximum of 2 spectators per player are allowed for games at this time. ———
- ~~Penalty box and scorekeeping box attendants will be a maximum of 3 persons, the suggested arrangement will be 1 person in penalty box and doing the game log, 1 person in a penalty box announcing and doing music, and 1 person running the score board and clock. All persons will have masks and practice social distancing. Please note that if you're a coach on the bench during a game, or you are a family member you are not counted as 1 of 2 spectators for your player.~~
- Drinking fountains are not accessible at this time so please bring your own water bottle to the rink. No dryland training is allowed in either the Rec Center or Graham Arena.
- We are asking that players come as dressed as possible for their practice to limit time in the locker rooms.
- The concession stand will remain closed at this time at both Arena's.
- There are specific ENTRY and EXIT doors for each rink
- The EXIT doors will remain locked throughout the day.

MDH Guidance for Sports – <https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>

MDH Planning Guide for Schools

<https://www.health.state.mn.us/diseases/coronavirus/schools/k12planguide.pdf>

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>

Players, coaches, and parents are encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess a player's health status prior to going on the ice and for families to report when they are sick or experiencing symptoms.

- **If a player comes to practice or a game and shows signs or symptoms of COVID-19, the coach will promptly remove the player and parents will be called to pick the child up.**

RYHA is committed to providing a safe and healthy atmosphere for all our players, parents, and coaches.

To ensure we have a safe and healthy environment, RYHA has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Our goal is to mitigate the potential for transmission of COVID-19 in our community and that requires full cooperation among all of our

association member families. Only through this cooperative effort can we establish and maintain the safety and health of all persons in our community.

The COVID-19 Preparedness Plan is administered by **Kara Kleinschmidt and Shawn Hookey** who maintain the overall authority and responsibility for the plan. However, board members are equally responsible for supporting, implementing, complying with, and providing recommendations to further improve all aspects of this COVID-19 Preparedness Plan.

Our association member families are our most important asset. RYHA is serious about safety, health and protecting our members. Member involvement is essential in developing and implementing a successful COVID-19 Preparedness Plan. We will be working directly with and following the guidelines of the Graham Arena and Rec Center as we move toward utilization of their ice facility.

RYHA's COVID-19 Preparedness Plan follows the guidance developed by the state of Minnesota, available at the Stay Safe Minnesota website (<https://staysafe.mn.gov>), which is based upon Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines for COVID-19, Minnesota Occupational Safety and Health Administration (MNOSHA) statutes, rules and standards, Minnesota Hockey guidelines and Minnesota's relevant and current executive orders. This plan has also been reviewed by Olmsted County Public Health as our local public health (LPH) entity. These guidelines are not intended or implied to be a substitute for medical advice, diagnosis, or treatment.

It addresses:

- ensuring sick parents or players stay home and prompt identification and isolation of sick persons;
- social distancing – members must be at least six-feet apart;
- member hygiene and source controls, including face coverings and hand washing;
- player drop-off and pick-up practices and protocol; and
- communications and training practices and protocol.

Ensuring sick players, coaches, and parents stay home and prompt identification and isolation of sick persons.

These policies and procedures are provided by Minnesota Hockey:

For Coaches and Families Prior to Attending any RYHA Activities:

- Coaches and players' temperature(s) are taken at home before leaving for the rink. Players MUST RSVP for each and every Team Activity (games, scrimmages, practices). An RSVP of "YES" indicates player/parent have read the COVID Screening Questions and can answer 'no' to all illness/symptom related questions. An RSVP of "NO" indicates the players cannot attend the team activity due to a schedule conflict (another activity, out of town, etc) or the player is sick.
- the coach/player has a temperature of 100.4 or higher and/or is experiencing any of the following symptoms, contact your coach and do not report to the area: 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.
- Skaters will meet at the front entrance and answer the MDH screening checklist questions. This will be conducted before groups are allowed into the facility. This screening will be conducted by the coach or team manager. (See attached MDH Document)."

RYHA has implemented a 14 day quarantine period for all positive cases and exposures. This is the safest option.

- In certain situations, you may end your quarantine after 10 days, or after seven days with a negative COVID-19 test result. This will be determined by Olmsted Local Public Health.
- You cannot end your quarantine before seven days for any reason.

Updated as of 12/30/2020

Updates in Red

For players, coaches, or volunteers that test positive for COVID-19

Inform your team coach, and email Kara Kleinschmidt, and Shawn Hookey at ryhacovidinfo@gmail.com

- Stay home and follow directions from your healthcare provider and local public health
- Inform public health contact tracers of your involvement with RYHA and the last time you participated
- You may return after a minimum of 10 days since symptoms first appears AND you are fever free for at least 24 hours AND you have an improvement of other symptoms (this is based on current recommendation as of 9/15/2020, this is subject to change based on MDH and LPH recommendations)

For players, coaches, or volunteers that are a close contact of someone with COVID-19:

- Follow directions given to you by LPH and your healthcare provider
- Inform your team coach, and email Kara Kleinschmidt, and Shawn Hookey at ryhacovidinfo@gmail.com if you test positive yourself
- Assuming you do not test positive yourself, you can return after 14 days from your last exposure to the positive individual.
- Quarantine Enforcement: Players who are instructed per Minnesota Department of Health policies to quarantine, whether related to a positive test, close contact, etc., will be considered ineligible for participation until the quarantine period issued by the Department of Health expires. If it is found that a player who is under quarantine plays in a game, Minnesota Hockey rules subject to playing an ineligible player shall be enforced. Under these rules, the team would be ineligible for District, Region and State Tournaments, and the head coach would be suspended for the rest of the season.

For Teams:

- Designate a coach, manager or volunteer position who will be responsible for responding to COVID-19 concerns and will help coordinate with local health authorities regarding positive COVID-19 cases. All team coaches, players and parents should know who this person is and how to contact them. Kara Kleinschmidt and Shawn Hookey ryhacovidinfo@gmail.com
- Coordinate with association COVID contact to notify all team members if a positive test is confirmed, while maintaining that person's confidentiality. Kara Kleinschmidt and Shawn Hookey ryhacovidinfo@gmail.com If a positive test is confirmed from a player on your team, work with local public health, Minnesota Department of Health, and RYHA to notify any opponents or teams as directed
- When informed of a positive case on your team, pause team activities until you can consult with local health officials and/or the Minnesota Department of Health on additional testing or requirements before returning to play.
- Teams should not be penalized for forfeiting games due to COVID-19 concerns.
- Tournament Banquets: There will not be any banquets permitted for the 2021 Minnesota Hockey Region and State Tournaments.

RYHA

- Designated COVID contacts are Kara Kleinschmidt and Shawn Hookey and they can be reached at ryhacovidinfo@gmail.com
- Communication of this plan and any updates will be sent to all members
- Graham Arena and Rec Center rules will be followed for people who become symptomatic while at the arena.
- Upon learning of an association member testing positive for COVID-19, RYHA will notify MDH of confirmed COVID-19 cases among players, coaches, and family members (as required by Minnesota Rules, Chapter 4605.7050). An MDH inbox has been established for sport organization COVID-19 case reporting: health.sports.covid19@state.mn.us . Minnesota

Updated as of 12/30/2020

Updates in **Red**

- Department of Health can also be reached at 651-201-5000.
 - Will consult with MDH and local health officials and be prepared to communicate to any players, coaches, officials, and volunteers who had close contact with that player notifying them of a positive test. Maintain the confidentiality of anyone with a positive test in accordance with the Americans with Disabilities Act (ADA).
 - Notify the arena of the positive test and close off areas used by the sick person within the last 24 hours and do not use these areas until after cleaning and disinfecting them.
- Any positive cases should be logged and tracked and communicated to MDH and LPH

Social distancing – Parents/Players/Coaches

- All parents, players, and coaches must maintain social distancing of at least six feet, and mandatory masking will be implemented and maintained, per Rec Center and Graham Arena rules, for anyone within the building through the following controls:
 - Masks are to be worn while in the building and can be taken off only while on the ice actively participating.
 - The number of spectators allowed in the area will be determined by Graham Arena and Rec Center rules.

*Note: These rules are expected to change. Parents/Players/Coaches will always need to be aware of Arena rules when entering the building and be expected to abide by them.

Player/Parent/Coach hygiene and source controls

- Basic infection prevention measures are being implemented within the arena at all times.
- Players/Parents and Coaches are instructed to wash their hands for at least 20 seconds with soap and water, especially at the beginning and end of their ice time, whenever possible, and after using the restroom.
- All Player/Parents and Coaches are required to wash or sanitize their hands prior to or immediately upon entering the facility.
- Hand-sanitizer dispensers (that use sanitizers of greater than 60% alcohol) will be at entrances and locations in the arena so they can be used for hand hygiene in place of soap and water, as long as hands are not visibly soiled.
- All Players/Parents and Coaches are being asked to cover their mouth and nose with their sleeve or a tissue when coughing or sneezing, and to avoid touching their face, particularly their mouth, nose, and eyes, with their hands.
- Players/Parents and Coaches are expected to dispose of tissues in provided trash receptacles and wash or sanitize their hands immediately afterward.
- As previously mentioned, masks will be required throughout the building and can only be removed once actively participating on the ice.
- Goalie Equipment at the Supermite and Squirt levels will be shared, disinfecting wipes will be placed in each goalie bag, parents will be responsible to wipe all equipment down before it is handed to the next player. Coaches will be instructed to educate all parents on this.

Arena cleaning and disinfection protocol

Regular practices of cleaning and disinfecting have been implemented by Rec Center and Graham Arena including a schedule for routine cleaning and disinfecting of surfaces, equipment, railings, team benches, doors, etc. **Please see Graham Arena and Rec Center guidelines listed out for each arena.**

Drop-off, pick-up and delivery practices, and protocol

Please see Graham Arena and Rec Center guidelines listed out for each arena.

Communications and training practices and protocol

Updated as of 12/30/2020
Updates in Red

This COVID-19 Preparedness Plan was originally communicated via email and through RYHA's website to all members on 09/14/2020. Additional communication will be ongoing and updated as procedures and protocols change.

The knowledge and circumstances around COVID-19 are changing constantly and, as such, Minnesota Hockey and MAHA encourages to stay up-to-date on state and local government guidelines and recommendations from the CDC. RYHA 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, and update the protections, protocols, work-practices, and training, as necessary.

This COVID-19 Preparedness Plan has been certified by RYHA Board and the plan was posted on the website and made readily available to members 09/14/2020. It will be updated as necessary by RYHA's Covid Task Force.