

COVID-19 Preparedness Plan

St. Louis Park Hockey Association

In an effort to maintain the health and safety of the players, families, spectators, coaches, staff, and officials participating in events hosted by the St. Louis Park Hockey Association at the Rec Center, the following best practices have been adopted with the guidance of the Minnesota Department of Health, Minnesota Hockey, USA Hockey, and the City of St. Louis Park. Compliance with these guidelines is required by all to help mitigate the transmission of COVID-19. These changes from our normal routines will help us keep our communities healthy and our kids playing the game they love.

This plan becomes effective September 1, 2020, when Minnesota Hockey moves into Phase 3 of the Return to Play Plan. There may be changes to this plan, and we will communicate those changes as soon as possible. Thank you for your cooperation and support in this effort.

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. The knowledge and circumstances around COVID-19 are changing constantly and, as such, St. Louis Park Hockey makes no representation and assumes no responsibility for the accuracy or completeness of this information.

SCREENING

- ❖ If you are sick and/or knowingly have been exposed to someone who has tested positive for COVID-19 please do not enter the Rec Center.
- ❖ Screening will be conducted of all players, coaches, volunteers, officials, and spectators prior to entrance to the arena. This information will be collected for contact tracing purposes. It will consist of demographics for the individual as well as the following information:
 - ❖ If you answer “yes” to any of the following questions, please return home and contact your healthcare provider:

- ❖ ♦Fever or feeling feverish? ♦ Chills? ♦ A new cough? ♦ Shortness of breath? ♦ A new sore throat? ♦ New muscle aches? ♦ New headache? ♦New loss of smell or taste?

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

- ❖ If players or coaches begin experiencing symptoms of COVID-19 while at the Rec Center, he/she will be sent home immediately. If he/she cannot leave immediately, they will be isolated in a closed room, and parent/guardian will be contacted to arrange a timely pick up of the player.
- ❖ Frequent handwashing and sanitizing is highly recommended; cough/sneeze hygiene is required.
- ❖ If a player, family member, or close contact has tested positive, please contact Angie Eoff at 612-237-8975 or email at angie.eoff1@gmail.com.

PLAYERS

- ❖ Masks are required to enter the Rec Center. Players are allowed to remove their mask prior to putting on their helmet.
- ❖ Players are to arrive 15 minutes before their ice time. They must come dressed as much as possible to allow for quick transition from locker room to ice. This will include all equipment except for helmets, gloves, and skates. We understand that there will be difficulties tying skates with full gear on; please make accommodations as necessary.
- ❖ Players are asked to maintain physical distancing when entering and exiting the ice, in hallways, and in locker rooms. Additional seating will be available in addition to the locker rooms to assist with this spacing.
- ❖ Players should not spit while on the bench, on the ice, in the locker rooms or hallway floors.
- ❖ Players are not allowed to shoot in the corner of the East Rink.
- ❖ Players are required to bring their own filled water bottles as the water fountains will not be accessible. Water bottles must have the player's name clearly marked. Players are not to share their equipment or water bottles.
- ❖ No showers are available.
- ❖ Sanitizing of equipment (helmets, sticks, gloves) is recommended.

- ❖ Please follow traffic flow arrows directing users throughout the Rec Center.

SPECTATORS

- ❖ Masks are required for all spectators 5 years of age and older. To align with the Minnesota mask mandate, people with disabilities, physical or mental health issues that make wearing a mask problematic are exempt from the requirement, but encouraged to wear a face shield.
- ❖ A maximum of 2 spectators per player will be allowed for games. Siblings under the age of 10 are an exception to this rule. Parents are asked to use their best judgement.
- ❖ Physical distancing of people not from the same household is required; please maintain 6 feet between unrelated spectators.
- ❖ No spectators are allowed at practices for players 11 years and older; these players must be dropped off and picked up.
- ❖ Players 10 years and younger are allowed 1 parent, guardian, or immediate family member to assist with equipment and may remain at the rink to assist during practices as needed. Physical distancing and masks are required.
- ❖ Spectators are not to watch games from the lobby or main hall; please sit in the arena bleacher, maintaining 6 feet of physical distancing.
- ❖ Do not congregate in the main hall or lobby of the Rec Center before or after games. Please go outside or to your vehicle to wait for your player.
- ❖ Please follow traffic flow arrows directing users throughout the Rec Center.

COACHES

- ❖ Coaches are required to wear masks before, during, and after practice and games.
- ❖ A maximum of 2 coaches are allowed on the bench during games.
- ❖ Coaches are to exit the benches immediately following their practices and games so that the Rec Center can sanitize the area.
- ❖ Coaches will have immediate access to current emergency contact information for each player in the event a player becomes ill during practice or a game.
- ❖ There will be no student coaches for the 2020-21 season.

PRACTICE AND GAME PLAY

- ❖ Two pods of 25 people (players, coaches) are allowed on the ice at the same time; interactions between pods is not allowed.
- ❖ Avoid use of benches during practice.
- ❖ Dryland activities inside the arena are not advised.
- ❖ Locker rooms will be assigned as usual for practices and games, no more than 15 minutes before the scheduled ice time. Players are required to leave the building within 15 minutes of the end of the ice time.
- ❖ Leaving the ice during practice should be avoided unless absolutely necessary.
- ❖ During a stoppage of play caused by a save by the goalie, the goalie must drop the puck to allow the official to retrieve it.
- ❖ No post-goal celebratory gatherings are allowed.
- ❖ No pre-or post-game handshakes are allowed. Please display good sportsmanship with a stick salute.
- ❖ Players are to exit the benches immediately following their practices and games so that the Rec Center can sanitize the area.

VOLUNTEERS

- ❖ All off-ice officials must wear a mask.
- ❖ When appropriate, one off-ice official should be responsible for the scorebook and clock.

OUT OF STATE TRAVEL

- ❖ All out of state travel by St. Louis Park teams must be approved by the District Director.
- ❖ Travel of out of state teams into St. Louis Park must be approved by the District Director.