

# COVID-19 Preparedness Plan for Eastview Hockey Association

Eastview Hockey Association (EVHA) is committed to providing a safe and healthy environment for all our players, families, employees, coaches and volunteers (Members). To ensure we have safe and healthy environment, EVHA has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Members of the association are responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 at our events, which will require full cooperation among our Members. Through this cooperative effort, we hope to promote an environment that establishes and maintains the safety and health of our community.

EVHA Members are responsible for supporting, implementing and complying with all aspects of this COVID-19 Preparedness Plan and have our full support in enforcing this plan.

Our Members are important to us and EVHA is serious about safety and health and protecting our Members. Our COVID-19 Preparedness Plan follows the industry guidance developed by USA Hockey and Minnesota Hockey, which is based upon the Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines for COVID-19, and Minnesota's relevant and current executive orders. It addresses:

- Screening and policies for members and guests exhibiting signs and symptoms of COVID-19;
- Social distancing;
- Hygiene and source controls (including handwashing, respiratory etiquette, and face coverings);
- Housekeeping;
- Communications and training.

**THIS GUIDE WILL BE UPDATED FROM TIME-TO-TIME AS GUIDANCE IS ISSUED AND ALL MEMBERS AND GUESTS SHOULD MONITOR FREQUENTLY AND COMPLY WITH CHANGES. THE INFORMATION IN THIS PLAN IS NOT INTENDED OR IMPLIED TO BE A SUBSTITUTE FOR MEDICAL DIAGNOSIS, ADVICE OR TREATMENT.**

Questions or concerns regarding this plan should be directed to Matt McCarthy ([mmccarthy@eastviewhockey.net](mailto:mmccarthy@eastviewhockey.net)) of Eastview Hockey Association.

# Screening and policies for Members exhibiting signs and symptoms of COVID-19

Members will be 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 Members and guests prior to arriving at EVHA events and/or team activities (Activities) and for them to report when they are sick or experiencing symptoms.

## Stay Home if Feeling Ill

Many times, with the best of intentions, Members may join Activities even though they feel ill, but they should not come if they feel ill. If a Member feels ill while at an Activity, Members must inform their coach or designated team COVID-19 contact, leave immediately, and do not return until permitted under MDH guidelines. Members who come to Activities ill will be asked to leave in accordance with these health guidelines. EVHA may request appropriate information related to illnesses from any member before they participate in any Activity.

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

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Muscle pain
- Headache
- Sore throat
- Fatigue
- Congestion
- New loss of taste of smell

It is critical that Members do not participate in Activities while they are experiencing any of these symptoms or combinations of symptoms. Members who have exhibited symptoms of COVID-19 may return to Activities when they have qualified to return based upon MDH guidelines (see the MDH Decision Tree at <https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf> )

## Managing Confirmed COVID-19 Cases

Per MDH recommendations ([COVID-19 Testing for Minnesota Organized Sports Participants \(state.mn.us\)](https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf)), all unvaccinated participants (including athletes, coaches, referees, volunteers, etc.) of organized sports activities are strongly encouraged to participate in bi-weekly COVID-19 testing. For more information, refer to the COVID-19 Organized Sports Recommendations ([www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf](https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf))

MDH sports guidance [COVID-19 Organized Sports Recommendations \(state.mn.us\)](https://www.health.state.mn.us/diseases/coronavirus/close.html) also recommends unvaccinated participants:

- Maintain at least 6 feet between participants when they are not playing (e.g., on the bench, in the dugout, on the sideline, in locker rooms and other similar situations). This is especially important when sports are being played in indoor settings.
- Wear face coverings in indoor settings.
- Use pods during practices or warm-ups. A “pod” is a group of people that only practice or play with members of their own pod, which limits the potential for team-wide transmission in the event of an exposure or outbreak.

It is critical that Members who have a confirmed positive case for COVID-19 notify your team and/or EVHA COVID-19 contact. This includes the player or coach testing positive, someone in their household testing positive, or someone that the player or coach has come in contact with testing positive.

EVHA or team COVID-19 Managers will inform Members if they are aware the Member has been exposed to a person with COVID-19 during any Activities. EVHA will protect the privacy of the infected persons’ health status and health information. The name of the person testing positive will not be disclosed unless consent is provided by the person.

Members must follow MDH and CDC’s recommendations if they have been exposed to COVID-19. In general, exposure is defined as close contact within 6 feet of an individual for at least 15 minutes or more throughout a 24-hour period. The timeframe for having contact with an individual includes the period of 48 hours before the individual became symptomatic (or if asymptomatic, two days prior to positive specimen collection).

Close contacts who are fully vaccinated should get tested three to five days after exposure and wear a mask in public, indoor settings for 14 days following exposure or until your test result is negative.

Close contacts who are not fully vaccinated, including siblings and household members of an infected player or coach, should stay home for 10 days and follow the MDH Decision Tree on when to return. Per 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. Quarantining for 14 days is still the safest option. Official quarantine guidance from MDH is available at <https://www.health.state.mn.us/diseases/coronavirus/close.html>. Quarantine periods may vary on a case-by-case basis. Determination of whether a close contact needs to quarantine for 14, 10 or 7-days is currently outlined by MDH at <https://www.health.state.mn.us/diseases/coronavirus/close.html#long>

Whether or not you are fully vaccinated, if test results are positive or if you start to feel sick, follow recommendations at If You are Sick or Test Positive.

If a member of a player or coach’s household tests positive, that player must follow the close contact guidelines in the prior paragraphs if they are able to isolate from that family member. If a player cannot isolate from that family member, their quarantine doesn’t begin until the infected family member is no longer contagious (minimum of 10 days since symptoms first appeared and until there is no fever for at least 24 hours without medication AND improvement of other symptoms). Then, the player or coach needs to follow the close contact guidelines in the prior paragraphs of this section. If another member of the household tests positive, the quarantine process resets at the most recent positive test result.

If you have recovered from COVID-19 in the past 90 days and have close contact with someone with COVID-19, you do not need to quarantine if ALL of the following are true:

- Your illness was confirmed with a positive lab test in the past 90 days.
- You have fully recovered.
- You do not currently have any symptoms of COVID-19.

If it is determined that a parent/guardian or coach has intentionally failed to inform the team and/or association of a positive case in the household or close contact as stated above the EVHA Board Leadership will be consulted to determine corrective action up to and including suspension from the team.

## **Social distancing**

Social distancing of at least six feet is required. Facility-based social distancing requirements are based upon the makeup and layout of the facilities at which Activities are taking place. As a result, Members will be required to review and follow guidelines established at each facility they visit. Among steps taken by EVHA are as follows:

- Members will be notified of this plan and its requirements.
- Members are required to follow social distancing rules at each facility where Activities are held, maintaining a distance of 6 feet whenever possible, and wear a face mask if required by the facility.
- Members are required to follow all rink rules and guidelines.

## **Hygiene and source controls**

### **Handwashing**

Basic infection prevention measures are required at all times. EVHA will remind its 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 Activities, eating and after using the bathroom.

Additional information about hand washing can be found at:

[www.cdc.gov/handwashing/when-how-handwashing.html](http://www.cdc.gov/handwashing/when-how-handwashing.html)

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

Members 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, 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:

[www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html)

[www.health.state.mn.us/diseases/coronavirus/prevention.html](http://www.health.state.mn.us/diseases/coronavirus/prevention.html)

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

### **Masks**

For those who are not vaccinated, the wearing of masks is recommended, especially in off-ice areas where social distancing cannot be maintained.

While there is no statewide mandate for masks to be worn inside hockey arenas, all participants and spectators should abide by any protocols and requirements implemented by local arenas.

See MN Hockey's statement at [https://www.minnesotahockey.org/news\\_article/show/1182880](https://www.minnesotahockey.org/news_article/show/1182880)

## Housekeeping

Each facility at which Activities take place will have professional cleaners or in-house staff. Teams are responsible for picking up any trash they have left in areas they have used. It is recommended players clean and sanitize equipment after use. Shared equipment is not recommended and shared water bottles are prohibited. Members should notify the facility if they feel any area is not being cleaned in a proper manner and should report repeated violations to EVHA.

## Communications and training practices and protocol

This COVID-19 Preparedness Plan was communicated to all members by email on September 8, 2020 and is posted on the Eastview Hockey Association website at <https://www.eastviewhockey.net>. Managers and Coaches will, before or shortly after teams are formed, be notified of the requirements set forth in this plan and their respective obligations. All members of EVHA will monitor the effectiveness of this plan. Members and guests are required to follow this plan and request clarifications as necessary.

This plan supplements existing EVHA policies, rules, procedures, and regulations. All current policies, rules, procedures, and regulations remain in full effect, except for instances where this plan directly contradicts another current policy, rule, procedure or regulation in which case this plan supersedes existing policy, rule, procedure or regulation. Therefore, users are encouraged to review all other such policies, rules, procedures, and regulations in conjunction with this plan.

Please contact Matt McCarthy with any questions or concerns.

Certified by: Mike Kalin, EVHA President, September 8, 2020

Revised: October 26, 2020

Revised: December 28, 2020 - Updated for Phase 4 guidance from MN Hockey and MDH after the six-week pause.

Revised: January 7, 2021 - Updated for Phase 5 guidance from MN Hockey and MDH effective on January 14.

**Revised: September 14, 2021** - Updated for most recent MN Youth Sports recommendations, the expiration of MN Hockey COVID-19 rules and guidelines on May 28, 2021, and MN Hockey's COVID-19 statement released September 10, 2021.

## Additional Policies and Requirements

EVHA, as an affiliate member of USA Hockey, Minnesota Hockey and District 8, is required to follow rules established by such entities. We are also committed to follow health and safety guidelines established by the United States Centers for Disease Control (CDC) and the Minnesota Department of Health (MDH) as well as all applicable law and regulations. In addition, since EVHA is a guest at all facilities where it

conducts its activities, EVHA members and guests must also be aware of and comply with all requirements of ice rinks and other facilities where EVHA or team activities take place. Due to this point we are working to comply with all guidelines and help optimize contact tracing efforts when necessary. The following are rules adopted from the above sources:

### **Team Formation/Requirements**

1. COVID-19 Manager. Each team must designate a coach, manager or volunteer who will be responsible for responding to COVID-19 concerns and help coordinate with the Association and local health authorities regarding training, changes in policies and positive COVID-19 cases (COVID-19 Manager). The Association, as well as all Members affiliated with the team should be informed on how to contact this person.
2. Contact Information. Members must provide accurate contact information to the team's COVID-19 Manager, in the event of an emergency at the arena and in order to support any communications (including, with state and local authorities) regarding exposure to COVID-19.