

## Northwood Ice Storm

### Coronavirus (COVID-19) Action Plan

(These are in addition to USA Hockey and North Dakota Amateur Hockey Association NDAHA Guidelines)

The following steps and procedures will be used by the Northwood Ice Storm Hockey Program during the 2020/21 hockey season. We respectfully ask that all visitors to our facility follow and adhere to these guidelines and please leave your political and personal views at home. Please always keep these two things in mind at all times. Number one, this is for the kids! Let them play hockey this season even if it isn't quite normal. Number two, please be flexible as things change daily regarding COVID ideas, procedures, and suggested guidelines. We are a small town private hockey club and will do the best that we can to make this a fun and safe season for players, coaches, and fans not just from Northwood but for all teams and fans who visit our great facility. Communication is key and we will do everything we can to keep players and parents up to date.

**Masks (Face Coverings)** – All concession volunteers will wear a mask/face covering while on duty no exceptions. Workers can always go outside for a break and remove their mask/face covering as needed. Spectators will have the option of wearing a mask or not. However, we are making the following suggestion. Our rink has two major areas, the concession area (warming/bathrooms area) and the rink area, which is unheated. If you are in the concession warming area we highly encourage you to wear a mask as it does get crowded especially pre-game, in between periods, and end of games. If you go out into the rink area please practice good social distancing and masks are optional based on your own personal safety beliefs.

**Locker Rooms** – We have three total locker rooms in our facility. None of which have good air circulation. During some weekends locker rooms are used heavily (one team in one team out, it can get busy at times). We do not have a lot of options here and we will do our very best to keep them clean in between team usage and will have hand sanitizer on hand (if available) for teams to use. We also will have exhaust fans and doors open to keep a decent air flow throughout the rink. Players who do not feel comfortable using the locker rooms can always have the option of dressing prior to arrival and should minimize their locker room time (this applies to Ice Storm players and all visiting players). Benches will be available in the rink area for putting on skates if players/teams choose not to utilize locker rooms. Teams can choose to stay on their bench in between periods instead of going into locker rooms.

**Ice Storm Team Practices** – No player will be penalized for leaving practice due to illness or suspected illness. Also, if a player does have to quarantine for the 10 days to recover, absolutely NO PUNISHMENT (benched, not playing but was a starter, and so on) of any kind will be brought towards that player when they return. Coaches will reinforce the message that players and assistant coaches need to observe physical distancing recommendations while on the ice. Try to avoid drills that require players to stand in line too long. When designing practice, utilize station based practices and have players/coaches spread out to maintain needed physical distancing. Minimize chalk talk sessions where players could congregate. Utilize non-contact drills. Coaches need to be cognizant to avoid talking within close proximity of players' faces. When leaving the ice, coaches could excuse players one-by-one giving appropriate time for each player to get off the ice. Coaches need to plan to leave an appropriate amount of time at the end of their ice session to complete the dismissal process. After practice participants are to minimize their time in or around the facility. Players should change clothing, put on their shoes or skate guards and leave quickly. Players should disinfect helmets, sticks and skates at home after each training session and consider washing cloths (jerseys, pant shells, socks and gloves) after each training session.

**Game Play** – Games will be played as normal. All coaches are asked to brief their players on spitting, getting in someone's face and yelling at them and so on. Also for now, consider eliminating handshakes and hugs after goal celebrations; instead consider fist bumping. After game fist bumps will be allowed (similar to the old style hand shake), no hand shaking, hugging, or stopping to talk will be allowed.

**Cleaning** – We will identify high use/touch areas that need to be frequently disinfected as needed (Bathrooms, concession tables and chairs, audio room (limit 1 person in audio room at all times). To the best of our ability and availability of cleaning supplies locker rooms will be cleaned and disinfected after each use and restrooms cleaned and disinfected every hour (Or as needed based on games being played). We respectfully ask for donated cleaning supplies (disinfectant sprays, wipes, hand sanitizer) if you can.

**We Encourage Hygiene Best Practices** – Wash your hands and if you cough or sneeze use a tissue, cover your mouth and or nose. This is common sense! If you feel sick or believe you have the symptoms of COVID please stay home. This is youth hockey and not worth possibly causing harm to others. In the same respect, if you feel you are vulnerable to getting COVID please stay home, no matter how much cleaning and social distancing we practice there are no guarantees they will work.

**These policies may need to be updated during the season, and may include, but not limited to, limiting spectators, limiting spectators in certain areas, and possibly closing locker rooms.**

Ice Storm family and friends the above is only suggested guidelines please work with us and let's keep the communication lines open. Together we can all try to make this a fun and exciting season for the kids! We must never lose focus of that, it is for them not us. Please remain **flexible, be patient, be respectful, and leave your personal beliefs at home.** Thank you!



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