

Rockets Hockey COVID PLAN AND POLICIES

Effective as of 11/19/20

This COVID Plan and Policies (“Plan”) is submitted to the St Louis County Department of Public Health (“DPH”) on behalf of Rockets Hockey Club. All protocols and practices are adopted from the latest recommendations of the Centers for Disease Control and the St Louis County Youth Sports Guidelines. Rockets Hockey Club will continue to adhere to the Youth Sports Guidelines enacted by the Saint Louis County Department of Public Health (DPH).

COVID Questions and Concerns

1. All COVID questions and inquiries should be directed to Jamie Cacciabando at strocketsadm@gmail.com. Jamie is our point of contact with Missouri Hockey’s Player Safety Coordinator.
2. No players or spectators should attend any game or practice if they answer “YES” to any of the COVID questions
3. If a player, coach, or spectator tests positive, there will be a self-reporting process through MO Hockey website (once this is in place) and they should immediately email strocketsadm@gmail.com
4. DPH guidelines must be followed at all St. Louis County rinks. To the extent there is a conflict between the County guidelines and the Rockets Hockey Guidelines, the “stricter”/more narrowly defined of the two shall control. All applicable governmental regulations must be followed at rinks outside of St. Louis County.
5. Most recent guidelines that must be followed can be found at the following link: <https://stlcorona.com/dr-pages-messages/covid-19-safe-operating-protocols/youth-sports-guidelines/>
6. Rockets Hockey Club will comply with DPH for contact tracing, as more fully described below, including but not limited to, the requirement that a list of all spectators and players will be maintained.

Rink Guidelines

1. The latest rink guidelines (as of 11/13/2020) are located on the “Covid-19” tab of our website at <https://www.rocketshockey.com/page/show/5804325-covid-19>

These are constantly being updated and subject to change. We will try to send the updates out as soon as we get them, but all participants and spectators should know that they should adhere to whatever guidelines are in effect for that rink each time.

2. Managers should send all rink guidelines to the visiting teams.
3. Spectator limits are per rink and County guidelines (see summary of current limits below)
4. At all rinks, spectators must head directly to the bleachers upon entry and must leave immediately following the games.
5. At all rinks, players should leave the facility within 15 minutes after the end of the game.
6. At all rinks, face coverings must be worn
 - a. Spectators must leave their face coverings on the entire time
 - b. Players must wear face coverings at all times indoors, may remove during vigorous activity outdoors only
 - c. Coaches must wear face coverings the entire time

Spectator Guidelines

1. Spectators who do not comply with the following requirements will be asked to leave the game.
2. A team, league or sporting venue is allowed to further limit the number of or prohibit Spectators if enforcing these restrictions is not practicable.
3. Two (2) spectators per athlete are permitted (at applicable rinks) as long as masks and six foot distancing can be maintained. Many facilities are not large enough to accommodate spectators due to appropriate social distancing measures. Those facilities will have more restrictive policies which possibly could include **NO SPECTATORS**.
4. Any venue utilized for multiple levels of games will be cleared of spectators before new spectators are allowed to enter. Ample time will be scheduled between games to allow this to happen and to avoid crowding outside of the gym as new spectators wait to enter. Spectators of the later game will be told not to arrive until 30 minutes before game time.
5. Spectators will be required to fill out a tracking sheet upon arriving at the facility for a game. The tracking sheet will collect the following: First and last name, temperature, competition they are attending, and a statement saying they are symptom free. If asked by DPH for a list of a names for contact tracing purposes, Rockets Hockey Club will provide the list of names with their contact information within 24-hours of the request.
6. Spectators are expected to wear face mask at all times.
7. No pregame tailgating or postgame congregating will be allowed.
8. Any spectator that arrives to the competition who is not one of the two family spectators permitted will be denied admittance to the competition.

Screening, Temperature Checks and Tracing (To be performed at ALL practices and games)

1. Tracking Sheets: Attached is an example of a sheet that can be used at every rink:
[Rockets Covid Screening Form](#)
Managers should send these sheets to the visiting team prior to the game and make sure they get them from the team at the game.

2. Information Needed (this is needed for every player and spectator/coach/volunteer)
 - a. Name
 - b. Phone Number
 - c. Temperature
 - d. Yes/No to the 2 COVID questions

 - e. Ask each individual if they have experienced any of the following new or worsening symptoms within the past 24 hours:
 - i. Fever (temperature greater than 100.4 degrees Fahrenheit)
 - ii. Cough
 - iii. Shortness of breath or trouble breathing
 - iv. Sore throat, different than your seasonal allergies
 - v. Loss of smell and/or taste
 - vi. Diarrhea or vomiting
 - vii. Abdominal pain

 - f. Ask if they have a close contact who has been diagnosed with COVID-19 in the past 2 weeks.

 - g. Positive Screening – If an athlete, coach, official or Spectator answers “yes” to any of the screening questions, he or she should stay home and in any event, will not enter the field, campus or facility where the sporting activity is designated to occur and will be sent home immediately and told to notify his or her health care provider. If an athlete’s parents, guardians, or other transportation provider are not present, the athlete must be escorted to a designated isolation room or an area away from others, and the athlete will wear a mask or face covering at all times.

3. Each team is responsible for keeping track of its own players and spectators as well as confirming this information from any visiting team for your home games.

4. If asked by DPH for a list of names and contact information for contact tracing purposes, Rockets Hockey Club will provide the list of names to DPH within 24-hours of the request.

5. Tracking Sheets should be kept for 30 days. Some of the rinks will take your copy, so if that is the case, you should take a picture of it and then give it to the rink. Other rinks (like Centene) will make a copy and give you the original back.

6. All game day staff (scorekeeper, ref, penalty box worker, etc.) should be listed on the scoresheet with phone numbers as well (or this can be submitted on a separate sheet but must be kept for Mo Hockey).

7. Every coach, athlete and official will be screened on a daily basis before they enter the field, campus or facility where the sporting activity is designated to occur. They must wear a face mask for the duration of the health screening unless masking is not possible due to a medical condition.
8. Spectators may also be subject to screening and temperature checks.
9. Individuals who have had a significant exposure (defined as direct contact or prolonged exposure within 6 feet) to a positive COVID-19 individual will quarantine for a minimum of 14 days from the last date of exposure to the positive COVID-19 individual. If the exposed individual has a negative SARS-CoV-2 test, they still must quarantine for 14 days. If the exposed individual develops symptoms during these 14 days, testing for SARS-CoV-2 should occur.
10. The coach, or other official, will contact the St. Louis County Department of Public Health to notify the Department of the positive screening. The notifying individual must provide information regarding all known contacts of the positive-screened individual. To aid in this contact tracing, all schools, coaches, and other officials conducting the practice or competition must keep a detailed account of all the participants at each practice or competition.
11. If the individual has health-related questions, the individual must consult with the individual's own health care provider.
12. Individuals returning to sports after a positive COVID-19 diagnosis will consult with both their own health care provider and the Department of Public Health of the county in which they reside. St. Louis County Department of Public Health may release a St. Louis County resident from quarantine or isolation. Otherwise, individuals should ask their physicians for a letter of release.

Positive Case

1. Rockets Hockey Club is required to have a point person to continually update the ever changing COVID information, ensuring screening processes are in place and being implemented, and to report Positive COVID-19 cases to appropriate district personnel and to the Saint Louis County Department of Public Health. This person will also be the point for contact tracing if necessary.
2. The point person will be in charge of creating a list of all those who were in contact with the infected individual and communicate with others who are deemed necessary to contact thru the contact tracing protocol.
3. If asked by DPH for a list of a names for contact tracing purposes, Rockets Hockey Club will provide the list of names with their contact information within 24-hours of the request.
4. Individuals who have had a significant exposure (defined as direct contact or prolonged exposure within 6 feet) to a positive COVID-19 individual must quarantine for 14 days, even if they test negative within those 14 days. After 14 days if they are still asymptomatic they can return to activity.

5. The athlete should not be allowed back until they have documentation showing the SARS-CoV-2 test was negative or a note from their healthcare provider stating they don't need to be tested and their symptoms are not due to COVID-19.
6. If an athlete or coach not wearing a mask is confirmed to have COVID-19, the following should occur:
 - a. All participants who had close contact, direct contact with this individual, or a direct exposure to secretions (i.e. being coughed on) (up to 48 hours before they started showing symptoms) should be excluded from practice and play for 14 days. The Health Department should be contacted to assist in proper contact tracing and quarantining of individuals. If there was doubt of who the individual came into contact with then the entire team, or group of athletes that practiced or competed with the individual should be quarantined for 14 days. Teams should keep documentation of names and contact information of opposing teams, coaches, and officials for contact tracing purposes.
 - b. Exceptions could be made if all activities were done practicing social distancing.
 - c. If a coach is positive and was wearing a mask/face covering potentially none of her/his contact will have to be excluded. In some cases, a mask/face covering may not be considered protective depending on the type of exposure.
 - d. Coaches and staff in contact with the infected individual who were properly wearing a mask will likely not be excluded. In some cases, a mask may not be considered protective depending on the type of exposure.

Current Temperature Protocols

Away Games: Each team shall be responsible for complying with "away" rink policies and procedures AND the face mask/temp check/COVID questions for their own team at away games. If the away rink takes the temperatures, each team should still keep track of all players and spectators that attended each game and keep the records for at least 2 weeks.

Centene:

- *Temp Checks:* Centene employees will scan when you enter the building. If you are let in, then you have passed the temperature and question portion of the scanning process. Centene is responsible for the "Hall of Honor" (main building) and Rockets Hockey Club is responsible upon entry into the actual individual rink. Our spectator "counts" only apply to those who enter the actual rink (watching through the window doesn't count).
- *Spectators:* 2 per player

Brentwood:

- *Temp Checks:* Each team is responsible for scanning its players and visiting team and asking the COVID questions. Temperature gun is at the rink.
- *Spectators:* None (may only assist player and exit)

Creve Coeur:

- *Temp Checks:* Each team is responsible for scanning its players and visiting team and asking the COVID questions. Temperature gun is at the rink.
- *Spectators:* 1 per player

Webster:

- *Temp Checks:* Each team is responsible for scanning its players and visiting team and asking the COVID questions. Temperature gun is at the rink.
- *Spectators:* 2 per player

Florissant:

- *Temp Checks:* Each team is responsible for scanning its players and visiting team and asking the COVID questions. Temperature gun is at the rink.
- *Spectators:* 1 per player

South County:

- *Temp Checks:* South County Rink Employees will scan when you enter the building. If you are let in, then you passed the temperature and question portion of the scanning process.
- *Spectators:* 2 per player