



COVID-19 Protocol

DLYHA COVID-19 CONTACT: SCOTT BJERKE

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YOUR RESPONSIBILITY AS PLAYERS AND PARENTS

The Detroit Lakes Youth Hockey Association (DLYHA) is dedicated to maintaining the health and safety of all of our players, coaches, parents, and fans. It is your responsibility as a DLYHA member and/or player to be respectful of your fellow players, coaches, and volunteers by following the safety protocols we have put in place. Keep in mind that other players and/or family members may have higher risk related to COVID-19 and we must all do our part to ensure a safe, healthy, and fun 2020-21 youth hockey season.

- 1) **When in doubt, sit out!** Players should be held out of practices or games if they are sick or experiencing symptoms, if a sibling or family member is sick or experiencing symptoms, or if they know that they have had exposure to any individuals who have tested positive for COVID-19.
- 2) **Social distancing.** Coaches, players, parents, and spectators should practice social distancing whenever possible.
- 3) **Personal hygiene.** Coaches, players, parents, and spectators should practice safe hygiene habits, including washing and/or sanitizing hands, covering coughs and sneezes, utilizing face coverings, and cleaning and sanitizing personal items and equipment frequently.

GUIDELINES FOR PLAYERS

- Stay home if you are feeling sick. Refer to the symptom checker below.
- Dress at home except for helmet, gloves, and skates.
- Arrive no earlier than fifteen (15) minutes prior to scheduled events.
- Wear a mask or face covering at all times when inside the arena AND locker rooms.
- Maintain social distancing of at least 6 feet as much as possible within locker rooms.
- Use only your own water bottle.
- Pay attention to signage and facility guidelines for entering and exiting the arena.
- Immediately notify a coach or adult if you begin experiencing symptoms while at a team event.

GUIDELINES FOR PARENTS AND SPECTATORS

- Stay home if you are feeling sick.
- Limit the use of carpools, if possible.
- Parent/guardian limitations:
 - For players aged 11 and younger, no more than 1 is allowed at practice
 - Limit time in locker room to no more than several minutes if assisting your player with equipment or skates.
 - For players aged 12 and older, no parents/guardians are allowed at practice
 - No more than 2 spectators per player are allowed at games.
- Arrive no earlier than 15 minutes prior to scheduled events.
- Wear a mask or face covering at all times when inside the arena.
- Practice physical distancing of at least 6 feet at all times when inside the arena.
- Pay attention to signage and facility guidelines for entering and exiting the arena.

IF THERE IS A POSITIVE COVID-19 TEST

If a player or family member in the same household tests positive for COVID-19, or if a player/family member has been identified as having had close contact with a person who tested positive for COVID-19, immediately remove the player from play and contact your Team Manager as soon as possible. The team manager will then get in contact with DLYHA COVID Contact, Scott Bjerke.

In the event of a positive test or an exposure to an individual with a positive test, players and family members must follow all CDC, MDH, and DLYHA guidelines for returning to activity.

COVID-19 SYMPTOM CHECKER

Common Symptoms (sit out if you have 1 or more)

- Fever (100.4 F or higher) or feeling feverish
- A new onset and/or worsening cough
- New loss of smell or taste
- Shortness of breath or difficulty breathing

Less Common Symptoms (sit out if you have 2+)

- A new sore throat
- Chills
- New muscle aches
- New onset of severe headache
- Excessive fatigue
- New onset of nasal congestion or runny nose
- Diarrhea
- Nausea and vomiting

UPDATED 10-28-20

New COVID-19 Rules Announced

Click here:

https://www.minnesotahockey.org/news_article/show/1129727?utm_source=MN+Hockey+Newsletter&utm_campaign=6df13ef534-EMAIL_CAMPAIGN_2020_10-20_COPY_01&utm_medium=email&utm_term=0_b37c46ec5e-6df13ef534-13996549