



Sauk Rapids Youth Hockey Association (SRYHA) is excited to welcome players, families and coaches back onto the ice for the 2020-2021 hockey season. SRYHA is committed to providing a safe environment for players, coaches, and spectators throughout the 2020-2021 hockey season. In addition to following recommendations from the Center for Disease Control & Prevention (CDC) and the Minnesota Department of Health (MDH), SRYHA has developed the following guidelines to promote health and safety during the COVID-19 pandemic. These guidelines will be updated periodically as the pandemic warrants throughout the season. Please maintain awareness of current guidelines to ensure we can continue to play hockey throughout the season. Please note the information in this document is not intended nor implied to be a substitute for professional medical advice, diagnosis, or treatment.

Entering & Exiting Arena (Sports Arena East):

- Arrive to the arena no more than **10 minutes** prior to ice time. Anyone arriving earlier than **10 minutes** before start time will be asked to wait outside of the facility and remain socially distanced from others.
 - Parents, please plan for weather. Even in extreme cold, skaters will not be allowed inside the arena until **10 minutes** prior to ice time. Please wait with your skaters in the car until it is time to enter the facility.
- A sign in log is located at the entrance of the arena. All spectators must sign in upon entry to assist in public health COVID-19 tracing efforts. Teams will keep accurate rosters of players and coaches on-ice at each practice/game.
- Arrive to the rink fully dressed with the exception of helmets and skates. If a player can arrive with skates and skate guards on, that is preferred. Goalies may be an exception because of their need to put on additional equipment at the arena.
- To maintain a contactless flow of traffic, only ENTER in the front arena doors and EXIT through the door on the west wall of the arena.
- All skaters will need to exit the rink within **10 minutes** of the end of practice/game to minimize time spent in close contact.

Masking

- Masks must be worn at all times by spectators while in Sports Arena East.
- For players, masks must remain on until the helmet comes on.
- Coaches must wear masks at all times including before, during, and after ice-time.

Social Distancing: Spectators

- Social distancing recommendations are encouraged by all while at Sports Arena East.
- Maximum of two spectators per player allowed during games.
- All ages: One parent/guardian is allowed per skater at practice.
- Please make an effort to keep siblings at home to limit the number of people within the arena. It is understood that this is not always possible due to certain circumstances.
- Only 1 parent allowed in the locker room for 6U/8U skaters to assist with equipment. Siblings will not be allowed in locker rooms.

Pods:

- Minnesota Hockey allows 25 people per pod with up to 2 pods per sheet of ice. Pods include both players and coaches. No more than 50 people per sheet of ice.
- It is the responsibility of each team to know who is in each pod and to monitor the maximum number of skaters per pod. Teams must be prepared to submit accurate rosters of pods to support local public health contact tracing efforts.
- Coaches are encouraged to keep pods the same at each practice to avoid contact between pods.

Management of Confirmed COVID-19 Cases or exposure to someone confirmed to have COVID-19:

- Inform the SRYHA Health & Safety Coordinator of any player who tests positive for COVID-19, has someone in their household who tests positive for COVID-19 or has been exposed to someone confirmed to have COVID 19.
- Stay home for a minimum of 10 days since symptoms first appeared and until there is no fever for at least three days without medication AND improvement of other symptoms.

The above is subject to change and will be updated as required to maintain alignment with the CDC/MDH guidelines.

For COVID-19 related questions, please contact the SRYHA Health & Safety Coordinator, Kyle Kalkbrenner @ kyle.l.kalkbrenner@gmail.com

For more information:

CDC Considerations for Youth Sports:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

Stay Safe MN COVID-19 Sports Guidance for Youth and Adults:

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

Minnesota Hockey Association Guidelines for Managing Confirmed COVID-19 Cases

https://cdn4.sportngin.com/attachments/document/0629-2210441/Minnesota_Hockey_Positive_Test_Guidelines_final.pdf#_ga=2.17730298.278633152.1600019558-394985365.1598811785

Minnesota Hockey Return to Play Guidelines: Phase 3:

https://cdn3.sportngin.com/attachments/document/69cf-2284605/Minnesota_Hockey_Return_to_Play_Phase_3_FINAL_updated_101620.pdf#_ga=2.105296323.1310591952.1603748431-394985365.1598811785