

COVID-19 Preparedness Plan for Northern Lakes Youth Hockey Association

The Northern Lakes Youth Hockey Association (NLYHA) is committed to providing a safe and healthy environment for all players, their families and coaches as they participate in sanctioned NLYHA events. To ensure that, we have developed the following Preparedness Plan in response to the COVID-19 pandemic. All associates are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our programs, and that requires full cooperation among players, their families, coaches and spectators. Only through this cooperative effort can we establish and maintain a safe and healthy space for the hockey season.

Our Preparedness Plan follows Centers for Disease Control and Prevention (CDC) guidelines, Minnesota Department of Health (MDH) guidelines and federal OSHA standards related to COVID-19 along with Minnesota Hockey Return to Play Guidelines, the Hallett Center of Crosby Preparedness Plan and the Breezy Point Sports Center Preparedness Plan and addresses:

- hygiene and respiratory etiquette;
- engineering and administrative controls for social distancing;
- housekeeping – cleaning, disinfecting and decontamination;
- prompt identification and isolation of sick persons;
- communications and training;
- management and supervision necessary to ensure effective implementation of the plan.

Individual Links:

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

Minnesota Hockey: <https://bit.ly/3IBXoHu>

Breezy Point Sports Center: <https://www.breezypointsports.com/>

Hallett Center of Crosby: <https://hallettcenter.com/>

Screening and policies for participants

NLYHA will follow a Check-In and Tracking Protocol system. All on-ice participants will be required to use an online tool to check-in before any NLYHA sanctioned event. This online tool will be used to collect personal information along with health information for that day, including temperature and other health symptoms.

- If a temperature is above 100.4 °F, it is not recommended to participate in the scheduled activity
- It is recommended that if the participant doesn't feel good overall, they should stay home

REPORTING

Participants are asked to stay at home when they are sick, when household members are sick, or when required by a health care provider to isolate or quarantine themselves or a member of their household. NLYHA asks that participants inform their coach, team manager or COVID contact if they have been exposed to a person with COVID-19.

CONFIRMED CASE

If NLYHA is informed of a confirmed positive COVID-19 case of one of our participants:

- We will follow the Minnesota Hockey Association Guidelines for Managing Confirmed COVID-19 Cases.
 - Found here: <https://bit.ly/2GdykXk>

Handwashing

All hockey participants, coaches, refs and spectators are encouraged to wash their hands immediately upon arrival, prior to eating and after using the toilet. Our partner facilities (Hallett Center and Breezy Point) will have hand-sanitizer dispensers (that use sanitizers of greater than 60% alcohol) that can be used for hand hygiene in place of soap and water, as long as hands are not visibly soiled.

Respiratory etiquette: Cover your cough or sneeze

Participants, coaches, refs and spectators are being instructed 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. Respiratory etiquette will be supported from our partner facilities (Hallett Center and Breezy Point) and will have tissues and trash receptacles available to all participants, coaches, refs and spectators.

MASKS

Masks are to be worn by all participants, coaches, refs and spectators upon entering any building and traveling through hallways, bathrooms and locker rooms.

- A "face covering" must be worn to cover the nose and mouth completely, and can include a paper or disposable face mask, a cloth face mask, a scarf, a bandanna, a neck gaiter, or a religious face covering. Masks that incorporate a valve designed to facilitate easy exhaling, mesh masks, or masks with

openings, holes, visible gaps in the design or material, or vents are not sufficient face coverings because they allow exhaled droplets to be released into the air.

- The following individuals are exempt from face covering requirements: a. Individuals with a medical condition, mental health condition, or disability that makes it unreasonable for the individual to maintain a face covering. This includes, but is not limited to, individuals who have a medical condition that compromises their ability to breathe, and individuals who are unconscious, incapacitated, or otherwise unable to remove a face covering without assistance. These individuals should consider using alternatives to face coverings, including clear face shields, and staying at home as much as possible. b. Children who are five years old and under. Those who are under two-years old should never wear a face covering due to the risk of suffocation.
- Participants present indoors may temporarily remove face coverings in the following situations, provided that social distancing is maintained to the extent possible: a. when engaged in physical activity or sporting events where the level of exertion makes wearing a face covering difficult or impracticable. b. When eating or drinking.

Social Distancing

Social distancing is being implemented throughout our partner facilities (Hallett Center and Breezy Point). No more than two groups of 25 persons are allowed on the ice at a time. Teams will be assigned to a locker room and social distancing protocols of maintaining a 3-foot radius around each participant, resulting in a six-foot total distance between any two people will be implemented whenever possible.

Coaches or locker room monitors are responsible for instructing participants on proper distancing practices. Physical markings will help designate spacing and coaches are to be giving verbal instructions throughout each activity. NLYHA will follow Minnesota Department of Health and arena policies for spectators.

Every effort will be made by our facility partners to refrain from intermixing groups in locker rooms and transition times. If coaches determine that intermixing is absolutely necessary, coaches will be responsible for keeping records of all staff, volunteers, and participants that intermix. A 15 minute transition time will take place between different user groups to help minimize intermixing. When practical, players are asked to come dressed to minimize the use in the locker rooms.

SPECIFIC FACILITY INFORMATION:

Hallett:

- No more than 25% of capacity (seven people) will be allowed in the Group Fitness Room at a time. Physical markings will help designate spacing and HCC employees will assist in giving verbal instructions.

Housekeeping

NLYHA will rely on their partner facilities (Hallett Center and Breezy Point) to ensure regular housekeeping practices are being implemented, including routine cleaning and disinfecting of shared equipment. NLYHA Players and coaches should bring their own water bottle filled and labeled to each activity.

SPECIFIC FACILITY INFORMATION:

Hallett:

- Arena staff will designate a bin or area for clean supplies and used supplies. All community supplies will be cleaned and disinfected by HCC staff frequently. Frequent cleaning and disinfecting will be conducted in high-touch areas, such benches, locker rooms, pucks and training equipment. Cleaning will be conducted between uses by different groups. HCC will provide cleaning supplies and written instructions to arena staff and will be kept in their staff binder.

Communications and training

This Preparedness Plan will be communicated to all members of the NLYHA and posted to our website for public consumption. The necessary training will be provided to members on the Check-In and Tracking Protocol and the COVID-19 Preparedness Plans. Additional communication and training will be ongoing through verbal and written communication.

Certified by:

Phil Martin

August 31, 2020

NLYHA President

Additional Policies and Requirements

NLYHA, as an affiliate member of USA Hockey, Minnesota Hockey and District 15, is required to follow rules established by such entities. We are also committed to follow health and safety guidelines established by the Centers for Disease Control, the Minnesota Department of Health as well as all applicable law and regulations. In addition, NLYHA is a guest at all facilities where it conducts its activities, NLYHA members and guests must also be aware of and comply with all requirements of ice rinks and other facilities where NLYHA 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.

Before Arriving at the Rink

1. Registration. All players must be registered for USA Hockey prior to attending any Minnesota Hockey sanctioned on-ice activity.
2. Understanding Facility Procedures and Policies. Members must become familiar with COVID-19 policies and practices of each facility where an activity is taking place prior to attending, and must comply with all such policies and practices while at such facility, unless a more restrictive requirement is set forth herein.
3. Screening. Members will use an online Check-In and Tracking Protocol system to manage personal and health information related to symptoms screening.
4. Signs of Illness. Members with any risk factors or illness should not participate in a team event and should not enter any facility where the event is taking place.
5. Positive Test/Exposure. Members must inform the team COVID-19 Manager of a player testing positive, someone in their household testing positive or having been exposed to someone confirmed to have COVID-19. We will follow the MN Hockey Guidelines for confirmed cases (<https://bit.ly/34KMCsF>).
6. Restrooms. Whenever possible, Members should use the restroom at home prior to leaving for the rink, in an effort to limit bathroom use at the facility.
7. Dressing. Players and officials should arrive at the arena fully dressed, with the exception of skates and helmets. Exceptions may be made for goalies who may need to put on additional equipment at the rink.
8. Water Bottles. Players should fill and bring their own rehydration liquids to the rink in clearly marked containers, the container should be resealable. Players should not share liquid containers.
9. NLYHA will not be providing bus transportation in the 2020-2021 season.

Arrival at Rink

1. Timing of Arrival. Members should arrive no more than 15 minutes before the start of activities. If arriving earlier, Members should wait outside the facility, socially distanced from others.
2. Entrance. If an activity is occurring at the rink before the team's scheduled start, the incoming team should wait until all players from the prior teams have vacated the building.
3. Pick-up/Drop Off. For practices and clinics:
 - a. For players 11 and older, the player should be dropped off at the rink. Parents/guardians should not remain in the arena.
 - b. For players 10 and under, one parent or guardian is allowed in the rink per player to assist with any equipment needs. These parents/guardians may remain during practice, provided that they wear masks as required or appropriate and respect socially distancing requirements.
4. Safesport. Safesport policies will continue to be in effect in all phases. There should always be a minimum of two adults at every on-ice event, and there should be no unsupervised one-on-one interaction between a player and a coach.

Practices, Clinics and Tryouts

1. Maximum Players on Ice. A maximum number of two (2) pods of 25 people or less at a time, with no mixing of the groups, are permitted on the ice. Each coach and on-ice helper will count toward the number of people on the ice.
2. Spacing on Ice. Players need to maintain as much separation as possible during practices. Whenever possible, coaches should be promoting social distancing on the ice, while recognizing that there may be times of close contact by players.
3. Benches. Teams should avoid using benches during practices.
4. Spitting. There should be no spitting by any player or coach at any time inside the ice arena, including on the ice surface.
5. Efficiency. Coaches should be as prepared as possible to ensure complete utilization of the allowed ice time. This also helps ensure that players are not distracted and know they need to be on time and ready to go, not engaged in other areas of the building. Players should not leave ice during practice unless absolutely necessary.

Games and Scrimmages

1. Out of Town Teams. When considering playing teams beyond NLYHA affiliated teams, teams should consider the COVID-19 case activity level and risk in those communities when making travel decisions.
2. Spectators. Spectators are allowed per arena recommendations, should be physically distanced at all times and wear masks, as required.
3. Resurfacing. To the extent possible, teams should avoid resurfacing of ice sheet except before or after a game.
4. Coaches on Bench. No more than two coaches should be in the bench area during games, and they should be wearing masks. Coaches should determine a system that maximizes physical distance between players on the

bench during all phases of the game, space outside of the bench should be used where possible. One coach should monitor players on the bench keeping them physically distanced.

5. Stoppage of Play. When play is stopped due to a save, goaltenders should drop the puck on the ice for the official to retrieve.

6. Handshakes/Celebrations. There should be no pregame or post game handshakes, and no pregame or post game huddles or post goal gatherings on the ice.

7. Officials. A two official system will be used for games at all levels.

After On-Ice Activities are Complete

1. Leaving the Ice. Prior to completion of the ice time, players should be excused from the rink one-by-one and through different exit points of the rink to the extent possible. Players should not be asked to participate in picking up pucks or other equipment from the ice.

2. Leaving the Rink. No on or off ice interaction (socializing, team meetings, dryland activities) should occur following the conclusion of practice or a game. Players should remove skates and helmets and immediately vacate the premises, no more than 15 minutes of the end of game or practice.

3. Picking up Players. Parents/Guardians should be punctual and not allow players to wait. Team managers should ensure that parents are aware of starting and ending times of team events. Coaches or a designated responsible adult should remain with players until all are safe and removed from the premises.

4. Cleaning Gear. At home, players should clean and disinfect gear after each use.