



## Bloomington Blades Youth Hockey Association

The 2019 Novel Coronavirus Disease (COVID-19) pandemic remains an evolving situation. The Bloomington Blades Youth Hockey Association's top priority is, and will remain, ensuring the health and safety of our players, staff, families, as well as that of anyone attending our practices and games.

With this document, the Bloomington Blades Youth Hockey Association is doing its best to create reasonable and understandable guidelines for the good of the organization. The information contained here is to inform you about what we are doing as an organization to protect you, and your players and what you can do to prepare and protect yourself and your player(s) in accordance with recommendations and guidance from the U.S. Centers for Disease Control and Prevention (hereinafter referred to as the "CDC").

As updates continue to emerge, pertaining to our return to hockey for the 2020-2021 season, details of this plan are subject to change. All updates will be posted on the Bloomington Blades Youth Hockey Association website.

### RETURN TO PLAY GUIDELINES

USA Hockey, in collaboration with U.S. Figure Skating and U.S. Ice Rink Association, published a plan ("[Returning to the Rinks](#)") to return to business as we emerge from the current COVID-19 crisis. This plan provides guidance on "Preparing Your Ice Rink To Re-Open", "Guidelines for Returning to On-Ice Activities", "USA Hockey Programming Considerations", and "Remote Athlete Engagement and Development". The Bloomington Blades Youth Hockey Association (BBYHA) supports this plan and will follow these principles:

- The health and safety of our players, families, coaches, referees, and volunteers is the most important factor in any decision.
- BBYHA will be guided by Indiana governments, USA Hockey and their affiliates, and the Centers for Disease Control (CDC) guidelines.
- The COVID-19 pandemic will be continuously monitored by the BBYHA COVID Committee and timetables and guidelines may change. If this occurs, proper lead time and communication will be provided.

Please be aware that our knowledge surrounding COVID-19 is constantly changing. As conditions and requirements may vary throughout Indiana and our surrounding states, we will follow state and local government guidelines and recommendations from the CDC.

This document should not be considered as medical or expert advice to participate in any activity. Rely on this information at your own risk and consult with the most up-to-date recommendations from public health officials. Consult with your own qualified health care providers or other advisors about any specific issues of circumstances you might have.

We are thankful to all workers and first responders who are guiding us and keeping us safe and healthy during this pandemic. Remember that we can contribute to slowing the spread of COVID-19 by doing these four things:

1. Physical/Social distance
2. Wash hands and practice safe hygiene habits
3. Clean surfaces & equipment between uses
4. Staying home when sick or experiencing any symptoms

## **GUIDELINES FOR PLAYERS, PARENTS AND COACHES**

1. All participants must be USA Hockey registered for the 2020-2021 season to participate in any BBYHA sanctioned on-ice activity.
2. Families should provide coach/team manager with accurate contact information in the event of an emergency while the player is at the arena. This information MUST be accurate, and the responsible party MUST be able to reach the designated person if the need arises.
3. Players, coaches and administrators must perform a self-assessment of COVID-19 symptoms before each activity (refer to the current list of COVID-19 symptoms [here](#); the CDC Self-Checker on this site is helpful for self-assessment). Any person with symptoms should refer to his/her primary care provider and is not allowed to participate.
4. Anyone arriving earlier than 30 minutes before their start time should wait outside of the facility and be socially distanced from others. Players should not enter the rink more than 30 minutes before the start of practice. When obtainable, a designated entrance and exit will be assigned for social distancing.
5. All players and coaches must arrive at the arena wearing as much of their uniforms as practical (i.e. fully dressed lower body except for skates; helmet, shoulder pads, elbow pads, jersey and gloves in a bag and donned at arena).
6. All coaches and players must wear a face covering (mask or cloth face covering that fully covers the nose and mouth) when entering the rink, while putting gear on, while taking gear off, any transition within the rink when not on-ice, when exiting the rink. Face coverings are not required outside if social distancing (> 6 feet physical distancing) can be achieved.
7. Temperature checks of all players, coaches and administrators will be taken at the rink prior to entering the facility. Any person with a temperature of 100.4 F or greater (without fever-reducing medication) will not be allowed to participate and should refer to his/her primary care provider.
8. Any players, coaches or spectators exhibiting symptoms or signs of an illness should not be in the facility at any point.
9. Observe and adhere to facility signage containing COVID-19 related instructions for spectators and participants.
10. Players should bring their own rehydration liquids to the rink, in clearly marked or labeled containers with the player's identity, and the container should be sealable/re-sealable.
11. Until further directed, the use of locker rooms is prohibited for practices and all players and coaches will dress in the rink lobby.
12. 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.
13. 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.
14. Players shall enter the ice at multiple doors to provide social distancing, when available.
15. On-ice, coaches and players need to maintain as much separation as possible. Whenever possible, coaches will practice/promote social distancing on the ice, while recognizing that there may be times of close contact by players.

16. Coaches should keep players active and engaged on-ice. Players should not leave the ice during a practice unless absolutely necessary.
17. Players shall exit the ice at multiple doors to provide social distancing, when available.
18. Players must be picked up within 15 minutes of their scheduled time ending with no congregating or socializing in between.
19. Coaches, or other responsible adults, should remain until all players are safe and have left the premises.
20. If/when off-ice team activities are allowed, the BBYHA will continue to observe social distancing guidelines.
21. If the arena allows parents, guardians, and the guests of players, they must wear masks while at the rinks for practices, tournaments and games.
22. Players should clean and disinfect gear after each use.
23. Per [USA Hockey](#), a full helmet face shield (i.e. a bubble) is **NOT** required.
24. BBYHA Board Members, COVID Committee Members and coaches are available to explain these procedures to parents and players as required.

## HEALTH AND SAFETY

It is essential for the hockey community to work together to prevent the introduction and spread of COVID-19 in and around the hockey rink and in the community. Players, coaches, administrators and parents should keep up-to-date to recognize COVID-19-related [symptoms](#). Symptoms may appear 2-14 days after exposure to the virus.

- Fever (100.4 F or greater) or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Players, coaches, and administrators should be excluded from hockey if they test positive for COVID-19 or exhibit one or more of the symptoms of COVID-19 based on CDC Guidance that is not otherwise explained.

## RETURN TO PLAY AFTER EXCLUSION

Once a player, coach, or administrator is excluded from hockey because he/she had, or likely had, COVID-19, he/she may return if he/she satisfies the recommendations of the CDC. Currently those guidelines are found [here](#).

### Untested

Persons who have not received a test proving or disproving the presence of COVID-19 but experience symptoms may return to play if **ALL** conditions below are met:

- 1) At least 10 calendar days have passed since your symptoms first appeared **and**

- 2) Other symptoms are gone(for example, when your cough or shortness of breath have improved) **and**
- 3) No fever (temp 100.3 or lower) for at least 24 hours (without the use of medicine that reduces fevers) prior to return to play.

### **Tested Positive- Symptomatic**

Persons who experienced symptoms and have tested positive for COVID-19 virus may return to play if **ALL** three conditions below are met:

- 1) At least 10 days since symptoms first appeared **and**
- 2) At least 24 hours with no fever (without fever-reducing medication) prior to return to play **and**
- 3) Symptoms are no longer present

Depending on your health care provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others after you receive two negative test results in a row, at least 24 hours apart.

We recommend players who have tested positive for COVID-19 virus and show symptoms to follow-up with their PCP for a full cardiac workup before returning to play. This will be at the discretion of the player's parent/guardian.

### **Tested Positive- Asymptomatic**

Persons who have tested positive for COVID-19 but have experienced no symptoms may return to play if the following condition below is met:

- 1) At least 10 days since taking the test
- 2) Continue to remain asymptomatic

### **Contact Tracing**

For COVID-19, based on the CDC, a close contact is defined as anyone who was within 6 feet of an infected person for at least 15 minutes starting from 48 hours before the person began experiences symptoms until the time the patient was isolated. The BBYHA board in collaboration with public health staff will administer contact tracing for presumed or confirmed players, coaches, or administrators. Team communication will occur as soon as possible while limiting the disclosure of the names of presumed or confirmed players, coaches, or administrators for privacy reasons.

## **CONCLUSION**

As previously stated, this document is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. Your child's participation in any sport, and in particular, organized hockey under the auspices of USA Hockey and BBHSHA, is a personal choice for all parents and/or guardians. Exposure to COVID-19 is possible, even using the most extreme caution. Information regarding COVID- 19 is fluid. We strongly encourage our hockey families, coaches, officials and volunteer and paid administrators to stay current on latest developments and information on COVID-19.

## **ADDITIONAL RESOURCES**

Please see the following links below for additional reference.

[CDC Considerations for Youth Sports](#)

[USA Hockey Returning to the Rinks Guide](#)

[USA Hockey Player Safety](#)

[USA Hockey Helmet Face Shield versus Cage Questions](#)

[Monroe County COVID-19 Information](#)

[Optum COVID-19 Testing - Monroe County](#)

[Register for COVID-19 Testing](#)

[Monroe County Public Health Order - Effective July 17,2020](#)

[2020/2021 MCCSC/IHSAA Phased Athletic Return to Play Plan](#)

[Carolina Amateur Hockey Association \(CAHA\) Return to Play Guidelines](#)

[Indiana's Considerations for Learning and Safe Schools \(IN-CLASS\)](#)

## APPENDIX A - RETURN TO PLAY PLAN

	<b>2020/2021 BBYHA Phased Return to Play Plan</b> <b>(Last Revised 2020-08-05)</b>	
	Pre-Season Phase	Regular Season Phase
Rink Facilities	<b>Hamilton Ice Arena (Columbus, IN)</b>	<b>Frank Southern Arena (Bloomington, IN)</b>
Social Distancing	Encouraged	Encouraged
Face Coverings	Required during all non-strenuous activity and must be worn into and out of the rink.	Required during all non-strenuous activity and must be worn into and out of the rink.
People Allowed to be in Attendance (near the ice)	Essential personnel only - No parents/siblings, spectators, coach's family, youth, etc)	Spectators can be present if socially distanced Essential personnel only (practices)
Alternate Command Structure	Command structure for team administration should be established in case of illness.	Command structure for team administration should be established in case of illness.
Symptom Assessment	Self-assessment before arrival. Temperature and verbal check by coach/admin before each practice	Self-assessment before arrival. Temperature and verbal check by coach/admin before each practice
Gathering Sizes	Decreased as much as possible to reduce risk	Decreased as much as possible to reduce risk
Hydration	No use of shared water bottles. Athletes must bring personal water bottles ONLY!	No use of shared water bottles. Athletes must bring personal water bottles ONLY!
Competition	No competition with other teams	Formal competition begins
Attendance	Attendance must be taken.	Attendance must be taken.
COVID-19 Symptoms	Any person with unexplained symptoms is referred to his/her primary care provider and not allowed to participate.	Any person with unexplained symptoms is referred to his/her primary care provider and not allowed to participate.
Locker/Meeting/Storage Rooms	Dress in Lobby.	Dress in Lobby or Follow BBYHA COVID locker room policy if permissible
Contact Sports (Hockey)	Contact should be avoided.	CONTACT IS ALLOWED - As defined by USA Hockey
Equipment	If shared contact equipment must be used, it should be cleaned prior to use and immediately after use.	If shared contact equipment must be used, it should be cleaned prior to use and immediately after use.
Player Responsibility	Players are expected to routinely clean workout clothing and equipment and wash hands.	Players are expected to routinely clean workout clothing and equipment and wash hands.
Coach Responsibility	Minimize physical contact with players or other coaches.	Minimize physical contact with players or other coaches.
Celebratory/Sportsmanship Acts Involving Contact	<b>PROHIBITED</b>	Modified sportsmanship practices should be followed by league ordinance.
Transportation	No team-coordinated transportation to practice/workouts.	Team transportation policy resumes.
Facility Maintenance	Cleaning schedules should be created and implemented for all rink facilities and equipment. Coaches will need to help maintain sanitization.	Cleaning schedules should be created and implemented for all rink facilities and equipment. Coaches will need to help maintain sanitization.
Individual Player Gear/Equipment	<b>NO SHARING OF CLOTHING, PADS, SKATES, STICKS, HELMETS, GLOVES, TOWELS, WATER BOTTLES, ETC.</b>	<b>NO SHARING OF CLOTHING, PADS, SKATES, STICKS, HELMETS, GLOVES, TOWELS, WATER BOTTLES, ETC.</b>
Appropriate Clothing	All players should wear appropriate clothing, shoes, etc...at all times! Use of pinnies must be specific to individual and washed by the coach.	All players should wear appropriate clothing, shoes, etc...at all times! Use of pinnies must be specific to individual and washed by the coach.

## **APPENDIX B - HEALTH SELF-MONITORING**

Your first line of defense against COVID-19 is you! All Bloomington Blades Youth Hockey Association players, coaches and families should self-monitor their health before coming to practice and games.

If you answer 'YES' to any of these questions, contact your Team Manager and/or coach and do NOT come to practice or the game:

1. Do I feel abnormally hot or cold like I have a fever? If yes, have I checked my temperature? Was it 100.4F or higher?
2. Do I have a new onset cough in the last few days?
3. Do I have a new onset shortness of breath or difficulty catching my breath?
4. Have I lost my sense of taste and/or smell?
5. Do I have abdominal pain and diarrhea?
6. Do I have new body aches, muscle pains or a headache?
7. Do I have any other reason I feel I am ill and shouldn't go to practice or the game?

Please, do your part to help keep everyone safe!

## APPENDIX C – COVID LIABILITY FORM

The 2019 Novel Coronavirus Disease (COVID-19) pandemic remains an evolving situation. The Bloomington Blades Youth Hockey Association’s top priority is, and will remain, ensuring the health and safety of our players, staff, families, as well as that of anyone attending our practices and games.

This waiver/form applies for the 2020/2021 Travel Hockey Season. All players will need to fill out this form before they will be allowed on ice.

If you are at risk or feel uncomfortable being in a hockey rink, please stay home. We strongly recommend you don’t put yourself at risk. Your players will be just fine next season if they don’t skate this summer. However, if you feel comfortable with all of this, we welcome you (from 6 feet away) with open arms!

Player Name: \_\_\_\_\_  
First Name Last Name

Parent Name: \_\_\_\_\_  
First Name Last Name

Email: \_\_\_\_\_

Phone: \_\_\_\_\_  
(###) ###-####

### PROGRAM WAIVER AND RELEASE OF LIABILITY. READ BEFORE SIGNING

In consideration of you or your player being allowed to participate in any way with Bloomington Blades Youth Hockey Association for activities and related events associated with the 2020/2021 Travel Hockey, the undersigned acknowledges, appreciates, and by signing this document binds all participants, and agrees that:

1. The risks of injury and illness (ex: communicable diseases such as COVID-19, MRSA, and influenza) from the activities involved in this program are existent, potentially life-threatening, and while particular rules, equipment, and personal discipline may reduce these risks, the risks of serious injury and illness do exist; **and**,
2. We knowingly and freely assume all such risks on behalf of our self and/or our player, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE PLAYER/PARENT/COACH or others, and assume full responsibility for our self and/or player; **and**,
3. We willingly agree to comply with the stated and customary terms and conditions for participation. If, however, we observe any unusual significant hazard during our presence or participation, we will remove our members from participation and bring such to the attention of the nearest official immediately; **and**,
4. We acknowledge that we are aware that there are risks to our self and/or player of exposure to directly or indirectly arising out of, contributed to, by, or resulting from: An outbreak of any and all communicable disease, including but not limited to, the virus “severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)”, which is responsible for Coronavirus Disease (COVID19) and/or any mutation or variation thereof;
5. In consideration of having the opportunity to participate as either a team member or competitor at location, and in acknowledging that we are aware of and willing to assume the risks associated with this activity, we hereby voluntarily agree to waive, hold harmless and indemnify the Bloomington Blades Youth Hockey Association, its trustees, agents, and volunteers from any and all claims, demands, damages and causes of action of any nature whatsoever arising out of any negligence which our program, their heirs, their assigns or successors may have against them for, on account of, or by reason of our programs participation in the above activities. We indicate our agreement to this hold harmless elective noted below.

I AND/OR OUR PLAYER, HAS READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT OUR SELF AND/OR OUR PLAYER HAS GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

I Agree  Player Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I Agree  Parent(s) Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **APPENDIX D – COVID LOCKER ROOM POLICY**

**Currently the BBYHA will not use locker rooms; however, if conditions make it possible to utilize locker rooms during the 2020-2021 season, the below is our initial plan.**

1. The coach will be responsible for assigning a dressing time schedule for their team. The schedule shall be set up so that no more than 8 players are in a locker room at one time. The coach may assign groups according to lines (1st line, 2nd line), positions (defense, offense) or however they choose to assign.
  - a. When possible more than 1 locker room may be assigned.
2. Each locker room shall have 2 SafeSport certified monitors who will be responsible for the following:
  - a. Disinfecting all common areas, i.e. door knobs, faucets, etc. in the locker room.
  - b. Ensuring each player washes/sanitizes their hands when entering and leaving locker room.
  - c. Ensuring that players put away all their belongings in their bag and stowing away before the next group enters.
  - d. Ensuring there is no horse play, that players keep their hands to themselves, and/or that players do not touch each other's belongings.
  - e. Ensuring players enter and exit the locker rooms in a timely manner.
    - If players cannot dress in a timely manner, keep their hands to themselves, and/or abstain from horse play; the offending player's guardian will be notified and will be responsible for getting that player ready and/or making other arrangements.
3. Players shall wear masks while in locker room when not wearing a helmet.
4. Once dressed there will be a designated waiting area.
5. Parents and guardians are restricted from entering locker rooms unless they are SafeSport certified and functioning as a locker room monitor.

***\*If/when it looks like conditions may permit us to utilize locker rooms, the BBYHA will ask parents to donate disinfecting materials (i.e. Clorox wipes or spray, paper towels, sanitizer and other cleaning materials). The BBYHA will store these materials in one of our lockers so we maintain a supply on hand.***