



COVID-19 PREPAREDNESS PLAN FOR STORM HOCKEY - 1.4.2021

OVERVIEW

Storm Hockey is committed to providing a safe and healthy environment for all our players, coaches and the community. To ensure that, we have developed the following Preparedness Plan in response to the current conditions. Coaches and staff are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our workplaces, and that requires full cooperation among coaches, rink staff, players and families. Only through this cooperative effort can we establish and maintain the safety and health of our students and staff. Storm Hockey coaches and staff have our full support enforcing the provisions of this policy. We are serious about the health and safety of all and keeping our staff working at Storm Hockey. Staff involvement is essential in developing and implementing a successful COVID-19 Preparedness Plan. We have involved our staff in this process by addressing any concerns and suggestions they have requested. Our Preparedness Plan follows Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines and MSHSL as well as any/all standards implemented by ISD 112, Chaska Community Center and Victoria Rec Center which addresses:

- Competitions and schedule
- General guidelines for players, coaches, and other personnel
- Hygiene best practice
- Housekeeping practices
- Communication and distribution

STORM HOCKEY COMPETITIONS AND SCHEDULE

Storm Hockey will follow guidelines from MSHSL as of 12.30.2020 in regards to the number of competitions and dates for team activities. Additional guidelines will be adapted if and as needed.

- Start Date - January 4, 2021
- Competition Start - January 14, 2021
- Number of Contests - 18





GENERAL GUIDELINES FOR ATHLETES, COACHES and OTHER PARTICIPANTS

The following guidelines will be encouraged for all participants, players and coaches.

- Storm Hockey will following the ISD 112 protocol for positive contact and COVID confirmed cases
- Storm Hockey athletes will be given 6 feet of separation for personal space, this space will either be locker room or hallway space as noted by each arena/facility
- All persons will be masked at all times while in the arena/facility including while on the ice, bench, locker room, hallways, or common spaces
- Participants will be pods no larger than 25 students, coaches are not inclusive of this count when social distancing and masked (Varsity pod, JV pod). When possible we will reduce our pod sizes to limit possible contact time.
- Storm Hockey will not encourage participation in any social congregations outside of practices and competitions, any interactions deemed necessary will be done virtually.
- Student athletes will arrive dressed for competition, bags and equipment will be kept in their personal space and belongings will be kept in their bags.
- Student athletes will provide their own water bottles, clearly labeled with their own name/numbers.
- When possible Storm Hockey will videotape practices and competitions to assist with identification of student athlete interactions
- Student athletes, coaches, and other team personnel will be asked to confirm they are symptom free based on the CDC's "Coronavirus Self-Checker" or current recommendations.
- Storm Hockey will keep a record of all players, coaches and other personnel for each practice and competition.

The following are recommendations or considersideration:

- Student athletes are discouraged to carpool, when carpooling or riding a bus student athletes will be masked.
- Student athletes and teams are encouraged to show good sportsmanship while maintaining proper social distancing; fist bump, handshakes, etc. are discouraged.





HAND WASHING

Basic infection prevention measures are being implemented at our workplaces at all times. Workers are instructed to wash their hands for at least 20 seconds with soap and water frequently throughout the day, but especially at the beginning and end of their shift, prior to any mealtimes and after using the toilet. All visitors to the facility will be required to wash their hands prior to or immediately upon entering the facility. Some workplaces may 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, if hands are not visibly soiled. We will have sanitizers at the entrance of the facility as well as on the bench and locker room space (if lockers are available). The sanitizers will be automatic dispensers with no contact by staff, players or others. We will take health and safety measures to ensure the sanitizers remain filled throughout the day. Our staff will track electronically when (time and date) they sanitize their hands. Each student will be checked off upon arrival after sanitizing their hands.

RESPIRATORY ETIQUETTE: COVER YOUR COUGH OR SNEEZE

Workers and visitors 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. Staff will have extra clothing to change into if they should need to sneeze or cough into their sleeve or other part of their equipment (glove, etc.). Respiratory etiquette will be demonstrated on posters and supported by making tissues and trash receptacles available to all staff and visitors. There will be a sign upon entrance to the facility as well as in the areas utilized by the staff and students. The CCC and Victoria Rec Center will also have signs and posters to inform everyone on the procedures that should always be followed and implemented. Under no circumstances should anyone not abide by the etiquette laid out.

HOUSEKEEPING PRACTICES

Storm Hockey will work alongside the VRC employees to maintain proper and regular housekeeping practices. Regular housekeeping practices are being implemented, including routine cleaning and disinfecting of work surfaces, equipment, and areas in the work environment, including restrooms, locker rooms and common spaces. Frequent cleaning and disinfecting will be conducted in high-touch areas, such as phones, keyboards, touch screens, controls, door handles, railings, etc. We will be using FDC approved cleaning solutions to disinfect all touch points throughout the player and instructors training session. We will be following the CCC and Victoria Rec Center guidelines for all common areas as well as implementing our cleaning schedule and protocol.





COMMUNICATION AND DISTRIBUTION

This Preparedness Plan will be shared with all coaches, players, parents, arena staff, and competitive teams. The plan has been prepared and approved for distribution by Storm Hockey as of January 4, 2020.

Certified by: *Jessie Willis*

Head Coach of *Storm Hockey*

STORM HOCKEY COVID-19_ 1.4.2020

