



# COVID Protocols



With the 2021-22 season started, we want to minimize the risk of COVID-19 to our families and community at the rink. For that reason, it is important that we all do our parts and understand these guidelines to minimize the risk for all. This includes: washing our hands regularly, using equipment that has been properly sanitized, practicing social distancing and properly wearing masks.

To help ensure that those using our facilities are safe, we have installed disinfectant hand washing stations throughout the facility, have posted numerous signs reminding all of the rules, and have been professionally asking all to abide by those signs and rules.

To understand our rules, we must understand that COVID is primarily transmitted by airborne particles (like aerosol), but also by touching contaminated surfaces. We then need to understand that YES everyone is at risk and MUST follow the rules and procedures.

To start, we want to minimize the risk and provide a healthy environment for everyone attending.

- Facility Guidelines
  - The facility will post signs indicating social distancing recommended,



- The facility will provide hand sanitizer stations at all entrances, high-contact areas (i.e. lobby, check-in desk, dressing rooms, and traffic areas).
- Upon entering the facility, a mask should be properly worn in all times throughout the facility, if required by CDC or within this policy.
- All facility voluntaries, workers, coaches, and staff shall wear a mask properly in all situations if required by CDC or within this policy.
- Zamboni
  - Masks will be required within Zamboni room and while resurfacing if required by CDC or within this policy

- Maintenance of the Zamboni or general maintenance when no one is in the facility, good judgment should be used.
- Locker Rooms
  - Players should always wear a mask/buff while getting dressed if required by CDC or within this policy.
  - Disinfectant sprays will be available in all locker rooms for use by players, coaches and/or staff.
- On-Ice
  - Handshakes, hugs, high fives, etc. should be prevented.
  - Players and/or coaches should refrain from spitting on the ice, bench or within the facility.
  - Water bottles should not be shared amongst players and must be cleaned after each use.
  - Disinfectant sprays will be available at all benches for use by players, coaches and/or staff.
- **Cleaning and Disinfection**
  - The Facility will undergo a general cleaning weekly or as required by facility use of all frequently touched surfaces. This should include all door handles and push plates, general locker room areas, team benches, concessions, and areas of common movements by those who use the facilities.
  - Disinfectant sprays will be available in all locker rooms, at player benches and in areas where volunteers would be required to work.
  - During tournaments a routine cleaning and disinfecting should be scheduled and should be based on the number of people using the facility. (i.e. bathrooms and frequently used doors).
  - Personnel using the products to disinfect the facility shall ensure safe and correct use of the disinfectants, which includes areas are clear of children, well ventilated, and that they are wearing proper personal protective equipment prior to disinfecting and cleaning.
- **Masks / Buffs**
  - The wearing of a cloth mask/buff will reduce the transmitting of the airborne particles (aerosols) to others. The mask is not intended to protect the wearer, but rather to reduce the risk of spreading COVID from the person wearing the mask.

- Masks or buffs must be worn at ALL times while moving within the facility if required by CDC or within this policy, this does not include while on the ice surface during practice and/or games.
  - Medical/surgical masks or N95 masks should not be worn while performing exercises as these types of masks may decrease airflow.
  - Players are not required to wear a mask/buff while on the ice during practices or games but are required during nonparticipating ice activities if required by CDC or within this policy.
  - Coaches and sideline personnel are also required to wear a mask/buff at all times if required by CDC or within this policy.
- If a player is sick, a mask/buff does not guarantee protection of transmitting airborne particles, only remain home will prevent the virus transmission.
- Shared Objects
  - The policy of the rink during this pandemic is that we are discouraging the share / use of equipment not able to be properly cleaned, sanitized, or disinfected.
  - Players should provide their own towels and jerseys and not be allowed to share them with other players.
  - The pro shop at the rink will provide adequate supplies of shared items to minimize sharing of equipment to the extent possible.
  - Equipment not being used, must be stored in individual labeled containers or bags under direct supervision of the owner. Containers and/or bags that are left unattended may be removed and disposed of in consideration of the safety of others.
- Water System
  - Players shall bring their own water bottles and should not allow others to share them.
  - Drinking fountain bottle filling station shall be cleaned and disinfected weekly.
- Concessions
  - Disinfectant sprays will be available during operations for cleaning/sanitizing high contact surface areas.
  - Concession areas will be equipped with a plexiglass barrier between the spectators and the concession stand volunteers to prevent the transmission of the virus.
  - Concession stand workers will not be cross trained during an event. They will only perform one duty during their shift.

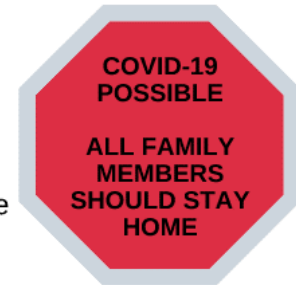
- Concessions workers will be instructed to not come to the event if they are exhibiting symptoms or have had exposure to COVID-19.
  - Only workers age 16 and up will be allowed in the concession stand, workers 14 would be allowed if accompanied by parent or guardian.
  - Workers must wash their hands with soap and water upon entering the concession stand and before exiting.
  - Concession workers will properly wear masks if required by CDC or within this policy.
  - Disposable gloves will be provided in the concessions stand. Concessions workers will be required to wear gloves and utilize correctly to ensure there is no cross-contamination if required by CDC or within this policy.
  - Prepackaged disposable utensils and supplies will be provided.
  - No self-serve food or drinks will be permitted.
  - Single-service condiments will be provided.
  - Sanitation will follow CDC guidelines. Disposable disinfectant wipes will be stocked so that staff can wipe down commonly touched surfaces such as door handles and knobs, countertops, refrigerator/freezer doors and handles.
- Spectators
    - Follow City, County and State guidelines on limiting spectators.
    - Spectators are allowed during games and/or tournaments and must adhere to the whole COVID plan.
    - Spectators should remain at home if one of the following are met:
      - Sick, with or without COVID symptoms
      - Waiting for COVID test results
      - May have been exposed to someone with COVID without know results if required by CDC or within this policy.
      - Have been quarantine due to exposure of COVID under the CDC guidelines or within this policy.
    - Wash your hands with soap and water for at least 20 seconds or use a hand sanitizer before and after eating and drinking and after a shared container.
- Communication Systems
    - An individual with primary COVID symptoms, including but not limited to, a cough, fever/chills, or shortness of breath, or change in loss of taste or smell must adhere to the following protocols:

**If anyone in the house has:**

- Cough
- Shortness of breath
- Difficulty breathing
- New loss of taste
- New loss of smell

**Or at least 2 of the following:**

- Fever\*
- Body aches
- Sore throat
- Congestion or runny nose
- Nausea or vomiting\*
- Diarrhea\*
- Chills
- Headache
- Fatigue



\*Children with these symptoms need to stay home until symptoms resolve for 24 hours regardless

- Notify COVID Administrator immediately (rjnornand55@gmail.com)
  - Provide possible exposures at the rink
  - Provide possible close contacts – as an individual who was within 6 feet of an infected person for at least 15 continuous minutes starting two days before the illness onset until the time the individual is isolated or if they had direct close contact with an individual (e.g., shared a hug, shared a drink or food, etc.)
- The symptomatic individual must self-isolate
  - As separating a sick person with a contagious disease from people who are not sick
  - Individuals should not return to the rink until they meet the requirements of the CDC or policies within this policy.
  - The symptomatic individual's family and those considered close contacts should not return to the rink until the symptomatic individual in their household tests negative for COVID or they meet the requirements of the CDC or policies within this policy
- The COVID Administrator should notify the teams head coach of the exposures and determine the team's outcome for practices and games in the weeks to come.
  - Notification of the outcomes should be sent to the remaining team and the notification of the exposure.
  - The team coaches should monitor the remaining teams' conditions and advise of any changes to the Rink Manager
- If an exposure is confirmed and contact tracing leads to the rink, the Rink Manager should confirm the tracing exposure and isolate those areas to complete clean and full disinfection. If locker room(s) are exposed, those room(s) should be isolated for 24 hours, completely cleaned and fully disinfected.

- If a known individual who has been exposed and has been notified of confirmed exposure shows up within the rink for any reason, that individual will be addressed by the board of CYHA as to the future of that individual and/or family.
- Return to play or rink Protocol
  - Symptom-Based return strategy are for individuals with confirmed COVID infection, or individuals with suspected COVID infection but were never tested for COVID.
    - If vaccinated or unvaccinated players, parents, and/or fans show signs and/or symptoms of COVID-19, they may return to play or rink if:
      - At least 5 days have passed since symptoms first appeared (positive test or no test) and have isolated from others (first day signs and/or symptoms are noticed should be counted as day zero (0)) and
        - Has isolated from other those five (5) days
        - Does not have any signs and/or symptoms of COVID-19 at the end of isolation
        - Must wear a mask while within the facility of CYHA for 10 days from time of exposure (first day signs and/or symptoms are noticed should be counted as day zero (0))
      - At least 3 days have passed since exposure to someone who had tested positive for COVID-19 and
        - Has isolated from exposure source those three (3) days (first day of exposure should be counted as day zero (0))
        - Has not shown any signs and/or symptoms during those three (3) days (first day of exposure should be counted as day zero (0))
      - Must wear a mask while within the facility of CYHA for 10 days from time of exposure (first day of exposure should be counted as day zero (0))
      - At least 24 hours have passed since last signs and/or symptoms of COVID-19 have occurred beyond the isolation time without and
      - Symptoms (e.g., cough, shortness of breath) are not present.
      - Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.
    - Individuals with severe illness with COVID primary symptoms or who are severely immunocompromised (as determined by physician) shall not be eligible to return without written physician approval.