

# COVID-19 Preparedness Plan for MAHA

MAHA is committed to providing a safe and healthy atmosphere for all our players, parents and coaches. To ensure we have a safe and healthy environment, MAHA has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Our goal is to mitigate the potential for transmission of COVID-19 in our community and that requires full cooperation among all of our association member families. Only through this cooperative effort can we establish and maintain the safety and health of all persons in our community.

The COVID-19 Preparedness Plan is administered by **Ben Bernard**, who maintains the overall authority and responsibility for the plan. However, board members are equally responsible for supporting, implementing, complying with and providing recommendations to further improve all aspects of this COVID-19 Preparedness Plan.

Our association member families are our most important asset. MAHA is serious about safety, health and protecting our members. Member involvement is essential in developing and implementing a successful COVID-19 Preparedness Plan. We will be working directly with and following the guidelines of ASA as we move toward utilization of their ice facility.

MAHA's COVID-19 Preparedness Plan follows the guidance developed by the state of Minnesota, available at the Stay Safe Minnesota website (<https://staysafe.mn.gov>), which is based upon Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines for COVID-19, Minnesota Occupational Safety and Health Administration (MNOSHA) statutes, rules and standards, Minnesota Hockey guidelines and Minnesota's relevant and current executive orders. These guidelines are not intended or implied to be a substitute for medical advice, diagnosis or treatment. It addresses:

- ensuring sick parents or players stay home and prompt identification and isolation of sick persons;
- social distancing – members must be at least six-feet apart;
- member hygiene and source controls, including face coverings and hand washing;
- player drop-off and pick-up practices and protocol; and
- communications and training practices and protocol.

Some of the conditions and circumstances included and addressed in the plan are specific to our relationship with ASA.

## Ensuring sick players stay home and prompt identification and isolation of sick persons

Players and parents are encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess a player's health status prior to going on the ice and for families to report when they are sick or experiencing symptoms. These policies and procedures are provided by Minnesota Hockey:

### Family

- Take the players temperature at home before leaving for the rink.

- If experiencing symptoms (fever >100.4 F, cough, shortness of breath/difficulty breathing), contact your coach and do not report to the arena.
- Inform your team coach and/or association COVID-19 contact of a player testing positive, someone in their household testing positive or have 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.
- Siblings and household members should also stay home for 14 days and follow the [MDH Decision Tree](#) on when to return.

#### Team

- Designate a coach, manager or volunteer position who will be responsible for responding to COVID-19 concerns and will help coordinate with local health authorities regarding positive COVID-19 cases. All team coaches, players and parents should know who this person is and how to contact them.
- Coordinate with association COVID contact to notify all team members if a positive test is confirmed, while maintaining that person's confidentiality in accordance with the Americans with Disabilities Act (ADA).
- Notify any opponents or teams that practiced with the infected player over the previous 14 days.
- Notify any opponents or teams scheduled to practice with the player's team over the upcoming 14 days.
- Pause team activities until you can consult with local health officials and/or the Minnesota Department of Health on additional testing or requirements before returning to play.
- Teams should not be penalized for forfeiting games due to COVID-19 concerns.

#### Association

- Designate a person within the association who will be responsible for responding to COVID-19 concerns and will help coordinate with local health authorities regarding positive COVID-19 cases. All association members should know who this person is and how to contact them.
- Send communications to members requesting that people who have been symptomatic not enter the building and should not participate in any hockey-related event.
- Follow ASA's rules in place and an established area for people who become symptomatic while at the arena.
- Upon learning of an association member testing positive for COVID-19, notify MDH of confirmed COVID-19 cases among players, coaches and family members (as required by Minnesota Rules, Chapter 4605.7050). An MDH inbox has been established for sport organization COVID-19 case reporting: [health.sports.covid19@state.mn.us](mailto:health.sports.covid19@state.mn.us). Minnesota Department of Health can also be reached at 651-201-5000.
- Consult with MDH and local health officials and be prepared to communicate to any players, coaches, officials and volunteers who had close contact with that player notifying them of a positive test. Maintain the confidentiality of anyone with a positive test in accordance with the Americans with Disabilities Act (ADA).

- Notify the arena of the positive test and close off areas used by the sick person within the last 24 hours and do not use these areas until after cleaning and disinfecting them.
- Any positive cases should be logged and tracked. They should also be communicated to the Minnesota Department of Health.

Below are some additional resources for programs to reference:

MDH Guidance for Sports – <https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>

MDH Planning Guide for Schools (p. 10-13) –

<https://www.health.state.mn.us/diseases/coronavirus/schools/k12planguide.pdf>

CDC Considerations for Youth Sports - <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

CDC Youth Sport Program FAQs -

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

## **Social distancing – Parents/Players/Coaches must be at least six-feet apart whenever possible**

Social distancing of at least six feet will be implemented and maintained, per ASA rules, for anyone within the building through the following controls:

- No more than 25 people on the ice at one time for full ice practice
- Two groups of 25 may be on the ice but are not allowed to intermingle/use more than half the sheet of ice.
- All players and coaches need to come dressed in their hockey gear.
- Benches and locker rooms will only be available to tie skates.
- Each group is given 10 minutes before and after their ice time to be in the building.
- Masks are to be worn while in the building and can be taken off only while on the ice actively participating.
- The number of spectators allowed in the area will be determined by ASA rules.

\*Note: These rules are expected to change. Parents/Players/Coaches will need to be aware of ASA rules when entering the building and be expected to abide by them at all times.

## **Player/Parent/Coach hygiene and source controls**

Basic infection prevention measures are being implemented within the arena at all times.

Players/Parents and Coaches are instructed to wash their hands for at least 20 seconds with soap and water, especially at the beginning and end of their ice time, whenever possible, and after using the restroom. All Player/Parents and Coaches are required to wash or sanitize their hands prior to or immediately upon entering the facility. Hand-sanitizer dispensers (that use sanitizers of greater than 60% alcohol) should be at entrances and locations in the arena so they can be used for hand hygiene in place of soap and water, as long as hands are not visibly soiled.

All Players/Parents and Coaches are being asked to cover their mouth and nose with their sleeve or a tissue when coughing or sneezing, and to avoid touching their face, particularly their mouth, nose and eyes, with their hands. Players/Parents and Coaches are

expected to dispose of tissues in provided trash receptacles and wash or sanitize their hands immediately afterward.

As previously mentioned, masks will be required throughout the building and can only be removed once actively participating on the ice.

## **Arena cleaning and disinfection protocol**

Regular practices of cleaning and disinfecting have been implemented by ASA, including a schedule for routine cleaning and disinfecting of surfaces, equipment, railings, doors, etc.

## **Drop-off, pick-up and delivery practices and protocol**

**Parents will need to drop off and pick up their player at the main entrance to the arena. Only 10 minutes will be provided before your scheduled ice time get skates tied. Only 10 minutes will be provided after your scheduled ice time to untie skates and exit the building.**

## **Communications and training practices and protocol**

This COVID-19 Preparedness Plan was originally communicated via email and through MAHA's website to all members prior to 08/14/2020. Additional communication will be ongoing and updated as procedures and protocols change. The knowledge and circumstances around COVID-19 are changing constantly and, as such, Minnesota Hockey and MAHA encourages to stay up-to-date on state and local government guidelines and recommendations from the CDC. MAHA will also continue to provide updates and adjust these guidelines as more information develops. We need to be willing and able to adapt as needed.

All members are to take an active role and collaborate in carrying out the various aspects of this plan, and update the protections, protocols, work-practices and training as necessary.

This COVID-19 Preparedness Plan has been certified by MAHA management and the plan was posted on the website and made readily available to members 08/14/2020. It will be updated as necessary by Ben Bernard.