



# COVID Protocols

With the 2020-21 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, modified our traffic patterns of users, 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,



- The facility will post signs requiring masks while at the facility,



- The facility will provide hand sanitizer stations at all entrances, high-contact areas (i.e. lobby, check-in desk, dressing rooms, and traffic areas).

- The facility will provide crowd control fences to create safe movement of users of the facility.
- Upon entering the facility, a mask should be properly worn in all times throughout the facility, this includes on and off the ice.
- All facility voluntaries, workers, coaches, and staff shall wear a mask properly in all situations where social distancing cannot be maintained.
- All necessary public health authority guidelines and facility COVID-19 distancing protocols should be strictly adhered.
- Zamboni
  - Masks will be required within Zamboni room and while resurfacing
  - While operating the Zamboni either wipe down the controls and/or wear gloves.
  - Maintenance of the Zamboni or general maintenance when no one is in the facility, good judgment should be used.
- Locker Rooms
  - Locker rooms will be limited to 15 minutes prior to scheduled ice time.
  - If social distancing cannot be maintained within the locker room,
    - players should be split into two groups with designated times to report prior to scheduled ice time
    - players may need an additional locker room to prepare for scheduled ice time.
  - Players should always wear a mask/buff while getting dressed.
  - Disinfectant sprays will be available in all locker rooms for use by players, coaches and/or staff.
- On-Ice
  - Team huddles / meetings, if necessary, should be limited to 15 minutes and social distancing of 6'-0 apart if achievable.
  - 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.
  - Coaches are responsible for ensuring social distancing is maintained between players as much as possible. This means additional spacing between players while playing, chatting, changing drills so that players remain spaced out, and no congregating of players while waiting to enter the ice.

- 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 daily 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.
  - Prior to practices, games and/or tournaments, all frequently touched surfaces within the rink which include, locker rooms, bathrooms, hallways, bleachers, and other spectator viewing areas shall be sprayed with a disinfectant prior to use.
  - During practices, games and/or tournaments a routine cleaning and disinfecting should be scheduled and should be based on the number of people using the facility. During largely attended games, cleaning of frequently touched surfaces should be performed more frequently (i.e. bathrooms and frequently used doors).
  - During the practices, games and/or tournaments a facility member shall be appointed to ensure proper cleaning and disinfection of objects, rooms, and frequently touched surfaces.
  - 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 at the facility in accordance with the governor's mandate, this includes 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 must wear a mask/buff while on the ice during practices or games including nonparticipating ice activities (e.g., congregating in a corner, on the bench, walking to the locker room.
    - Coaches and sideline personnel are also required to wear a mask/buff at all times.
  - 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.
  - Puck use should not be shared between teams and should be cleaned and disinfected between use. During games, pucks will need to be cleaned and sanitized prior to next use.
- Water System
  - To minimize the risk of others, the drinking fountain will be disabled but the bottle filling on the drinking fountain will be available.
  - 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 daily.
- Social Distancing
  - During practices, games and/or tournaments a facility member shall be appointed to assist social distancing guidelines of players, coaches, and spectators.
  - Ensure spacing of spectator groups at least 6 feet apart for 15 continuous minutes in the bleachers and viewing areas (Bleachers shall have numbering decals 1 through 6 and repeating again to ensure that groups can determine their correct spacing).

- Ensure spacing of players and/or coaches at least 6 feet apart for 15 continuous minutes during warmup and games to the extent possible (Add bench areas to create more spacing to be provided).
  - Discourage unnecessary physical contact (i.e. high five, handshakes, or hugs).
  - Before, during and after the game, players, coaches, game officials and team personnel should wash and sanitize their hands as often as possible.
  - Try and limit the number of non-essential personnel who are at ice level and near participants throughout the game.
- Concessions
    - Signage is posted at stands for patrons to maintain social distancing of 6' between parties near food stand.
    - 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.
    - The concession stand area will be staged to only allow customers to move in one direction using crowd control fence. Customers will order at one window and move in single direction to pick up their items at the next window.
    - 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 must wash their hands with soap and water upon entering the concession stand and before exiting.
    - Concession workers will properly wear masks.
    - 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.
    - Markers will be placed on the floor to ensure 6 feet social distancing between customers.
    - 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.
  - No spectators allowed at practices. (exception below)
  - One Parent will be allowed during the mini-mite, mite, and learn-to-skate practices to assist in their skater's equipment, but must:
    - Remain seated in the bleachers and maintain social distancing after helping their player
    - Must always properly wear a mask/buff while in the facility
    - May not bring siblings or other family members during this time. NO EXCEPTIONS
    - If the player does not need assistance, the one parent cannot be transferred to another family.
  - 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.
    - Have been quarantine due to exposure of COVID under the CDC guidelines.
  - Up to two Figure Skating spectators, over the age of 18 years will be allowed to attend a practice once a week during figure skating ice times (does not include CYHA ice time), but must:
    - Remain seated in the bleachers or North mezzanine.
    - Must always properly wear a mask/buff while in the facility.
    - May not bring siblings or other family members during this time. NO EXCEPTIONS
  - For CYHA members, six (6) spectators of rostered player will be allowed to attend a game.
    - Must always properly wear a mask/buff while in the facility.
    - Spectators must be of the age of 18 years and older, unless a one of the spectators is a sibling and is accompanied by a parent and remains seated with them during the event. NO EXCEPTIONS other than stated.
    - Spectators must leave the facility after their players game is finished.

- Spectators may not gather within the facility while waiting for their player to exit the locker room.
  - For non-CYHA members, two spectators of rostered player will be allowed to attend a game.
    - Spectators must be of the age of 18 years and older, unless one of the two is a sibling and is accompanied by a parent and remains seated with them during the event. NO EXCEPTIONS other than stated.
    - Spectators must leave the facility after their players game is finished.
    - Spectators may not gather within the facility while waiting for their player to exit the locker room.
  - 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.
  - Spectators should follow the protocols and signage to address entering and exiting areas and high traffic areas to avoid congestion.
  - Ensure spacing of spectator groups at least 6 feet apart for 15 continuous minutes in the bleachers and viewing areas (Bleachers shall have numbering decals 1 through 6 and repeating again to ensure that groups can determine their correct spacing).
- 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\*
- Chills
- Body aches
- Headache
- Sore throat
- Fatigue
- Congestion or runny nose
- Nausea or vomiting\*
- Diarrhea\*



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

- Notify COVID Administrator immediately (rjnormand55@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 receive a negative COVID test and are symptom free for 24 hours without a fever reducer or they test positive for COVID, complete their 10-day isolation, and are released from isolation by Public Health.
  - 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 the symptomatic individual in their family tests positive for COVID and the symptomatic individual's family completes their quarantine and is released from quarantine by Public Health.
- 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 Protocol
  - Symptom-Based return strategy are for individuals with confirmed COVID infection, or individuals with suspected COVID infection but were never tested for COVID.
    - Individuals with mild to moderate illness with COVID primary symptoms may return to play if:
      - At least 10 days have passed since symptoms first appeared and



- At least 24 hours have passed since last fever without the use of fever-reducing medications 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.
- Exposure-Based strategy are for individuals who have had close contact with someone with COVID and have either tested negative or have not been tested.
  - CDC defines close contact as:
    - Individual were within 6 feet of someone who has COVID for a total of 15 minutes or more.
    - Individual provided care at home to someone who is sick with COVID
    - Individual had direct physical contact with someone with COVID
    - Individual shared food or drink utensils
    - Individual sneezed, coughed, or somehow got airborne particles (aerosols) on you
  - Individuals may return to play if:
    - At least 7 days have passed since their last exposure to anyone that has a positive test and they have received a negative test result or 10 days have passed since their last exposure to anyone that has a positive test, and they did not get a COVID test and/or have not received any results.
    - An individual should be aware of symptoms until 14 days after exposure.
    - However, anyone who has had close contact with someone with COVID and who meets the following criteria does not need to isolate if:
      - Has had COVID illness within the previous 3 months and
      - Has recovered and
      - Remains without COVID symptoms (e.g., cough, shortness of breath)
    - Individuals who cannot avoid close contact with the person who has tested positive for COVID may return to play if:

- After the positive case has completes their isolation period with no symptoms and is without a fever for 24 hours (without fever-reduction medications) and
- The close contact completes their 14-day quarantine period after the positive case meets CDC's criteria to discontinue home isolation ... which may reach a total of 24 days dependent on timing.