



## **SAUGERTIES YOUTH HOCKEY ASSOCIATION**

6 SMALL WORLD AVENUE • SAUGERTIES, NY 12477 • WWW.SAUGERTIESYOUTHHOCKEY.COM

### **COVID-19 Preparedness Plan**

Saugerties Youth Hockey Association (SYHA) has implemented guidelines to help reduce the spread of “severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)”, which is responsible for Coronavirus Disease (COVID-19) and/or any mutation or variation thereof. These guidelines are taken from strategies set forth by the New York State Department of Health (NYSDOH), New York State Amateur Hockey Association (NYSAHA), Kiwanis Ice Arena Return to the Rink Guidelines, the Center for Disease Control (CDC), USA Hockey, and other local governing bodies. SYHA will continue to update its COVID-19 Preparedness Plan as new guidelines are announced. SYHA requires each of its members to follow these guidelines.

The information in this Preparedness Plan is not intended to substitute for any diagnosis, treatment, or other professional medical advice. The information surrounding COVID-19 is continuously changing, and SYHA makes no representation and assumes no responsibility for the accuracy and completeness of the information contained in this Preparedness Plan. However, SYHA will continue to do its best to continue updating the Preparedness Plan and its members regarding any changes mandated by the NYSDOH, CDC, NYS Amateur Hockey Association, and other governing bodies. SYHA continues to work closely with the Kiwanis Ice Arena, is committed to providing a safe, and clean environment for those entering and using their rink.

All players, parents, coaches, volunteers, and spectators are required to stay up-to-date on Kiwanis Ice Arena rink procedures (this includes checking Facebook and the rink's website frequently) in addition to government and local guidelines as they can likely change with little notice.

All entering Kiwanis Ice Arena MUST fill out the rinks required online questionnaire DAILY; this is not a one-time requirement.

#### **AT-HOME PREPARATION BEFORE YOU GET TO THE RINK:**

Coaches and players with any risk factors or illnesses should not participate in any on-ice or off-ice activity. Any player, parent, coach, volunteer, or spectator exhibiting any symptoms or signs of any illness should NOT be in the rink.

Each member should perform a self-check before participating in SYHA activities and coming to each event.

Considerations include:

- Recent contact with an infected person(s)
- Recent travel outside of New York State
- Symptoms of Illness



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All coaches and players must be registered with USA Hockey for the 2020-21 season and complete the USA Hockey waiver before participating in any SYHA sanctioned activity.

Families must provide the coaches and team managers with accurate contact information in case of an emergency, with the responsible parent/guardian able to be reached at all times, and immediately return to the rink in case of an emergency.

### **REQUIREMENTS FOR ARRIVAL AT KIWANIS:**

**MASKS:** All players and coaches are required to wear a mask into and out of any facility. Masks are not required for players when on the ice. Masks are required for all coaches when unable to maintain a minimum 6ft social distance. Once off the ice and after a helmet is removed, each player must wear a mask.

**ARRIVAL:** Players should arrive at the rink no more than 15 minutes before each session starts. Anyone who arrives earlier than 15 minutes before each session needs to wait outside of the rink and remain socially distanced from others.

One parent or guardian is allowed to help tie skates and assist with other equipment needs in the rink. This parent/guardian may stay at the rink, following social distancing requirements and while wearing a mask.

Players should come to the rink fully dressed, except for skates and helmets (although arrival in skates with proper skate guards is encouraged). Exceptions are made for goalies that will require additional equipment to be put on at the rink.

Players need to provide their own water bottles filled at home and clearly labeled with their first and last name. Do not use the water fountain at the rink or any other facility.

Please have all players use the restroom at home before practice and games to limit the use of restrooms at the rinks.

**LOCKER ROOMS:** Players also need to maintain six-foot social distancing while in the locker rooms. Therefore, locker rooms should be occupied at limited capacity. Players and coaches must adhere to the Kiwanis Ice Arena guidelines and limits for locker room usage.

All incoming players need to wait until all players on the ice before they have vacated the ice, benches, and locker room area before they enter. There should be no interaction between the two groups.



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### **REQUIREMENTS FOR ON-ICE ACTIVITIES:**

While on the ice, players should maintain as much social distancing as possible. Coaches should plan drills and skill sessions accordingly while keeping social distancing guidelines in mind.

Players should not leave the ice during practice unless absolutely necessary.

Coaches should avoid physical contact with players whenever possible. If a younger player requires physical assistance, the coach should ask the player's parent or guardian for assistance.

At the end of practice, players should not help pick up pucks or other equipment. Each player should exit the ice one by one leaving through the door by the rink window (not the tunnel) and maintain social distancing.

Absolutely no spitting by any player, coach, or volunteer is allowed in the rink or on the ice.

Indoor dryland activities are not allowed at this time.

### **REQUIREMENTS FOR EXITING AFTER ON-ICE ACTIVITIES ARE COMPLETED:**

After practice, players should remove their skates, helmet, and exit the facility immediately after their practice through the correct exit door. This allows for the next group of skaters to enter while maintaining proper social distancing amongst all players.

Each parent/guardian must exit the facility immediately after practice with their player.

Players should NOT be hanging around the facility waiting for a ride.

Coaches must remain at the facility until all players on their team are safely out of the facility and picked up.

Players should not participate in team meetings, socializing, or dryland activities after practice.

Each player's gear should be cleaned after each use.

### **LOCAL GAMES AND SCRIMMAGES:**

Local games and scrimmages are currently not allowed. When games and scrimmaged are permitted, the following guidelines will be used:

- No more than two coaches are allowed on the bench at all times.
- Coaches must wear a mask at all times.
- One coach must be in charge of the players to monitor players and keep them socially distanced.
- The Association will inform coaches on alternative ways to keep the players socially distanced while on the bench, and this Plan will be updated accordingly.



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- There should be no pre- or post-game huddles or post-goal gatherings on the ice.
- Pre-game and Post-game handshakes are not allowed.
- The host rink will determine spectator numbers. At the Kiwanis Ice Arena, all spectators must wear a mask and maintain social distance from other spectators/families.
- For away games, members must follow each arena's guidelines as to the number of spectators allowed, the use of locker rooms, etc.

### **EMERGENCY PLANS FOR ILL PLAYERS:**

If a player arrives at a facility and has an elevated temperature, any COVID-19 symptom or in the event, a player falls ill during an on-ice activity, the player will be removed from the ice and placed in a designated room with a supervising adult. The player's parent/guardian in the emergency contact listing will be contacted immediately to pick up the player.

Since many other illnesses share COVID like symptoms, SYHA strongly recommends that if your player is displaying any symptoms of illness, you hold them out of all activities for a minimum of 24 hours. Coaches may notify the board if they have concerns that a player may need to be tested for COVID. We recommend that the players should be symptom free for 24hrs without the use of any fever-reducing or other symptom-reducing medications before considering return to play.

If a player tests positive for COVID, the family must immediately report the positive result to SYHA by calling the SYHA President or Vice President. At this time, SYHA will report the case to the Ulster County Health Department and the Kiwanis Ice Arena. SYHA will work with local officials to assist as needed.

If a player tests positive for COVID and had recently been at the rink, the rink may close to allow for proper cleaning and sanitization.

Before starting the season, all coaches and team managers will be briefed on how to handle COVID-related emergencies per SYHA guidelines. SYHA will continue to update its members as to any changes to the COVID-19 Preparedness Plan. As information and guidelines from the NYS Department of Health, the CDC, NYS Amateur Hockey Association and, USA Hockey changes, SYHA will do its best to promptly update its Preparedness Plan and notify its members accordingly. In the event a member has any questions related to the Preparedness Plan or COVID Waiver, please contact our COVID Coordinator and Board Secretary, Erica Caliendo, at (347) 947 - 0661.