



Please note: this is a "living document" and will be updated as needed

## **Edgcumbe Youth Hockey Guidelines for Covid-19**

**Edgcumbe Youth Hockey is planning on a full 2020 - 2021 season.**

**Edgcumbe Hockey will be supplying neck gaiters to all players this season for arrival and exiting the arena. Please read the information below for arriving, check-in, practices or games and leaving the arena.**

**We can only control ourselves, not other associations, arenas.**

**Edgcumbe Hockey will send out notifications when needed.**

**This plan has been built from guidelines established by the Minnesota Department of Health, Minnesota Hockey, USA Hockey, Ramsey County Arenas (part of the Ramsey County plan is at the end of this plan).**

### **PREPARING TO ARRIVE AT FACILITIES**

- A. Anyone with symptoms of illness or who have family members in their household with symptoms of illness must stay home and follow CDC and Health Department rules and guidelines for self-quarantine.
- B. Masks are required in the building to help protect employees as well as all other visitors. (They may be removed for on-ice activities but should be worn at all other times)
- C. Skaters should arrive with most of their clothing and equipment already on.
- D. All dressing areas will either be in open public areas or have doors propped open. All dressing areas are considered coed, no one should be dressed down to undergarments at any time.
- E. Skaters should bring skate guards for dressing in areas that do not have rubber flooring or matting.
- F. Skaters should bring hand sanitizer with them for use before and after getting ready to skate.
- G. Skaters should arrive no earlier than 20 minutes prior to the start of their ice time.
- H. Skaters must have their own water bottles clearly marked with their name.
- I. Before each ice session check and verify your organization's schedule with Ramsey County's live on-line schedules at <https://ramseycounty.maxgalaxy.net/Schedule.aspx?GUID=3fedbc82-293f-4839-ba0a-168ac8f1aa5f> for rink assignments, schedule changes, or other important information.
- J. Parents and spectators are allowed in designated areas for games only.
- K. Spectators may not enter buildings any earlier than 5 minutes prior to the start of scheduled games.

- L. Spectators must remain in designated areas during all games and may not linger in lobbies and hallways or other traffic areas before or after games.
- M. Spectators must leave the building immediately following the conclusion of the game that they are attending.
- N. For children under 10 requiring parent assistance, only 1 parent is allowed with the child and must remain within the child's social distance area while assisting them before and after ice.
- O. After young skaters have gone onto the ice parents may stay in buildings that have designated spectator seating available, provided they follow all social distancing and mask requirements.
- P. Skaters and Spectators should follow all one-way directional signage inside facilities and abide by all designated entrance only and exit only locations.

### **Check-In Manager/Coordinator**

- All teams must provide a check-in manager or coordinator to check-in, screen, and direct all skaters, coaches, volunteers, spectators, and other persons attending their activities and events.

### **Check-In Responsibilities**

- Arrive 30 minutes prior to scheduled ice time (10 minutes before skaters) to receive dressing area assignments from rink staff prior to skaters arriving. Skaters will not be allowed in the building until the user's check-in manager or coordinator has arrived.
- Have a copy of the user group's preparedness plan and contact information for all skaters available during all rentals and be prepared to provide it to any MN Department of Health Inspector should arrive for an inspection.
- Take attendance and Screen all teams' skaters, coaches, volunteers, spectators, attending their activities and events as described in the user's group's preparedness plan.
- Ensure all teams skaters, coaches, volunteers, employees, spectators, attending have and wear masks.
- Provide dressing area assignment to all skaters & coaches by Pods or teams.
- Instruct all teams skaters, coaches, volunteers, employees, spectators, and other persons attending their activities to immediately use hand sanitizer upon entering the building.
- Check-in Manager/Coordinator must remain at the Check-In counter/area until all registered skaters are confirmed and checked in for practices and training camps.

### **Dressing Area Manager/Coordinators/Instructors Responsibilities**

- A minimum of 1 Dressing area manager/coordinator must arrive 30 minutes prior to their ice time (10 minutes before skaters). Coaches and Instructors can act as Dressing Area Managers.
- Be present and remain in dressing areas before and after all ice sessions to monitor and enforce all social distancing rules and procedures. Coaches and instructors are required to dress with the

organization's skaters and spread out between the various dressing areas to assist with enforcing social distancing rules.

- Manage the flow of players to dressing areas, to and from the ice, as well as exiting the building.
- Skaters are not be allowed to leave their dressing area seat until they are directed to go onto the ice by their coaches and instructors. Coaches should not lead players out from the dressing area any earlier than 30 seconds before the start of their ice time.
- After getting ready all personal items must be secured and stored inside each skater's bag and placed next to social distancing seat circle before leaving to the ice.

### **Practices**

1. 2 pods of 25 allowed (Included skaters and coaches) per rink or 1 pod of 25 if using the whole ice.
2. Skaters and coaches all should abide by social distancing rules and guidelines while on the ice whenever possible.
  - a. Social distancing circles have been placed on the glass to help monitor and enforce distancing rules.
  - b. Coaches should use the social distancing circles on the on the glass whenever possible to start and end drills or when giving directions or chalk talks.
  - c. When breathing heavily after a drill, skaters should face away from other skaters.
  - d. Coaches should not skate alongside or with players performing drills.
3. Masks are not required on the ice but are recommended.
4. No spitting, yelling, or other actions that may cause additional droplet spray. Cough and sneeze into your arm and jersey.
5. Skaters must always keep their gloves on (includes picking up puck or other equipment).
6. All on ice activities must end 1-2 minutes before the scheduled end time to allow time for picking up equipment and organizing players to leave the ice socially distanced.

### **Games**

1. No pod limitations during games. Full team with coaches, referees, and box staff are acceptable.
2. Skaters should spread apart equally on benches as far apart as possible.
3. Skaters on the bench should face away from other players and minimize talking directly towards one another whenever possible, especially when breathing hard after a shift.
4. Social Distancing is still required in locker rooms and all other rink areas.

### **After the ice time**

- A. Skaters should use the social distancing circles on the glass to line up when leaving the ice surface.
- B. Skaters must remain in their assigned dressing area seat until all skaters are ready to leave.

- C. Use hand sanitizer after undressing and packing up your equipment and bag.
- D. All players should be ready to leave the facility within 10 minutes of leaving the ice and must wait for all players in their pod to be ready to leave the building together.
- E. Coaches/Dressing Area Manager/Coordinator are required to lead skaters socially distanced as pods or teams to the exits.
- F. Coaches/Dressing Area Manager/Coordinator are required to wait with the skaters at the pickup locations to enforce social distancing rules and must remain with them until all skaters have been safely picked up.
- G. Upon getting home skaters should disinfect sticks, helmet, skates, gloves, and other equipment and wash clothing at high temperatures after each session.

Updated

08/30/2020

10/22/2020

## Edgcumbe Youth Hockey Guidelines for Managing Positive COVID-19 Cases

In the case of a positive test for COVID-19 the Edgcumbe Youth Hockey Association will take the following steps as recommended by Minnesota Hockey in conjunction with the Center for Disease Control, Minnesota Department of Health and other local health authorities.

It is important to remember that this process is fluid and can change as needed or guided to do so. The exact details of the response to each case will likely vary depending on recommendation from the MDH.

### Guidelines for Families

- Inform your team 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.
- **Players who test positive must** stay home for a minimum of 10 days since symptoms first appeared and until there is no fever for at least 3 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 (at the end of this document) on when to return.
- **If a member of a player's household tests positive, that player must stay home for 14 days. Even if the player receives a negative test result, they need to complete 14 days of quarantine before returning to the team. If another member of the household tests positive, the 14-day quarantine resets at the most recent positive test result.**

### Guidelines for Teams

- A coach, manager or volunteer will be designated 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. This person will be designated once teams are formed.
- Coaches, managers or a volunteer will coordinate with the association COVID contact, [dpmuccio@comcast.net](mailto:dpmuccio@comcast.net) 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).
- Any opponents or teams that practiced with the infected player over the previous 14 days will be notified.
- Any opponents or teams scheduled to practice with the player's team over the upcoming 14 days will be notified.
- Team activities will be paused for 14 days and the EHA Board, and association contact will be notified, who will consult with local health officials and/or the Minnesota Department of Health on additional testing or requirements before returning to play
- Teams will not be penalized for forfeiting games due to COVID-19 concerns.

## **Guidelines for Association**

- A member of the board, will be responsible for responding to COVID-19 concerns and will help coordinate with local health authorities regarding positive COVID-19 cases. The Association President will handle most responses, but all board members are available to help.
- Communications will continue to be sent to members and signage will be posted at the arena requesting that people who have been symptomatic not enter the building and should not participate in any hockey-related event.
- Persons becoming symptomatic while in the arena will be given an isolated place to wait until they are able to safely leave the arena.
- Upon learning of an association member testing positive for COVID-19, the Edgumbe Youth Hockey Board will 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.
- MDH and local health officials will be consulted and communication will be sent to any players, coaches, officials and volunteers who had close contact with that player notifying them of a positive test. The confidentiality of anyone with a positive test will be maintained in accordance with the Americans with Disabilities Act (ADA).
- The arena will be notified of the positive test which will prompt action from the arena based on their contingency protocols.
- All positive cases will be logged and tracked and be available to the MDH if needed.

## **Summary Page**

(This page is for convenience only and not meant to replace the information above. You are responsible for reading the entire document).

### **Families:**

Inform team if your player tests positive for COVID-19 or has been in contact with anyone who has a recent confirmed case

Stay home a minimum of 10 days (**FROM THE DATE OF THE TEST**) and no fever for at least 3 days

Follow the MDH DECISION TREE for additional information on when to return to play

### **Teams:**

Notify the EHA President, [dpmuccio@comcast.net](mailto:dpmuccio@comcast.net)

Notify teams in contact with infected player over the last 14 days, also contact upcoming teams for the next 14 days

Pause all activities until guidance from MDH on when/how to resume play

### **Associations:**

Notify MDH for guidance

Notify association members

Notify the arena management

Keep records of positive cases

Updated

08/30/2020

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## Decision Tree for People with COVID-19 Symptoms in Youth, Student, and Child Care Programs

For people (e.g., children, care providers, or staff) who have symptoms consistent with COVID-19, send home or deny entry and reference the exclusion criteria in this document to determine when they may return.

**Symptoms of COVID-19 include:** new onset cough or shortness of breath by themselves OR at least 2 of the following: fever (100.4°F or higher), chills, muscle pain, sore throat, fatigue, congestion, loss of sense of smell or taste, or gastrointestinal symptoms of diarrhea, vomiting, or nausea.

If a person has a new symptom (for example, new loss of smell only) with no other diagnosis to explain it, they should stay home and talk to their health care provider about testing for COVID-19, even if it is the only symptom they are experiencing.

For people who received a laboratory test for COVID-19

What to do if you're waiting for COVID-19 test results (PDF)  
([www.health.state.mn.us/diseases/coronavirus/waiting.pdf](http://www.health.state.mn.us/diseases/coronavirus/waiting.pdf))

**Positive test result:** Stay home at least 10 days since symptoms first appeared AND until no fever for at least 24 hours without medication AND improvement of other symptoms.

Siblings and household members also stay home for 14 days.

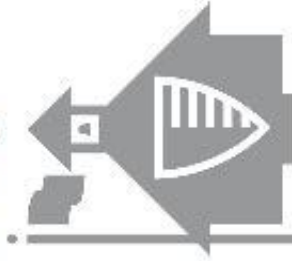
**Negative test result but symptoms with no other diagnosis:** Stay home at least 10 days since symptoms first appeared AND until no fever for at least 24 hours without medication AND improvement of other symptoms.

Siblings and household members also stay home for 14 days.

For people with a COVID-19 diagnosis without a lab test OR people with symptoms consistent with COVID-19 without a medical evaluation (e.g., monitoring symptoms at home)

Stay home at least 10 days since symptoms first appeared AND until no fever for at least 24 hours without medication AND improvement of other symptoms.

Siblings and household members also stay home for 14 days.



For people with other diagnoses (e.g., norovirus, strep throat) that explain the symptoms, or when a health care provider says symptoms are connected to a pre-existing condition

Stay home until symptoms have improved. Follow specific return guidance from the health care provider or follow the [Infectious Diseases in Childcare Settings and Schools Manual \(www.hennepin.us/daycaremanual\)](http://www.hennepin.us/daycaremanual).

If symptoms related to a pre-existing condition change or worsen, talk to a health care provider to determine next steps.

Siblings and household members do not need to stay home.