

# Minnesota Hockey Rec League COVID-19 Preparedness Plan

*The Minnesota Hockey Recreation League (“Rec League”) has compiled this document to provide all participants with information on how the league will conduct its operation during the COVID-19 pandemic. This document was developed based on guidance produced by Center for Disease Control and Prevention (CDC), the Minnesota Department of Health (MDH), Minnesota Hockey and frequently used arenas.*

*The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. The knowledge and circumstances around COVID-19 are changing constantly and, as such, the Rec League makes no representation and assumes no responsibility for the accuracy or completeness of this information.*

*Until COVID-19 is either eradicated, widespread vaccinations, or a cure is found, there is no way of completely eliminating the risk of infection. Our goal is to provide a hockey experience that is as safe and enjoyable as possible. Remember that we can contribute to helping eliminate COVID-19 by doing these five things:*

1. *Staying Home When Sick Or Experiencing Any Symptoms*
2. *Maintain Physical Distance*
3. *Wear a Face Covering*
4. *Wash Hands and Practice Safe Hygiene Habits*
5. *Clean Surfaces & Equipment Between Uses*



## Arriving at the Rink

1. Any players, coaches or spectators exhibiting symptoms or signs of an illness should reference the [MDH COVID-19 Decision Tree](#) and follow its guidance prior to entering any facility or participating in on-ice activity.
2. Coaches will be required to track player attendance for practices and games for the purpose of contact tracing.
3. Participants must arrive at the rink no more than 10 minutes before the start of on-ice activities. Goaltenders will be allowed to enter the arena 15 minutes prior to the start of their scheduled ice time to allow for more time to put on their equipment. Anyone arriving earlier than 10 minutes before their start time will need to wait outside of the facility and be socially distanced from others.
4. **Masks are required at all times inside arenas for everyone, including during practices and games. Details on acceptable face covering can be found [here](#) but include cloth masks and gaiters. In addition, the CCM Game On Mask and Bauer Face Shield & Splashguard combination are approved face covering that is hockey specific.**
5. Spectators for practices are discouraged but a maximum of one spectator per player may be allowed. Spectators for games will be limited to two spectators per player. Exceptions will be made when needed for parents/guardians who must bring other children into the arena with them. Number of spectators are subject to arena policies and may be limited further if

required by specific arenas. All spectators will be required to wear a facial covering and maintain proper social distance guidelines.

6. Coaches/team managers must have accurate contact information for all players' parents/guardians in the event of an emergency while the player is at the arena.
7. Players must arrive to the arena fully dressed, with the exception of skates, gloves and helmets. Goalies will be allowed to come half dressed and put their large pads on in the arena.
8. No equipment bags will be permitted, with the exception of goalies. Small drawstring bags or small backpacks may be utilized to help carry in smaller items and store personal belongings (medications, phones, keys, etc.). Coaches and officials may also need to bring in bags that carry supplies for practice.
9. Locker room use is strongly discouraged. However, in some facilities, keeping players and officials socially distanced in lobbies and other common areas is not possible. In such cases, there should be no more than seven people in a locker room at any one time, and all should be socially distanced by at least six feet. Locker rooms can only be used to put on skates for players, with the exception of goalies.
10. Players should bring their own rehydration liquids to the rink in clearly marked or labeled containers with the player's identity. The container should be re-sealable. Players should NOT plan on refilling their containers at the rink.
11. If your player tests positive, someone in your household tests positive or your player has been exposed to someone confirmed to have COVID-19, you must inform the Rec League COVID-19 contact via email at [mnrechockey@gmail.com](mailto:mnrechockey@gmail.com) and follow the MDH requirement for quarantine. If your team has an event within 24 hours, please notify your coach as well.
12. The Rec League will work with the MDH and the team's coach(es) on necessary contact tracing and related communications.
13. In an effort to maintain accurate rosters of teams or pods, no substitute skaters will be allowed this season.
14. SafeSport policies will continue to be in effect. There should always be a minimum of two adults at every on-ice event, and there should be no unsupervised one-on-one interaction between a player and a coach.

## During Team Practices

1. The MDH requires creating consistent pods of the same staff, volunteers and participants with a maximum number of **25 people in each pod and ice rinks are allowed to have two (2) pods of 25 people or less at a time with no mixing between the groups. Teams must conduct their practices on separate halves of the ice to the greatest extent possible.**
2. Each coach counts toward the number of people allowed on the ice.
3. Players need to maintain as much separation as possible during practices. Whenever possible, coaches should be promoting social distancing on the ice, while recognizing that there may be times of close contact by players.
4. Avoid using player benches during practices.
5. Coaches should avoid talking face-to-face with players in close proximity, as well as avoiding contact with players whenever possible.
6. Only coaches should pick up pucks or other equipment from the ice at the end of practice. Gloves should be on while picking up equipment and hand sanitizer should be used afterwards.

7. There should be no spitting by any player or coach at any time inside the arena, including on the ice surface.
8. **Masks are required at all times for coaches and players, including during practices and games.**
9. Electronic whistles are an encouraged alternative for coaches to use during practices.

## **During Games**

1. A maximum of two spectators per player are allowed for games, with exceptions made for parents or guardians that must bring in young children. If arena or MDH guidelines are stricter, teams must adhere to the arena/MDH policy.
2. The scorer's/announcer's/penalty box should be staffed by no more than two persons, preferably from the same household, and should be staffed by the home team. If off-ice officials are not from the same household, they should maintain social distancing at all times. Masks should be worn by off ice officials at all times.
3. There shall be no more than three coaches allowed in the bench area during games. Coaches on benches must be wearing masks.
4. Coaches should figure out a system that maximizes physical distance between players on the bench during game play, stoppages, intermissions, etc. Space outside the bench area (next to bench) should be utilized whenever possible.
5. During a stoppage of play caused by a save, the goalie should drop the puck on the ice for the official to retrieve.
6. There should be no pregame or postgame handshakes. Teams should honor each other after the game with a stick salute.
7. There should be no pregame or postgame huddles or post goal gatherings on the ice.
8. A two-official system shall be used for games at all levels

## **After On-Ice Activities are Completed:**

1. No on or off ice interaction (socializing, team meetings, dryland activities) should occur following the conclusion of practices or games. Players should remove skates and helmets and leave the premises within 10 minutes of the end of practice.
2. Players should vacate the arena as quickly as possible to allow the next user group to enter.
3. All Rec League ice sessions (practices and games) are 60 minutes in length. Parents/Guardians must be aware of the time when the players will be done and be punctual for picking up players following events. Players should not have to wait for a ride.
4. While at home, players should clean and disinfect gear after each use.

## **Additional Policies:**

1. Rec League teams who rotate goalie equipment among players must require players to return the equipment to the coach prior to transferring to another player. The coach will be responsible for disinfecting and air drying the equipment prior to use by another player.
2. USA Hockey has a no refund policy. Therefore, any player who joins USA Hockey and the Rec League, participates in association activities and later chooses to withdraw from the season would not be eligible for a USA Hockey refund. Refunds for Rec League fees will be reviewed on a case-by-case basis and subject to considerations for full season ice costs and payment.