

ACYHA COVID-19 Preparedness Plan

Outlined in this Plan

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- COVID Exposure
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- COVID Team
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- Screen of all coaches/players/visitors at the Door
- Personal Protective Equipment (PPE)
- Hand Hygiene
- Locker Rooms
- Routine Environmental Cleaning
- Social Distancing
- Increase Signage
- Volunteers (DIBS)

COVID Team

ACYHA’s COVID Team consists of:

- **COVID Task Force**
- **COVID Team Leads**

ACYHA COVID Task Force

A task force that is made up of parents of ACYHA players who have volunteered their time and expertise to come together to make and update the COVID Preparedness Plan, COVID protocols and policies. Each member has a different backgrounds such as ACYHA hockey coaches, legal, clinicians, nurses and other medical health backgrounds.

Duties:

- Work with the COVID Team Leads and ACYHA Executive Committee/Board to develop and update the COVID Preparedness Plan
- Primary contact for COVID positive members and COVID exposures
- Perform initial contact tracing as it pertains to the association for reported Covid-positive Members

- Consult with Minnesota Department of Health (MDH) to determine a plan for members with COVID positive tests or exposures.
- Communicate/consult with MDH for specific guidance on each positive case
- Inform Executive Board and Level Leads of case, decisions made by MDH

COVID Team Lead

Each ACYHA team is asked to have a designated COVID Team Lead. This person is a volunteer who is interested in helping the association maintain our COVID preparedness and standards throughout their team.

- Not the coach or team manager
- Will get 15 hours towards DIBS

Duties

- Primary person for their team's players and family members for COVID-related questions
- Work with Team COVID Contacts to ensure compliance with COVID screening, team attendance and COVID policies/practices.
- Communicate with the respective COVID Task Force for questions/clarification the team may request
- Providing COVID preparedness reminders to players and family members
- Remind players/families to check in with the QR code
- Contact visiting team managers to inform them of NHIA's policies and guidelines around entrance, masking, spectators, etc.
- Obtain the rules and policies for any ice arena you may be visiting and communicating that to your team and families
- Every Game or Practice:
 - Taking team attendance (using a google document)
 - Health Screening of each player (temperature check and COVID screening questions)
 - Primary contact for COVID Practice/Game Volunteer

COVID Symptoms

We are asking anyone who has any of the following to not enter any hockey or ACYHA facilities or events and we will also ask that coaches help us enforce this as it relates to their team's players.

- COVID Symptoms
 - fever

- chills
- cough
- congestion
- difficulty breathing
- loss of taste or smell
- headaches
- vomiting or diarrhea
- Are feeling ill
- Known exposure to COVID (6 ft for more than 15 min, cumulative within 24 hours) in the past 14 days
- Have had a COVID test and are waiting for results

Expectations of Players/Coaches/Parents

Players and Coaches will be let into the building 15 minutes before their scheduled gameice time.

Players

- Must get dressed [outside[1]][LMJ2] or at home
- Must wear masks when entering and exiting the arena – they are not required while on the ice
- Sticks, skates, helmets, and gloves can and be put on inside the arena
- No Bags in the arena. Bags are allowed.will be allowed once games start or teams are formed
- Water bottles have to be filled before entering the arena as water fountains are not available
- Water bottles are not to be shared
- Players must stay in the locker room with masks on until time to go on ice. If no space is available in the locker rooms, players must stay seated with masks on while on one of the chairs located next to the locker rooms.
- Please no spitting of gum or saliva on the floor. PLEASE USE GARBAGE CANS
- Dispose of tape ball and other trash in the garbage cans
- Players must leave within 10 minutes after the game through the designated exit door

Coaches

- Lead team in the building and their locker room
- Coaches must stay with team in locker room or by the chairs
- Coaches leave last, making sure team is out within 10 minutes after game
- Responsible for picking up locker room and making sure nothing is left behind
- Please stress/enforce the guidelines of the arena with your players
- Make sure the players go out the designated door
- No dryland warm- up in the arena, must be done outside or at home
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- All coaches must wear masks prior to, during, and after all games and practices per MN Hockey
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- Please wear your own mask into the rink and leaving the rink. Surgical masks are required while on the ice. These will be provided for you

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- Perform hand hygiene (wash or sanitizer) before and after taking out and putting away equipment

Parents

- Parents will be let in at game time
- A limit of 2 spectators per player will be allowed (2 parents, 1 parent and child, etc).
 - o Strongly recommended no siblings.
 - o If it's necessary, siblings attend, they must stay with parents for the whole game
- No spectators for practice except:
 - o Locker room supervisor and coaches
 - o Players 10 and under may have 1 parent if needed
- Masks required per state mandate
- Must leave immediately following the game through the designated exit door
- No outside food or drink
- Arena lobbies are closed

COVID Exposure

Per CDC and MDH guidelines, people who are exposed are those who have had close contact with the COVID positive person within the 2 days prior to when symptoms started. Being in close contact is defined as being 6 feet of an individual for at least 15 minutes without the use of personal protective equipment. That is, 15 minutes cumulative within a 24 hour period, not necessarily at one time.

For example, if symptoms started on Monday, the person would be shedding the virus on Saturday and Sunday. That means that close contacts from Saturday and Sunday would be considered exposed.

Currently their recommendation suggests persons with exposure isolate at home for 14 days after last exposure, maintain social distance from others at all times, self-monitor for symptoms twice per day and avoid contact with people at higher risk for severe illness. It is also suggested that you get a COVID test 5-7 days after last exposure date.

With hockey, as you know, it's difficult to determine how close the players were for how long as they continue to move on the ice. Our AHCYA COVID Task Force, with the help of MDH, will do their best to determine if any players or coaches will be considered a COVID exposure.

If you have been exposed at Home

- Email ACYHA at ACYHACOVIDmail@gmail.com and provide the following information:
 - o Player's name
 - o Player's team[3][LMJ4]
 - o Last exposure date
 - o Last time with your team
 - o Can you isolate at home from family member
- Per the MN Hockey Association:

- 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.
- ACYHA will expect the player to quarantine for 14 days and will not be allowed to attend practice or games until the 14 days is completed

If you have been exposed at ACYHA

- If it has been determined that a player has been exposed to COVID, ACYHA will reach out to the player's parent by email to notify of the exposure date
- If the exposure was considered to be "close contact," ACYHA will expect the player to quarantine for 14 days and will not be allowed to attend practice or games until the 14 days is completed
- Information will be emailed to the parent on next steps

If a Player or Coach Tests Positive for COVID

Notify ACYHA immediately at ACYHAcovidmail@gmail.com and provide the following information:

- Member's name
- Member's team
- Date symptoms started
- Test date
- Date positive result received
- Last date member was at the arena. If the date was within the 2 days prior to symptoms, did the member have "close contact" with any other people? [5] [LMJ6]

ACYHA Task Force will review the player/coach's information and contact MDH for guidance. MDH recommendations will be communicated with the player/coach. If there are recommendations for the team, this will also be communicated, if needed.

General guidance includes:

- The positive individual cannot participate in any ACYHA activities for 10 days from the day that symptoms started or date of positive test (if no symptoms when tested). The day symptoms started or the day the test was completed doesn't count as one of the 10 days.
- The positive individual may return to ACYHA activities after 10 days AND be fever free for 24 hours (without using fever-reducing medication) AND if symptoms are improving.
- Family members and close contacts of the positive individual cannot participate in ACYHA activities for 14 days, even if they have a negative test result during the 14 days.

ACYHA Task Force will email information to the player/coach with information on when they can return to hockey.

Threshold for “Grounding” a Team after Exposure

Per MDH, if a team (players or coaches) has 2 or more positive COVID members, that team is considered “suspected outbreak.” When a team is suspected outbreak, MDH advises the team to be grounded for 14 days since last exposure date and will not be scheduled for practice and games will be rescheduled.

The reason teams are grounded is to prevent a full outbreak in the team and association.

Preparation of Arena

- Separate entrance and exit
- Keep doors open into the rink – the doors on the lower level of the north rink, smaller door on lower level of the south rink
- Seating is 6 feet apart
- Concessions closed
- Arena Lobbies closed
- Drinking fountains closed

Screen of all coaches/players/visitors at the Door

Screening Goals: To verify each person entering the arena doesn't have a fever, COVID symptoms or exposure

- Temperature scan
- COVID screening (virtual OR by a volunteer)
- Scan QR code and complete the form (players, parents and spectators)
- Masks or Plexiglas for these screeners?[7]
- Encourage hand hygiene upon entering/exiting

Personal Protective Equipment (PPE)

PPE Goals: Face Masks are **required** to be worn by everyone.

- Rink staff, board members and coaches are wearing proper PPE
- Players and visitors are wearing proper PPE
- Surgical masks will be provided to coaches to wear on the ice.
- PPE is stored in a secure manner – equipment cages on the south rink
- PPE inventory and PAR levels are closely monitored
- PPE distribution to coachesaily distribution

Guidance on mask types

- All Rink Staff, board members, visitors and family: Cloth or Surgical Masks at all times
- Players: Cloth or Surgical Masks before and after ice time
- Coaches: Surgical Masks while on the ice with players. May wear cloth mask in arena when not on the ice. (Reason: Coaches are working with players who are not masked)
 - o Main coach grabs masks from a stash for all their coaches for that practice/game
 - o Where Masks will be located – equipment cages for the Mite program – Travel coaches will get a supply to be distributed by Level Coordinators(secured)
 - o ACYHA Board will purchase masks and will re-supply as needed Who will stock the masks

*IF PLAYERS REFUSE TO FOLLOW THE ACYHA COVID POLICIES, THEY WILL BE REPORTED TO THE COVID TASKFORCE AND CONSEQUENCES WILL BE DETERMINED. THIS COULD RESULT IN GAME/PLAY SUSPENSION.

Hand Hygiene

Goals: Per CDC guidelines, wash your hands after being in a public place, touching your face, coughing or sneezing. Please also wash your hands after using the restroom or handling your mask. Avoid touching your eyes, nose and mouth with unwashed hands

- Procure hand sanitizer dispensers
- Located:
 - o Entrance
 - o Exit
 - o Both benches
 - o Clock/scoreboard
- Who will order supplies[8] and store?
- Split cost with rink

Locker Rooms

- Locker rooms assigned every hour
- Prop locker room doors open to decrease need to touch door handles
- Create social distancing in the locker rooms
- Change anything within the locker rooms to increase safety?
- Cleaned between use of each team

Routine Environmental Cleaning

Cleaning Goals: Proper cleaning practices are occurring between all areas. Proper cleaning is occurring on high touch areas & surfaces.

Routine Cleaning

- Chairs: Wash down the extra chairs that players use to get ready during and after practice/games

- Benches: After practice/games
- Clock/Scoreboard: After practice/games
- Locker Rooms: during after practice/games
- High touch Door handles/arm rails
- Equipment used during games/practice: Spray clean after use?

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Social Distancing

Social Distancing Goal: Players, coaches and visitors are separated whenever possible. Please continue social distancing, remaining 6 ft apart.

- Minimize the passing of people in hallways and walk ways
- Utilize Separate doors for entrance/exit
- Avoid using player benches during practice (Per MN Hockey)
- No injured players on the bench
- No State Tournament Banquets
- The home team will supply all game volunteers
- Social team or parent events are not recommended at this time
- Social distancing in the stands
- Social distancing in locker rooms

Create "Pods" on each team if possible?

"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."

"Each coach and on-ice helper counts toward the number of people allowed on the ice as stipulated by the MDH."

- Once teams are created, make sure practice takes place within their "pod" when possible to decrease risk of exposure to more players. [9]
- Separate the pods on the ice when possible, assign certain coach/coaches per pod if possible
- Each pod assigned a certain locker rooms? For example: Teams Blue and Red in locker room #1, Team black and Grey in locker room #2

Per MN Hockey

- "Prior to the completion of the ice time, players should be excused from the rink one by one and through different exit points of the rink. Do not ask players to participate in picking up pucks or other equipment from the ice."

Increase Signage

- Wearing a mask when not on the ice
- Social distancing – Locker room, stands, outside of ice time

Volunteers (DIBS) (pending approval – meeting with Mark from the rink and other interested parties to determine the rink’s needs and how we can help)

- Routine Cleaning
- Screening at the door
- Guide players/visitors on which door to exit

ATwo new volunteer positions have been created to help assist with maintaining safety during COVID . -
Training for volunteers

Training materials should be available on-site for volunteers

COVID Practice/Game Volunteer

- Sign up in DIBS, 1 ?? hour applied to DIBS [LMJ10]
- Duties:
 - o Assisting players in following COVID standards set by the association:
 - Players are masked before/after ice time
 - Social distancing of players and families while outside waiting to enter arena
 - Social distancing while players are in locker rooms
 - Social distancing while players wait to get on ice
 - Social distancing while players get off ice
 - Be sure players and families exit correct door
 - Be sure players and families have all exited the building 10 min after practice/game.
 - Ensure that spectators exit immediately following the game
 - Ensure all spectators have masks
 - Assist rink staff in disinfecting chairs, locker rooms, surfaces
 - Assist at the door to ensure everyone enters at the proper time
 - Other duties as determined by the rink and the board

COVID Equipment Volunteer

- Sign up in DIBS, 1 hour applied to DIBS [LMJ11]

- Every Sunday at 8-9pm, 2 people [LMJ12]

- Duties:

- o Clean hockey equipment used throughout the week