



Spring Lake Park Youth Hockey Association COVID-19 Preparedness Plan

SLPYHA COVID-19 Preparedness Plan updated sections:

- Everyone; Player and Coach; Parent, Caregiver, Household Member, and Spectator Responsibilities
- SLPYHA COVID-19 Reporting Guidelines
- SLPYHA Travel, Team Social Activities/Gatherings and Social Distancing
- Arena/Facility Guidance

Spring Lake Park Youth Hockey Association (SLPYHA) is committed to providing a safe and healthy environment for all players and coaches and therefore, have implemented guidelines to help reduce the spread of COVID-19. These guidelines are consistent with strategies set forth by the Minnesota Department of Health (MDH), the Centers for Disease Control (CDC), USA Hockey, Minnesota Hockey, Spring Lake Park Schools, and other local governing bodies and in coordination with Fogerty Ice Arena.

To ensure we have a safe season, SLPYHA has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. This SLPYHA COVID-19 Preparedness Plan follows Minnesota Executive Orders and will continue to be updated as new guidelines are available. The following guidelines will apply to the 2020-2021 season.

The COVID-19 Preparedness Plan is administered by SLPYHA, which maintains the overall authority and responsibility for the plan. SLPYHA board, coaches and managers are all responsible for implementing the plan. Our goal is to mitigate the potential for transmission of COVID-19. We will only be successful with the support, commitment, and compliance of players, coaches, managers, volunteers, and parents.

SLPYHA COVID-19 Preparedness Plan addresses:

- Player, coach, parent, household member, and spectator responsibilities
- Identification and isolation of sick persons
- SLPYHA COVID-19 Reporting Guidelines
- SLPYHA Travel, Team Social Activities/Gatherings and Social Distancing
- Arena/Facility Guidance
- Communication and Training
- COVID-19 Guidance Sources and Resources

Responsibilities for Everyone

We ask for your patience and cooperation to support our efforts to make the return to hockey safe for all. SLPYHA requires each of its players, coaches, managers, volunteers, parents, and spectators to follow these guidelines as well as the guidelines for each arena and facility. We all can help minimize the spread of COVID-19 by:

- Conducting a symptom self-check prior to participating/attending in any SLPYHA activities;
- Staying home when feeling sick or experiencing any COVID-19 symptoms;
- Wearing a face covering at all times within arenas/facilities;
 - Including players, officials, and coaches during on-ice practice and game play
 - A face covering must cover the nose and mouth completely;
- Maintaining social distance, washing hands and practicing safe hygiene habits; and
- Cleaning surfaces & equipment between uses.



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Player and Coach Responsibilities

Players and coaches are responsible for the following:

- Arrive AND leave fully dressed, with the exception of skates and gloves (coming into the arena with skate guards on is ideal).
 - Exceptions may be made for goalies, who may need to put on additional equipment at the arena.
- Face coverings must be worn at all times and by everyone within arenas/facilities;
 - Players and coaches must wear a face covering at all times (while in the arena, on the ice, or on the bench for all games and practices), unless they have a pre-existing medical condition which needs be communicated to the SYPYHA.
 - Players and coaches would need to obtain official documentation from a medical professional stating that wearing a mask poses a health risk to the player and the player would not be required to wear a mask. Coaches should keep a copy of the documentation and be able to provide it to opposing teams and officials upon request.
- Bring your own water bottle. There is no sharing of equipment or water bottles.

Parent, Caregiver, Household Member, and Spectator Responsibilities

Parents, caregivers, household members, managers, and spectators are responsible for the following:

- Review this plan with your player(s).
- SportsEngine's Team Management app will be used for tracking attendance.
 - Parents will be required to RSVP for every team event via the app. We ask parents to take the responsibility for entering the initial RSVP and modifying it if plans change.
- Provide the coaches and team managers with accurate contact information for a responsible parent/guardian who is:
 - Able to be reached at all times during SLPYHA activities in case of an emergency.
 - Available to immediately return to the arena/facility if required.
 - Able to provide information, if needed for contact tracing.
- If you must conduct ride sharing for practice/games/scrimmage, face coverings should be worn while inside the vehicle.
- Parents/caregivers are responsible to ensure players clean and disinfect equipment. Review CDC cleaning and disinfecting guidance: <https://www.cdc.gov/coronavirus/2019-ncov/community/cleaning-disinfecting-decision-tool.html>
- Adhere to the SLPYHA guidelines and the guidelines for each arena/facility.
 - At this time, spectators will not be allowed in arenas for Phase 4, with the exception of Mites/8U players.
 - Games resume January 14, 2021 with limited spectators according to appropriate venue capacity restrictions.
 - Spectator guidelines will be determined by each arena/facility and are subject to change.
 - It will be up to the team manager and parents to confirm, understand and follow the current guidelines in place.



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Identification and isolation of sick persons

COVID-19 has the potential to cause serious illness and death in of all ages and genders in all communities. Those who are immunocompromised, have co-morbid medical conditions and/or are over the age of 60 are at greatest risk. At the present time, effective treatments have not been developed, and a vaccine is not expected to be widely available for the foreseeable future. Additionally, while children appear to be at a lower risk to contract the virus, there is growing evidence that they can be asymptomatic carriers who can expose others, including parents and siblings to infection. Unfortunately, there is no way to eliminate the risk of infection in this pandemic. Therefore, the goals of a safe return to play will focus on mitigating the risk of COVID-19 transmission by quickly identifying and removing participants who may have contracted or been exposed to COVID-19 and allowing parents of vulnerable and at-risk populations to determine their level of participation.

It is important to keep rosters of individuals who were at practices and games each day for contact tracing. In accordance with the MDH's guidelines for contact tracing, SLPYHA is required to track attendance this season. SportsEngine's Team Management app will be used for tracking attendance.

- Parents will be required to RSVP for every team event via the app.
- The team manager and coaches will review the RSVP list and team event attendance to confirm accuracy.
 - Your team coaches and managers are busy, so we ask parents to take the responsibility for entering the initial RSVP and modifying it if plans change.

People with COVID-19 have had a wide range of symptoms reported- ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Stay at home and notify the coach and team manager if you are feeling sick or experiencing the following COVID-19 symptoms:

- Cough
- Shortness of breath or difficulty breathing
- Fever of 100.5 degrees F/37.9 degrees C or higher
- Chills
- Muscle pain
- Sore throat
- New loss of smell or taste
- Gastrointestinal symptoms of diarrhea, vomiting or nausea

*This list is not all possible symptoms- review [Symptoms of Coronavirus](#)



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COVID-19 Exposure Guidelines

- If a player, coach, or household member is symptomatic and has been tested, it is expected that the player remove himself/herself from all team activity until a result is obtained. If negative, a return to activities can occur after being symptom free for 24 hours.
- If a player, coach, or household member is exposed to a person with COVID-19 or is diagnosed with COVID-19, he or she is required to report this information to the SLPYHA COVID Coordinator at slpyhacovidcontact@gmail.com and stay home for the required amount of time.
 - The player, coach, or household member should be evaluated by a licensed medical professional. The player may require clearance from a licensed medical professional before return to play is granted.
 - The parent or caregiver will be asked to identify those who had been in close contact with the player, coach, or household member.
 - SLPYHA will protect the privacy of players, coaches, and household members health status and health information.
 - Team activities may be paused until MDH health officials are consulted.
- In the event a player arrives at a facility and has COVID-19 symptoms, 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.
- If a positive case is revealed on an opponent's team, it is expected that the team will notify the SLPYHA COVID Coordinator. The COVID Coordinator will consult with MDH and may have the SLPYHA team monitor their symptoms closely for 14 days and/or pause team activities.

Team Manager Responsibilities

Each team will have a designated team manager who will be responsible for responding to COVID-19 concerns and will help coordinate with the SLPYHA COVID Coordinator regarding positive cases. The role of the team manager will include the following COVID-19 activities:

- Maintain up-to-date contact information for all players, parents, and coaches.
- Update the team on arena/facility COVID-19 specific plan requirements or changes.
- Work with the coaches to ensure accurate attendance reporting in SportsEngine.
- Be the point person for any symptomatic or positive confirmed cases of COVID-19 on the team.
- Upon notification of a COVID-19 positive player or coach, contact the SLPYHA COVID Coordinator at slpyhacovidcontact@gmail.com and gather team event information including any opponents or teams that practiced or played with the positive player or coach within the previous 14 days.
- Schedule the scorer's/announcer's/penalty box volunteers using the following criteria:
 - 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 volunteers are not from the same household, maintain social distancing at all times.
 - Volunteers should wear a face covering at all times within arenas/facilities.
 - Volunteers should be symptom free and conduct a symptom self-check prior to attending the activity as well as stay home when feeling sick or experiencing any COVID-19 symptoms.



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SLPYHA COVID-19 Reporting Guidelines

As we continue to experience the impacts of COVID-19 in our community, SLPYHA is following guidance provided by the MDH on positive confirmed cases of COVID-19 and any potential close contacts to ensure the health and safety of everyone in our program.

Illness- If a player or coach has a positive confirmed case of COVID-19 or symptoms:

- The positive individual must stay home for at least 10 days since symptoms began AND until there is no fever for at least 1 day without medication AND symptoms have improved.
- Other players and coaches who have had close contact with the individual will also need to stay home/quarantine for the required period of time.

Close Contact

- Close contact is defined as being near a COVID-19 positive person, closer than 6 feet for 15 minutes or longer during the infectious period.
- The infectious period is defined as beginning two days before onset of symptoms OR two days before a positive test if the person did not experience symptoms.
- If a member of a player's household tests positive, that player and all household members including siblings must stay home for 24 days or more (following [MDH guidance](#)) from the last close contact date with that household member. Even if the player receives a negative test result, they need to remain home for the required period of time before returning to team activities. If another member of the household tests positive, the quarantine period resets at the most recent positive test result.
- Review information on [What to Do if You Have Had Close Contact With a Person With COVID-19](#).

Reporting

SLPYHA will follow the most current guidelines set forth by the CDC and MDH. As required by MDH, positive cases will be reported to MDH.

- Stay home if there are any COVID-19 symptoms and consult a healthcare provider.
- Inform the SLPYHA COVID Coordinator at slpyhacovidcontact@gmail.com if:
 - The player, coach, or household member has tested positive or has been in close contact with someone who has tested positive for COVID-19.
 - The player, coach, or household member has been directed to self-isolate or quarantine.
- Players and coaches who are instructed to quarantine will be considered ineligible for participation for the duration of their quarantine period. If a player instructed to quarantine plays in a game, rules subject to playing an ineligible player shall be enforced.

Notification

- MDH will provide direction for contact tracing and guidance on the notification process to ensure individual health privacy.
- The scope of the notification depends on the extent of exposure and interaction with others.
- Generally, notifications will include coaches, families of the entire team, opponents, teams that shared ice time and the arenas/facilities.
- Notifications of close contacts may include recommendations for testing, staying home and other next steps.



Spring Lake Park Youth Hockey Association COVID-19 Preparedness Plan

SLPYHA Travel, Team Social Activities/Gatherings and Social Distancing

The following guidelines are in place to maintain compliance with executive orders, guidelines, and best practices as well as to help reduce infectious disease transmission.

MN Executive Order 21-01

- Unnecessary travel is strongly discouraged. Consistent with federal guidance and to protect our neighbors, Minnesotans are encouraged to stay close to home and are strongly discouraged from engaging in unnecessary travel, particularly to other states or countries.

MN Executive Order 21-01

- Social gatherings prohibited. Except as specifically permitted in the Executive Order, social gatherings are prohibited. Indoor social gatherings are strongly discouraged; however, indoor social gatherings involving not more than two households, up to a maximum of 10 people, are permitted as long as members of different households maintain at least six feet of separation from each other and adhere to additional precautions for social gatherings on the Stay Safe Minnesota website (<https://staysafemn.gov/>).
- Outdoor social gatherings involving not more than three households, up to a maximum of 15 people, are permitted as long as members of different households maintain at least six feet of separation from each other, and participants adhere to additional precautions for social gatherings on the Stay Safe Minnesota website (<https://staysafemn.gov/>).
- Social gatherings are groups of individuals, who are not members of the same household, congregated together for a common or coordinated social, community, or leisure purpose—even if social distancing can be maintained. Social gatherings include indoor and outdoor gatherings, planned and spontaneous gatherings, and public and private gatherings. Organizers of prohibited social gatherings may be subject to appropriate enforcement action.
- Outdoor recreational activity. Individuals must not engage in outdoor recreational activities where they will come into close proximity (less than six feet of separation) with others from different households. Individuals may engage in the outdoor recreational activities listed below, provided that they adhere to the limitations on social gatherings:
 - Individuals may engage in any outdoor activity that is dependent upon or derives its principal benefit from natural surroundings and open space, including but not limited to hunting, fishing, trapping, boating, hiking, biking, golfing, picnicking, skiing, skating, and snowshoeing for the purposes of pleasure, rest, exercise, or relaxation, provided that the activity can be engaged in accordance with the Outdoor Recreation Guidelines, including maintaining at least six feet of separation between participants from different households and limiting gathering size. Groups within a single household may engage in outdoor activities or sports that do not allow for social distancing (e.g., soccer, hockey, or basketball) but must not engage in such activities with members of other households.
 - Organized Youth and Adult Sports activities continue to be limited.

MN Stay Safe Guidance for Safe Celebrations and Events

- Limit table to 4 persons, or 6 if part of one household (“household” means a group of individuals who share the same living unit)



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SLPYHA Travel, Team Social Activities and Social Distancing Guidelines

- No team-player/parent congregation- i.e. team meals/gatherings at restaurants, potlucks, knee hockey at hotels...
- When possible, reduce overnight stays to protect yourself and others
 - Maintain social distancing- 6 ft apart
 - Monitor COVID-19 rates of the community in which you are traveling
 - Check the hotel's COVID-19 prevention practices before you go
 - Choose contactless options, when possible
 - Wear a face covering in the lobby or other common areas.
 - Minimize use of areas that may lead to close contact (within 6 feet) with other people, like inside lounging areas, dining areas, game rooms, pools, hot tubs, saunas, and fitness centers.
 - Consider taking the stairs. Otherwise wait to use the elevator until you can either ride alone or only with people from your household.
 - Review CDC's guidance on how to [clean and disinfect](#)



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Arena/Facility Guidance

Guidelines are established by each arena/facility and may vary. If arena or MDH guidelines are stricter, SLYHPA must adhere to the arena/MDH policy. Certain policies i.e. regarding wearing face coverings inside facilities, are requirements and not guidelines. SLPYHA requires each of its players, coaches, managers, volunteers, parents, and spectators to comply with rules and guidelines for each arena and facility. Review arena/facility guidelines prior to arrival. In general, CDC, MDH and Minnesota Hockey guidance includes:

- Stay at home if you are feeling sick or experiencing any COVID-19 symptoms.
- Maintain social distancing- stay 6 ft whenever possible.
- Face coverings must be worn within arenas/facilities, according to MN Executive Order 20-81.
 - Anyone not wearing a face covering will be asked to leave the facility.
 - Avoid touching your face, in particular mouth, nose and eyes, with your hands.
 - Cover your mouth and nose with a sleeve or tissue when coughing or sneezing. Dispose of tissues in the trash and wash or sanitize hands immediately afterward.
- Players should arrive at the arena no more than 10 minutes before the start of on-ice activities. Anyone arriving earlier than 10 minutes before start time should wait outside of the facility and maintain social distance.
- Capacity for spectators at scrimmages and games must follow the appropriate facility guidelines.
- A maximum of 50 individuals on the ice for each session consisting of 2 pods of 25 (including coaches and players). Players must stay with their assigned coach/pod for the entire ice session.
- No more than three coaches on the bench during scrimmages and games.
- Pre/post-game handshakes are not allowed. Honor each other after the game with a “stick salute”.
- If applicable, COVID-19 arena information will be reviewed prior to on-ice activities.

Spectators Guidelines

- Adhere to the SLPYHA guidelines and the guidelines for each arena/facility.
 - At this time, spectators will not be allowed in arenas for Phase 4, with the exception of Mites/8U players.
 - Games resume January 14, 2021 with limited spectators according to appropriate venue capacity restrictions.
 - A maximum of two spectators per player are allowed for games.
 - Exceptions will be made when needed for parents/guardians who must bring other children into the arena with them but should be limited as much as possible. Children must always stay with parents/caregivers as they are not allowed to roam freely.
 - Stay physically and socially distanced from others at all times including, while in the facility as well as prior to and after team events while outside of the facility.
 - Do not enter the arena until moments before the puck drops.
 - Once the scrimmage or game has concluded, all spectators are asked to leave the facility immediately to avoid event arrival and departure overlap with the next group.
 - Spectator guidelines will be determined by each arena/facility and are subject to change.
 - It will be up to the team manager and parents to confirm, understand and follow the current guidelines in place.



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Communication and Training

The SLPYHA COVID-19 Preparedness Plan will be posted on the SLPYHA website. Communication will be sent to parents, and coaches regarding their responsibilities as well as when guidelines change or new information becomes available. The SLPYHA Board will conduct a coach and manager meeting which will include a review of the COVID-19 Preparedness Plan information. Coaches and team managers will communicate the COVID-19 Preparedness Plan information with their respective teams.

Additional protections and protocols

The SLPYHA board and coaches have full support in enforcing the provisions of this plan. The SLPYHA board, coaches and parents are expected to take an active role and collaborate in carrying out the various aspects of this plan. Through this cooperative effort we can establish and maintain the safety and health of players, coaches, volunteers, and parents. Questions or concerns should be addressed to one of the SLPYHA Board Members.

The information in this Preparedness Plan is not intended or implied to serve as a replacement for professional medical advice or diagnosis or treatment by a licensed medical professional. SLPYHA must adhere to guidelines set forth by the CDC and MDH. The information surrounding COVID-19 is constantly changing and SLPYHA makes no representation and assumes no responsibility for the accuracy and completeness of the information contained in this Preparedness Plan. However, SLPYHA will continue to do its best to update the Preparedness Plan and inform the association as to any changes mandated by the MDH, CDC, Minnesota Hockey, and other governing bodies. Refer to the CDC and MDH for current guidance.

This COVID-19 Preparedness Plan has been certified by SLPYHA Board on 10/21/2020.

Appendix A: COVID-19 Guidance Sources and Resources

- [Minnesota Executive Orders](#)
- [Minnesota Department of Health \(MDH\): Community Settings: COVID-19](#)
- [MDH Protect Yourself & Others: COVID-19](#)
- [MDH COVID-19 Sports Guidance for Youth and Adults](#)
- [Minnesota Hockey COVID-19](#)
- [Minnesota Hockey Return To Play Guidelines](#)- Phase 4 Updated December 28, 2020
- [Association Guidelines for Managing Confirmed COVID-19 Cases](#)- Updated October 21, 2020
- [District 10 Minnesota Hockey](#)
- [MN Stay Safe Guidance for Organized Sports](#)
- [CDC Considerations for Youth Sports](#)
- [CDC Personal and Social Activities](#)
- [CDC How to Protect Yourself & Others](#)
- [Masks and Face Coverings](#)
- [MDH Tracing COVID-19](#)
- [MDH: Handwashing video](#) translated into multiple languages
- [Frequently Asked Questions About the Requirement to Wear Face Coverings](#)