

# AMES MINOR HOCKEY ASSOCIATION

## COVID-19 Policy

**Updated October 21, 2020**

The mission of AMHA is to positively engage local youth in the fundamentals of hockey through Sportsmanship, Teamwork and Character Development. With that foundation in mind, the health, safety and well-being of our skaters is our highest priority. Accordingly, the AMHA Board has developed the following policy to guide our association through the ongoing COVID-19 pandemic. This hockey season is likely to present unique challenges. We ask that all members remain patient and understanding as we, as an association, work through this period together.

Per USA Hockey recommendations, we have appointed current AMHA Vice President Elizabeth Helmers as the Association's COVID Lead. Elizabeth is available to answer any questions/concerns of members and will work directly with the Ames/ISU Ice Arena regarding any COVID-19 related issues. [vicepresident@ameshockey.com](mailto:vicepresident@ameshockey.com)

Second, our association is a user of the Ames/ISU Ice Arena. As such, all of our skaters, coaches and members must abide by all rink policies and procedures at all times, including mask and social distancing mandates. While the rink will ensure sanitization of the facility, there may be times we ask members to volunteer to assist in this process to allow our skaters more time on the ice. We ask that all members do their part to keep the rink clean and our skaters safe.

### AMHA General Policies:

- All participants must sign a COVID-19 waiver prior to participation in any AMHA activity. If you have already signed an AMHA waiver as part of summer hockey, you will not need to sign again.
- Prior to participating in any AMHA related event (i.e., practice, game, etc.) participants are required to self-assess their health conditions. Is the participant currently experiencing:
  - Temperature 100.4 degrees Fahrenheit or higher when taken by mouth?
  - Diarrhea, vomiting, or abdominal pain?
  - **New** uncontrolled cough that causes difficulty breathing (for skaters with chronic allergic/asthmatic cough, a change in their cough from baseline)?
  - New onset of severe headache, especially with a fever?
  - Sore throat, different than seasonal allergies?

**\*\*If the answer is “yes” to any of the above-listed symptoms, the participant is considered symptomatic and is NOT allowed to be at the AMHA event.\*\***

- AMHA Coaches and Coordinators will have full authority to remove skaters from the ice if the skater is not following directions related to this policy or player safety, or if they are showing any symptoms listed above.

- No sharing of water bottles. Players must bring their own water bottle from home labeled with their name. The water fountains at the rink are currently shut off.
- No sharing of equipment, including jerseys. It is recommended that skaters disinfect their equipment after each use.

#### On Ice Guidelines:

Coaches are required to wear masks at all times (on bench during games and on ice during practices, locker rooms, etc), until further notice. Coaches are further encouraged, where possible, to limit contact and exposure amongst skaters by:

- Avoiding bench use during practices;
- Maximizing ice space by using stations and drills that prevent skaters from standing in lines;
- Discouraging unnecessary physical contact such as high fives, handshakes, fist bumps or hugs;
- Avoiding group discussions or instruction at close proximity; and
- Optimizing practice plans to prevent close contact (within 6 feet of a person infected with COVID-19 for 15 continuous minutes) between skaters

#### Exposure and Positive Cases

All skaters, coaches and volunteers who have either tested positive for COVID-19 or who are symptomatic but have not been tested for COVID-19 infection must exclude themselves from all AMHA events until all of the following criteria are met:

- 10 days after symptoms start AND
- 3 days since their fever has resolved (without fever reducing medication) AND
- All other symptoms have improved

Additionally, all skaters, coaches and volunteers who have recently had a close contact with a person infected with COVID-19 should exclude themselves from AMHA activities and monitor their health for a period of 14 days. For guidance on what is a close contact and when to stay home, please see these resources:

- <https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

If AMHA is notified of a skater, coach or coordinator testing positive for COVID-19, the association will immediately share that notification with all skaters/families within that age level, but without identifying information of the individual who tested positive. The age level team(s) will be allowed to continue AMHA activities subject to any recommendations from the contact tracing analysis of the local county board of health, or any formal vote by the AMHA Board of Directors.

Should any skater, coach or coordinator attend an AMHA activity after receiving a notification to quarantine from their local county board of health, that AMHA age level will not meet for any activity for 14 days from the date of the attended activity.

All members must notify the COVID Lead if they have taken and submitted for processing a COVID-19 test, the results of any COVID-19 test, and any other notifications received from their local county board of health.

#### Tournaments:

As is typical for any season, our coaches and coordinators have already begun the process of formulating tournament schedules for our travel teams. AMHA travel teams are expected to follow all COVID-19 mandates and guidelines of state and local authorities while traveling to a tournament.

#### Refunds:

AMHA fees are based on the Association's overhead expenses and ice time for the respective skaters. If any practice time, tournaments and/or any portion of the season is cancelled by order of any state or local authority (and not rescheduled) refunds will be provided at the discretion of the AMHA Board of Directors and will be determined at the end of the season. No refunds will be provided for any time lost due to a skater testing positive for COVID-19 or having to quarantine based upon the recommendation of their local County health department.

Finally, please understand that this policy will be continuously subject to change as conditions surrounding the COVID-19 pandemic change. This policy is not intended to replace local and state government orders or any policies or procedures put in place by the Ames/ISU Ice Arena.

Let's all stay safe and healthy together, and LET'S PLAY HOCKEY!