

COVID-19 Preparedness Plan for White Bear Lake Hockey Association

White Bear Lake Area Hockey Association (WBLAHA) is committed to providing a safe and healthy place for all our players, families, guests and visitors. To ensure we have a safe and healthy practices/games/scrimmages, WBLAHA has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. The association board, team, coaches and team managers are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our communities, and that requires full cooperation among all our members. Only through this cooperative effort can we establish and maintain the safety and health of all persons in our association.

The COVID-19 Preparedness Plan is administered by WBLAHA Executive Board, who maintains the overall authority and responsibility for the plan. However, association members are equally responsible for supporting, implementing, complying with and providing recommendations to further improve all aspects of this COVID-19 Preparedness Plan. WBLAHA's coaches and team managers have our full support in enforcing the provisions of this plan.

WBLAHA is serious about safety and health and protecting our players and members. Player and member involvement is essential in developing and implementing a successful COVID-19 Preparedness Plan.

WBLAHA's COVID-19 Preparedness Plan follows the guidance developed by the state of Minnesota, available at the Stay Safe Minnesota website (<https://staysafe.mn.gov>), which is based upon Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines for COVID-19, and MDH sports guidance for youth and adults. It addresses:

- ensuring sick players/coaches/other members stay home and isolate when sick person;
- protocols when a player/coach/other member has COVID-19 or exposed to COVID-19;
- social distancing – spectators must be at least six-feet apart;
- player/coach/member hygiene and source controls, including face coverings;
- drop-off and pick-up practices and protocol;
- arena policies and procedures; and
- communication practices and protocol.

WBLAHA has reviewed and incorporated the industry guidance applicable to our association provided by the state of Minnesota for the development of this plan, including Minnesota Hockey Return to Play Guidelines and Minnesota Department of Health sports guidance for youth and adults.

Ensure players/coaches/members stay home and prompt identification and isolation of sick persons

Players, coaches and other members have been informed of and encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess team members health status prior to entering the arena and for players, coaches and other members to report when they are sick or experiencing symptoms.

All players and coaches will self-screen for symptoms prior to arriving to the arena. They will do this by using methods determined by the WBLAHA board (i.e. symptom screener app or checklist). If a player, coach or other member test

positive for COVID-19, they will inform their designated COVID team lead and/or the association COVID coordinator. All participants (players, coaches and players) will be required to pre-register to track attendance during games, practices and scrimmages. The COVID team lead will be responsible to ensure that anyone entering the arena will be checked in. These attendance lists will be kept by the individual teams but will be available upon request to do contact tracing.

If a player or coach begins to notice symptoms while at the arena, they will immediately leave the arena and notify their team COVID team lead.

WBLAHA has also implemented a policy for informing players and coaches if they have been exposed to a person with COVID-19 during their time with their team and requiring them to quarantine for the required amount of time. The WBLAHA will use the current Minnesota Department of Health decision tree to help inform the members of appropriate actions when experiencing symptoms or being exposed to someone that is having symptoms or tests positive for COVID.

In addition, a policy has been implemented to protect the privacy of members' health status and health information. The identity of any member that tests positive will be protected in accordance with the American with Disabilities Act (ADA) and only shared with the members of the association that need to communicate it to the Minnesota Department of Health. If a member is concerned with sharing their identity, they should contact the Minnesota Department of Health directly at health.sports.covid19@state.mn.us. At minimum they should notify their coach or team manager so it can be determined if other members on the team need to quarantine.

Player/coach or other member has COVID-19 or exposed to COVID-19

If a player, coach or other member has COVID-19 and has been in contact with the team while infectious, the association will notify the Minnesota Department of Health at health.sports.covid19@state.mn.us. Infectious is defined as two days prior to symptom onset, or two days before the case was tested, if they had no symptoms. When contacting the Minnesota Department of Health, the members name, date of birth and name of the team will be released to the health department with the members consent and in accordance with the Americans with Disabilities Act (ADA). Also, the association will include the last date the member played or practiced and the date they developed symptoms or had a positive test (if known). The association will notify any members (players/coaches/parents) that had close contact with the positive case via email and provide them with the guidance on quarantine as received from the Minnesota Department of Health. If the player or coach was at a game, the association will notify the other team that they were exposed to a case. The association will also notify our home arenas of a positive case. If a player or coach tests positive for COVID-19 they will have the option for a shortened quarantine period (7 or 10 day). They can choose the 7-day option if they get tested on day 5 or later and their test is negative. Or they can choose the 10-day option if they do not get tested. To qualify for shortened quarantine, they must meet the following criteria: The person has NOT had symptoms of COVID-19 during the quarantine period. The person does NOT live with someone who has COVID-19. The person does NOT live or work in a high-risk setting, including a long-term care or assisted living facility, correctional facility, shelter, or other congregate living facility. The person does NOT work in a health care facility. The person had a defined exposure, meaning a known exposure with a beginning and an end.

If a team chooses, a shorten quarantine period they cannot play any games or scrimmages until 14 days after their exposure. If they practice before the 14 days after exposure, the players need to be distanced. The coach will come up with a plan for practice to ensure the players will never be closer than 6 feet.

COVID team leads will track quarantine times for their team to ensure that no one returns to the ice until their quarantine period is completed. The association COVID coordinator will assist with this tracking when necessary.

Social distancing

Social distancing of at least six feet will be implemented and maintained between spectators in different households. Members will adhere to other social distancing requirements and capacity requirements that may have been set by each arena. Players and coaches will maintain 6 feet distance when they are not playing as much as possible (on the bench, in the locker rooms).

For practices, teams will be identified as pods that will not exceed 25 people per pod. Pod count is composed of players and coaches. If more than one pod is on the ice at the same time (sharing practice ice), each pod will practice separately by dividing the ice in half in either direction.

Player/Coach/Member hygiene and source controls

Basic infection prevention measures are being implemented. Players/coaches/members are instructed to wash their hands for at least 20 seconds with soap and water frequently.

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.

Face coverings (or approved face/splash shields) are required for all skaters and coaches/instructors, volunteers, and spectators at all times while in arenas, including during sports activity. Members that have a medical exemption do not need to wear a mask. Individuals that have a medical exemption must notify their COVID team lead. The WBLAHA board will take action if members do not comply with the face covering rules.

Drop-off and pick-up practices and protocol

Players and coaches will follow individual arena policies regarding protocols for arrival times and getting dressed prior to ice time. This includes arriving to the rink fully dressed (minus helmet, gloves, skates). Goalies will arrive partially dressed before entering the arena and immediately leaving the arena after ice time is completed.

Arena Policies and Procedures

WBLAHA are familiar with the local arena policies and procedures. Each COVID team lead will help ensure that their respective team are following arena protocols including but not limited to: face coverings, social distancing, taking temperatures, arrival/departure procedures and rink capacity (spectator counts).

Communication practices and protocol

This COVID-19 Preparedness Plan was communicated and posted to the WBLAHA website. Additional communication will be ongoing by association through email.

Instructions will be communicated to all members through team meetings and direct emails about protections and protocols, including: 1) social distancing; 2) drop-off and pick-up practices; 3) practices for hygiene; 4) requirements regarding the use of face-coverings. All players, coaches and will also be advised not to enter the arenas if they are experiencing symptoms or have contracted COVID-19.

Coaches and team managers are expected to monitor how effective the program has been implemented. All board members are to take an active role and collaborate in carrying out the various aspects of this plan, and update the protections, and protocols as necessary. This COVID-19 Preparedness Plan has been certified by WBLAHA board and the plan was posted on the WBLAHA website. It will be updated as necessary by the COVID-19 association coordinator.

References

[MN Hockey Return To Play Rules and Guidelines](#)

[MDH COVID 19 Decision Tree](#)

[MDH Stay Safe Guidance for Sports](#)

[CDC Considerations for Youth Sports](#)

[MDH Quarantine Guide](#)

[MDH Sports Guidance](#)