



**Eden Prairie Hockey Association
COVID-19 Preparedness Plan
Updated 10/10/2020**

Phase III Return to Play Start: September 1, 2020

Eden Prairie Hockey Association (“EPHA”) has implemented guidelines to help reduce the spread of COVID-19. These guidelines are taken from strategies set forth by the Minnesota Department of Health (“MDH”) and its [Guidance for Social Distancing](#) in youth sports, the Center for Disease Control (“CDC”), USA Hockey, Minnesota Hockey, and other local governing bodies. EPHA, in concert with the Eden Prairie Community Center (“EPCC”) and Velocity Hockey Center (“Velocity”) will continue to update its COVID-19 Preparedness Plan as new guidelines are announced. EPHA requires each of its members to follow these guidelines.

The information in this Preparedness Plan is not intended to be a substitute for any diagnosis, treatment or other professional medical advice. The information surrounding COVID-19 is constantly changing and EPHA makes no representation and assumes no responsibility for the accuracy and completeness of the information contained in this Preparedness Plan. However, EPHA will continue to do its best to update this Preparedness Plan and its members as to any changes mandated by the MDH, CDC, Minnesota Hockey, and other governing bodies. Questions or concerns regarding this plan should be directed to Sarah Hendrickson (secretary@ephockey.com).

EPHA continues to work closely with both the Eden Prairie Community Center (“EPCC”) and Velocity Hockey Center (“Velocity”). Both of these facilities are committed to providing a safe and clean environment for those who enter and use their rinks. Both rinks have instituted similar rules which need to be followed by all EPHA members when using their facilities. The rules and guidelines set forth in this EPHA Preparedness Plan align with the new COVID-related guidelines enacted by both EPCC and Velocity.

The rules set forth in EPHA’s Preparedness Plan reflect **Phase 3** of Minnesota Hockey’s Return to Play Guidelines, effective **September 1, 2020**. **In the event changes to the current phase are made via Minnesota Hockey, the preparedness plan will be updated,** and the Association’s members will be notified immediately.

Minnesota Hockey and District 6 have both indicated that the season will progress as scheduled unless the state mandates youth sports, or specifically youth hockey, be cancelled. Minnesota Hockey amended their Phase 3 plan on September 22, and follows Minnesota’s Stay Safe Phase III Plan and MDH guidelines. Included within these guidelines are the following (for a full list of Minnesota Hockey’s

current return to play guidelines, visit www.ephockey.com/COVID19)

- Players or coaches with any risk factors or symptoms should not participate.
- All participants must be registered with USA hockey for the 2020-2021 season.
- Players should follow all posted rink guidelines and the EPHA COVID-19 preparedness plan.
- EPHA will follow Association Guidelines for Managing Confirmed COVID-19 Cases.
- Each team will have a designated COVID manager volunteer position who will be responsible for responding to COVID-19 concerns and will help coordinate with the EPHA and local health authorities regarding positive cases.
- EPCC Dryland area is closed until further notice and indoor team training within an arena/rink is not advised during Phase 3. Outdoor dryland training is available with social distancing measures in place.
- Out of state tournament travel by the EPHA is not recommended in Phase 3, and requires District 6 approval.

AT-HOME PREPARATION BEFORE YOU ARRIVE AT THE RINK:

- Coaches and players with any risk factors or illnesses should not participate in any on-ice or off-ice activity. Any player, coach, parent, or spectator exhibiting any symptoms or signs of an illness should NOT be in the rink or any activity at any time.
- A self-check should be performed by each member prior to participating in any EPHA activities. A sample monitoring document can be found here:
<https://www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf>
- If any of the following conditions exist, do not attend your EPHA activity:
 - Recent contact with a known infected person(s)
 - Experiencing typical symptoms of the COVID-19 illness
 - If temperature is elevated, and a fever is suspected, do not come to your EPHA event.
- All coaches and players must be registered with USA Hockey for the 2020-21 season and complete the USA Hockey waiver before participating in any EPHA sanctioned activity.
- Players must be registered with the EPHA before any on-ice activity will be allowed.
- It is expected that families will provide the coaches and team COVID managers with accurate contact information with a responsible parent/guardian who:
 - is able to be reached at all times during an EPHA event in case of an emergency.
 - is available to immediately return to the rink if required.
 - is to be used for any contact tracing, in case of an emergency.

RINK REQUIREMENTS and EXPECTATIONS:

- Complete your health self-check before arriving at your assigned Rink.
<https://www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf>
- If you have a fever >100.4, a cough or other COVID symptoms, do not attend your scheduled ice time.
- For practices, we encourage drop off and pickup of participants to reduce the number of bodies in the building rather than remaining in the building as a spectator.
- Appropriate social distancing is required at all times for any players, coaches and spectators.
- Eden Prairie Community Center (EPCC) and Velocity are continually updating their rink specific COVID-19 plans to align with MDH and Minnesota Hockey recommendations and requirements. Links to updated plans can be found at www.ephockey.com/covid19.

- EPHA expects these minimum expectations are followed by all players, coaches and spectators to ensure we remain as safe as possible:

1) ARRIVAL:

- a) All players, coaches and spectators must wear a mask when entering and exiting the facility.
 - i) At EPCC, all participants must enter through the door nearest to their assigned rink. Avoid walking through the building, rather walk outside the building. Utilize the marked directional entrance and exit doors.
 - (1) Rink 1, enter through main EPCC entrance.
 - (2) Rink 2, enter through doors in back of building.
 - (3) Rink 3, enter through rink 3 doors labeled Ice Arena.
 - ii) At VELOCITY, all participants must enter through the main entrance doors and exit through the side door.
- b) It is expected that players arrived dressed, or half-dressed in their gear with the exception of skates, gloves and helmets.
 - i) Exceptions are made for goalies who will require additional equipment to be put on at the rink.
 - ii) Participants are allowed to bring their hockey bag into EPCC & Velocity facilities (subject to change).

2) MASKS:

- a) ALL players, coaches must wear a mask when entering the facility, while in the facility, while in the locker room, and while exiting the facility.
 - i) Masks must be worn until the helmet is put on before taking the ice, and then immediately upon removing the helmet at the end of the ice time.
- b) ALL spectators must wear a mask at all times when entering, exiting or inside of the facility.
- c) Coaches MUST wear a mask at all times before, during and after any practice or games. This includes when coaching on-ice and on the bench.
- d) On the bench, a mask is required to be worn by coaches, door attendants and scorekeepers/clock operators.
- e) On the ice, it is recommended, but not mandatory for players and on-ice officials to wear a mask.
- f) Face Covering Specifications:
 - i) Types of face coverings can include a paper or disposable mask, a cloth mask, a neck gaiter, a scarf, a bandana, or a religious face covering.
 - ii) A face covering must cover the nose and mouth completely.
 - iii) The covering should not be tight or restrictive and should feel comfortable to wear.

3) WATER BOTTLES, RESTROOMS and LOCKER ROOMS

- a) Players need to provide their own water bottles filled at home and clearly labeled with the player's name. Water fountains are not available at either EPCC or VELOCITY.
- b) There is to be no spitting or water bottle squirting anywhere within a Rink facility.

- c) Please have all players use the restroom at home before practice and games to limit the use of restrooms at the rinks.
 - d) Locker Rooms will be open and available 10-15 minutes ahead of scheduled ice time. Please wait for the previous group to completely exit the facility before entering.
- 4) OFF-ICE DRYLAND and PRE-GAME WARMUPS**
- a) The Rink 2 Dryland and Stickhandling Areas are closed until further notice.
 - b) Any off-ice dryland or pre-game warmups need to be executed outside and not within any rink facility.
- 5) ON-ICE ACTIVITIES:**
- a) Activity on the ice is limited to 2 groups of 25 which includes players and coaches.
 - b) Players should not leave the ice during practice unless absolutely necessary.
- 6) EXITING AFTER ICE TIME:**
- a) All players must be out of the building no later than 15 minutes after their ice time has ended.
 - b) Once a player removes his or her helmet, the player must wear a mask until outside of the facility.
 - c) For players aged 10 and under, each parent/guardian must exit the facility with their player immediately after practice.
 - d) Avoid players hanging around the facility waiting for a ride.
- 7) GAMES AND SCRIMMAGES:**
- a) In the score/announcer/penalty box, no more than two assigned adults are responsible for the clock, scoresheet and both penalty boxes with no one else allowed in the area. Masks must be worn and social distancing maintained.
 - b) No more than 2 coaches allowed per bench during games, and all Coaches must wear a mask.
 - c) Pre-game and post-game handshakes are not allowed. Minnesota Hockey suggests teams honor each other after the game with a “stick salute”.
- 8) SPECTATORS:**
- a) Spectator guidelines will be determined by each rink facility and are subject to change. It will be up to the COVID manager, and parents to double check, understand and follow the current guidelines in place.
 - b) In order to maintain appropriate social distance, and minimize over-crowding, siblings should plan to not attend practices, scrimmages or games if at all possible.

EMERGENCY PLAN & PREPAREDNESS FOR POTENTIAL SICK PLAYERS:

- All EPHA Rostered teams will be required to name a COVID manager. The COVID manager can either be a parent, coach or team manager. This individual will need to complete the safe sport and background check requirements as defined by USA Hockey. The role of the COVID manager will include the following activities:
 - o Maintain up-to-date contact information for all players, parents and coaches
 - o Be the point of contact to Sarah Hendrickson - Eden Prairie Hockey Board COVID

- Update the team on any changes in rink or facility COVID specific plan changes or requirements
- Upon a positive test to a player or coach on their team, notify any opponents or teams that practiced or played with the infected player over the previous 14 days.
- In the event a player arrives at a facility and has an elevated temperature of 100.4 degrees or higher, 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 player/coach/parent is symptomatic and has taken a test, it is expected that the player removes themselves from all team activity until a result is obtained. **If negative, a return to activities can occur after being symptom free for 24hours.**
- If a player tests positive for COVID, the family must report the positive result immediately to EPHA by emailing secretary@ep hockey.com and the EPHA will report the case to MDH and local health officials. EPHA will then identify and contact those who had been in contact with the player and will follow up immediately with those identified on the contact list. Team activities will be paused until local health officials and/or MDH is consulted.
- If a positive case is revealed on the team of an opponent, it is expected that the team consult the MDH decision tree, and monitor the health and temperatures of all involved very closely for 14 days.
- Prior to the start of the season, all coaches and team managers will be trained on how to handle COVID-related emergencies per Minnesota Hockey guidelines.

COMMUNICATION and PROTOCOL

- EPHA will continue to update its members as to any changes to the COVID-19 Preparedness Plan. As information and guidelines from MDH, the CDC, and Minnesota Hockey continue to change, EPHA will do its best to promptly update its Preparedness Plan and notify its members accordingly as soon as possible.
- This plan supplements existing EPHA policies, rules, procedures and regulations. All current policies, rules, procedures and regulations remain in full effect, except for instances where this plan directly contradicts another current policy, rule, procedure or regulation. Therefore, users are encouraged to review all other such policies, rules, procedures and regulations in conjunction with this plan. In the event a member has any questions related to the Preparedness Plan, please contact Sarah Hendrickson at: secretary@ep hockey.com
- The EPHA's Preparedness Plan was initially communicated to all members as of August 31, 2020. Additional communication and training will be ongoing as the COVID-19 effects continue to evolve. The information on www.ep hockey.com/covid19 will be kept current.

Certified by:

Linda Elmquist

President, Eden Prairie Hockey Association

October 10, 2020