

Stillwater Area Hockey Association

Return to Play Guidelines

As of September 13, 2020



In an effort to maintain the health and safety of the players, families, spectators, coaches, staff, and officials participating in events hosted by the Stillwater Area Hockey Association (SAHA), the following best practices have been adopted with the guidance of the Minnesota Department of Health, Minnesota Hockey, USA Hockey, the St. Croix Valley Recreation Center (SCVRC), and our various arena partners. Compliance with these guidelines is **required by all** to help mitigate the transmission of COVID-19. These changes from our normal routines will help us keep our communities healthy and our kids playing the game they love.

This plan became effective September 1, 2020, when Minnesota Hockey moved into Phase 3 of the Return to Play Plan. With the constantly changing environment surrounding COVID, we expect to be updating this guideline document throughout the season. We will communicate changes to our membership via email or on our COVID website at: stillwaterhockey.net/covid-19.

Thank you for your cooperation and support in this effort.

Please be aware that the guidelines set forth in this document represent SAHA's perspective, and it is likely that these may differ from the guidelines of any ice arena you visit this season. We remind you to be respectful of each arena's policies and follow those, even if they are more stringent than what SAHA has published.

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. The knowledge and circumstances around COVID-19 are changing constantly and, as such, Stillwater Area Hockey Association makes no representation and assumes no responsibility for the accuracy or completeness of this information.

SCREENING

1. If you are sick and/or knowingly have been exposed to someone who has tested positive for COVID-19 **do not** attend SAHA events and see below for contact protocols.
2. Screening will be conducted of all players, coaches, and volunteers, prior to entrance to the arena. This information will be collected for contact tracing purposes. It will consist of demographics for the individual as well as the following questions, please return home and contact your healthcare provider:
 - a. Fever or feeling feverish?
 - b. Chills?
 - c. A new cough?
 - d. Shortness of breath?
 - e. A new sore throat?
 - f. New muscle aches?
 - g. New headache?
 - h. New loss of smell or taste?

3. If players or coaches begin experiencing symptoms of COVID-19 while at a SAHA event, he/she will be sent home immediately. If he/she cannot leave immediately, they will be isolated from others, and parent/guardian will be contacted to arrange a timely pick up of the player. Frequent handwashing and sanitizing is highly recommended; cough/sneeze hygiene is required.
4. If a player, family member, or a close contact has tested positive, please email us at admin@stillwaterhockey.net. We are finalizing a volunteer position to be a point of contact and will publish that information when it is available.

PLAYERS

1. Masks are required to enter any arena. Players are allowed to remove their mask prior to putting on their helmet.
2. As a general rule, players should not arrive more than 15 minutes before their ice time. They must come dressed as much as possible to allow for quick transition from locker room to ice. This will include all equipment except for helmets, gloves, and skates. We understand that there will be difficulties tying skates with full gear on; please coordinate with your team staff to make accommodations as necessary.
3. Players are asked to maintain physical distance when entering and exiting the ice, in hallways, and in locker rooms. Additional seating will be available in addition to the locker rooms to assist with this spacing. Coaches will guide players to the applicable entrance on and off the ice.
4. Players should not spit while on the bench, on the ice, in the locker rooms or hallway floors.
5. Players are required to bring their own filled water bottles as the water fountains will not be accessible. Water bottles must have the player's name clearly marked. Players are not to share their equipment or water bottles.
6. No showers are available.
7. Sanitizing of equipment (helmets, sticks, gloves) is recommended.

SPECTATORS – INDIVIDUAL ARENA RULES MAY DIFFER

1. Masks are required for all spectators 5 years of age and older.
2. A maximum of two spectators per player will be allowed for games. Siblings under the age of 10 are an exception to this rule. Parents are asked to use their best judgement.
3. Physical distancing of people not from the same household is required; please maintain six feet between unrelated spectators.
4. No spectators are allowed at pre-season clinics, evaluations, or practices for players 11 years and older; these players must be dropped off and picked up.
5. Players 10 years and younger are allowed one parent, guardian, or immediate family member to assist with equipment and may remain at the rink to assist during practices as needed. Physical distancing and masks are required.
6. Spectators are not to watch games from any arena lobby; please sit in the arena bleachers, maintaining six feet of physical distancing.
7. Any child who is not actively participating in a team event must be supervised and in close proximity to their parent or guardian.

8. Do not congregate in the lobby areas of the arena before or after games. Please go outside or to your vehicle to wait for your player.

COACHES

1. Coaches are required to wear masks before, during, and after practices and games.
2. Coaches are to exit the benches immediately following game and leave the ice immediately following games and practices so that the arena can sanitize the area.
3. Team staff will have contact information for each player in the event a player becomes ill during practice or a game.

PRACTICE AND GAME PLAY

1. Two pods of 25 people (players, coaches) are allowed on the ice at the same time.
 - a. Interactions between pods is not allowed.
2. Avoid use of benches during practice.
3. Dryland activities, including warmups, inside the arena are not advised.
4. Locker rooms will be assigned as usual for practices and games. Players are required to leave the building within 15 minutes of the end of the ice time.
5. Leaving the ice during practice should be avoided unless absolutely necessary.
6. During a stoppage of play caused by a save by the goalie, the goalie must drop the puck to allow the official to retrieve it.
7. No post-goal celebratory gatherings are allowed.
8. No pre- or post-game handshakes are allowed.
 - a. Please display good sportsmanship with a stick of salute.
9. Players are to exit the benches following games and will leave the ice immediately following games and practices so that the arena can sanitize the area.

VOLUNTEERS

Any person performing either association or team volunteering must wear a mask at all times while performing said duties.

OUT OF STATE TRAVEL

All out of state travel by Stillwater teams must be approved by the District Director. Travel of out of state teams into Stillwater must be approved by the District Director.

Teams are expected to self-enforce these guidelines. Players, coaches, and spectators who do not follow these and other guidelines outlined place their teams involvement in future events at risk.