



City of Inver Grove Heights COVID-19 VMCC - Ice Arena

Operational Plan Guide

As of June 23, 2020

In general, the operations plan includes recommendations for steps and actions needed for the VMCC facility and Park facilities as well as functions within the Youth Recreation programs.

At all times, staff and patrons will be encouraged to adhere to the following COVID-19 prevention strategies:

- Staff are required to take temperature checks prior to beginning shift.
- Following social distancing.
- Face covering when appropriate.
- Encouraging and enforcing norms of health etiquette.
- Promoting health checks and screening of participants and staff/volunteers.
- Enforcing stay-at-home when sick expectations.
- Ensuring policies are considerate of staff, volunteers, and participants at highest risk of complications.

The City Will Provide the Following When providing recreation events/programs:

- Signage
 - Wash Hands Signage
 - Prevent the Spread of COVID 19 Signage
 - Symptoms of COVID 19 Signage
 - Social Distancing Reminders Signage
- Hand Sanitizing Stations will be provided by the VMCC or will require vendors to provide i.e.: Food Trucks, Farmers Market
- Regular Cleaning of high touch areas before and after event
- Hired vendors/performers/contractors/facility renter will be required to sign a city contract and provide COVID-19 Operations plan identifying their strategies to meet COVID-19 prevention strategies.

Guidance for Social Distancing for Youth Sports (key points from MDH guideline)

- Activities/Programs are reduced to groups of 20 people referred to as a 'pod'.
- Follow the outlined ratio for ice rinks with no more than two (2) pods per rink
 - Ice rink (approximately 17,000 sq ft)
- Activities/Programs comply with Safe Sport mandates (federal law).
- Users should stay home if they have any Covid-19 related symptoms.
- Masks/Face Coverings are recommended and encourage to wear upon entrance and existing the Community Center/Ice Arena and/or when social distancing may be harder to maintain. This includes dryland training outdoors.
- Users should maintain a 6' foot distance between one another.
- For activity/programs or organized activities:
 - Focus on skill development
 - Keep any 'play' or interaction between players contactless

- Do not have intermixing between groups (pods)
- Do not participate in games or tournaments, even if the events are out of state where youth sports games/tournaments are supported.

Participants/Parents

- Only skaters registered for your activity/program or on your team may train/skate together. No guest /non-registered skaters will be allowed.
- Children age 10 and under can be accompanied with one parent/guardian who must sit in designated seating specific to each rink.
- Parents/Guardians are to follow social distancing guidelines.
- No other spectators are allowed in the facility.

Hygiene Practices

- Restroom facilities will be open, however, not intended as a changing area. Toilet rooms in the team rooms will not be available.
- Washing hands before and after activity is encouraged.
- Hand sanitize dispensers are available in a limited number of locations in VMCC.

Task Area	VMCC Facility Will Provide	Program Procedures
<p>Promote behaviors that reduce the spread of COVID 19</p>	<p>Post Hand Hygiene and Respirator etiquette posters throughout the VMCC.</p> <p>Post CDC How to Protect Yourself from COVID 19 Posters and Symptoms of COVID 19, Self-Wellness Checks throughout the VMCC and on park buildings.</p>	<ul style="list-style-type: none"> ○ Teach and reinforce use of face coverings for staff and all participants, parents, etc. ○ Encourage frequent hand washing, before, during and after programs. Have hand sanitizer available on site. ○ Spectator attendance reduced to one caregiver per family, all will be required to stand 6ft from each other, parents are encouraged to wait in vehicle during class/ice time (except for preschool sports). ○ Participants should come to the facility no more than 15 minutes before program/ice start time or during specified check-in/ out time. ○ Only one parent/guardian accompany younger children to the facility when possible. ○ Each participant will be asked to bring their own water bottle and label it. May not have access to public drinking fountains on site. ○ Encourage bathroom usage before arriving to park locations if possible. ○ One class per specific location. No sharing of space until further notice. (i.e. VMCC- West Turf) ○ Staggered times between classes to reduce intermixing.

Implementing strategies to maintain a healthy environment	<p>Identify Cleaning and Disinfecting plan for frequently touched surfaces</p> <p>Safe and correct use of disinfectants, SDS Sheets, etc.</p>	<ul style="list-style-type: none"> ○ Instructors will provide sanitizing to disinfect all shared items- equipment, tables, chairs, supplies, etc. ○ Instructors will clean equipment and all shared items before, during and after each use. ○ Instructors will be given directions on sanitizing items and will need to sign off on schedule after cleaning. ○ Instructors will allow many breaks during class to sanitize. ○ Disinfecting and sanitizing kits will be provided at each site along with stocked first aid kits. ○ Minimize the use of shared equipment.
	<p>Social Distancing Reminders on Floor at VMCC</p> <p>Physical guides will be provided throughout each facility within the VMCC</p>	<ul style="list-style-type: none"> ○ Staff to create a program floor plan for set up to meet social distancing requirements. ○ Provide signage encouraging social distancing and/ or staff will politely remind patrons of social distancing requirements if necessary. ○ Identify a drop off plan, entrance and exit locations to minimize congestion. ○ Drop off and pick up plans to include “verbal check-in/out” with staff. ○ Provide physical guides, cones, marks on floor.
Protection for Healthy Operations	<p>Implementation and communication plan for exposure response and reporting</p>	<ul style="list-style-type: none"> ○ Current guidance is to keep groups together - no changing groups of 20. Staff included. ○ Once class/ice time is complete participant will be asked to leave as soon as their designed parent/guardian has arrived. ○ Review program to ensure the program meets current gathering requirements of groups of over 10 or where spacing not available. ○ Implement the official IGH Parks and Recreation response plan if COVID 19 reporting occurs.
Communications		<ul style="list-style-type: none"> ○ Identify all pertinent information for each participant/ family prior to the start of each program. ○ Contractors may require additional COVID-19 waiver to be signed by each participant prior to the start of class. ○ Include communication on recognizing signs and symptoms

Arriving at the Rink

1. Players or coaches with any risk factors or illnesses should not participate in any on-ice activity. Any players, coaches or spectators exhibiting symptoms or signs of an illness should not be in the facility at any point.
2. Participants should utilize the Minnesota Symptom Screener Guide prior to any on-ice activity. These screens should be monitored by each association.
3. All participants must be USA Hockey registered for the 2020-21 season to participate in any Minnesota Hockey sanctioned on-ice activity.
4. **Players should arrive at the rink no more than 15 minutes** before the start of on-ice activities. **Anyone arriving earlier than 15 minutes before their start time should wait outside of the facility and be socially distanced from others.**
5. If there is an activity occurring at the rink before the team's scheduled start, the incoming team should wait until all players from the prior event have vacated the building. There should not be interaction between the two groups.
6. Lockers will be available for use but will be limited to 10 per locker room. Ice times/hours will be assigned both East and West Rink lockers, please make sure to check locker assignments on screen prior to entering ice rink.
7. For practices or clinics, players aged 11 and older should be dropped off at the rink and picked up afterward. Their parents/guardians should not be in the arena. Players aged 10 and under are allowed one parent/guardian in the rink to help with any equipment needs. Those parents/guardians may also be at the rink, socially distanced from others, to help the player if needed throughout practice time. Masks are advised and may be required by the facility for parents/guardians.
8. Families should provide coach/team manager with accurate contact information in the event of emergency while the player is at the arena. This information MUST be accurate, and the responsible party MUST be able to reach the designated person if the need arises.
9. Whenever possible, players should use the restroom at home prior to leaving for the rink to limit bathroom use at the facility.
10. Players and officials should arrive to the arena fully dressed with the exception of skates (coming in to the arena with skate guards on is ideal) and helmets. Exceptions may be made for goalies, who may need to put on additional equipment at the rink.
11. Players should be bringing 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.
12. Prior to the first on-ice session, coaches and/or association leaders should host a meeting to explain procedures to parents, and to answer any questions.
13. Coaches should be as prepared as possible to ensure complete utilization of the allowed ice time. This also helps ensure that players are not distracted and know they need to be on time and ready to go, not engaged in other areas of the building.
14. Each association and team should have an emergency plan for any positive cases within the team or association. If a case of COVID-19 is reported to you and is a part of your organization or team, report the case to the Minnesota Department of Health at health.sports.covid19@state.mn.us and local health officials. MDH or local public health will work with you to identify close contacts and do follow-up with your team.
15. Each association and team should maintain accurate rosters of teams or pods and be prepared to support local public health contact tracing efforts.

16. Associations should work with rink partners and be aware that some communities may not open rinks despite the Stay at Home order being lifted.
17. Dryland activities inside the arena are not advised during Phase 2.
18. Safesport policies will continue to be in effect in all phases. There should always be a minimum of two adults at every on-ice event, and there should be no unsupervised one-on-one interaction between a player and a coach.

On-Ice Activities for Practices, Clinics and Tryouts:

1. Within the program, create consistent pods of the same staff, volunteers and participants with a **maximum number of 25 people in each pod. Ice rinks will be allowed to have two (2) pods of 25 people or less at a time with no mixing between the groups.**
2. Players need to maintain as much separation as possible during practices. Whenever possible, coaches should be promoting social distancing on the ice, while recognizing that there may be times of close contact by players.
3. **Avoid using player benches during practices.**
4. Coaches should always be keeping players active and engaged. Players should not leave the ice during a practice unless necessary.
5. Each coach and on-ice helper will count toward the number of people allowed on the ice as stipulated by the MDH.
6. Reduce contact between players as much as possible.
7. Coaches should avoid talking face-to-face with players, as well as avoid contact with players whenever possible. Physical contact may be necessary when assisting a young player or a player with a disability (helping up or adjusting equipment), but whenever possible, coaches should provide assistance without physical contact, or ask the player's parent/guardian to assist.
8. Prior to the completion of the ice time, players should be excused from the rink one by one and through different exit points of the rink. Do not ask players to participate in picking up pucks or other equipment from the ice.
9. There should be no spitting by any player or coach at any time inside the arena, including on the ice surface.

After On-Ice Activities are Completed:

1. **No on or off ice interaction (socializing, team meetings, dryland activities) should occur following the conclusion of practice.** Players should remove skates and helmets and leave the premises within 15 minutes of the end of practice.
2. **Players should vacate the arena immediately** to allow for the next user group to enter.
3. Parents/Guardians must be made aware of the time when the players will be done. The parents or person assigned to pick up players at the arena must be punctual. Players should not have to wait for a ride.
4. Coaches or other responsible adults should remain until all players are safe and removed from the premises.
5. While at home, players should clean and disinfect gear after each use.

Local Games and Scrimmages

1. Starting June 24, begin with inter-team scrimmages as part of practice.

2. Two weeks later, focus on playing teams in your local community, local club, or local organization.
3. After another two weeks, consider expanding to teams beyond your local community, but consider COVID-19 case activity level and risk in those communities when making travel decisions. The MDH strongly discourages travel to play games outside of Minnesota.
4. Spectators are allowed for games per arena recommendations. Spectators should always be physically distanced. Cloth face coverings are encouraged even if not required by the facility.
5. At the scorer's/announcer's box, best practice would be that one assigned adult will be responsible for clock and scorebook with nobody else allowed in the area. In instances where there is more than one off ice official, masks should be worn.
6. Whenever possible, resurfacing of the ice sheet should only take place before or after a game.
7. There should be no more than two coaches allowed in the bench area during games. Coaches on benches should be wearing masks. One coach should monitor players on the bench and keeping them physically distanced.
8. Coaches should figure out a system that maximizes physical distance between players on the bench during game play, stoppages, intermissions, etc. Space outside the bench area (next to bench) should be utilized whenever possible.
9. During a stoppage of play caused by a save, the goalie should drop the puck on the ice for the official to retrieve.
10. There should be no pregame or postgame handshakes. Teams should honor each other after the game with a stick salute.
11. There should be no pregame or postgame huddles or post goal gatherings on the ice.
12. A two official system shall be used for games at all levels.

