

Bemidji Youth Hockey Association



COVID-19 Exposure, Preparedness, and Response Plan

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Bemidji Youth Hockey Association

COVID-19 Exposure Prevention, Preparedness, and Response Plan

The purpose of this plan is to outline the steps Bemidji Youth Hockey Association (BYHA) is planning to take to reduce the risk of exposure to COVID-19. This plan describes what protective measures, and cleaning and disinfecting procedures will take place. This plan also describes the steps that will be taken if someone contracts COVID-19.

BYHA takes the health and safety of all participants, coaches, and parents very seriously. With the spread of COVID-19, we must all remain diligent in mitigating the outbreak. We have developed this plan to be implemented at our facility and throughout our practices, games, and tournaments, taking into consideration CDC, Minnesota Department of Health, and Minnesota Hockey Return to Plan guidelines at any given time. We are asking everyone to help with our prevention efforts while at these events. In order to minimize risk and continue to play hockey, we all must do our part.

As set forth below, BYHA has implemented various rules, waivers, social distancing, and other best practices. BYHA expects that if at any time any participant, parent, or coach experiences signs or symptoms of COVID-19 (that cannot be explained by another existing medical condition), as described below, that you report this immediately to **Kayla Winkler at 218-760-4314**. Do NOT come to the rink and call your healthcare provider right away.

- **Coughing**
- **Shortness of breath or difficulty breathing**
- **Fever**
- **Chills**
- **Fatigue**
- **Congestion or runny nose**
- **Muscle pain or body aches**
- **Sore throat**
- **Headache**
- **Nausea or vomiting**
- **Diarrhea**
- **New loss of taste or sense of smell**
- **Any new symptoms as listed by the CDC website**

Bemidji Youth Hockey

Basic Rules/Regulations

Participation is optional and at your own risk.

Players, coaches, volunteers, and spectators are expected to understand and follow the rules set forth in this document; if they are unable or unwilling to do so, they will be asked to leave and/or your child will not be able to participate. No refunds will be given in this case.

Players, coaches, volunteers, and spectators with any risk factors or illness should not participate and should not be on the grounds at any point. STAY HOME.

Players, coaches, volunteers, and spectators exhibiting symptoms or signs of an illness should not be on the grounds at any point. STAY HOME.

Players and coaches must utilize the BYHA Online Health Screening form until teams are formed. Once teams are formed and rostered on the Bemidji Youth Hockey website, we will transition to the SPORTS ENGINE RSVP prior to attending or participating in any game or practice. **In the event of any “yes” answer to the COVID-19 screening questions or a Temp of 100.4 or higher, that person should stay home and should not be on the grounds at any point.**

Do not arrive any earlier than 15 minutes before the start time of your scheduled ice time and leave the rink/grounds immediately (no more than 5 minutes) following the completion of your ice time. Anyone arriving earlier than 15 minutes before his or her scheduled start time should wait outside in their vehicle and be socially distanced from others.

Volunteers and spectators are expected to maintain social distancing – stay 6 feet apart – before, after, and during practices and games.

Players and coaches are expected to maintain social distancing – stay 6 feet apart – before, after, and during practices and games. While on-ice, coaches are expected to minimize close contact between players, and players should not be within 6 feet of each other for more than 15 minutes.

Players, coaches, and volunteers will be encouraged to wash hands before and after games. Hand washing signs will be posted. Hand sanitizing stations will be offered throughout the rink.

Players/parents are required to inform the Bemidji Youth Hockey COVID-19 Coordinator, and their team manager if a player has tested positive or been directly exposed to someone that has tested positive so appropriate actions can be taken.

No sharing of any equipment. Players will be required to bring their own equipment and water bottle. Players should not touch any equipment that is not their own.

Whenever possible, players, coaches, volunteers, and spectators should use the restroom prior to coming to the rink, in order to limit the use of restrooms on site.

There should be no spitting by any player, coach, volunteer, or spectator at any time inside the arena or around the grounds, including the ice surface.

Lobby

The lobby will not be used. No tables will be out. Please wait for your player outside or in the parking lot.

The BCA doors will be clearly marked as ENTRY & EXIT. There will be a divider in the lobby to direct traffic for in/out.

One-way traffic will be used throughout the rink wherever possible.

Water fountains will not be allowed to be used for drinking.

Bathrooms in the Lobby will be available; please maintain social distancing as best as possible.

Check-In & Spectator Guidelines

Check in for players will be done via Sports ENGINE. Families must check their player in 2 hours before any scheduled practice or game.

Spectators for practice: One parent/spectator is allowed per player at practice at the 6U/8U, Termite, Mite 1 and Mite 2 level ONLY. Spectators for practice do not need to check-in/screen prior to practice or games. They are required to follow all rules of BYHA and our arena facilities. The covid attendant, team manager and/or coach will be observing to make sure families are following this guideline.

Spectators for games: Only two spectators/parents per player will be allowed for each game. For both practice & games, we understand there may be circumstances where siblings need to attend practice/games. If this happens, the siblings must follow all rules set forth by BYHA and the facility including mask use, and maintaining social distance. Kids are required to sit with their parent during practice/games.

Spectators for tournaments: Prior to the tournament, each team will receive two wristbands per rostered player. Ex: 12 rostered players- 24 wristbands will be given to that team. The wristbands should be distributed two per player and is intended for parents/spectators. Coaches who will be on the bench and volunteers who are working the penalty box/scorebook will not need a wristband to enter the arena.

Practices Guidelines for Dressing

Players should come dressed with the exception of helmet and skates (coming in to the arena with skate guards on is recommended). Players should leave dressed, having removed only their helmet and skates. Exceptions may be made for goalies, who may need to put on additional equipment at the rink. Players are required to wear a mask at all times unless they are wearing their helmet, and it has been fastened in place. Exceptions may be made for unique practice times. This will be discussed on an individual team basis and/or discussed as the BYHA practice schedule is developed.

A maximum of 50 people (players, coaches, etc.) will be allowed on the ice at any given time.

Coaches, spectators, and volunteers will be required to wear masks at all times when inside the rink.

Players will be expected to maintain social distance as best as possible.

Each player is responsible for having his or her own adequate water supply. There will be no sharing of drinks.

Please review specific locker room policy below for practice policies

Game Guidelines for Dress

Players and referees should come dressed, with the exception of helmet and skates (coming in to the arena with skate guards on is recommended). Players should leave dressed, having removed only their helmet and skates. Exceptions may be made for goalies, who may need to put on additional equipment at the rink. Please review the locker room policy below for games.

Locker Rooms

Practices

Locker rooms will be available at the Bemidji Community Arena for specific practice times. All rules listed below apply. Practices will be available for the following practice times (effective 11/2/2020)

- Before school practices (any practice that starts between 6am-7am)
- Immediately following school practices (4pm)
- Immediately following the work day practices (practices that start at 5:20p or earlier)

Please note: The BCA locker room policy is **subject to change at any time**, and it is the expectation of the team manager to keep in communication with the COVID-19 Coordinator. Any team that does not follow the policies laid out by Bemidji Youth Hockey or the Bemidji Community Arena will not be able to access locker rooms. Locker room policies in various Bemidji facilities may differ- so we strongly encourage players to come to the arena dressed. For practices/games at the Bemidji Community Arena, the following standard policies apply:

- A locker room monitor **MUST** be present in the locker rooms to ensure the players are wearing masks & socially distant. Locker room monitors must have conducted a MN Hockey Background Check & Safe Sport Screening.
- Teams must keep a record of where each player sat while utilizing the locker rooms and this record needs to be made available should the COVID-19 coordinator requests it as part of contact tracing. A best practice would be to arrange kids by their jersey number in the locker rooms.
- Any team that utilizes a locker room is responsible for sanitizing the locker rooms following practice. Sanitizing products will be available. If Bemidji hosts another team, we are responsible as the home team to ensure the visiting team locker rooms have been sanitized following use.
- The Bemidji Community Arena has measured and marked each locker room, spacing players 6+ feet apart and will post the maximum COVID-19 occupancy for each locker room. Bemidji Youth Hockey teams must follow these occupancies.
- Teams will be assigned locker rooms based on their roster, as well as the occupancy posted by the Bemidji Community Arena. Larger teams may be divided into multiple locker rooms and the team is responsible to make sure that appropriate locker room monitoring is occurring.
- Masks are expected to be worn at all times in the locker rooms
- Hand sanitizer will be made available. Players are expected to sanitize each time they enter the locker rooms.

- Teams will be able to access their locker rooms no more than 15 minutes before their scheduled ice time. Teams will be required to depart the locker rooms no more than 5 minutes upon completing their game/practice.
- Any player who is not attending in-person school following a before school practice is expected to shower at home. Showers will be reserved for those players who are attending in-person learning that week.
- Any player who has practice before school, and is utilizing the showers will have no more than 20 minutes from the end of practice to shower and exit the facility.

Games:

Locker rooms will be utilized as appropriate for games and tournaments. Locker room policies in various Bemidji facilities may differ- so we strongly encourage players to come to the arena dressed and review the specific facility policy prior to their game. For games at the Bemidji Community Arena, the following standard policies apply:

- A locker room monitor **MUST** be present in the locker rooms to ensure the players are wearing masks & socially distant.
- Teams must keep a record of where each player sat while utilizing the locker rooms. A best practice would be to arrange kids by their jersey number in the locker rooms.
- Any team that utilizes a locker room is responsible for sanitizing the locker rooms following games. Sanitizing products will be available. We are responsible as the home team to ensure the visiting team locker rooms have been sanitized following use
- The Bemidji Community Arena has measured and marked each locker room, spacing players 6+ feet apart and will post the maximum COVID-19 occupancy for each locker room. ALL teams utilizing the locker rooms are expected to follow this occupancy.
- Teams will be assigned locker rooms based on their roster, as well as the occupancy posted by the Bemidji Community Arena. Larger teams may be divided into multiple locker rooms and the team is responsible to make sure that appropriate locker room monitoring is occurring.
- Masks are expected to be worn at all times in the locker rooms
- Hand sanitizer will be made available. Players are expected to sanitize each time they enter the locker rooms.
- Teams will be able to access their locker rooms no more than 15 minutes before their scheduled ice time. Teams will be required to depart the locker rooms no more than 5 minutes upon completing their game/practice.
- For home tournaments, the tournament manager is responsible for making sure both locker rooms are sanitized following a game
- Please note: The BCA locker room policy is **subject to change at any time**, and it is the expectation of the team manger to keep in communication with the COVID-19 Coordinator. Any team that does not follow the policies laid out by Bemidji Youth Hockey or the Bemidji Community Arena will not be able to access locker rooms.

Concessions

At this time, there will be no concessions available.

Coaches/Volunteers

Coaches and volunteers will be required to wear masks at all times when inside the rink, including while on the ice and while on the bench.

Positive COVID-19/Symptoms

If a player, coach, volunteer, or spectator has been recently tested for COVID-19 due to symptoms or exposure and is pending COVID-19 results, they must notify the COVID-19 Coordinator and their coaches or team manager/age rep and refrain from attending or participating in any ice sessions, dry land sessions or team activities.

If at any time a player, coach, volunteer, or spectator shows signs or symptoms of COVID-19 while attending or participating in a practice, game, etc., they must notify coaches or team manager/age rep and immediately go to the isolation room. The parents/guardians will be contacted immediately and must pick up their child within 30 minutes. They should then call the Sanford Health COVID-19 hotline at 218-333-5000 for a nurse screening. Upon screening, if a COVID-19 test is suggested, the player, coach, volunteer, or spectator should refrain from attending or participating in practices, games, etc. until they have received their test results.

If any family member is ill with COVID-19, the coach/volunteer/player/spectator of that household must also refrain from attending or participating in practices, games, etc. or from visiting the rink.

If a participant has recently tested positive for COVID-19, they must consult with the Bemidji COVID-19 Coordinator. They may consider returning to practices, games, etc. under the following CDC Guidelines, and upon contact with the COVID-19 coordinator, and, they must know, all cases are different and decisions will be case by case:

- At least 10 days have passed since symptoms first appeared **AND**
- At least 24 hours have passed since last fever without the use of fever-reducing medications **AND**
- Symptoms (e.g., cough, shortness of breath) have improved

If a participant has recently been notified that they have been exposed to a COVID-19 positive case, they must refrain from participation for 14 days from the last known exposure.

If BYHA learns of any positive COVID-19 case in a player, coach or volunteer, BYHA will consider the risk of person-to-person transmission, environment, and other factors, and will alert appropriate persons as needed. Families are expected to notify the COVID-19 Coordinator immediately, and the COVID-19 coordinator will

take appropriate actions to notify coaches and any close contacts. Families and coaches should be prepared to participate in contact tracing.

If the participant or a member of their family or household has tested positive for COVID-19, we will utilize the dates and timelines set forth by Public Health/Minnesota Department of Health as a starting point for return to play. **This date could be extended** due to various circumstances, and we will address this case by case.

Confidentiality will be maintained to the extent practical. Where possible, the number of persons to be informed will be kept to a minimum. This will assure proper care to the remaining players, coaches, volunteers, and spectators.

Rule of Three

BYHA will work with a “Rule of 3” approach when positive COVID-19 tests are reported:

- Individual Team
 - 1st player/coach with a positive test must quarantine for 14 days
 - 2nd player/coach with a positive test must quarantine for 14 days
 - 3rd player/coach with a positive test results in a 14-day team quarantine (no team functions allowed during this time)
- All Association
 - 1st team with 3 positive COVID-19 tests must quarantine for 14 days
 - 2nd team with 3 positive COVID-19 test must quarantine for 14 days
 - After a 3rd team has 3 positive COVID-19 tests, the Board of Directors will determine the best action based on guidelines established by Minnesota Hockey, USA Hockey, District 16, CDC, and MDH, including the possibility of canceling all team functions for 14 days.

Contact Tracing

Teams must maintain accurate rosters and attendance for all games, practices, and activities using the online health-screening tool as the system of record. Team managers and coaches are responsible for ensuring parents consistently utilize the online health-screening tool throughout the season and that it accurately reflects who was at games, practices and activities. Both the player, the family and the coach will be expected to participate in contact tracing. There may be situations where an entire team will have to quarantine until the contact tracing has completed. We will work as timely as possible to conduct the contact tracing and close the case.

Travel

We ask all teams and families to take extra precautions when traveling for games or tournaments. The team manager needs to review the specific association guidelines for each travel game, and make sure their team is aware of any policies including limited spectators and locker room policies. We encourage any families that are not in the same household traveling and/or driving together to wear facemasks during travel. For

tournaments, coaches and team managers are expected to have plans in place for their teams to minimize potential spread of COVID-19.

Fee/Refund Policy If the hockey season is canceled, BYHA members are still responsible for all non-recoverable expenses that accrued up to the date of cancellation. Depending on date of cancellation, members will receive a prorated refund based on the amount of ice and operational costs incurred.

Other BYHA COVID-19 Policies:

Players will be expected to maintain social distancing.

Only two coaches will be allowed on the bench for games.

Coaches, spectators, and volunteers will be required to wear masks at all times when inside the rink.

Players and Referees will be required to wear masks at all times when inside the rink – unless they are on the ice or about to go on the ice and their helmet is on. Referees may choose to wear masks on the ice, as appropriate

Only two people will be allowed in the scorer /announcer’s box. The two people in the box will be responsible for the clock, scorebook and penalty boxes. Masks must be worn.

Players should refrain from making contact with each other, where possible. There will be a “no-contact, no handshake policy”; for example, no high-fives, no goal celebrations, no victory celebrations, etc. There will be no pregame or postgame handshakes. There should be no pregame or postgame huddles or post goal gatherings on the ice. There will be no team photos. (We realize there are a lot of “no’s”, however, it is all with the intention to properly social distance and allow the kids to play games.)

Resurfacing of the ice will only take place at the conclusion of the game; no resurfacing between periods.

Thank you to all of our coaches, volunteers, parents, spectators, and players for understanding and helping to make the rink and Bemidji Youth Hockey the safest they can be during these difficult times.

Please do not hesitate to contact the COVID-19 Coordinator if you have further questions.

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