



# COVID-19 Preparedness Plan

Updated 1/3/2021

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Minnetonka Youth Hockey Association (MYHA) 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. MYHA will continue to update its COVID-19 Preparedness Plan as new guidelines are announced. MYHA 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 continuously changing, and MYHA makes no representation and assumes no responsibility for the accuracy and completeness of the information contained in this Preparedness Plan. However, MYHA will do its best to continue updating the Preparedness Plan and its members regarding any changes mandated by the MDH, CDC, Minnesota Hockey, and other governing bodies. MYHA continues to work closely with the Pagel Activity Center and Minnetonka High School. These facilities are committed to providing a safe and clean environment for those who enter and use their rinks. The rules and guidelines outlined in this MYHA Preparedness Plan include the new COVID-related guidelines enacted by Pagel. **The rules outlined in MYHA’s Preparedness Plan reflect Phase 4 of Minnesota Hockey’s Return to Play Guidelines, effective December 28, 2020.** In the event Minnesota Hockey updates their Return to Play Guidelines, this Plan will be updated accordingly, and the Association’s members notified immediately.

## AT-HOME PREPARATION BEFORE YOU GET TO 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 at any point.
- A self-check should be performed by each member prior to participating in MYHA activities prior to coming to each event. Considerations include:

- Recent contact with an infected person(s)
- Recent travel outside of Minnesota
- Symptoms of Illness
- 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 MYHA sanctioned activity.
- Families must provide the coaches and team managers with accurate contact information in case of an emergency, with the responsible parent/guardian able to be reached at all times and be available to immediately return to the rink in case of an emergency.

## REQUIREMENTS FOR ARRIVAL AT BOTH PAGEL & MINNETONKA ICE ARENA

- **MASKS:** Per state mandate, everyone (including players, coaches, and officials) must wear a cloth face covering at all times inside an arena, including on the ice. Cloth masks are required for all participants on the ice, ages 6 and up. Players aged 5 and under are not required to wear masks on the ice (but must wear a mask coming into and out of the facility).
- **COACHES AND MASKS:** Coaches must wear masks on the ice unless they have a documented preexisting medical condition with prior notification to the District 6 Director. This rule is subject to change. Coaches who are on the bench must wear a mask at all times. District 6 has applied strict penalties for coaches' mask violations in all games, scrimmages, and practices (1st offense = \$500.00 and suspended for 14 days; 2nd offense = \$500.00 fine and 30-day suspension; 3rd offense = \$1000.00 fine and 1-year suspension).
- **ARRIVAL:** Players should come to the rink fully dressed, with the exception of skates and helmets (although arrival in skates with proper skate guards is strongly encouraged by the rinks for both skaters and goalies). Goalies should arrive with breezers on but may put on leg pads and chest protector inside the facility.
  - Upper-level players (Squirt, 10U, Peewee, 12U, Bantam, 15U, Jr Gold, and 19U) should be dropped off at the rink and picked up afterward for all practices. Spectators are NOT allowed for
  - Lower level players (Termite, 6U, Mite, and 8U) one parent or guardian is allowed in the rink to help tie skates and assist with other equipment needs. This parent/guardian may stay at the rink, following social distance requirements and wearing a mask at all times, to help the player if needed during practice. Other siblings/children should not be in the rink.
- **TEMPERATURE CHECKS:** Each coach and player may have their temperature checked before each on-ice activity and prior to any facility

entrance. The Association will work with coaches and team managers on the execution of temperature checks.

- Players need to provide their own water bottles filled at home and clearly labeled with the player's name. Do not use the water fountain at any facility.
- Please have all players use the restroom at home before practice and games to limit the use of restrooms at the rinks.
- **LOCKER ROOMS: Locker Rooms are not available and will be closed for use. There is limited seating to tie skates around the rinks, available on a first-come, first-serve basis. This seating is limited, so come to the rink fully dressed.**
- **BAGS: Equipment bags are not allowed inside the facility (with the exception of goalies). This includes hockey bags, duffel bags, backpacks, and cinch bags. All gear not worn at time of entrance (helmet, gloves, stick, skates) must be carried in. Goalies may bring in one equipment bag.**
- All incoming players need to wait until all players who were on the ice before them have vacated the ice, benches, and locker room area before entrance. There should be no interaction between the two groups.

## **REQUIREMENTS FOR ON-ICE ACTIVITIES:**

- Two pods of a maximum of 25 people per pod (including players AND coaches/volunteers/on-ice helpers) are allowed on the ice and in the official box or benches at one time. Each pod must be consistent with the same players and coaches skating in the same pod during each on-ice activity. The pods should not mix during on-ice activities. The names of all players and coaches in each pod will be recorded.
- While there may be times where there is close contact between players at practices, players should maintain as much social distancing as possible during practices. Coaches should plan drills and skill sessions accordingly while keeping social distancing guidelines in mind.
- Players should not leave the ice during practice unless absolutely necessary.
- Coaches are required to wear masks for on-ice activities and should avoid physical contact with players whenever possible. If a younger player requires physical assistance, the coach should ask the player's parent or guardian for assistance.
- **Due to the state mandate of wearing a cloth mask at all times, mouth guards no longer need to be tethered. Mouthguards are still required but do not need to be attached.**

- At the end of practice, players should not help pick up pucks or other equipment. Each player should exit the ice one by one and maintain social distancing.
- Absolutely no spitting by any player, coach, or volunteer is allowed in the rink or on the ice at any time.
- Each team is responsible for cleaning/disinfecting the bench area, locker room benches and door handles, and other areas utilized by players after each practice and game. Coaches and team managers will be informed by the Association on location and use of the cleaning equipment and products.

## REQUIREMENTS FOR EXITING AFTER ON-ICE ACTIVITIES ARE COMPLETED:

- After practice, players should remove their skates and helmet and exit the facility immediately at the conclusion of their practice. Players should leave the rink fully dressed. This allows for the next group of skaters to enter while maintaining proper social distancing amongst all players.
- Lower-level players (Termite, 6U, Mite, and 8U) each parent/guardian must exit the facility immediately after practice with their player.
- Upper-level players (Squirt, 10U, Peewee, 12U, Bantam, 15U, Jr Gold, and 19U) parents/guardians must pick up their player outside of the facility at the end of practice. It is important that all parents/guardians are made aware of practice end times so they can be punctual in picking up their player. Players should NOT loiter at the facility waiting for a ride.
- Coaches must remain at the facility until all players on their team are safely out of the facility and have been picked up.
- Players should not participate in team meetings, socializing, or dryland activities after practice.
- Each player's gear should be cleaned and disinfected after each use.

## LOCAL GAMES AND SCRIMMAGES:

- Games and scrimmages are currently NOT allowed. Teams may participate in games/scrimmages beginning January 14, 2021. More information will be provided when Minnesota Hockey releases their Phase 5 Return to Play Rules & Guidelines.
- New requests for travel outside of Minnesota to other states must be approved by the Director of District 6. When traveling anywhere, special attention should be given to areas of high community spread according to MDH statistics. Travel to those areas is discouraged. The Director of District 6 must also give approval for any out-of-state teams traveling into Minnesota to play a Minnetonka team. Any requests for games outside of Minnesota or games with incoming out-of-state opponents must be made to District 6 by the Minnetonka President.

## EMERGENCY PLANS FOR ILL PLAYERS:

- In the event a player arrives at a facility and has an elevated temperature, 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 at the rink 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 tests positive for COVID, the family must report the positive result immediately to MYHA by emailing [vp@tonkahockey.org](mailto:vp@tonkahockey.org), and the Association will report the case to MDH and local health officials. MYHA will then work with MDH to identify those who had been in contact with the player and will follow up with those identified immediately.
- If a player tests positive for COVID and had recently been at the rink, the rink may close for up to 24 hours to allow for proper cleaning and sanitization.
- 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.

MYHA 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 continues to change, MYHA will do its best to promptly update its Preparedness Plan and notify its members accordingly as soon as possible. In the event a member has any questions related to the Preparedness Plan, please contact MYHA at: [vp@tonkahockey.org](mailto:vp@tonkahockey.org).