



Malone Minor Hockey Association

## **COVID-19 SAFETY PLAN**

Updated 5/5/2021

Malone Minor Hockey Association (MMHA) has developed guidelines to help reduce the risk of spread of COVID-19. These guidelines were developed with our players, families, and community in mind to help reduce the risk to our association and community. This was developed to help provide guidance to our association through this on-going and changing pandemic.

The guidelines were based on documentation provided by USA Hockey, New York State Amateur Hockey Association, Franklin County Public Health (FCPH), New York State Department of Health (NYSDOH), and Centers for Disease Control (CDC). These guidelines were created to the best of our knowledge with information currently available by these resources and do not assume any responsibility for the guidelines and information provided in this plan.

This plan was developed to help reduce the risk of the spread of COVID-19 within our association. Players and families that choose to participate, knowingly understand and take responsibility for the potential risks involved with participation.

Matt Jones, President of Malone Minor Hockey, has been appointed as the COVID Lead by the Board of Directors. Matt will be the point person that will help answer any questions or concerns. He will also be the liaison for the board on decisions or updates that need to be made. Any MMHA tracing requirements will be performed by the COVID Lead. Screening sheets will be used to identify participants and spectators that were present in the building. This information will be shared with FCPH. COVID Lead email address for any COVID related questions or concerns is [matthewjones42@yahoo.com](mailto:matthewjones42@yahoo.com) and number is 518-353-2401.

### **GAME PLAY:**

Franklin County Public Health (FCPH) has provided guidance for the resumption of competitive games and scrimmages. MMHA will allow games and scrimmages to occur per the guidelines set forth. All guidelines need to be satisfied to resume games and scrimmages at the Malone Civic Center. If at any time the FCPH, NYSDOH, NYSAHA, or USA Hockey guidelines change, MMHA reserves the right to change this policy.

### **TRAVEL:**

MMHA teams may travel within the North Country region for game play as well as the following contiguous regions Capital Region, Central New York, and Mohawk Valley. Teams must acquire a copy of the association or rink guidance around COVID protocols. All travel recommendations within these areas need to be strictly followed. MMHA requires that all



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coaches/teams receive a copy of the arena/rink's COVID safety plan/guidelines prior to traveling. A copy of the COVID safety plan/guidelines need to be sent to both Matt Jones, President, [matthewjones42@yahoo.com](mailto:matthewjones42@yahoo.com) and Jay Perras, Vice President, [jayperras@renzi.net](mailto:jayperras@renzi.net).

MMHA recommends that games be scheduled so that overnight accommodations are not required, but understand this might be unavoidable due to the location and distance.

**OUT OF STATE PLAY:**

Interstate travel to non-contiguous states is strongly discouraged and must strictly comply with the New York State Executive Order 202.5 and New York State COVID-19 Travel Advisory, <https://coronavirus.health.ny.gov/covid-19-travel-advisory>.

**ARENA/RINK USE:**

All players and visitors must adhere to the Malone Civic Center (MCC) COVID-19 guidelines and policies. This includes COVID-19 check-in procedures, social distancing, and face coverings worn at all times.

*MMHA General Policies:*

Prior to participating in any MMHA related event (i.e., practice, game, etc.) participants are required to self-assess their health conditions.

Is the participant currently experiencing?

- Fever (>100.4)/ Chills
- Nausea/ Vomiting/ Diarrhea
- Cough/ Sore Throat
- Shortness of Breath
- Muscle Aches/ Headache
- Loss of Smell/ Taste
- Had a Positive COVID-19 Test within the last 10 Days?
- Contact with confirmed/ suspected COVID-19 case in the last 10 days?

*If the answer is no to all the above questions, then a person is considered asymptomatic and can enter the facility.*

MMHA Rink Staff, Coaches, and Board Members will have full authority to remove skaters or spectators from the ice or facility if the COVID-19 guidelines or policies are not being followed or show any of the above symptoms.



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**SPECTATORS:**

- The Malone Civic Center will only be allowed to fill to 50% of its total capacity.
- Home team players are allowed up to two spectators, they must also complete the COVID-19 sign in process and tracing form.
- Visiting team players are allowed two spectator per player. Spectators are also required to complete the COVID-19 sign in process and tracing form.

**ARRIVAL:**

- All players and coaches are required to wear a mask into and out of the facility.
- Players and coaches are only allowed into the MCC 15 minutes before their scheduled ice time. Should not arrive at the rink no more than 15 minutes before each session/game starts. Parent/guardians who need to assist younger players may do so as long as masks are worn and social distancing requirements are followed.
- Players should come to the rink fully dressed, except for skates, helmets, and gloves. Exceptions are made for goalies, who must wear at least there hockey pants and can get the rest of their goalie equipment on at the MCC.

**LOCKER ROOMS:**

Locker room availability will be at the discretion of the rink where team is playing.

When locker room use is allowed at any rink:

- Players and coaches are required to wear masks and maintain 6 feet social distancing while in the locker room. Depending on the number of players on a team and size of locker rooms, there could be several locker rooms that are required to maintain proper social distancing needs. Players, coaches, and team managers are responsible to make sure that these locker room guidelines are being met.

**ON ICE GUIDELINES:**

At MCC, coaches and players are required to wear masks at all times until further notice. Coaches are encouraged, when possible, to limit the amount of time that they or players are in close contact with each other. This includes:

- Avoiding bench use during practices.
- Maximizing ice space by using stations and drills that prevent skaters from standing in lines.
- Discouraging unnecessary physical contact such as high fives, handshakes, fist bumps or hugs.



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- Avoiding group discussions or instruction at close proximity.
- Optimizing practice plans to prevent close contact (within 6 feet of a person infected with COVID-19 for 15 continuous minutes) between skaters.
- No sharing of water bottles. Players must bring their own water bottle from home labeled with their name/number. The water fountains at the rink are currently shut off.
- No sharing of equipment. It is recommended that skaters disinfect their equipment after each use.
- Absolutely no spitting by any player, coach or volunteer is allowed at the rink or on the ice.
- Indoor dryland activities are not allowed at this time.
- There will be no pre- or post-game huddles, or post-goal gatherings on the ice.
- Pre-Game and Post- Game handshakes are not allowed.
- The host rink will determine spectator numbers. All spectators must wear a mask and maintain social distance from other spectators/families.

### **AFTER PRACTICE/GAME:**

Afterwards, players should remove their skates, helmet, gloves and exit the facility immediately after their time has ended through the correct exit door.

- Each parent/spectator must exit the facility immediately after practice/game.
- Players should not be hanging around the facility waiting for a ride.
- Each players gear should be cleaned after each use.

### **MASKS:**

In the interest of safety and health for all members of our association and community, masks must be worn at all times when in the MCC.

### *ALLOWED FACE COVERINGS:*

Approved face covering must cover both the nose and mouth, which can include disposable masks, neck gaiters, cloth mask, bandana, or a scarf.

For some, it may be difficult to wear a face covering under a helmet. Players may also wear a CCM Game On Mask (available for purchase in our pro shop) or other similar mask. These options are not as protective as the face coverings listed above, but would meet the need for a full-face covering that goes below the chin and to the ears with no gaps while covering the nose and mouth.



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Players or participants who obtain an official document from a medical professional indicating that the wearing of a face covering poses a health risk wouldn't be required to wear a mask. Coaches should keep a copy of the document.

#### **EXPOSURE:**

All skaters, coaches and volunteers who have either tested positive for COVID-19 or who are symptomatic but have not been tested for COVID-19 infection must exclude themselves from all MMHA events until all of the following criteria are met:

- 10 days after symptoms start AND
- 3 days since their fever has resolved (without fever reducing medication) AND
- All other symptoms have improved

Additionally, all skaters, coaches and volunteers who have recently had a close contact with a person infected with COVID-19 should exclude themselves from MMHA activities and monitor their health for a period of 10 days. COVID testing can be done at the following locations, Alice Hyde Medical Center (Monday- Friday 9-3pm State Testing Site) or at Mountain Medical both located in Malone. There are other testing site options throughout the North Country. To find a test site near you, please follow this link, <https://coronavirus.health.ny.gov/find-test-site-near-you>.

For guidance on what is a close contact and when to stay home, please see these resources:

<https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

If MMHA is notified of a skater, coach or coordinator testing positive for COVID-19, the association will immediately share that notification with FCPH, all skaters/families within that age level, but without identifying information of the individual who tested positive. The age level team(s) will be allowed to continue MMHA activities subject to any recommendations from the contact tracing analysis of the COVID lead, or required quarantine by FCPH or local county public health in other counties, or a formal vote by the MMHA Board of Directors. Skater, coach, or spectator may not return to any activity until FCPH releases them to do so. Process subject to change per guidance from FCPH, NYS DOH, or CDC recommendations or guidelines.

Should any skater, coach or coordinator attend a MMHA activity after receiving a notification to quarantine from their local county board of health, that MMHA age level will not meet for any activity for 10 days from the date of the attended activity. All members must notify the COVID Lead if they have taken and submitted for processing a COVID-19 test, the results of



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any COVID-19 test, and any other notifications received from their local county board of health. Skater, coach or coordinator may not return to any MMHA activity until FCPH releases them to do so.

**WAIVER AND RELEASE OF LIABILITY:**

Parents/ players must sign the MMHA Waiver and Release of Liability Form before participating in any practices or game play for MMHA related events and activities.

**REFUNDS:**

MMHA fees are based on the Association’s overhead expenses for staff, ice time, and to maintain the facility. If any practice time, tournaments and/or any portion of the season is cancelled by order of any state or local authority, refunds will be provided at the discretion of the MMHA Board of Directors and will be determined at the end of the season. No refunds will be provided for any time lost due to a skater testing positive for COVID- 19, having to quarantine based upon the recommendation of their local County health department, or a choice to not follow any of the implemented COVID-19 guidelines or procedures, which can change as guidance and information around the pandemic change.

Finally, please understand that this policy will be continuously subject to change as conditions surrounding the COVID-19 pandemic are fluid. This policy is not intended to replace local and state government orders, or any policies or procedures put in place by any of the arenas that our association teams may visit.