

**FERGUS FALLS YOUTH HOCKEY ASSOCIATION**  
**RETURN TO PLAY COVID-19 PLAN**

The Fergus Falls Hockey Association (“FFHA”) Return to Play COVID-19 Plan (“Plan”) in response to the COVID-19 pandemic is set forth using Phase 3 Minnesota Hockey Return to Play Guidelines, guidelines and regulations set forth by the Center for Disease Control Prevention (CDC), the Minnesota Department of Health, and the City of Fergus Falls.

This Plan is in effect for the 2020-2021 hockey season. Due to the nature of the COVID-19 pandemic, *FFHA may revise or modify this Plan throughout the season in accordance with the requirements and guidance from Minnesota Hockey, the CDC, the MDH, or the City of Fergus Falls.* As provided in this plan, the most current plan will be posted both on the FFHA website and on the bulletin board outside the concession area at the Community Arena.

***A participant shall be defined in this Plan as a player, coach, parent, guardian, spectator, or other individual otherwise participating or present at a FFHA activity. All participants of FFHA are required to follow this Plan. In the event this Plan is not followed FFHA reserves the right to remove any individual from participating in activities of FFHA and/or removing them from the premises of the Fergus Falls Community Arena.***

**SECTION 1**  
**ARRIVING AT THE RINK**

**1. Screening prior to arrival.**

- a. **High Risk Participants.** Any participant or coach with any risk factors, pre-existing medical conditions, or other illnesses that put them at a higher risk for severe COVID-19 complications are advised to not participate in FFHA activities. Participation by any participant shall be at their own risk and FFHA is not liable for any injury or harm as a result of participating in FFHA activities.
- b. **Screening Prior to FFHA Activities.** Participation in FFHA activities is prohibited if any participant is experiencing at least one “more common” symptom or two “less common” symptoms as listed below. Subject to Section 4 below, which may stop participation in FFHA activities due to a positive COVID test, participation in FFHA activities may resume (1) once the participant receives a negative COVID-19 test or receives an alternative diagnosis, or (2) in the event of a positive COVID-19 test, at least 10 days from the time symptoms started until symptoms improves and no fever for 24 hours (without fever reducing medications).
  - i. More Common Symptoms: Fever (100.4 or higher), New onset or worsening cough, difficulty breathing, new loss of taste or smell
  - ii. Less Common Symptoms: sore throat, nausea, vomiting, diarrhea, chills, muscle pain, excessive fatigue, new onset of severe headache, new onset of nasal congestion or runny nose.

- c. **Arrival Time.** All players should arrive at the rink no more than 15 minutes before the start of on-ice activities, including practice or games. Anyone arriving earlier than 15 minutes before their start time should wait outside the facility and be socially distanced from others. There will be no use of locker rooms unless assigned to a team by FFHA.
- d. **Equipment.** Players should come to the rink dressed in their full equipment. Players must enter the community arena fully dressed, carrying their stick, skates, and helmet. Coming to the arena with skate guards on is ideal. Hockey bags will be allowed in the Community Arena, however, if you are able to come fully dressed without a bag that is desired to avoid unnecessary congestion. Goalies will be allowed to put additional equipment on at the arena.
- e. **Parents/Guardians in Arena for Non-Game Activities.** Only players, coaches and FFHA officials performing official duties will be allowed in the Community Arena for practices and other non-game on-ice activities, with the exception of players age 10 or younger. For practices, clinics, or other non-game on-ice activities, players age 11 or older should be dropped off at the rink and picked up afterward. Their parents/guardians should **not** be in the arena. Players age 10 and under are allowed one (1) parent/guardian in the rink to help with equipment needs or to provide assistance to the player if needed throughout practice time. While it is important to limit the number of people in the arena, there may be circumstances in which a parent/guardian must also bring in young siblings. This is allowed but should be limited as much as possible. Parents and siblings with players Age 10 and under shall maintain social distance from others and wear facemasks or covering while in the arena, per MDH mandate.
- f. **Restroom Use.** Players are encouraged to use the restroom prior to arriving at the arena and should limit bathroom use in the arena as much as possible.
- g. **Water Bottles/Hydration Drinks.** Players should be bringing their own rehydration liquids to the arena in clearly marked or labeled water bottles with the player's identity. The container should be resealable.
- h. **Facemasks/Face Coverings.** All individuals entering the Community Arena are required to wear a face mask or covering. Players are not required to wear a facemask or covering while on the ice.

**SECTION 2**  
**ON-ICE ACTIVITIES FOR PRACTICES, CLINICS, TRYOUTS**

1. **Maximum number of participants.** The maximum number of participants on the ice shall consist of two pods of 25 people each. A pod consists of the same staff, coaches, volunteers, and participants. **Two (2) pods of 25 people or less at a time will be allowed**

**on a rink at a time.** Attempts will be made to limit the amount of mixing of the groups/pods.

2. **On-Ice Guidelines.** The following guidelines shall be followed for all on-ice activities:
  - a. 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.
  - b. Avoid using player benches during practice.
  - c. Coaches should be keeping players active and engaged at all times. Players should not leave the ice during practice unless absolutely necessary.
  - d. Reduce contact between players as much as possible.
  - e. 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.
3. **Spitting Prohibited.** There shall be no spitting by any player or coach at any time inside the arena, including on the ice surface.
4. **After On-Ice Activities are Completed.** No on or off ice interaction (socializing, team meetings, dryland activities) should occur following the conclusion of practice. Players should remove skates/helmets and leave the premises within 15 minutes of the end of practice. Players will **not** be allowed to stay at the arena past 15 minutes after their designated on-ice time ending. Parents/guardians must be aware of the time when players will be done and be punctual. Coaches or other responsible adults should remain until all players are safe and removed from the premises. Players are encouraged to clean and disinfect their equipment after each use, or as often as possible.

### **SECTION 3** **LOCAL GAMES AND SCRIMMAGES**

1. **Spectators Allowed Per Player.** A maximum of two (2) spectators per player are allowed for games. Spectators should be physically distanced at all times. Face masks or cloth face coverings are required at all times inside the arena.
2. **Scorer/Clock/Penalty Box.** One adult shall be assigned to work the scoreboard and clock, and one adult shall be assigned to work each penalty box per game. Nobody else is allowed in the scorer/penalty box area. All off-ice officials must wear a facemask or face covering at all times. Games in the South Rink can have adults running music, announcing, and maintaining the scorebook as long as they are socially distanced and wearing a facemask or face covering.
3. **Resurfacing of ice.** Whenever possible, resurfacing of the ice should only take place before or after a game. During any intermissions, players and coaches should go in an area where social distancing can be maintained.

4. **Number of coaches on bench.** There should be no more than two coaches allowed in the bench area during games. Coaches on the bench must be wearing a facemask or face covering.
5. **Pre-game or post-game contact with other team.** There will be no pregame or postgame handshakes. Teams should honor each other after the game with a stick salute.

**SECTION 4**  
**MANAGING CONFIRMED CASES**

1. **COVID-19 Contact Person.** The FFYHA COVID-19 Contact Person as identified below shall be:

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2. **Mandatory Reporting.** You are required to report any of the following to the FFHA Contact Person:
  - a. **Possible Exposure to Virus:** In the event a participant has been notified that he/she, has been exposed to COVID-19, a report to the FFHA COVID-19 Contact Person must be made. In addition, that participant is prohibited from participating in any FFHA activity until 14 days after the last exposure to a positive COVID-19 individual. In the event a participant who has been notified of an exposure develops COVID-19 symptoms during the initial 14-day timeframe, the participant may not participate in FFHA activities for 10 days from the time symptoms started and until there is no fever for at 24 hours without fever reducing medication and improvement of symptoms.
  - b. **Positive COVID-19 Test for Member of Household:** In the event a participant has another member of their household test positive for COVID-19, that participant is prohibited from participating in FFHA Activities for 14 days after the positive household member's positive test. In the event the participant develops symptoms within the 14-day timeframe, the participant may not participate in FFHA activities for 10 days from the time symptoms started and until there is no fever for at 24 hours without fever reducing medication and improvement of symptoms.
  - c. **Positive COVID-19 Test for Player/Coach/Volunteer:** In the event a player, coach, or volunteer working with players tests positive for COVID-19, you **MUST** notify the COVID-19 Contact Person immediately. Players, coaches, or volunteers with a positive test must stay home from all team activities for 10 days from the time symptoms started and until there is no fever for at 24 hours without fever reducing medication and improvement of symptoms.

- i. **Notice to Others.** Upon receipt of a positive test, the COVID-19 Contact Person shall notify all members of FFHA and opponents, practice teams, officials, off-ice volunteers that have encountered the infected player or coach in the previous 14-day period.
- ii. **Team Activities.** All team activities for the team in which an individual tests positive will be halted until FFHA is in contact with the Minnesota Department of Health and receives permission for return to play.
- iii. **Notice to Minnesota Department of Health.** All confirmed COVID-19 cases among players, coaches, and family members will be reported to the Minnesota Department of Health's Sports Organization Hotline by the COVID-19 Contact Person.

**SECTION 5**  
**COMMUNICATIONS AND TRAININGS**

This plan is being communicated to all members of FFYHA. Additional communication and training will be ongoing to all members of FFYHA, including players, coaches, parents, and volunteers. This plan has been approved by the board of directors and will be posted on the FFYHA website and bulletin boards inside the Community Arena. The FFYHA also incorporates the City of Fergus Falls Fergus Falls Community Arena COVID-19 Preparedness Plan for the City of Fergus Falls attached hereto as Appendix B.

Plan put together by:  
Sarah Duffy  
Legal Advisor

And approved by:  
Fergus Falls Youth Hockey Association Board of Directors

## **Appendix A: Helpful Links for FFYHA Members**

Minnesota Hockey Phase 3 Return to Hockey Guidelines:

[https://cdn4.sportngin.com/attachments/document/5fa5-](https://cdn4.sportngin.com/attachments/document/5fa5-2235909/Minnesota_Hockey_Return_to_Play_Phase_3_FINAL.pdf#_ga=2.107033346.1477751408.1598286827-2004474878.1596135394)

[2235909/Minnesota\\_Hockey\\_Return\\_to\\_Play\\_Phase\\_3\\_FINAL.pdf#\\_ga=2.107033346.1477751408.1598286827-2004474878.1596135394](https://cdn4.sportngin.com/attachments/document/5fa5-2235909/Minnesota_Hockey_Return_to_Play_Phase_3_FINAL.pdf#_ga=2.107033346.1477751408.1598286827-2004474878.1596135394)

<https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>

<https://miama.org/members/covid-19-reference-page/>