

RoughRiders Hockey Club – Travel Tryouts

COVID-19 Protocol
*Subject to change**

RRHC will post this Protocol on its website. This document has created with the direction and recommendations of the Linn County Public Health, Young Arena Management, Mid-West Amateur Hockey Association, USA Hockey, and other youth sport entities.

We're thankful to be involved in returning our athletes to the ice and providing a sports environment through these unprecedented times. This plan is put into place to mitigate risks to the best of our ability, but does not eliminate all risks.

Remember that we can all contribute to helping eliminate COVID-19 by doing three things:

1. Practice good physical distance
2. Washing of hands and use of hand sanitizers
3. Wearing masks out in public areas when possible

During this time there are several key guidelines RRHC will follow:

1. No more than 40 participants – excluding coaching staff – will be allowed to attend a single on-ice session. If and when possible, this number will be lower.
2. RRHC will use groups and record these groups in the event contact tracing is necessary.
3. RRHC will save all practice plans to use if contact tracing and determination of time spent with individuals can be determined.

Section 1: Before Leaving for Facility:

Players can NOT participate if

1. All participants, guardians, and spectators must have facial coverings. NO EXCEPTIONS.
2. Participant(s) must have their temperature taken at home before leaving for the arena, if above 100.3 they cannot participate.
3. Participant(s) must not be showing any symptoms of illness, with or without fever to participate:
 - a. Cough, shortness of breath, difficulty breathing.
 - b. Chills, severe body aches/pains, extreme fatigue, headache, sore throat, new loss of taste/smell.
 - c. They have a possible, or confirmed, exposure to COVID 19, as identified by LCPH or other health official, by a close contact. Students/staff will stay home for 14 days after their last exposure to monitor for development of symptoms.
 - d. All reports of exposure, positives, and symptoms should be reported to Executive Director:

Section 1A: Illness During or Before Session:

1. Participant(s) who exhibit symptoms:
 - a. Participant(s) who exhibit signs of illness as listed above, with or without a fever, will immediately report those symptoms to their coach/activity leader and will be asked to put on their mask.
 - b. Participant(s) with symptoms of illness as listed above, will be isolated from other students until they are picked up.
 - c. Parents/guardians will be contacted to pick up their ill child immediately.
 - d. Staff/coaches/activity leaders will disinfect any items the ill student has touched as soon as possible.
 - e. Staff/Coaches leaders will complete the online injury report form for all players who are sent home for symptoms of illness. The Executive Director will then follow up with LCPH.
2. Staff who exhibit symptoms:
 - a. Put on a mask, if not wearing one already, and will stay at least 6 feet apart from any other staff or students.
 - b. Leave the area as soon as feasible
 - c. Staff will report their illness to Executive Director via the electronic Injury and Incident Report and Linn County Public Health will be contacted for contact tracing
 - i. <https://roughridershockeyclub.com/1518-2/>
 - d. Another adult will disinfect the area or any items the ill person has touched.

Section 1C: When to Return to Play Following Symptoms:

1. Participants/staff will not return to activity until they meet LCPH guidelines. LCPH will be following up with the player/coach *and* will be the deciding entity to classify the student/coach as being recovered.
2. If they have had a positive test for COVID 19, they can return to activity after these three things have happened under the guidance of LCPH:
 - a. No fever for at least 72 hours (without the use of medicine that reduces fevers) AND
 - b. other symptoms have significantly improved (for example, cough or shortness of breath have improved) AND
 - c. at least 10 days have passed since symptoms first appeared
3. If they have tested positive for COVID 19, but had no symptoms, they can return to activity if:
 - a. 10 days have passed since being tested AND
 - b. LCPH or primary care physician has determined the individual can be released at the end of the 10 days based on conversations to determine if any symptoms have appeared

Section 2: When Entering Facility:

1. All players will enter through the west side doors of Young Arena. Skaters will be allowed to enter building 15 minutes prior to ice time. Goalies will be allowed 25 minutes before ice time.
2. Players must be accompanied by one parent or legal guardian at check-in, but only 2 spectators per player will be allowed.
 - a. All participants, spectators, and staff will be temperature checked up arrival.

- b. Each participant's guardian will fill out an electronic questionnaire upon entry EACH time through TeamSnap.
 - c. Each participant may be subject to a body heat scan prior to start of each skate or workout.
 - d. Not participating siblings, friends, a 2nd parent or legal guardian, or any other family member or person is recommended to stay home.
3. All participants, parents, legal guardians, and/or RRHC staff are required to have a mask with them when entering the ImOn Ice Arena or facility for a RRHC sanctioned event.

Section 3: Viewing of On-Ice Session by Parent or Legal Guardian

1. Only 2 spectators per player during the RRHC sanctioned event and subject to change based upon building requirement.
2. Social distancing of 6 feet must be practiced at ALL TIMES.
 - a. Building staff and RRHC staff reserve the right for any violation of this rule to be asked to leave the facility. It is your duty as a RRHC participant's parent/legal guardian to be respectful of this request.
3. Each on-ice session will have a designated side of the seating. At no time is one allowed to move to other side of designated areas.

Section 4: On-Ice and Off-Ice Protocol

1. All coaches will be required to wear a mask on the ice.
2. Players must have masks on until it is time to step on the ice.
3. Participants will be allowed to enter or use the Arena's locker rooms, players must maintain social distancing at all times within rooms. Players are required to come dressed in their bottoms (jock, socks, pants, shins, and hockey socks at the bare minimum) and put the remainder of gear on in building.
 - a. Goalies – must have their under clothing on, but will allowed to put rest of gear on in the building.
4. Participants must have their own water bottles
 - a. Players under NO CIRCUMSTANCE are allowed to share water bottles
 - b. All players are required to have a water bottle with their first and last name clearly printed on the bottle.
5. RRHC will utilize station-based development sessions to ensure proper distance at all times.
6. Coaches and staff will be aware and cognizant of social distances at all times during any training session.

Section 5: Following Completion of Session

1. Participants are required to exit the premises in a timely manner to minimize "hanging out"
2. Participants should disinfect helmets, sticks, and skates following each session.
3. NO SHOWERS will be allowed at this time.
4. Wash cloths (jerseys, pant shells, socks, and gloves) with high temperature after each training session.
5. Players will follow specific path of exit designated by Young Arena.

Section 6: Rental Equipment, Jerseys, RRHC Office

1. RRHC will not provide any rental, loaner, or replacement equipment during this time period.
2. No participant, parent, or legal guardian is permitted in RRHC Youth Office for any reason.
 - a. A limit of 3 coaches will only allowed in the RRHC Youth Office at any given time, and social distancing must be practiced at all times.

Section 7: Notification of COVID-19 Exposure

1. RRHC will notify group of players and coaching staff that someone has symptoms, and/or has tested positive
 - a. RRHC will not divulge specific name of said participant, family member, or staff member.

A FINAL NOTE: As a participant, parent, or legal guardian you have a responsibility to minimize your social contact when away from the arena throughout the pandemic crisis. Anytime you go out to a restaurant, work, to a friend's house, etc. you are increasing the risk of becoming infected and bringing that with you to the arena and infecting others. While there are certainly essential things you must do while not at the arena, you have a responsibility to minimize this risk.