

RoughRiders Hockey Club COVID-19 Protocols

COVID-19 Protocol
*Subject to change**

1-11-21 Update

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

We are 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 Head Coach and/or Individual Team COVID-19 Coordinator.

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.
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.
 - d. Another adult will disinfect the area or any items the ill person has touched.

Section 1C: When to Return to Play:

1. Participants/staff will not return to activity until they meet CDC guidelines.
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 the CDC:
 - 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
4. If not tested, but symptoms have appeared
 - a. 10 days since symptoms first appeared **and**
 - b. 24 hours with no fever without the use of fever-reducing medications **and**
 - c. Other symptoms of COVID-19 are improving
5. High risk exposure to COVID-19 positive
 - a. After day 10 without testing & NO symptoms
 - b. After day 7 after receiving a negative test result (test must occur on day 5 or later) & NO symptoms
 - c. After stopping quarantine, you should

- i. Watch for symptoms until 14 days after exposure.
- ii. If you have symptoms, immediately self-isolate and inform your designated COVID-19 coordinator and/or head coach

Section 2: When Entering Facility:

1. Players & spectators must check-in with COVID-19 coordinator to ensure health checks and temperatures have been taken
 - a. All participants, spectators, and staff will be temperature checked upon arrival.
 - b. Each participant's guardian will fill out an electronic questionnaire upon entry EACH time through TeamSnap.
2. 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.
3. All players, coaches, volunteers are required to enter daily health check information into TeamSnap.

Section 3: Viewing of On-Ice Session by Parent or Legal Guardian – INCLUDES ALL GAMES

1. RRHC will follow the provided visiting rink protocols in relation to spectator limits.
2. Social distancing of 6 feet must ALWAYS be practiced.
 - 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. Spectators should not enter the building until 10 minutes AT MOST before puck drop
 - a. Please exit the building within 10 minutes of end of game to avoid loitering
 - b. Social distancing must be maintained by all spectators
 - c. Masks must be always worn

Section 4: On-Ice and Off-Ice Protocol

1. All coaches will be required to wear a mask at all times.
2. Locker room use will be allowed for games and practices to the coach's discretion – only if 6 feet can be maintained
 - a. Masks must always be on while in the locker rooms
 - b. NO use of showers
 - c. If 6 ft cannot be maintained hallways must be used
 - i. Use locker room or bathroom to change into under garments then player can go back to hallway
 - d. Locker room monitors/coach must be present 100% of the time.
3. 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.
4. RRHC will always utilize aged appropriate development sessions to ensure proper distance when feasible.
5. Coaches and staff will be aware and cognizant of social distances at all times during any training session when possible.
6. Masks must be worn by all athletes during all on-ice and off-ice practices.

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.

Section 7: Notification of COVID-19 Exposure

1. RRHC will notify group of players and coaching staff that someone has tested positive if attended a team event within the infectious period.
 - 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.

All COVID-19 decisions will be delegated to the RRHC designated coordinator Dr. Gailushas.