COVID-19 Preparedness Plan

Ice Arenas: Parade Ice Garden | Northeast Ice Arena

In response to the COVID-19 Sports Guidance for Youth and Adult Sports released on June 19, 2020 from the MN Department of Health we’ve revised the existing Preparedness Plan.

- Guidance - [https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf](https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf)
- FAQs - [https://www.health.state.mn.us/diseases/coronavirus/sportsguidefaq.pdf](https://www.health.state.mn.us/diseases/coronavirus/sportsguidefaq.pdf)

Renters must:

1. Provide a COVID-19 preparedness plan for your specific group
2. Read, review and acknowledge the MPRB Ice Arena’s preparedness plan by signing and dating the form
3. Communicate the COVID-19 preparedness plans with your families, skaters, officials, and trainers.
4. Prior to the first on-ice session, coaches and/or association leaders should host an e-meeting to explain procedures to parents, and to answer any questions.
5. All coaches are in **CONTROL** of their players. Coaches are to educate players, enforce rules established in this plan or risk losing reservations.
6. If a case of COVID-19 is reported to you and is part of your organization or team, report the case to the arena manager and the Minnesota Department of Health at [health.sports.covid19@state.mn.us](mailto:health.sports.covid19@state.mn.us).
7. Maintain contact information and team rosters and be prepared to support local public health contact tracing efforts if exposures occur.

**At any time if these rules are broken your ice time will be in jeopardy or cancelled. It is your duty to act, support and provide safety for all in the arena. It is ultimately up to your health and well-being of protecting yourself and others at the ice arena.**

Any player, spectator, coach or employee on the premise of a MPRB Ice Arena is found, notified, or tested positive for COVID-19, the ice arena therefore will be shut down for 24-72 hours for cleaning. This can be adjusted by any management of the Ice Arena or City Administrator.

**Business Specific Policies**

- Coaches should be as prepared as possible to ensure complete utilization of the allowed ice time. This also helps ensure that players are not distracted and know they need to be on time and ready to go, not engaged in other areas of the building.
• Each association and team should have an emergency plan for any positive outbreak within the team, association or community
• Each association and team should have an alert plan to notify association members and anyone else who may have been exposed following any positive outbreak within team, association or community.
• Safe sport policies will continue to be in effect in all phases. There should always be a minimum of two adults at every on-ice event, and there should be no unsupervised one-on-one interaction between a player and a coach.

Due to our concern for your safety during COVID-19, we have implemented the following policies:

At your House

• Please bring your own water bottle labeled. Drinking fountains will not be available.
• Whenever possible, players should use the restroom at home prior to leaving for the rink in an effort to limit bathroom use at the facility.
• Players should arrive to the arena fully dressed with the exception of skates. Exceptions may be made for goalies, who may need to put on additional equipment at the rink.
• Any players, coaches or spectators exhibiting symptoms or signs of an illness should not be in the facility at any point.

Arriving at the Rink

• Drop off skaters at the front doors and staff and coaches will be there.
• All arena users enter through the main entrance and then go to the rink where they are skating.
• To reduce risk of COVID-19 transmission we recommend you wear a face mask upon entering the building and while sitting on a bench and getting your skates on. We also encourage spectators (games only) to wear masks.
• **Players are to arrive at the rink no more than 10 minutes** before the start of on-ice activities. Anyone arriving earlier before their start time will wait outside of the facility and be socially distanced from others.
• While at home, players should clean and disinfect gear after each use.

On-Ice Activities

• Intermixing between pods is discouraged and should still be kept at a minimum (reducing the number of people exposed if you have a case of COVID-19)
• Reduce contact between players as much as possible.
• It is important to remember that the more physical contact that occurs between people, the greater risk there is in spreading illness.
• Maintain social distancing on the ice.
• No spectators for practices to avoid crowding.
Hockey

- Two pods of 25 including coaches (50 total)
- Games:
  - For games two pods of 25 doesn’t have to be followed
  - Spectators are allowed for games at 25% capacity
  - One coach is responsible for keeping players on the bench as spread out as possible
  - No team huddles or high-fives.
  - Social distancing during game play will not be enforced.
  - Games against teams out-of-state needs to be approved by arena manager.
  - Travel to other states for games and tournaments is discouraged.
- Inter-team scrimmages as part of practice can begin on June 24, 2020
- Playing teams in the local community can begin on July 8, 2020
- Reduce contact between players as much as possible, even during games.
- Before starting games, consider the risk associated with the sport.

Figure Skating

- Two pods of 25 including coaches (50 total).
- Skaters must use their own program sashes. You may not borrow a sash from another skater.
- Disinfecting supplies will be kept near cd player.
- Harness should be sanitized before and after using.

Coaches on Ice

- Avoid using player benches during practices.
- Coaches are to keep players active and engaged. Players should not leave the ice during a practice unless necessary.
- The number of coaches on the ice should be kept to a minimum, and it should be noted that each coach will count toward the number of people allowed on the ice as stipulated by the Department of Health.
- Extra “helpers” or players who are not full-time members of the team should not be on the ice.
- Drills should be age appropriate (station-based) and non-contact in Phase 1.
- 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.
- Prior to the completion of the ice time, skaters should be excused from the rink one by one and through different exit points of the rink. Do not ask skaters to participate in picking up pucks or other equipment from the ice.

Off-Ice Activity

Dryland

- No inside dryland indoors. Outside dryland is encouraged with social distancing rules.
After On-Ice Activities are Completed

- Players should remove skates and leave the arena within 10 minutes.
- No on or off ice interaction (socializing, team meetings, dryland activities) should occur following the conclusion of skating.
- When leaving North Rink skaters will leave through the main lobby and South and Studio skaters will leave through the exit doors in the South Rink lobby.
- Parents/Guardians must be made aware of the time when the players will be done. The parents or person assigned to pick up players at the arena must be punctual. Players should not have to wait for a ride.
- Coaches or other responsible adults should remain until all players are safe and removed from the premises.

Facility

- All shared spaces (bathrooms, mezzanines, hallways, doorways) will be disinfected every hour on the hour.
- Locker rooms and showers will be available.
- Interior doors will be propped open to reduce transmission of germs.
- Public hand sanitizing stations will be increased and placed in strategic locations within the facility.
- Hand washing and sanitizing instructions will be posted in appropriate locations.
- Decals have been placed on benches to encourage social distance seating.
- All safe sport rules apply.

Staff

- All staff trained in decontamination, hand washing, and safety communication protocols.
- Staff will be encouraged to follow social distancing practices within reason.
- Staff will be sent home or asked not to come in at any sign of illness.

This is for use of the MPRB Ice Arenas and pertains to officials, associations, renters, managers, coaches. Not individual players.

I, the undersigned member of the ___________________________ Coach or Volunteer staff, represent to the ___________________________ that I have reviewed each of the following training videos provided by the Center for Disease Control on its “CDC Train” platform prior to participating in person in any _________activities for the 2020-21 season:

I.a. Protecting against the spread of COVID-19 (15 minutes):
A. https://www.train.org/cdctrain/course/1090346/

II.b. Non-Pharmaceutical Countermeasures to COVID-19 (10 minutes):
A. https://www.train.org/cdctrain/course/1090340/
III.c. How Soap Kills the Corona Virus (4 minutes):
A. https://ed.ted.com/best_of_web/wy0p8edN
B. MDH GUIDELINES FOR PLAYER RETURN
C. https://www.health.state.mn.us/diseases/coronavirus/schools/youthsports.pdf

I also represent that I have received, reviewed, and understood the MPRB Ice Arenas COVID-19 Preparedness Plan. I have understood the rules applying to coaches and volunteers related to the COVID-19 outbreak, and that I will comply with those rules.

I understand that until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way of completely eliminating the risk of infection. All participation in activities is voluntary. I have reviewed information regarding COVID-19 made available by the Center for Disease Control and/or the MN Department of Health, or have had the opportunity to do so and freely chosen not to. I understand that the risks and circumstances associated with COVID-19 are in constant motion, and I will continue to review information from state and federal health experts regarding how to behave during the COVID-19 outbreak. I understand the risks associated with participating in figure skating and hockey-related activities during the COVID-19 outbreak to the best of my ability based on currently-available information. Accordingly, I waive any and all claims of any nature whatsoever against the Minneapolis Park and Recreation Board and other governing agents, and volunteers of each entity, arising out of or related to any potential exposure to or contraction of the COVID-19 virus while participating at the MPRB Ice Arenas scheduled activities.

__________________________________________  __________________________
Printed Name                                           Signature

Dated: __________________________
CONDUCT HEALTH SCREENING EACH TIME EMPLOYEES OR VISITORS ENTER THE FACILITY.

You may also opt to conduct temperature screening if it can be done with proper social distancing, protection, and hygiene protocols. However, temperature screening is not required.

If a worker or visitor answers “Yes” to any of the screening questions or has a measured temperature above 100.4°F, they should be advised to go home, stay away from other people, and contact their health care provider.

Visitor and Employee Health Screening Checklist

Have you had any of the following symptoms since your last day at work or the last time you were here that you cannot attribute to another health condition?

Please answer “Yes” or “No” to each question. Do you have:

☐ Fever (100.4 F or higher), or feeling feverish?
☐ Chills?
☐ A new cough?
☐ Shortness of breath?
☐ A new sore throat?
☐ New muscle aches?
☐ New headache?
☐ New loss of smell or taste?
Signage

- Feeling Sick Stay Home Sign (by the CDC)
- Keep Calm and Wash Your Hands Sign (by the CDC)
- Prevent the spread of COVID-19 if you are sick (by the CDC)
- Social Distancing at Work sign (by the MN Dept. of Health)
- Stop the Spread of Germs Sign (by the CDC)
- COVID-19 Best Practices for Ice Rinks Sign (by MIAMA)
Appendix A – Guidance for developing a COVID-19 Preparedness Plan

USA Hockey, USA Figure Skating, US Ice Arena Association Guidelines

Ice Sports Industry Guidelines

General
www.cdc.gov/coronavirus/2019-ncov
www.health.state.mn.us/diseases/coronavirus
www.osha.gov
www.dli.mn.gov

Handwashing
www.cdc.gov/handwashing/when-how-handwashing.html
www.cdc.gov/handwashing
https://youtu.be/d914EnpU4Fo

Respiratory etiquette: Cover your cough or sneeze
www.health.state.mn.us/diseases/coronavirus/prevention.html
www.cdc.gov/healthywater/hygiene/ etiquette/coughing_sneezing.html

Social distancing
www.health.state.mn.us/diseases/coronavirus/businesses.html

Housekeeping
www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2
Employees exhibiting signs and symptoms of COVID-19


www.health.state.mn.us/diseases/coronavirus/basics.html

https://www.health.state.mn.us/diseases/coronavirus/facilityhealthscreen.pdf

Training

www.health.state.mn.us/diseases/coronavirus/about.pdf


www.osha.gov/Publications/OSHA3990.pdf