



# HAVERFORD HAWKS ICE HOCKEY CLUB

ESTABLISHED 1974



## HAVERFORD HAWKS COVID-19 SAFETY PLAN

The Haverford Hawks Ice Hockey Club is taking all safety precautions to ensure a healthy environment for all team members for the upcoming 2020-21 ice hockey season. In order to do so all members of the Haverford Hawks must follow this plan.

### Self-Assessment

All Players, Caregivers, Coaches, Volunteers, and Board Members are to take the below self-assessment at home prior to your arrival at any rink for games or practices. You are to ask yourself following:

- 1) Have you or anyone in your family, or anyone you have been in close contact with been in contact with a person that has tested positive for COVID-19?
- 2) Have you or anyone in your family, or anyone you have been in close contact with been in contact with a person that is in the process of being tested for COVID-19?
- 3) Have you, or anyone in your family or any one you have been in close contact with traveled outside of the U. S. within the last two weeks?
- 4) Have you been medically directed to self-quarantine due to possible exposure to COVID-19?
- 5) Are you having trouble breathing or have you had flu-like symptoms within the past 48 hours, including fever, cough, or shortness of breath?

If the answer to any of these questions is “yes,” then you/your participant(s) will not be permitted to participate. If you or anyone in your family has been in close contact with someone who is tested positive for COVID-19, then you are required to submit to a COVID-19 test and must have received NEGATIVE Results in order to participate. A copy of this test must be submitted to the Team Head Coach and President of the Club. For the safety of all its members, the Haverford Hawks Ice Hockey Club reserves the right to request a copy of this test. All HIPAA procedures will be followed.

Entry to the Skatium will be through the front doors only. All participants are to follow the arrows on the floor which will allow for “traffic direction.”

Exiting the Skatium will be through the side entrance to the parking lot.

Facemasks are to be worn by all parents when dropping off/picking up their player(s).

**No parents, caregivers, siblings or companions will be permitted to enter the Skatium.**



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## **Players & Caregivers**

- 1) Must complete a home self-assessment prior to attending practice/games (do not attend if temp over 100.4);
- 2) Must adhere to social distancing guidelines when not playing. During down time, athletes, and coaches should not congregate;
- 3) All Players are to wear face coverings (masks or face shields) at all times except when on the ice, unless doing so jeopardizes their health; (A medical note must be submitted if the wearing of a mask jeopardizes the players health)
- 4) All Players must come fully dressed and prepared to go on the ice 10 minutes prior to their ice slot as no locker rooms will be open;
- 5) All Players must bring their own water/drinks to team activities;
- 6) Only use your own equipment and water bottle - NO SHARING;
- 7) NO chewing gum, spitting, licking fingers;
- 8) There is to be NO shaking hands, fist bumps, or high fives before, during, or after games and practices. Limit unnecessary physical contact with teammates, other athletes, coaches, officials, and spectators;
- 9) Must use hand sanitizer after handling any team equipment such pucks, buckets, cones, or goals and be sure your players are using it;
- 10) Must come to games/training in full gear upon entry and exit;
- 11) When not playing, must stay in designated area;
- 12) Groups to stay together at each session to minimize potential exposure; and
- 13) If you or someone you know has started to recognize symptoms while at a practice or event, we ask that you notify your Head Coach who is to notify the President of the Club. The Haverford Hawks will notify all participants at the complex that day of the possible exposure through email as well as the DVHL. If you feel you were personally exposed, please review CDC guidelines and contact your regular physician.



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## **Coaches**

- 1) Must complete a home self-assessment prior to attending practice/games (do not attend if temp over 100.4);
- 2) Must adhere to social distancing guidelines when not playing. During down time, athletes, and coaches should not congregate;
- 3) All Coaches and adult personnel should wear face coverings (masks or face shields) at all times except when on the ice, unless doing so jeopardizes their health (A medical note must be submitted if the wearing of a mask jeopardizes the coaches health);
- 4) All Coaches must come dressed and prepared to go on the ice 10 minutes prior to their ice slot as no locker rooms will be open;
- 5) All coaches must bring their own water/drinks to team activities;
- 6) Must use hand sanitizer after handling any team equipment such pucks, buckets, cones, or goals and be sure your players are using it;
- 7) NO chewing gum, spitting, licking fingers; and
- 8) There is to be NO shaking hands, fist bumps, or high fives before, during or after games and practices. Limit unnecessary physical contact with players other coaches, officials, and spectators.

## **Volunteers/Board Members**

- 1) Must complete a home self-assessment prior to attending practice/games (do not attend if temp over 100.4);
- 2) Must adhere to social distancing guidelines. During down time, Volunteers and Board Members should not congregate;
- 3) All Volunteers and Board Members must bring their own water/drinks to team activities;
- 4) All Volunteers and Board Members must wear face coverings (masks or face shields) at all times, unless doing so jeopardizes their health;
- 5) NO chewing gum, spitting, licking fingers.