



HAVERFORD HAWKS ICE HOCKEY CLUB

ESTABLISHED 1974



COVID-19 SAFETY POLICY

The Haverford Hawks Ice Hockey Club is committed to maintaining a safe and healthy environment for our players, coaches, referees, parents, and spectators. As such, we are closely monitoring the ongoing COVID-19 outbreak according to the guidelines and recommendations of the Centers for Disease Control and Prevention (CDC), Atlantic District and the Delaware Valley Hockey League (DVHL). We take this seriously and are taking all safety precautions to ensure a healthy environment for all for the upcoming 2020-21 ice hockey season.

All players, coaches and family members are required to follow this policy and those outlined in the COVID-19 Safety Plan. All players are required to sign both the COVID-19 Safety Pledge and must have signed a waiver prior to participation.

SELF-SCREENING PRIOR TO ENTRY:

Haverford Hawks' players or family should not come to a Haverford Hawks event, or enter the rink if any of the below apply:

- After taking a temperature reading one hour prior to a scheduled event you have a temperature of 100.4 or greater;
- Feeling sick or experiencing cold or flu-like symptoms (including fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea);
- If you have been diagnosed with, or believe to have contracted, COVID-19, unless you have had no fever for 72 hours (without use of medicine) **and** 10 days have passed since symptoms first appeared;
- If you have been in contact with an individual diagnosed with COVID-19 within the past 14 days. In order to return sooner, you must have a COVID-19 test completed and the results are to be shared with your Head Coach and the President of the Club; and
- If you have traveled internationally or to one of the states listed on the Governor of Pennsylvania's "Do Not Travel" list in the past 14 days.



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FACIAL COVERING:

Everyone (over the age of 2) must wear a protective facial covering (one which fully covers their mouth and nose) upon entering the rink and at all times while inside the rink, except while skating or unless doing so jeopardizes their health. A medical note must be submitted if the wearing of a mask jeopardizes one's health.

SOCIAL DISTANCING:

Everybody will be expected to maintain a distance of six (6) feet from others, whenever possible.

HAND CLEANING AND SANITIZING:

It is recommended that all should wash or sanitize their hands frequently while in the facility. Hand sanitizer stations will be located throughout the Skatium to assist guests with hand hygiene.

PARTICIPANT ENTRY PROCEDURES:

- Participants are requested to ENTER the facility 15 minutes before their scheduled session through the front doors only and EXIT by the side entrance. Anyone who arrives early should wait outside the facility until the appropriate time to enter.
- Due to Pennsylvania's revised indoor gathering limits of 7/15/20, non-participants (parent/caregiver) must exit the building as soon as possible. All parents and caregivers will be required to follow all facility rules while on the premises.

PARTICIPANT'S ADDITIONAL BELONGINGS POLICY:

- Any personal belongings must remain in participant's bag, which may be stored in a designated area while participant is engaging in an on-ice activity.
- All participants are required to bring their own water bottle, which shall be filled prior to entering the facility.
- All participants that use a towel will must bring their own. All towels shall be kept in participant's bag when not in use.



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NOTIFICATION TO CLUB IF ANY PLAYER(S) TEST POSITIVE FOR COVID-19

- If any player(s) tests positive for Covid-19, we require the parents to immediately notify the player's Head Coach and the Club President Chas McGarvey (hhawkspresident@gmail.com or 610-585-3953 (cell)).
- The Head Coach or Club President will notify the guardians of players on that team plus any others that may have had contact with the player that tested positive. At no time is the player's name to be released.
- The President will also notify the DVHL.
- Players that had potential contact will be requested to follow CDC guidelines, which may include self-quarantining or testing.

GENERAL INFORMATION

A.) The CDC recommends people who are at higher risk to contract Covid-19 should not participate in athletic activities. In addition, anyone in a higher risk category should not attend any athletic team games or practices. The higher risk category includes, but is not limited to, people:

- 65 or older
- with kidney or liver disease
- with diabetes or asthma (please consult your physician)
- undergoing treatment for cancer
- who are pregnant and/or breastfeeding

B.) People who have tested positive or are showing symptoms of Covid-19 are expected to stay home and follow CDC criteria to return. See: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

C.) If you have been in close contact recently with a person diagnosed with Covid-19 you are urged to follow the CDC guidelines on Quarantine and Isolation. See: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation.html>

D.) If you have traveled, or plan to travel, to an area with a high number of COVID-19 cases, it is recommended that you stay at home for 14 days upon return to Pennsylvania. A listing of states can be found here: <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx>



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Proactive Steps for Athletes

Daily Health Monitoring:

- A.) All athletes will be required to fill out a daily symptom check survey form before participation. In addition, they will need their pre-participation temperature taken prior to arrival at practice/games. All HIPAA rules will be observed in this process.
- B.) Any athlete who feels sick must report to the Team Coach.
- C.) Anyone who is ill will be isolated immediately and sent home. Parents will be informed immediately. If the individual needs to be picked up by a parent, they will be masked and isolated until pick-up. If symptoms continue (fever, etc.), the player should seek advice from their primary physician.
- D.) Signs regarding health and safety will be posted.
- E.) Coaches and athletes will be instructed on proper health and safety precautions including but not limited to:
 - Handwashing
 - Social Distancing
 - Proper Face Mask Usage – Coaches, student-athletes and athletic staff will wear masks in accordance with state guidelines.
 - Care and disinfection of personal equipment shall occur daily
- F.) High-fives, fist bumps and hand shaking are prohibited.
- G.) Athletes must have their own water bottles, preferably in a one-gallon jug. These cannot be shared.
- H.) Chewing gum, seeds or spitting are prohibited.
- I.) Everyone on the sidelines MUST wear masks as well as socially distance.
- J.) Athletes must refrain from sharing clothing, towels, jerseys, etc. These items should be washed after each use.

Proactive Steps for Coaches

- A.) Coaches will take their temperature before each team event.
- B.) Coaches will wear masks during practices unless a documented medical condition preventing this is present.
- C.) Coaches will have their own water bottles and the bottles cannot be shared.
- D.) Coaches are expected to enforce social distancing during practices and games when practical.
- E.) Coaches will discourage unnecessary physical contact such as high fives, fist bumps, handshakes, or hugs.
- F.) Outdoor practice/off ice training will be prioritized.
- G.) When practical, coaches will encourage athletes to wait in their cars until just before practice or warm-ups begin instead of forming groups in confined spaces.



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OTHER RECOMMENDATIONS:

Bench – Appropriate social distancing will be maintained on the bench during practices and events, as deemed necessary by the club, DVHL, state and local governments.

Changes to seating capacity and social distancing may be necessary for each facility and will be determined as more recommendations are released by the local/state governments.

POSITIVE CASES AND COACHES, STAFF, OR ATHLETES SHOWING COVID-19 SYMPTOMS

What are the signs and symptoms of COVID-19?

Symptoms may appear 2-14 days after exposure to the virus. Symptoms may range from mild to severe and may include:

- Fever or chills (100.4 or Higher)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

What to do if you are sick?

- If you are sick with COVID-19 or think you are infected with the virus, **STAY AT HOME**. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify the Haverford Hawks immediately (Coach, Manager, President).



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- It will be determined if others who may have been exposed (athletes, coaches, staff) need to be notified, isolated, and/or monitored for symptoms per the CDC's guidelines.

Protocol of Haverford Hawks

- If a positive case of COVID-19 is diagnosed, contact tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH. This tracing will identify those individuals who would have been within six feet of the sick athlete for more than 15 minutes while the person was symptomatic or within the 48 hours prior to becoming symptomatic.
- Those identified will need to be put in social isolation for 14 days and closely monitored for the development of symptoms. While testing of the asymptomatic contact may be available, it does not confirm the infection potential of that individual, so it cannot be relied on for return to play.
- The athlete with the positive COVID-19 test may return to social interaction 72 hours after resolution of symptoms, including but not limited to: fever (without the use of fever-reducing medications), cough, shortness of breath, AND at least 10 days have passed since symptoms first appeared according to CDC guidelines. Emerging evidence in the field of cardiology recommends a 14-day convalescent period from the start of symptoms prior to starting back to strenuous activity and consideration of cardiac testing. Players who test positive for COVID-19 should provide a written release for return to activity from their medical provider before being allowed to resume participation.

What to do if an athlete or coach becomes ill with COVID-19 symptoms during practice or event?

- Every effort will be made to isolate the ill individual from others, until the athlete or staff member can leave the school or event.
- Guardian will be contacted immediately, and arrangements will be made for the athlete to be picked up.
- Ill individual will be asked to contact their physician or appropriate healthcare professional for direction



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Return of athlete or coach following a COVID-19 diagnosis

- Athlete or coach will be required to have medical clearance from an appropriate healthcare professional, determined to be non-contagious, fever-free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.

EDUCATION

Staff, Coaches, Parents and Athletes will be educated on the following (through posters, flyers, meetings, emails, phone calls):

- COVID-19 signs and symptoms.
- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face and mouth, no spitting, gum chewing, etc.)
- No handshakes/celebrations (high fives, fist/elbow bumps, chest bumps, hugging), etc.
- The content of this Return to Sport Guidelines Document.
- Any pertinent COVID-19 information released by state/local governments, USA Hockey, AAHA, and the DVHL.
- Locker room use will be limited; players should come dressed for activity wherever possible.
- Limit indoor activities and the areas used.
- Athletes should remain with their assigned groups during each workout to limit the number of people they encounter.