



RCHC Covid protocol – season 2020-21

Last update = 11/5/20

Keeping our players and families safe is Rose City Hockey Club's top priority. To that end, we've documented our RCHC Covid protocol with the information we have gathered to-date. As best practices continue to be developed and improved, we expect this to be a document that is periodically revised as we learn more.

Hierarchy of safety measures (i.e. group below must meet criteria of the group(s) above and can be tighter)

1. Oregon State guidance, includes
 - Oregon Health Authority (OHA)
 - County-specific Phase status
 - Washington County (Sherwood Ice Arena, Winterhawks Skating Center)
 - Lane County (The Rink Exchange - Eugene)
2. USA Hockey
3. Rinks – Sherwood Ice Arena, Winterhawks Skating Center, The Rink Exchange (Eugene)
4. RCHC

1. OR State guidance

- Counties are to abide by the guidelines associated with the Phase they are in.
 - SIA and WSC are in Washington County and are in Phase 1 as of 11/5/20.
 - Important to note that Gov. Kate Brown linked Multnomah, Washington and Clackamas counties for reopening purposes because of their interconnectedness.
 - The Rink Exchange (Eugene) is in Lane County and is in Phase 2 as of 11/5/20.
- As of 10/22/20, in the **Phase One Reopening Guidance – Bowling Alleys and Skating Rinks** (*see RCHC website for link to document*), rinks are allowed to be open in Phase 1.
- As of 7/24/20, in the **OHA Phase 2 Reopening Guidance – Recreational Sports** (*see RCHC website for link to document*), ice hockey is listed as a full-contact sport and full contact sports are prohibited at this time. Conditioning and drills that maintain physical distancing are allowed.
- As of 7/24/20, in the **OHA Statewide Mask Guidance** (*see RCHC website for link to document*), masks are to be worn in indoor public spaces.

2. USA Hockey

- See details in the "Returning to the Rinks" documentation from 5/5/20 posted in the Covid-19 Guidance page on RCHC website. Key aspects are highlighted below verbatim.
 - **General**
 - Recommend that customers showing any symptoms or signs of sickness, or who have been in contact with known positive cases to stay home. Participants with symptoms or signs of illness are strictly advised not to enter the premises and to seek medical assistance.
 - Recommend that customers wear a mask and gloves at facility.
 - A coach should be prepared to require that a player exhibiting signs or symptoms of illness will need to leave practice (this applies in the same way as a suspected concussion).

- Players need to bring and label their own water bottles, no sharing of water.
- Promote a more flexible policy around supporting, and not punishing, a player if they decide not attend training sessions.
- Players can come dressed in full equipment.
- Limit locker room use as much as possible.
- Promote strict hand hygiene (hand washing and sanitizer dispensers) before and after training.
- Families should be asked to minimize the number of parents/spectators that come with the player in order to limit the number of people in the facility.
- Create an emergency plan for a possible outbreak. Have a communication strategy to alert all who may have been exposed.
- **On-ice**
 - Notify and reinforce the message that players and coaches need to observe physical distancing recommendations while on the ice.
 - Avoid utilizing benches or depending on local government regulations, work with your facility to determine appropriate protocol.
 - Avoid drills that require players to stand in line.
 - When designing practice, utilize station based practices and have players/coaches spread out to maintain needed physical distancing.
 - Minimize chalk talk sessions where players could congregate.
 - Utilize non-contact drills.
 - Coaches need to be cognizant to avoid talking within close proximity of players' faces.
 - When leaving the ice, coaches could excuse players one-by-one giving appropriate time for each player to get off the ice. Coaches need to plan to leave an appropriate amount of time at the end of their ice session to complete the dismissal process.
- **After practice**
 - Encourage participants to minimize their time in or around the facility.
 - Have them put on their shoes or skate guards so that they can leave quickly in the same marked common space.
 - Remind players and parents are to follow physical distancing guidelines when leaving the facility.

3. Rink

- As of 11/5, SIA and WSC are in a Phase 1 county (Washington) and the rinks are open with Covid guidelines.
- As of 11/5, The Rink Exchange is in a Phase 2 county (Lane) and the rink is open.
- WSC rink Covid protocols are posted on the RCHC website.
 - Required check-in procedure to help with contact tracing
 - Come fully dressed for the ice
 - Parents/guardians/relatives/nannies/siblings are requested to drop skater off at the curb and wait in the parking lot. In order to enter facility you must receive prior approval and have a completed Covid-19 questionnaire on file.
 - Movement is one-way (e.g. enter and exit through specified doors, take all personal items with you from warm/lobby area to cold area, etc)
 - Bring your own water bottle (no shared team water bottles)

4. RCHC

- In addition to following the Oregon State guidelines, USA Hockey guidelines, and rink guidelines above, we will do the following:

- Overall Decision Making & Communication
 - Determining and documenting Covid protocols will be added to the core responsibilities of the RCHC BOD President.
 - In addition, the President will invite parents and coaches to provide input to Covid protocol.
 - The RCHC BOD will review and approve RCHC Covid protocol key updates and changes.
- Preventative measures
 - Parents or guardians are responsible to take their player's temperature before going to practice, dry-land or any team activity. Any player with temp of 100° or higher is asked to stay home.
 - RCHC is encouraging families to minimize traffic inside the rink as much as possible. Follow all rink policies to enter the facility.
 - Players must sign in/out of rink to support contact tracing.
 - In accordance with OHA published guidance, players and coaches are requested to wear a mask at all times when in the building. This includes on and off the ice.
 - Coaches will instruct teams to enter and exit the ice through designated rink doors.
 - No body contact drills, no scrimmaging at this time.
- Reactive measures
 - What to do if a Coach sees player who exhibits symptoms:
 - Player will be asked to leave the rink. Practice coach will help ensure affected player connects with parent.
 - What to do if player tests positive for Covid:
 - Parent of player (or coach if they are the affected person) to contact the Head Coach of their team or RCHC Director of Hockey in the event of a positive test.
 - Head Coach to notify all players and coaches who were on the ice that someone tested positive. The name of the person will not be revealed.
 - The rink staff will also be notified.
 - Individual who tested positive and those who attended common practice with them will be asked to refrain from attending on-ice or off-ice practices for 2 weeks.