



# COVID-19 MITIGATION PLAN

*Revised November 1, 2020*



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## Summary

Arctic Lions and Alaska Grizzlies takes the safety of players, coaches, volunteers and the public seriously. Promoting health and wellness is an important part of the Arctic Lions and Alaska Grizzlies values. We have been working hard to formulate a detailed plan for the 2020-21 season with new protocols in place. This has involved discussions among our COVID-19 team and board and seeking guidance from the CDC, Alaska DHSS, USA Hockey, Alaska State Hockey Association and Alaska Activities Association.

The Arctic Lions and Alaska Grizzlies is planning to undertake the following actions to mitigate and protect players, coaches, volunteers and the public amid the COVID-19 pandemic. This document is to provide risk mitigation for the 2020-21 Arctic Lions ice rentals. This plan is subject to federal, state, local and facility mandates, policies and procedures. This document is subject to change and revised plans will be posted at [www.fairbanks hockey.org](http://www.fairbanks hockey.org). If parts of this plan are less restrictive than the facilities mitigation plan, the facility mitigation plan will be followed.

Participation in the Arctic Lions and Alaska Grizzlies hockey program is voluntary. Arctic Lions and Alaska Grizzlies follows guidance provided by the CDC, Alaska DHSS, USA Hockey, Alaska State Hockey Association and Alaska Activities Association.

For the purpose of this document, players, coaches, volunteers and parent/guardians will be referred to as participants. Association refers to either the Arctic Lions Hockey Association or Alaska Grizzlies Hockey Association.

## Highlights of Enhanced Health & Safety Protocols

### Strict Social Distancing



Controlled entries, capacity limits, reservation use, and signage are some of the steps needed to ensure social distancing.

### Hand Sanitizer & Single-Use Sanitization Wipes



All hand-sanitizer must meet CDC requirements for 60% or greater alcohol content. Participants will be encouraged to use sanitization products liberally and frequently.

### Temperature and Symptoms Check



Prior to entry, all participants will be required to complete a temperature and symptoms questionnaire. Any participants with a temperature above 100.3°F will be denied entry to an event or practice in the facility. Symptomatic participants will be instructed to stay home, even with mild symptoms.

### Personal Protective Equipment



All participants will be required to wear face coverings in the facility.

### Expanded Disinfecting & Cleaning Procedures



Facility cleaning protocols and professional cleaning services will have increased frequency. Higher touch point areas will be disinfected more frequently. Facility will use an approved EPA disinfectant effective at killing viruses including SARS association Coronavirus.

## Facility Health & Safety Protocols

The Associations are user groups of various facilities owned and operated by others. When the association rents a facility space the following protocols will be expected.

### Facility Protocols

The facility will follow health and safety protocols which will include:

- Facility agrees to provide a facility mitigation plan in advance of a scheduled activity and notify the association of any changes to the plan.
- Locker room use will be allowed based on the [Alaska State Hockey Association](#) and facility guidelines, whichever is more restrictive.
- If appropriate, facility will provide association with a location to keep a thermometer, hand sanitizer, gloves, masks or other PPE.
- Facility will provide cleaning of common areas and high touch points after each session.
- Social distancing must be observed and a face mask must be worn while in the facility.
- Facility will provide hand sanitizer to promote hand hygiene while in the facility.
- Facility will maintain cleaning protocols as directed by the CDC and EPA.
- Facility will have appropriate signage to encourage social distancing and specify entry and exit areas.
- Facility capacity is established and posted for patrons to see.
- Facility, Risk Management or Public Health will notify the Association of a known COVID-19 exposure if it occurs within 14-days of the hosted event and close contact is determined.
- Facility will operational and facility mitigation plants to all user groups utilizing and executing a standard for mitigation to ensure public safety.

### Procedure for Positive COVID-19 in a Rented Facility

If a participant has a positive COVID-19 test and has accessed the facility in the previous 14-days the following will occur:

- Any participants who have been in close proximity of another participant who has tested positive or had a known exposure, will be asked to self-isolate for a period of 14-days.
- The area the participant accessed will be cleaned and disinfected.
- A participant who may have been in contact with a participant who has tested positive for COVID-19 will be notified of the potential exposure. The identity of the individual will not be released to anyone who was not in immediate contact with the positive COVID-19 participant based on their report. However, all participants will be notified if a player, coach, volunteer or parent/guardian is COVID-19 positive.
- Facility will follow procedures established by the governing document of the facility.

# Association Health & Safety Protocols

## Association Responsibilities

- Association shall advise participants to adhere to facility and Association mitigation plans.
- Association will update facility on mitigation plan changes.
- Association volunteers and coaches will follow facility mitigation plan and remove participants who are not able to follow facility and association mitigation plan requirements.
- Association will assign a COVID Liaison for each team to ensure compliance with both association and facility guidelines. The team manager will serve as the COVID Liaison should that person be ill or unavailable.
- Association will notify the facility of a known COVID-19 exposure if it occurs within 14-days of an individual participating in an event.

## Participant Health Screenings

- Participants will be required to complete an electronic daily health screening utilizing TeamSnap prior to entry into the facility. The screening tool will assess indicators of illness or exposure.
- If a participant has an indication of illness or exposure they will not be permitted as safety is paramount to reducing community transmission.
- If participants have any symptoms, have traveled, or have a temperature over 100.3 or higher, they will not be permitted into a facility or at a any team or association events.
- Participants will maintain this procedure until such time it is determined this protocol is no longer required.

## Participant Training

- All participants will be provided information on reducing the transmission of COVID-19.
- Participants will be required to sign associated COVID-19 and other association waivers.

## Communication

- Association will work to educate participants about the requirements of this plan.
- Association will work to educate participants about the importance of hand hygiene and face coverings.
- Association will work to educate participants about the importance of cleaning gear and equipment after use.

## Participant Behaviors & Protocols

All participants authorized for facility access will agree to adhere to established controls. Participants are encouraged to support one another in insuring all policies are followed among fellow participants to ensure a safe and successful season. All participants will adhere to the following protocols:

- All participants must follow all directions of facility or volunteer staff including signage.
- All participants must wear a face mask while in the facility.
- All participants must use hand sanitizer when entering the facility.
- All participants will maintain physical distance of 6 feet when possible.
- Frequent hand sanitizer or hand washing is encouraged.

In addition, protocols for players, spectator/guardians, volunteers and coaches are:

### Players

- Players must wear their face mask while in the facility. Immediately before entering the ice, players may remove their face mask and apply their helmet. Immediately after the ice session, players are expected to remove their helmet and reapply their face mask prior to removing their skates.
- Players may not share equipment.
- Players will not share water bottles.
- Players may consider the use of a full shield face mask per USA Hockey recommendation, for their helmet.
- All players must come fully dressed. Only skates, gloves, helmets, sticks and water bottles may be brought into the facility.
- Per ASHA guidelines, any player who has returned from travel outside of Alaska within 14-days prior to a sanctioned event, must have completed a 14-day quarantine or had two negative COVID-19 tests, at least 7-days apart.

### Spectator/Guardian

- Entrance into a facility is based on facility or local/state mandates.

### Volunteers and coaches

- Volunteers and coaches must wear a face mask at all times in accordance with the [Alaska State Hockey Association](#) or facility guidelines, whichever is more restrictive.
- Coaches may consider the use of a full shield face mask per USA Hockey recommendation, for their helmet.
- Per ASHA guidelines, any coach who has returned from travel outside of Alaska within 14-days prior to a sanctioned event, must have completed a 14-day quarantine or had two negative COVID-19 tests, at least 7-days apart.

# Assessments, Camps, & Practices

## Registration

- All players must register through the on-line system. This will include a full record of player and guardian contact information and all waiver of liability forms.
- All player guardians will acknowledge the waivers during registration and agree to adhere to federal, state, local and facility mandates and Association Guidelines.
- Once assigned to a team, players will notify their team manager if their contact information has changed.

## Health Screening

- Players will check in with the designated association volunteer no earlier than 15 minutes prior to taking the ice.
- The association will utilize a health screening questionnaire through the association application (TeamSnap) to monitor symptoms of COVID-19. Players will complete a screening prior (within 8 hours) to entry.
- If a player or guardian has a temperature over 100.3, they are not permitted access to the facility.
- The team COVID Liaison will confirm that all players have completed the health screening.
- If the health questionnaire through the association application has not been completed, the following questions will be asked.
  1. Have you exhibited any of the following symptoms within the last 24-hours?
    - 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
    - Diarrhea
  2. All participants must follow the State of Alaska [travel mandates](#) related to out-of-state travel. This applies to individual or team travel. Facility travel restrictions will be followed if more restrictive than the State of Alaska.
  3. Are you aware of any exposures to COVID-19 by you or a member of your household?
  4. Do you agree to notify the Association if you have any of these symptoms or test positive for COVID-19 within the next 14-days?
- If any participants have any symptoms, have traveled, or have a temperature over 100.3 they will not be permitted to participate in the Association event as safety is paramount to reducing community transmission.



## **Off Ice**

- After entry is approved, players will proceed to their assigned number in the rink. At their location they will put on their skates, gloves and helmet. They may remove their face mask and put their helmet on immediately proceeding ice entry. They may leave their face mask in their numbered spot.
- Players will proceed to on-ice activity as directed by volunteers.
- When on ice activities conclude, players will proceed to their assigned number. Players will remove their helmet, reapply their face mask and remove their skates.
- Players and guardians must leave the building immediately following the session.

## **On Ice**

- Players and coaches will attempt to maintain physical distance of 6 feet.
- Maximum on ice capacity will be established by the facility. Unless otherwise stated, additional coaches may be on the bench, wear a face mask, and maintain physical distancing requirements.

## **Dryland**

- Players and coaches will attempt to maintain physical distance of 6 feet.
- Players will wear a face mask unless they are exercising.
- Coaches will always wear a face mask if indoors or social distancing cannot be maintained.
- Hand sanitizer will be used prior to starting dryland and at the conclusion of the session.

## **Other Team Events**

- Players and coaches will attempt to maintain physical distance of 6 feet.
- Participants will wear a face mask if indoors or social distancing cannot be maintained.
- Hand sanitizer will be used prior to and immediately following the event.

# Games

## Health Screening

- Players will check in with the designated association volunteer no earlier than 15 minutes prior to taking the ice.
- The association will utilize a health screening questionnaire through the association application (TeamSnap) to monitor symptoms of COVID-19. Players will complete a screening prior (within 8 hours) to entry.
- If a player or guardian has a temperature over 100.3, they are not permitted access to the facility.
- The team COVID Liaison will confirm all players have completed the health screening.
- If the health questionnaire through the association application has not been completed, the following questions will be asked.
  1. Have you exhibited any of the following symptoms within the last 24-hours?
    - 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
    - Diarrhea
  2. All participants must follow the State of Alaska [travel mandates](#) related to out-of-state travel. This applies to individual or team travel. Facility travel restrictions will be followed if more restrictive than the State of Alaska.
  3. Are you aware of any exposures to COVID-19 by you or a member of your household?
  4. Do you agree to notify the Association if you have any of these symptoms or test positive for COVID-19 within the next 14-days?
- If any participants have any symptoms, have traveled, or have a temperature over 100.3 they will not be permitted to participate in the Association event as safety is paramount to reducing community transmission.

## Off Ice

- After entry is approved, players will proceed to their assigned number in the rink. At their location they will put on their skates, gloves and helmet. They may remove their face mask and put their helmet on immediately preceding ice entry. They may leave their face mask in their numbered spot.
- Players will proceed to on-ice activity as directed by volunteers.
- When on ice activities conclude, players will proceed to their assigned number. Players will remove their helmet, reapply their face mask and remove their skates.
- Players and guardians must leave the building immediately following the session.

## **On Ice**

- Players and coaches will attempt to maintain physical distance of 6 feet.
- Maximum on ice capacity will be established by the facility. Unless otherwise stated, additional coaches may be on the bench, wear a face mask, and maintain physical distancing requirements.

## **Dryland**

- Players and coaches will attempt to maintain physical distance of 6 feet.
- Players will wear a face mask unless they are exercising.
- Coaches will always wear a face mask if indoors or social distancing cannot be maintained.
- Hand sanitizer will be used prior to starting dryland and at the conclusion of the session.

## **Other Team Events**

- Players and coaches will attempt to maintain physical distance of 6 feet.
- Participants will wear a face mask if indoors or social distancing cannot be maintained.
- Hand sanitizer will be used prior to and immediately following the event.

## **Travel**

- All out-of-state team travel must be approved by the board of directors and the ASHA Registrar. Submission of the travel request must include information on how the team will comply with travel restrictions in the area the team is traveling to and how they will comply with Alaska travel restrictions. Requests must be made at least 45-days in advance of the travel.
- All team travel will require a plan be submitted to the COVID Committee for review. The plan must detail the trip including how a family may opt out of team travel and how situations of illness for a player or chaperone will be handled.
- When traveling, participants should take precautions as recommended by the CDC to mitigate the risk of infection. The CDC does not support non-household members traveling together or sharing hotel rooms, transportation or meals.
- Visiting teammate rooms, carpooling, eating at restaurants together or other social situations is not recommended when traveling while the community is in the red zone as defined by the Department of Health and Social Services.

## COVID-19 Positive or Potential Positive Protocols

The Association's will follow guidance from the Center for Disease Control (CDC) and Alaska Department of Health and Social Services (DHSS) regarding mitigation and infection related to a coronavirus pandemic. If a player, coach, volunteer or parent/guardian have a potential or known exposure or a positive test they will follow the recommendations of the CDC or DHSS and contact tracing will begin for those participants who may have been in contact with the exposed or COVID-19 participant. The Association's may seek guidance from Public Health to assist with contact tracing. The Associations are not responsible for paying for or administering a COVID-19 test. Up to date information will be followed and can be found on at <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>.

### Participant with a Potential or Known Exposure

If a participant has a potential or known exposure to COVID-19 they will be required to:

- Notify the Association COVID Liaison to establish the exposure and a plan for monitoring.
- Self-monitor daily for signs and symptoms of COVID-19 or other illness, especially if known exposure.
- Report symptoms of COVID-19 or a diagnosis of COVID-19 for themselves or someone they have been in contact with, to the team COVID Liaison.
- Quarantine from the team for 14-days, if known exposure. If potential exposure, quarantine from the team until the exposure is ruled out.
- Follow procedure for clearance to return.
- The team does not have to quarantine.

### Participant with Positive COVID-19 Test

If a participant has a positive COVID-19 test they will be required to:

- Notify the Association COVID Liaison to establish the exposure and a plan for monitoring.
- Isolate for a minimum of 10-days from the onset of symptoms, or until symptoms improve, plus 24 hours without fever or fever reducing medication and other symptoms have improved, before being permitted to return to an Association event.
- For participants with no symptoms, quarantine for 10-days from the date of the positive test.
- Follow procedure for clearance to return.

### Procedure for Return

- Notify the Association COVID Liaison when a participant has met the quarantine or isolation requirements outlined above.
- After positive COVID-19 test or exposure, clearance from Public Health may be required.
- After approved for facility access, complete participant Health Screening prior to entry into an Association reserved facility.
- A negative COVID-19 test does not preclude quarantine or isolation requirements.

### **Team Impact with a Potential or Known Exposure**

- If a player has a potential or known is exposure to COVID-19, the team they have had contact with will be assessed for potential exposure.
- If a player has had contact with their team two-days prior to the onset of symptoms or two-days prior to testing positive, the team may be removed from all team events for up to 14-days after last exposure to the individual with COVID-19.
- A negative COVID-19 test does not preclude quarantine or isolation requirements.

**Association COVID-19 Liaison: Heidi Haas (907) 388-1912 or**

**Additional questions? Please reach out to your association:**

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