



COVID-19 POLICY

Effective 10/30/20

The Boyertown Ice Hockey Club (BIHC) is committed to maintaining a safe and healthy environment for our players, coaches, parents, and spectators. As such, we are closely monitoring the ongoing COVID-19 pandemic and the recommended safety precautions from the CDC, the Pennsylvania State Government, USA Hockey, and the AAHA. We take this very seriously to ensure a healthy environment for the upcoming 2020-21 ice hockey season.

All players, coaches and family members are required to follow this policy.

BIHC President David McGuffin will act as our COVID-19 Coordinator during the pandemic. A special email address covid19@boyertownhockey.com has been established for communication purposes. You can also reach him at (610) 906-0799 if immediate attention is needed.

GAME/PRACTICE DAY PROTOCOL

SELF-SCREENING PRIOR TO ENTRY:

All players are required to complete the Team Snap Health Check on your app prior attending a game.

All players are required to self assess, with the assistance of their parent/s or guardian/s with the following questions prior to a practice:

- Have you experienced a fever of 100.4 or higher in the past 14 days?
- Have you received a positive result from a COVID-19 test within the past 14 days?
- In the past 14 days, have you been in close contact with anyone that has or had symptoms of COVID-19 that required you to quarantine?
- In the past 14 days, have you or someone you have been in close contact with traveled to an area that required quarantine upon return?
- In the past 14 days, have you experienced any of the following new symptoms not attributed to another health condition? Cough/Loss of smell or taste, Runny nose, Shortness of breath, Sore throat
- If you answer yes to any of the above questions please contact BIHC President David McGuffin at covid19@boyertownhockey.com immediately

BIHC players or family should not come to a BIHC 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 the BIHC President at covid19@boyertownhockey.com.

IF YOU ARE SICK AND KNOWINGLY FALSIFY A SELF SCREEN AND A COACH/PLAYER/PLAYERS GETS INFECTED YOU WILL BE REMOVED FROM THE TEAM EFFECTIVE IMMEDIATELY WITH NO REFUND

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 to covid19@boyertownhockey.com 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 rinks to assist their guests with hand hygiene.

PARTICIPANT ENTRY PROCEDURE:

Participants are required to follow the rules of the rink they are attending.

PROACTIVE STEPS:

The following steps are to be taken by players and family members:

- Handwashing
- Care and disinfection of personal equipment shall occur as often as possible
- High-fives and hand shaking are prohibited
- Athletes must have their own water bottles
- Chewing gum, seeds or spitting are prohibited
- Athletes must refrain from sharing equipment, clothing, towels, jerseys, etc.

The following steps are to be taken by the coaches:

- Coaches will take the player's temperature before each team event
- Coaches will wear masks during practices unless a documented medical condition preventing this is present
- Coaches are expected to enforce social distancing during practices and games when practical
- 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

POSITIVE CASES PROTOCOL

SIGNS AND SYMPTOMS OF COVID-19

The following are the most common 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

INFECTION PROTOCOL PRIOR TO GAME/PRACTICE

- 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 ARE SICK AND KNOWINGLY ATTEND A BIHC EVENT AND A COACH/PLAYER/PLAYERS GETS INFECTED YOU WILL BE REMOVED FROM THE TEAM EFFECTIVE IMMEDIATELY WITH NO REFUND
- If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Then notify BIHC President David McGuffin at covid19@boyertownhockey.com
- It will be determined if others who may have been exposed (players, coaches, families) need to be notified, isolated, and/or monitored for symptoms per the CDC's guidelines.
- 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.
- Players who test positive for COVID-19 should email a written release for return to activity from their medical provider before being allowed to resume participation to covid19@boyertownhockey.com

INFECTION PROTOCOL DURING A GAME/PRACTICE

- If a player 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 person can leave the event.
- The player's parent/s or guardian/s will be contacted immediately and arrangements will be made for the athlete to be picked up.
- The individual will be asked to contact their physician or appropriate healthcare professional for direction
- BIHC President David McGuffin is to be notified at covid19@boyertownhockey.com
- It will be determined if others who may have been exposed (players, coaches, families) need to be notified, isolated, and/or monitored for symptoms per the CDC's guidelines.
- 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.
- Players who test positive for COVID-19 should email a written release for return to activity from their medical provider before being allowed to resume participation to covid19@boyertownhockey.com

PLEASE MONITOR THE CDC, PA GOV, AND AAHA WEBSITES FOR THE MOST UP TO DATE INFORMATION REGARDING COVID-19