

2020 Minnesota Wilderness COVID-19 Team Protocol



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2020 MN Wilderness Safety Guidelines

RETURN TO PLAY PROTOCOL 1 COVID-19 WAIVERS 1.1 League Waiver. Players, staff and officials will be required to sign League Waiver of Liability, Release, Assumption of Risk & Indemnity Agreement Relating to Covid-19 Novel Coronavirus/Covid 19 (herein after “League Waiver”) at the beginning of the 2020-2021 season. The Waiver shall be valid for the 2020-2021 applies to all preseason, regular and post season games. The League Waiver must be executed prior to participation in any preseason, regular season or postseason practices, on or off ice activities or games.

1.2 Billets and Staff

Billet Families and Wilderness Staff will be required to sign a COVID-19 waiver.

1.3 Eligibility for Participation

Individuals required to sign waivers must do so in order to be eligible to participate in any preseason, regular season, postseason practices, on or off ice activities or games

1.4 Certificate of Compliance Verification

Players, staff, billet families are to review and verify the Compliance Certification prior to initial report, move in and returning from break (See Protocol 13).

RETURN TO PLAY PROTOCOL 2 TEAM PROTOCOL OFFICER

Each team will create a primary point of contact called the Team Protocol Officer. The Team Protocol Officer shall be well versed in the league, team, local and jurisdictional requirements and the CDC guidelines.

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RETURN TO PLAY PROTOCOL 3 TESTING 3.1 Testing Guidelines

CDC testing guidelines, in conjunction with medical advice, will be followed to determine when a test is needed. Testing may or may not be required throughout the season at different times and for different reasons as determined by a physician and/or local/state governance.

3.2 Team Responsibility

Teams will be responsible for identifying a local testing center that provides access to testing for all individuals.

3.3 Player Responsibility

Players will be responsible for the cost of testing.

3.4 Staff, Billets and Officials Responsibility

Staff, billets and officials will be responsible for the cost of testing.

3.5 Eligibility for Participation

Individuals that are required to take a Covid-19 test by local or state authorities must do so in order to become or to remain eligible to participate.

RETURN TO PLAY PROTOCOL 4 The Minnesota Wilderness will be adhering to the NAHL STRATEGY

The NAHL will use both a Testing-Based strategy and a Symptom-Based strategy. Both strategies are used by the CDC. The Testing-Based strategy allows for testing to be primarily considered based on CDC recommendations and the local team physician. Individuals will be required to produce a negative test upon arrival to a team. The Symptom-Based strategy is modeled from the CDC return to work/duty for health care worker guidelines. Except for rare situations, a Test-Based strategy is no longer recommended to determine when to allow personnel to return to work/duty (7/17/2020) because in the majority of cases, it results in excluding from work or other activity individuals who continue to shed detectable Covid-19 virus RNA but are no longer infectious. Therefore, Self-Isolation (see 4.1 below) is primarily the first step of the Symptom-Based strategy.

4.1 Self-Isolation

Self-isolation is recommended for people with probable or confirmed COVID-19 who have mild illness and are able to recover at home. The CDC defines isolation as separating a sick person with a contagious disease from people who are not sick. If self-isolation is not possible, then the use of masks and glasses (along as the individual is not adversely affected by the use of the mask), frequent hand washing and distancing by caregivers should be implemented. The following Symptom-Based Strategy should be followed once in Self-Isolation:

4.2 Symptom Based Strategy

Are for individuals with confirmed Covid-19 infection, or individuals with suspected Covid-19 infection (e.g., developed symptoms of Covid-19) but were never tested for Covid-19.

A. Individuals with **mild to moderate illness** may return to play if:

- i. At least 14 days have passed since their symptoms first appeared **and** ii. At least 72 hours have passed since last fever without the use of fever-reducing

medications **and** iii. Symptoms (e.g., cough, shortness of breath) have improved. B. Individuals with **severe illness** or who are severely immunocompromised (as determined by physician) shall not be eligible to return without written physician approval.

4.3 Close Contact per the CDC

The CDC defines “close contact” as an individual who was within 6 feet of an infected person for at least 15 minutes starting two days before the illness onset (or, for asymptomatic individuals, 2 days prior to specimen collection) until the time the individual is isolated.

Any player who was within 6 feet of someone diagnosed with Covid-19 or someone with Covid-19 symptoms for 15 minutes up to 48 hours prior to diagnosis, should also Self-Isolate (See Protocol 4.1 above) for 14 days. These individuals should check their temperature twice per day and monitor for primary Covid-19 symptoms (See Protocol 5.1 below).

RETURN TO PLAY PROTOCOL 5 COVID-19 SYMPTOMS AND TEST POSITIVE

5.1 Covid-19 Symptoms

An individual with Covid-19 symptoms, including but not limited to, a cough, fever/chills, or shortness of breath, or change in loss of taste or smell must adhere to the following protocol:

- A. Notify the Team Protocol Officer immediately.
- B. The individual should Self-Isolate (see Protocol 4.1 above).
 - i. The CDC defines isolation as separating a sick person with a contagious disease from people who are not sick. The CDC defines isolation as separating a sick person with a contagious disease from people who are not sick.

If self-isolation is not possible, then the use of masks and glasses (along as the individual is not adversely affected by the use of the mask), frequent hand washing and distancing by caregivers should be implemented.

- C. An individual with mild or moderate symptoms will remain in isolation until either the CDC Symptom-Based Strategy (See Protocol 4.1 above) are met, OR a negative test

result is received under the direction of a physician.

D. An individual with severe symptoms should be referred to the team physician for recommended care.

E. If an individual has a test, and the test result is negative, but flu like symptoms continue, the individual will remain in Self-Isolation (See Protocol 4.1 above) until the CDC Symptom- Based Strategy (See Protocol 4.2 above) are met, or the team physician agrees that he can return to train.

5.2 Covid-19 Positive

If an individual is tested and tests positive for Covid-19, they must adhere to the following protocol:

A. Upon receiving a positive Covid-19 test result the individual must notify the Team Protocol Officer immediately.

B. The Team Protocol Officer must notify the NAHL Office immediately.

C. Anyone that would be considered “Close Contact” by the CDC (see Protocol 4.3 above) shall be notified immediately.

i. Close Contact Definition: Someone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic individuals, 2 days prior to specimen collection) until the time the individual is isolated.

ii. An individual that is determined to be a Close Contact (see Protocol 4.3 above) shall Self-Isolate (see Protocol 4.1 above) and follow the CDC Symptom-Based Strategy (see Protocol 4.2 above).

D. The individual that tested positive must Self-Isolate (See Protocol 4.1 above) and follow

CDC Symptom-Based Strategy (See Protocol 4.2 above).

E. The Team will cooperate with health authorities and follow CDC Close Contact (see Protocol 4.3 above) and Contact Tracing Protocol (for individuals who have been in close contact with the infected in the 48 hours prior to when the symptoms started). F. The Team will follow any other additional prevention and control measures as required by the local health authority.

G. The Team and Facility will ensure all areas of the facility, where the infected individual has been, are disinfected in accordance to the procedures and protocols provided CDC.

H. The individual will remain in Self-Isolation (see Protocol 4.1 above) for a period of 14 days or until such time he is approved for return to play by the Team Doctor and satisfies the CDC Symptom-Based Strategy (see Protocol 4.2 above).

I. The NAHL will monitor any new regulations and directives introduced by the CDC, USA Hockey and other sports organizations and, if applicable, they will be incorporated into the NAHL Return to Play Protocol.

RETURN TO PLAY PROTOCOL 6 DAILY CHECK, DENIAL VERIFICATION AND BEST PRACTICES

Each member team will require individuals to participate in a Daily Check and denial verification of the primary symptoms of Covid-19 (cough, fever/chills, shortness of breath, change in taste or smell). This process must be performed before entering rink, bus or team function. This will include temperature checks, answering questions about potential Covid-19 symptoms and verifying if they have not had any symptoms since the last Daily Check.

6.1 Daily Check

Individuals shall participate in the Daily Check prior to participating in any team function.

A. Temperature Checks

i. Surface Temperatures may be used, but can be erroneous especially after exercise, or immediate exposure to outside temperatures. The temperature should be repeated orally or after 10 minutes of an abnormal result in those cases. ii. Players, coaches and staffs with a 100.4 or above temperature will not be able to participate on that day and after confirming Temperature elevation, should immediately Self-Isolate (See Protocol 4.1 above), and use mask protection until assessed. If no other Covid-19 symptoms are present, and temperature abates without fever reducing medications, the individual may return to play after 24-72 hours of no temperature. B. Primary Symptom Verification.

ii. Verify that you do not have a cough, fever/chills, shortness of breath or change in loss of taste or smell.

iii. Individuals should notify the Team Protocol Officer and Self-Isolate (see Protocol 4.1 above) if they have primary symptoms of Covid-19 and will not be allowed to participate

until CDC Symptom-Based Strategy (see Protocol 4.2 above) is met. C. Secondary Symptom Verification (less specific):

i. Verify that you do not have any sickness related muscle aches, severe fatigue, or other

cold/flu like symptoms (runny nose, sore throat) ii. Individuals should notify the Team Protocol Officer and Self-Isolate (see Protocol 4.1 above) if they experience secondary symptoms (not including cough, fever/chills, shortness of breath, change in taste or smell) of Covid-19. Individual that only experience secondary symptoms and do not have any primary symptoms, may return to play after 24-48 hours after their symptoms have resolved and after obtaining written physician approval.

6.3 Daily Best Practice

The CDC has recommended the 3'W's in their guidelines which are the following:

A. WASH your hands regularly, use hand sanitizer frequently. B. WATCH your distance (6 feet for less than 15 minutes). C. WEAR a mask except when on ice or exercising and consider protective eyewear if you are vulnerable (>65, medical issues).

RETURN TO PLAY PROTOCOL 7 REPORTING TO TEAM

7.1 Initial Report

It is required for each team to test individuals before Initially Reporting. The NAHL recommends the following minimum protocol:

A. All incoming players must receive a Covid-19 negative test result **no more than five days prior** to the report date and present it to the Wilderness head coach. If this is not possible, then players will need to report September 24th to receive a Covid-19 test at St. Luke's and must quarantine in a hotel at their own expense.

C. Once a negative COVID-19 test is produced, players will be placed in their billet home

and are eligible to begin hockey-related activities.

7.2 Travel

A. Prior to Loading:

- i. Prior to boarding the bus, Individual's must perform a Daily Self-Assessment and temperature checks (see Protocol 6.2 above) and the information will be logged for each passenger.
- ii. While on the bus, if social distancing cannot be maintained, then masks should be worn. Masks should be worn when traversing to and from the bathroom.
- iii. Individuals shall frequently apply hand sanitizer while on the bus.
- iv. Report any Covid-19 symptom to the Team Protocol Officer.

B. When Unloading:

- i. Prior to getting of the bus, Individual's must perform a Daily Self-Assessment (see Protocol 6.2 above) and the information will be logged for each passenger.
- ii. Report any Covid-19 symptom to the Team Protocol Officer.

RETURN TO PLAY PROTOCOL 8 HOME ARENA

8.1 Facility Guidelines

Each NAHL facility must provide guidelines that include but are not limited to the following:

- A. Facilities must have Covid-19 guidelines that include necessary precautions and enhanced cleaning and disinfecting as outlined by the local, state and federal health authorities including the CDC.
- B. Facilities must implement measures to ensure members of the public attending the facility can maintain local, state and federal requirements for social distancing and capacity limits.
- C. Each facility must establish a plan for how to minimize physical contact, promote social

distancing and the risk of Covid-19 transmission between members of the public.

D. Teams/Facility to post signs indicating social distancing guideline.

E. Hand sanitizer will be made available at all entrances and high-contact areas such as lobby, check-in desk, dressing room and high traffic areas.

F. Members of the public are to be reminded to stay home if they are feeling unwell, even if their symptoms are mild.

G. Members of the public at higher risk of serious illness will be reminded to consider waiting to return to these facilities.

H. All necessary public health authority guidelines and facility Covid-19 distancing protocols to be strictly followed.

8.2 Team Locker Rooms

A. Players should wear a mask and be spaced at least six feet apart while getting dressed.

B. Teams should rotate player's times to get dressed if six feet of spacing is not possible.

C. Each NAHL Locker Room should be cleaned and sanitized (all surfaces and fitness equipment) after each use. Teams and Facilities may consider the use of commercial CDC approved fogging and or UVC carefully used solutions.

D. Individuals must not share equipment of any kind (sticks, apparel, water bottles, towels, etc) Individuals must not share clothing, soap, shampoo or other personal items such as razors and towels. Hand sanitizer or disinfectant wipes are to be available as individuals enter and leave the locker room.

E. Disinfectant spray or wipes to be available for participants to disinfect high contact surfaces before and after use.

F. Enhanced and frequent cleaning and disinfection of locker rooms should be conducted.

G. Media interviews should be conducted outside the dressing room in a dedicated area with proper social-distancing procedures.

H. Access to the dressing room should be strictly monitored. Only players, team personnel, on-ice officials, medical staff and essential facility staff should be permitted.

I. Jerseys/Socks/clothing will be washed after each training/practice session.

8.3 Benches

A. The bench and bench area must be wiped down and disinfected after each session.

- B. Bench capacity will be limited to the rostered players and staff.
- C. Masks should be worn by all staff while on the bench.

8.4 Equipment

- A. Individuals must have their own personal towels for showering.
- B. Individuals must use their own water bottles, soap, and shampoo and clean them after each use.
- C. Towels, jersey's socks and equipment must be cleaned after each use.

8.5 Off-Ice Training Areas

- A. Social distancing should be used to determine the number of players permitted in the weight room or workout area at one time.
- B. Players are to warm-up for training/practice sessions individually as opposed to in groups.
- C. Equipment must be wiped down with disinfectant wipes after each use.
- D. Hand sanitizer and or disinfectant wipes to be made available as players enter and leave the training areas.

8.6 Medical Rooms

- A. Social distancing is to be used to determine the number of players in the medical room at one time.
- B. Hand sanitizer and or disinfectant wipes to be made available as players enter and leave the medical rooms
- C. Medical rooms/tables will be disinfected between player treatments.
- D. Protective masks and gloves to be worn when social distancing is not possible during treatments.

8.7 Training Rooms

- A. Protective masks should be worn, and social distancing should be used to determine the number of players in the training room at one time.
- B. Hand sanitizer and or disinfectant wipes to be made available as players enter and leave the training rooms.

C. Training room shall be cleaned and disinfected daily and between each use.

8.8 On Ice

A. Team huddles of any kind, handshakes, hugs, high fives, etc to be eliminated.

B. No spitting on the ice, bench or penalty box area.

C. Individuals must use their own water bottles and clean them after each use.

8.8 Isolation Room

A. Facilities must be able to provide a Self-Isolation (see Protocol 4.1 above) area for individuals that display Covid-19 symptoms or are Covid-19 positive. This area may be used for a individual to Self-Isolate during a game or to be evaluated.

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9.0 TRAVEL

Out-of-state travel restrictions and guidelines as outlined by the local, state and federal health authorities shall be adhered to.

9.1 Hotels

A. Teams should require host hotels to provide their Covid-19 guidelines in advance of arrival.

B. Only two individuals per room should be permitted.

C. Masks should be worn when social distancing cannot be maintained.

D. If an Individual has Covid-19 symptoms or tests positive for Covid-19 then the team must secure a separate hotel room to begin the Self-Isolation (see Protocol 4.1 above) process.

9.2 Buses

A. Bus Company must provide, and team owned bus must have Covid-19 guidelines in advance of travel.

- i. The Bus Company or team owned bus must have Covid-19 cleaning and disinfecting protocol.
 - ii. The Bus Company or team owned bus must have a contingency plan for if the Driver has Covid-19 symptoms or test positive for Covid-19 during a trip.
 - v. While on the bus, if social distancing cannot be maintained, then masks should be worn. Masks should be worn when traversing to and from the bathroom.
- B. If an individual has Covid-19 symptoms or test positive for Covid-19 the team may need to secure a separate vehicle to transport the individual.
- i. At a minimum, the individual if able to tolerate, should wear a mask and be reasonably isolated from the team. The players and staff shall wear a mask and social distance if another individual has Covid-19 symptoms or test positive for Covid-19 and is traveling in the same vehicle.

9.3 Meals

- A. Individuals must wash hands before and after each meal.
- B. “To go” meals to be provided when possible/applicable.
- C. Players and staff are not to share food or drink at any time.
- D. Arrange seating and tables to ensure social distancing.
- E. Buffet- style food services should not be permitted. Beverages should be single-serve and not jug-style service.
- F. Hand sanitizer and or disinfectant wipes should be made available as players enter and leave.

RETURN TO PLAY PROTOCOL 10 HOUSING

- A. Members of the billet home may be required to be tested for Covid-19 (see Protocol 3.4 above).
- B. Members of the billet families are to review and verify the Compliance Certification (see Protocol 13 below) prior to initial report, move in and when players return from break
- C. Members of the billet family must follow the Daily Check, Self-Verification and the Best Practices (see Protocol 6 above) Protocol.
- D. Players with Covid-19 symptoms may self-isolate in billet homes where appropriate.

E. Teams may need to provide alternate housing for players with Covid-19 or Covid-19 symptoms.

G. Teams may need to provide alternate housing for players if a member of the billet family has Covid-19 or Covid-19 symptoms.

RETURN TO PLAY PROTOCOL 11

11.1 Coaching Staff

A. Members of the coaching staff must maintain social distancing with players whenever possible and should wear masks when social distancing is not possible.

B. Team meetings will only be held in a controlled environment with social distancing.

C. Masks should be worn at all times except when on the ice or exercising.

11.2 Medical, Trainers & Equipment Staff

A. Hands must be washed, or hand sanitized between handling player/team equipment.

B. Hands must be washed, or hand sanitized between each player contact.

C. Mask should be worn at all times when social distancing cannot occur.

11.3 Office Staff

A. Members of the office staff should maintain social distancing with players whenever possible.

B. Masks should be worn at all times around player personnel.

11.4 Game Night Staff

A. Hands must be washed or hand sanitized between handling team equipment.

B. Hands must be washed or hand sanitized frequently.

C. Mask should be worn in all situations where social distancing cannot be maintained

D. Game Staff will conduct the self-assessment and undergo temperature and symptom check before being permitted to work in the arena on game night.

RETURN TO PLAY PROTOCOL 13 COVID-19 CERTIFICATION OF COMPLIANCE

1. I certify that I have not experienced or displayed any of the following COVID-19 symptoms in the last 14 days:

- Fever (≥ 100.4) or chills
- Sore throat, cough, shortness of breath, or other respiratory symptoms
- Muscle aches, severe fatigue, or chills
- Changes in taste or smell

2. I certify that I have not had close contact (within 6 feet for 15 minutes or more) with anyone over the last 14 days who is confirmed to have COVID-19

3. I certify that I have received a negative test result for COVID-19 on a specimen taken within 10 days prior to my arrival (attach copy to this document).

4. I agree to fully comply with league, team, and facility Return to Play Guidelines.

5. I have read and understand this entire Certificate of Compliance and verify the certifications made above are accurate.

Player Signature: _____

Date: _____

Printed Name: _____

Parent (if minor) and/or Accompanied By:

Date: _____

Signature: _____

Printed Name: _____

Signature: _____

Printed Name: _____

Billet Families Members:

Date: _____

Signature: _____ Printed Name: _____

Signature: _____ Printed Name: _____